

# SLO Coaster

*Promoting safe and legal bicycle riding for recreation and transportation*

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## President's Message

*by Robert Fuller Davis*

We took a giant step in this year's club budget that I have never seen in any other bike club. We created a Capital Projects Fund and put \$40,000 in it.

Dale Sutliff proposed the idea last year and did some research with local agencies. Dale did due diligence, getting input from SLOCOG staff and talking to Rotary about how they funded the "missing link" in the RR Safety Trail.

The board approved the concept and the funding and put it into the budget that the club approved at our December potluck.

The way it works is that we hear about a worthy project that benefits the bicycling community of San Luis Obispo County. Anyone can nominate a project and the board will form a committee to evaluate it and will then vote on the committee's recommendation. Standards to qualify for consideration include the following:

- The project contributes to improving bicycle use and/or safety.
- The project creates or expands a bicycling opportunity.
- The project promotes increased bicycle use.
- The project meets a high priority need of bicycle supporting organization(s).
- The project will leverage funds to assure its accomplishment.
- The project will focus on bicycle improvements on the ground.
- The project enhances bike club visibility in the community.

What we hope to accomplish with this fund is to help jump-start projects that may be languishing because they need matching funds to qualify for a grant or are otherwise in need of a little help to get started or completed.

We hope to add to the fund each year from the money we generate at the Wildflower and Lighthouse events so that the fund keeps on giving from now into the foreseeable future.

I really appreciate Dale's work on this and I look forward to hearing from someone that there is a local project that needs our help. Everyone please be on the lookout and let me know if you see a need that we can help with.



Bob Jones Trail dedication

## SLO Coaster

Editor: Tim Long

The SLO Coaster is the monthly newsletter of the San Luis Obispo Bicycle Club. It is distributed to members, local bicycle shops and some bicycle organizations. Subscriptions are not available to nonmembers.

All articles, letters, stories of bicycling experiences, appropriate classified ads, artwork etc, are welcome.

The editor reserves the right to edit or reject material.

Each article is the opinion of its author and does not necessarily represent the opinion or endorsement of the SLOBBC or the editor.

An online version of the newsletter is produced, so indicate any submitted material that you do not want to appear in the online edition.

### Submittal Guidelines

All materials are due no later than 8:00 a.m. on the 15th of each month. Nothing will be accepted verbally. All materials should be emailed to **Tim Long** at [newsletter-editor@slobc.org](mailto:newsletter-editor@slobc.org). Complete submittal guidelines are found on the club website. [www.slobc.org/resources/support/newsletter-guidelines.html](http://www.slobc.org/resources/support/newsletter-guidelines.html)



## SLOBBC Meetings

### Monthly Meetings

**Board of Directors Meeting: Tuesday before the General Meeting (5:00 PM)**

Location: Air Pollution Control District meeting room, 3433 Roberto Court (SLO). All Club members are welcome to attend Board meetings.

**General Membership Meeting: First Thursday (7:00 PM)**

Location: County Library, 995 Palm, downtown San Luis Obispo. Refreshments are served starting at 7:00 p.m., Meeting begins at 7:15 p.m. June and December meetings differ.

## Contact Information

San Luis Obispo Bicycle Club, Inc.

P.O. Box 1585

San Luis Obispo, CA 93406

Club Hotline Answering Machine: 805.543.5973

Website: [www.slobc.org](http://www.slobc.org) Email: [info@slobc.org](mailto:info@slobc.org)

Members only site: <http://www.slobc.net/membership>

## Board of Directors

President	Robert Fuller Davis	<a href="mailto:president@slobc.org">president@slobc.org</a>	805.772.0874
Vice President	Tom Roberts	<a href="mailto:vice-president@slobc.org">vice-president@slobc.org</a>	
Treasurer	Chris Broome	<a href="mailto:treasurer@slobc.org">treasurer@slobc.org</a>	805.772.5900
Secretary	Craig Armstrong	<a href="mailto:secretary@slobc.org">secretary@slobc.org</a>	
Ride Coordinator	Will Benedict	<a href="mailto:ride-coordinator@slobc.org">ride-coordinator@slobc.org</a>	805.544.3504
Membership Director	Robert Lindquist	<a href="mailto:membership@slobc.org">membership@slobc.org</a>	805.441.7063
Advocate	Dave Abrecht	<a href="mailto:advocate@slobc.org">advocate@slobc.org</a>	805.801.9211
Historian	Martin Howell	<a href="mailto:historian@slobc.org">historian@slobc.org</a>	
Newsletter Editor	Tim Long	<a href="mailto:newsletter-editor@slobc.org">newsletter-editor@slobc.org</a>	
Safety Director	Ken Price	<a href="mailto:safety@slobc.org">safety@slobc.org</a>	805.489.9779
Director-at-Large	Kathleen McHugh	<a href="mailto:at-large@slobc.org">at-large@slobc.org</a>	805.528.6686
Past President	Frank Mullin	<a href="mailto:past-president@slobc.org">past-president@slobc.org</a>	

**Minutes of the San Luis Obispo Bicycle  
Club Board Meeting  
Air Pollution Control District Auditorium**

3433 Roberto Court, San Luis Obispo CA  
Tuesday, January 3, 2012 5 p.m.  
submitted by Craig Armstrong

Board members present: Robert Fuller Davis, Tom Roberts, Craig Armstrong, Chris Broome, Frank Mullin, Will Benedict, Bob Lindquist, Dave Abrecht, Martin Howell, Ken Price, Tim Long, and Kathleen McHugh. A quorum being present, the meeting was convened.

Guests present were Sandy Pitt, Cheryl Koalska, and Gary Havas.

The minutes of the November 29, 2011 meeting were approved (MSC: Mullin/Broome).

President Davis noted that the following correspondence had been received: (1) a letter from the Cal Poly Amateur Radio Club stating how the funds from the club's contribution had been used; (2) an invitation from the Bike Coalition to attend a movie screening benefitting the Coalition; (3) an invitation to host a SLOBBC informational table at Shandon High School in February; (4) an request from the Land Conservancy for SLOBBC to support their application regarding the Octagon Barn before the Planning Commission; (5) a thank you from the Sheriff's Advisory Council for the club's donation for helmets; and (6) a letter from the Estero Radio Club indicating how the club's donation will be used. Dave Abrecht will follow up on organizing the club's table at the Shandon High School event.

Chris Broome reported that club assets totaled \$176,734 and provided explanations for variances between actual and budgeted revenues and expenses for 2011. For the year, revenues exceeded expenses by \$24,682.

President Davis advised that he had received guidance from the SLO County Community Foundation which indicated that there is a risk that board members could be held potentially liable if they did not exercise appropriate oversight over club financial transactions. To address that concern, Craig Armstrong had drafted a proposed audit plan and had suggested that given that the club's financial transactions are simple and straightforward, the audit could be conducted by club members with accounting experience. There was extensive discussion as to the scope and nature of the audit, and board members questioned whether such an audit would be sufficient to protect the board members against liability. It was agreed that the proposed audit

plan would be submitted to the club's insurance carrier and to the SLO County Community Foundation for their comments as to the adequacy of the proposed procedures.

President Davis noted that Bike Month was coming up and that consideration should be given to possible SLOBBC activities during that period (such as incorporating more recreational rides in the schedule). Comments from board members indicated that club activities in prior years were mainly attended by SLOBBC members.

President Davis noted that since a newsletter announcement asking for recommendations for the Bob Garing award had not yet been made, the committee currently had nothing to report.

President Davis distributed the annual conflict of interest forms to be signed and returned by the board members.

Will Benedict reviewed the club's current procedures with respect to century ride patches and asked for feedback as to whether the patch program should be continued as is or modified. Several suggestions were made as to how to evaluate rider interest in the patches. It was decided that rather than distributing the patches at registration prior to the Wildflower, riders would be advised that the patches could be picked up at the clothing table.

President Davis noted that as discussed at the December board meeting, Craig Armstrong had drafted a restatement of current club policies. Frank Mullin indicated that due to the changes in the format and organization of the policies, it was difficult to track the policies from the old to the new document. Several members asked whether it would be possible to create a document which would show the changes between the two documents, and Mr. Armstrong advised that it would be very time-consuming to do so at this point. President Davis stated that board members should review both the old and new documents prior to the February board meeting and be prepared to discuss any corrections or changes and vote on the restatement at that meeting. Mr. Armstrong said that he would send copies to both documents to all board members.

President Davis announced that the board would begin a strategic planning initiative at the February meeting. The objective of this process will be to identify club values and how best to implement those values through establishing goals and steps for accomplishing the club's defined mission.

The meeting adjourned at approximately 6 PM.

## MINUTES OF THE SAN LUIS OBISPO BICYCLE CLUB GENERAL MEETING

THE MONDAY CLUB

1815 Monterey Street, San Luis Obispo CA

Thursday, January 5, 2012 7:15 PM

*submitted by Craig Armstrong*

President Davis called the meeting to order at 7:15 PM.

President Davis thanked John Long for serving as greeter and Kathy Cohon, Kathleen McHugh and Ernest Cole, Dan Rivoire, Clem Michel, and Cil Boughton for providing refreshments.

The minutes of the December 1, 2011 meeting were approved (MSC:Roberts/Goldenberg).

President Davis noted that the following correspondence had been received: (1) a thank you from the Sheriff's office for the club's donation supporting their bicycle program (2) an invitation from the Bike Coalition to attend a movie screening benefitting the Coalition; (3) an invitation to host a SLOBC informational table at Shandon High School in February; and (4) a thank you from the Estero Radio Club for the club's \$500 donation. Dave Abrecht and Kathleen McHugh will follow up on organizing the club's table at the Shandon High School event.

Chris Broome advised that the club's assets were \$176,754 at year-end. Total revenue was approximately \$252,000 of which \$240,000 was from the club's two century rides.

President Davis presented Dan Rivoire with a check for \$30,000 representing the club's donation to the Bike Coalition for 2012. Mr. Rivoire thanked the members and reviewed the coalition's planned activities and initiatives for 2012.

Stu Goldenberg reviewed the general criteria for the Bob Garing award and said the award committee will be seeking nominations for the award.

Ken Price reported that the club had an accident free month of riding and led a brief discussion regarding safety related issues.

Will Benedict reported that there were a number of leftover clothing items for sale and to contact him if you are interested in purchasing any of the items.

He requested members to submit ride suggestions to him and advised that he was planning a Greenfield to Carmel Indulgence Ride in October.

Dave Abrecht stated that he will be working to provide faster communication to members regarding time sensitive advocacy issues. He urged members to log onto [www.bikeleague.org/petition/](http://www.bikeleague.org/petition/) to support opposition to proposed side path rules currently being considered as part of the Federal transportation bill.

Martin Howell reviewed the materials and items he had on display.

Gary Havas noted that there are openings for various Wildflower volunteer positions including clothing sales captain.

President Davis thanked outgoing Directors Dale Sutliff, Janie Goldenberg, Jeff Kahn, and Sandy Pitt for their service to the club. Joan Petersen introduced the following Board members for 2012 and gave a brief synopsis of each of their responsibilities. Board members were advised that additional duties could be assigned to them by the President.

President	Robert Davis
Vice-President	Tom Roberts
Treasurer	Chris Broome
Secretary	Craig Armstrong
Membership Coordinator	Robert Lindquist
Ride Coordinator	Will Benedict
Newsletter Editor	Tim Long
Advocate	Dave Abrecht
Historian	Martin Howell
Safety Coordinator	Ken Price
Director at Large	Kathleen McHugh
Past President	Frank Mullin

Jared Salter and Robert May of the law firm of Harris & May reviewed some of the laws governing cycling and outlined steps to take if you are involved in an accident with a car.

The meeting was adjourned at approximately 9:10PM.

## Membership Report for February 2012

*Bob Lindquist*

### MARCH 1 DEADLINE FOR ANNUAL DIRECTORY LISTING !!

The **2012 Annual Directory** will be available sometime during the last two weeks in March. The printed version or email version will be distributed to members according to the option that was selected on their membership application. (You can check your choice by logging into your website file and selecting the "Edit" button under the "Family Contact Information" section. You can also change your option as well until March 1).

If you wish to have your name and information listed *you must renew your membership by the March 1<sup>st</sup> deadline*. Both the printed and email versions are only done once a year. For current membership information at any time go to the club website: [www.slobc.org](http://www.slobc.org) and login. Select the "Directory" tab at the top to see the options available.

### RENEW: \$15/year single, \$22/year family (2 or more)

(1) ONLINE at the SLOBBC website ([www.slobc.org](http://www.slobc.org)). Log into the "Members Only" site (password required) to update your information and pay either electronically (PayPal) or send check to: SLOBBC c/o Bob Lindquist, 925 Bassi Dr., San Luis Obispo, CA 93405

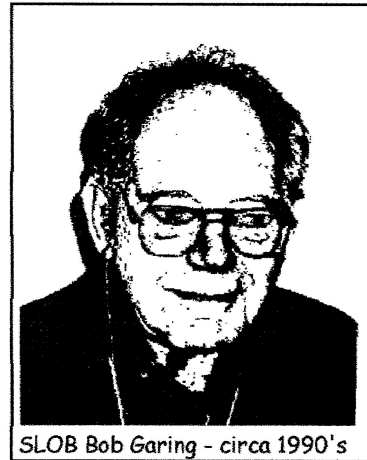
(2) PRINTED FORMS – available at:

- Club meetings
- Print form from the SLOBBC website: <http://www.slobc.org/membership/support/membership-form.html>
- Or contact me for a printed form: [rlindquist1@mac.com](mailto:rlindquist1@mac.com) (441-7063).

### FORGOT YOUR USERNAME/PASSWORD?

- (1) Go to our public website: [www.slobc.org](http://www.slobc.org)
- (2) Under the MEMBERS ONLY site select "Log in"
- (3) Choose "Send Username" tab
- (4) Enter your MEMBER NAME and select "Send"
- (5) Your USERNAME and PASSWORD will be sent to your email address (the one that you have listed in your membership file).

## Bob Garing Service Award Nominations



SLOB Bob Garing - circa 1990's

In 2001 the club presented Bob Garing with the first **SLOB Bob Garing Service Award** "In recognition of many years of unselfish service to the San Luis Obispo Bicycle Club."

Each year we invite club members to nominate people whom they feel deserve to receive this award. Submit names to committee members Stu and Janie Goldenberg, John Rogers, Bruce Collier, Joan Petersen, Robert and Gail Davis, Tim and Shelley Long, Frank Mullin, or Dale and Sharon Sutliff, past recipients, no later than the end of February. This committee will evaluate nominations and make a recommendation to the board.

When deciding if you want to submit a nomination, consider the following characteristics that Bob Garing demonstrated over the years:

- Continuing service over a long period of time (Core requirement — very important)
- Service to the club as an officer, volunteer, leader or other ways (Core requirement)
- Advocacy of bicycle transportation, facilities and safe riding
- Service to the bicycling community and community at large
- Significant leadership on club rides
- Working for improved bicycle conditions
- Mentoring through advice, education and leadership
- Role model for using the bicycle as a mode of transportation

## Ride Details

### Current Ride Information

Information on all Club rides including more detailed ride descriptions and any updates to the Ride Calendar can be found on the club web site [www.slobc.org](http://www.slobc.org) under Ride Calendar.

### Submitting Ride Information

Submit ride information to both Will Benedict and Frank Mullin to ensure the newsletter's Ride Calendar and web site are accurate.

Submit any ride changes to Frank Mullin. This will ensure that the most current ride information can always be found under Ride Calendar at [www.slobc.org](http://www.slobc.org).

### Safe Riding

All cyclists taking part in club rides are expected to contribute to the ride's safety and enjoyment. You can find Safe Cycling Practices and SLOBC Club Ride Best Practices under Safety at [www.slobc.org](http://www.slobc.org).

**Scheduled club rides include both Fixed (Fixed starting location and time) and Variable (Variable starting location and time) events.**

### Sunday

**(8:30 AM) - Sunday Baywood / Los Osos Ride (B-2).**

Show & Go from Nazarene Church (BP). Casual pace to coffee shop in Cayucos with possibility of doing an additional creek based on mutual agreement. Contact person: Jack Robison 772-7748.

**(9:00 AM) - Arroyo Grande Sunday Ride (B-2).**

Andreini's (AG). The length is about 35 miles. If you are riding from SLO, contact me ([frankmullin@charter.net](mailto:frankmullin@charter.net)) to see if we can join up. Two popular destinations are Poly Village (SLO) and the Trilogy (Nipomo). Led by Frank Mullin (602-2058).

### Monday

**(9:00 AM) - Breakaways Mondays (D-3).**

Damon Garcia Sports Field. Led by Russ Robinson (781-0903).

**(9:00 AM) - Yellowjackets SLO Rides (B-2).**

Ben's House (SLO). Ride supports one riding group (pace, 12-14 MPH) to various destinations. Be on time because the rides leave at the scheduled time. Led by Ben Patrick (543-2803).

**(10:00 AM) - Atascadero Breakers (C-4).**

Atascadero Zoo. Distance: 35-40 miles. Destinations: Templeton, Santa Margarita, Atascadero, Paso Robles and San Miguel for mid-ride coffee stops. Route sheets and maps distributed via email prior to each ride. Contact leader to get on email distribution. Led by Kevin Matherly ([matherlykevin@hotmail.com](mailto:matherlykevin@hotmail.com)).

**(10:00 AM) - Atascadero Scramblers (B-3).**

Atascadero Zoo. Distance: about 35 miles. Destinations: Santa Margarita, Atascadero and Templeton for the mid-ride coffee stop. Route sheets / maps distributed via email prior to each ride, none available at the ride start. (See email group page for instructions on joining email groups.) Led by Glenn & Gail Vanderlinde ([ggvanderlinde@yahoo.com](mailto:ggvanderlinde@yahoo.com)).

### Tuesday

**(8:30 AM) - Baywood Vacillators (B-2/3).**

Show & Go from Nazarene Church (BP). Group decides on a coffee shop destination in San Luis Obispo or Avila Beach by mutual agreement. Ride normally breaks into a faster and slower group. Contact person: Marina Michel 528-1732.

### Wednesday

**(9:00 AM) - Flyers (D-3).**

These rides are tailored for people wanting faster paced rides with some pace line riding.

**1** French Park (SLO). Led by Doug Seidewitz (410-337-2233).

**8** Bob Jones Trail Head. Led by Steve Vines (202-8114).

**15** Santa Margarita Park. Led by Glenn Vanderlinde (466-4221). Starts at 10:00 AM.

**22** Bandstand (AG). Led by Russ Robinson (781-0903).

**29** French Park (SLO). Led by Bill Goodger (782-9197).

**(9:00 AM) - Frequent Feeders (B-2).**

This is a social group which rides at a moderate pace with regular regroupings and a very social coffee break midway through the ride.

**1** Laguna Lake Park (SLO). Led by Jacque Wheeler (541-1240).

**8** French Park (SLO). Led by Judie Prock (541-6299).

**15** Bandstand (AG). Led by Jim Hanto (489-1520).

**22** Laguna Lake Park (SLO). Led by Dale Sutliff (544-4034).

**29** State Park Marina (MB). Led by Dave & Debbie Abrecht (528-2571).

**(9:00 AM) - SLO Pokes (A-2).**

These rides are tailored for riders wanting to average no more than 12 miles per hour.

**1** Meadow Park (SLO). Ride to AG, coffee at Branch Street Deli. Led by Marti and Tom Roberts (805-215-2471).

**8** Cloisters Park (MB). Ride to Cayucos with creek roads. Led by June Kramer (425-239-8692).

**15** Tidelands Park (MB). Ride to Baywook - Los Osos (about 17.5 miles). Led by Stu & Janie Goldenberg (544-4720).

**22** Hardie Park (Cayucos). Ride to Cambria for coffee at Linn's. Led by Patricia and Hans-Henning Boerst (534-9660).

**29** Sinsheimer Park (SLO). Do the SLO Pokes Tour de Open Spaces (#2). Led by Bob Tuman (978-621-1417).

**(10:00 AM) - Templeton Breakers (C-4).**

Templeton Park. Distance: 35-40 miles. Destinations: Templeton, Santa Margarita, Atascadero, Paso Robles and San Miguel for mid-ride coffee stops. Route sheets / maps distributed via email prior to each ride. (See Monday's ride for more info.) Led by George DiMundo ([gdimundo47@yahoo.com](mailto:gdimundo47@yahoo.com)).

**(10:00 AM) - Templeton Scramblers (B-2).**

Templeton Park. Distance: about 35 miles. Destinations: Santa Margarita, Atascadero and Templeton for the mid-ride coffee stop. Route sheets / maps distributed via email prior to each ride. (See Monday's ride for more info.) Led by Patti & Bill VanOrden ([pvanorden@charter.net](mailto:pvanorden@charter.net)).

### Thursday

**(8:30 AM) - Baywood / Los Osos Ride (B-2).**

Show & Go from Nazarene Church (BP). Casual pace to coffee shop in Cayucos with possibility of doing an additional creek based on mutual agreement. Contact person: Jerry Lundstrom 528-1069.

Pace	Description	Terrain	Description
AA Very Slow	Less than 10 mph. Regroups often. Waits for slowest rider.	1	Generally Flat
A Slow	9 to 12 mph average. Regroups occasionally. (SLO Pokes)	2	Easy Grades Some Hills
B Moderate	12 to 15 mph average. Regroups every 30 minutes. Waits for slower riders. (Frequent Feeders)	3	Rolling Hills (North County Hills - Peachy Cyn)
C Brisk	14 to 17 mph average. Regroups every 30-45 minutes. Waits for slower riders (Flyers)	4	Hard Hills (Hwy. 46 - coast to Paso Robles)
D Fast	Averages over 16 mph. Requires experienced riders and pace line riding. (Tuesday Night Rides)	5	Very Challenging Hills

**Friday****(9:00 AM) - Breakaways Fridays (D-3).**

Bandstand (AG). Led by Larry Bradford (474-8764).

**(9:00 AM) - Yellowjackets SLO Rides (B-2).**

Ben's House (SLO). Ride supports one riding group (pace, 12-14 MPH) to various destinations. Be on time because the rides leave at the scheduled time. Led by Ben Patrick (543-2803).

**(9:00 AM) - Tortoises (A-1).**

This group is intended for people that just want to get out for a short, easy, slow ride. We will ride about 10 to 15 miles and average 10 miles per hour. We will also try to minimize hill climbing. A coffee stop is included.

**3 Food4Less (SLO). Ride to Avila. Led by Elaine Simer (544-4678).****10 Meadow Park (SLO). Ride the southern fringes of SLO. Led by Martin Howell (544-5389).****17 Cloisters Park (MB). Do a tour of Morro Bay. Led by Bob Tuman (978-621-1417).****24 Sinsheimer Park (SLO). Do the SLO Meander. Led by Sharon Sutliff (544-4034).****(10:00 AM) - Paso Robles Scramblers (B-2).**

Marriot Courtyard Hotel. Distance: about 35 miles. Destinations: Santa Margarita, Atascadero and Templeton for the mid-ride coffee stop. See Monday's ride info. Led by Monica Robinson ([mrobi52@gmail.com](mailto:mrobi52@gmail.com)).

**(10:00 AM) - Paso Robles Breakers (C-4).**

Marriot Courtyard Hotel. Distance: 35-40 miles. Destinations: Templeton, Santa Margarita, Atascadero, Paso Robles and San Miguel for mid-ride coffee stops. See Monday's ride info. Led by Bill McBride ([bandjmcbride@verizon.net](mailto:bandjmcbride@verizon.net)).

**Saturday****(8:00 AM) - Slabtown Rollers (C-4).**

Sotheby's Realty (Cambria). Variable itinerary, call for details. Led by Tom Parsons (927-5514).

**(9:00 AM) - Huasna Valley Ride (C-2).**

Sixteenth Street Park (GB). Ride to Huasna and back, about 40 miles and 1700 feet of climbing. Led by Long Nguyen (481-1688).

**(9:00 AM) - SLO Velo (C-3).**

The rides are designed for the intermediate rider who is comfortable riding a 15+ mph pace on 40 - 55 mile routes. The starting location on the first Saturday of each month will be variable. More information at web page.

**(10:00 AM) - King City Hillbillies (B-3/4).**

Starbucks (King City). Distances 30 to 50 miles. Destinations: Mountains to left of us, mountains to the right of us, or runs down the valley to San Ardo and other cultural attractions. Water and snacks are available at Starbucks. Led by Chuck Krause or Ralph Lee ([ralphlee@redshift.com](mailto:ralphlee@redshift.com)).

**(10:00 AM) - Wanderers (B-3).**

Variable. The starting location will vary from week to week. The routes will be primarily outside of the north county area

and different than the routes normally ridden by Ramblers and Scramblers. The terrain will be varied. As we are always looking for new routes, we are eager for your suggestions! Contact the ride leader to find out the starting location. Led by John Kaiser ([johnncarol@sbcglobal.net](mailto:johnncarol@sbcglobal.net)).

**February 4 (9:00 AM) - Wandering with Will (B-3).**

Ride into the countryside averaging about 12 mph. We will often do favorite rides from our web site. No one lost from view or left behind. Lunch after for those who want to join in. When: First Saturday (Saturday after the club meeting) of each month (Rain Cancels) Contact Will Benedict (544-3504) for more information. French Park (SLO). Do Hi Mountain Favorite Ride -- about 44 miles with 2200 feet of climbing.

**February 18 (7:30 AM) - President's Day Ride (B-5).**

Coast Union HS (Cambria). Meet at Coast Union High School in Cambria for a 7:30 a.m. departure. We will ride up Santa Rosa Creek Road to Hwy 46, turn right to Hwy 1 and back to Cambria - approximately 30 miles. Lunch at Main Street Grill. If rain is forecast for Saturday, we will ride on Friday instead. If you have not ridden Santa Rosa Creek before, please don't make this your first time.

For more information, contact Red Davis (772-0874).

## Directions to Starting Locations

**Andreini's (AG)**

Take 101 to Arroyo Grande, exit Grand exit, left 0.3 miles to Andreini's on left. Park in lot to the right.

**Atascadero Zoo**

Take 101 north from San Luis Obispo to Atascadero, take the Santa Rosa exit (218A), turn left on to Santa Rosa Rd for 1.4 miles, turn right on Highway 41, continue 0.2 miles to zoo on right.

**Bandstand (AG)**

Take 101 to Grand exit in Arroyo Grande. Turn east 0.2 miles to Traffic Way, right 0.2 miles to Nelson St, left 0.1 miles to Short Street. Park on street.

**Ben's House (SLO)**

Take 101 to Los Osos Valley Road. Go east 0.5 mile to Higuera, left 0.4 mile to Tank Farm Rd, right 1.9 miles to Poinsettia St, right 0.1 mile to Alyssum Court, left one house -- Ben's house is first on left.

**Bob Jones Trail Head**

Take 101 toward the five cities. Exit at San Luis Bay drive. Go left on Ontario for 0.8 miles. Park in the lot on your left.

**Cloisters Park (MB)**

Exit 101 onto Highway 1 in SLO, continue west 12.5 miles to a left on San Jacinto Street and then a left on Coral Ave. Continue 1/4 miles into the park.

**Coast Union HS (Cambria)**

Exit 101 onto Highway 1 and continue about 30 miles. Turn right on Ardath/Main for 1.1 miles, right on Santa Rosa Creek Rd for 0.7 miles to high school on right. Park near tennis courts.

**Damon Garcia Sports Field**

Take 101 to Los Osos Valley Road exit, east 0.4 miles to Higuera, left 0.2 miles to Tank Farm, right 1.5 miles to Broad, left 0.2 miles to the park on the left (across from Industrial Way).

**Food4Less (SLO)**

Take 101 to Los Osos Valley Road. Go east 0.5 mile to Higuera, left 0.3 mile to Food4Less on your right.

**French Park (SLO)**

Take 101 to Los Osos Valley Road. East 0.5 mile to Higuera, left 0.4 mile to Tank Farm Rd, right 1.9 miles to Poinsettia St, right 0.4 miles to Fuller, left 0.1 mile to park (on the left).

**Hardie Park (Cayucos)**

Take 101 to Highway 1. Go west (through Morro Bay) 19 miles to Cayucos Drive. Go west 0.2 miles to Birch, right to park.

**Laguna Lake Park (SLO)**

Take 101 to Madonna exit in SLO. Going west, 0.7 miles to entrance to Laguna Lake Park on your right. Generally park in second lot to the left (near the bathrooms).

**Marriot Courtyard Hotel**

Take 101 (north or south) to the Spring St. exit, turn east onto 1st St, then south (left) onto So. Vine St. Entrance to the hotel parking lot is on your left; park along So. Vine St.

**Meadow Park (SLO)**

Take 101 to Madonna Rd exit in SLO. Go east 0.4 miles to Higuera, left 0.1 mile to South St, right 0.7 mile to Meadow Street, right 0.2 mile to lot on your right.

**Nazarene Church (BP)**

Corner of Santa Ysabel and South Bay Blvd in Los Osos. From 101, take Los Osos Valley Rd exit. Travel west for 9 miles to South Bay Blvd. Travel right about 1 mile to light, church is on your right.

**Santa Margarita Park**

Take 101 to highway 58 off ramp into Santa Margarita. Follow highway 58 through town and stay on it when it turns to the right. After crossing the tracks, you will find the park to your right.

(directions continued on page 8)

**Sinsheimer Park (SLO)**

Take 101 to Madonna exit. Travel east 0.2 miles to Higuera, left 0.1 mile to South Street, right 0.8 mile to Broad Street right 0.7 miles to Orcutt Road, left 0.4 miles to Laurel Lane, left 0.3 miles to Southwood Drive, left 0.2 miles to park.

**Sixteenth Street Park (GB)**

Going southbound on 101 to Pismo Beach, take Oak Park exit, left on El Camino Real for 0.3 miles, right on Oak Park for 1.1 miles, right on Mentone and then into park on left.

**Sotheby's Realty (Cambria)**

Take 101 to Highway 1 west, continue 34 miles to Cambria Rd, then turn left onto Main St. Continue 0.4 miles to Sotheby's Realty on the right (east of Main).

**Starbucks (King City)**

Take 101 north to King City. Take the Broadway off ramp and turn left under the 101 Freeway overpass on to Broadway Circle. Starbucks will be immediately on your left with ample parking.

**State Park Marina (MB)**

Take 101 to Highway 1. Go west 12 miles to the Los Osos/Baywood Park exit. Left to 0.3 miles to State Park Rd. Right 1.7 miles to marina parking area on the left.

**Templeton Park**

Take 101 to the Vineyard exit in Templeton. Turn east for 0.2 miles to Old Country Road, turn left for 0.4 miles to 6th Street. Park is on your right.

**Tidelands Park (MB)**

Take 101 to Highway 1, travel northwest 12 miles to Morro Bay Blvd, travel west 0.6 miles to Morro Ave, left 0.1 mile to Marina Street, right 0.1 mile to Embarcadero Rd, left 0.3 miles to Park.

## Ride Coordinator's Report

*By Will Benedict*

### Wandering With Will: February 4, Hi Mountain Favorite Ride

See the ride calendar for details. I would welcome suggestions for routes that you would like included over the coming year. If you are interested in receiving my reminder email, send an email to [willbenedict@me.com](mailto:willbenedict@me.com) and asked to be added to the WWW email list.

### March 3rd: Kings River Blossom Ride, Reedly, CA

Over the years SLOBC members have enjoyed doing this ride together. It is a great early season ride and I invite you to join me this year. Register now at <http://www.blossombikeride.com/> (\$40). Send me an email after you register to be included in the planning.

### March 5th: Borrego Springs Road Trip

Dave and Debbie Abrecht are organizing an SLOBC road trip to ride, hike and enjoy the sunny desert climate in Borrego Springs. The trip will begin with a dinner gathering on **Monday, March 5, 2012**. The length of your stay is up to you.

Email or call Dave at [daveabrecht@me.com](mailto:daveabrecht@me.com) or 805.801.9211 to be included in planning updates.

### March 24th: Ride Leaders Dinner

The evening begins with a Ride Leaders Educational and Update Forum in the Cayucos Room at the Inn at Morro Bay at 5:30 p.m. on March 24, 2012. The Ride Leaders Dinner is at 6:00 p.m. Those attending the Forum will be ushered directly into the buffet line. All others will join the buffet line after Forum attendees.

Please contact Jeff or Will Benedict by February 24, 2012 if you wish to attend. If you believe you qualify and have not been notified, please contact Jeff Kahn to confirm. Those who do not qualify for the Dinner based upon their participation as ride leader may attend the dinner for \$40. Please send your check, made out to SLOBC, to Will Benedict no later than

February 24, 2012. If you are not signed up, we will not have food for you.

Other dinner related information will be emailed to participants after February 24<sup>th</sup>.

### Spreckels/King City/San Miguel/Home Ride

In October, seven club members did a version of this ride and I want to do Version 2 this spring when the countryside is green. The ride will be supported and we will stay in motels and eat in restaurants. Two times are proposed: **March 26/27/28** or **April 9/10/11**. Please email me with your date preference and participation interest. If six or more people are interested, ride planning will proceed.

### May 5<sup>th</sup>: Wine Country Century, Santa Rosa, CA

Dave Albrecht organized our participation in this ride last year. It is a beautiful route and very well organized. Registration will open in February at <http://src.memberlodge.com/WCC>. Send me an email if you want to be included in the planning.

### October 2012: Greenfield to Carmel Valley Indulgence Ride

I have completed initial planning for the 2012 Indulgence Ride and need some input as to your interest and possible dates.

There are two possible Dates: October 6th or October 13<sup>th</sup>.

There will be a Cash Bar, Appetizers, and Dinner at Los Laureles Lodge in Carmel Valley. A rough total cost for the package per rider including dinner is \$50.

I drove the route and was impressed with the climb out of Greenfield but those of you who have done this ride in the past know this. The ride is 40 miles long with 2500 feet of climbing. I need to know two things. Which date would you prefer and would you be interested in taking part in this ride. If there is enough interest, I will proceed with the planning. If there is not, I will look for another possible ride. It is important that you give me some feedback as soon as possible.

## *The PenEar: a look at our membership*

by Mike Balster

### **Pat Aiken**

The first thing you notice when you meet Pat Aiken is her smile. Next is her intense listening skill that seems to draw you into a conversation. I believe that Pat's background as a counselor has honed her listening skills. After seeing Pat ride, you will be surprised that she has been riding for only a year and a half.

Pat was born in San Jose where she spent her early years but soon moved to Willow Glen, CA because her parents wanted better schools. Pat went to Cal Poly where she received a BS in Science and a Masters in Education with specialization in counseling and guidance. Her first goal was to become a horse trainer but women trainers had a distinct disadvantage. Rather than battle the "old boy" network she opted out of horses to turn her focus to counseling.

After graduation Pat began her career with the Community Action Commission, a non-profit organization in Santa Maria whose task is to assist "at-risk" students. These students weren't, for one reason or another, able to perform in the typical school setting. She helped these students enter an alternative education program and tailored the program to best fit their individual needs. This is much more difficult than it sounds as most students don't know what they want or doubt that the new school setting will serve them any better than the typical school. While Pat was very good at placing students, some were particularly difficult to place especially head-strong students or students that were unwilling to share their interests or desires.

Pat moved to Cuesta College where she worked for Comprehensive Employee Training Assistance, CETA. Pat screened students for eligibility in the program and assisted them in their vocational training placements and following completion of the program helped with the job search process.

Following a short stint as a real estate associate/broker Pat worked for D.S Associates as a vocational rehabilitation counselor serving workers comp. clients. She soon opened her own firm, Aiken & Associates, providing vocational rehabilitation services for individuals injured on the job. While Pat enjoyed working with people it could be difficult when the

appropriate job for an injured person paid less than their previous job. You can imagine the difficulty mediating between an employer and the injured person. Pat frequently provided expert witness services for attorneys and the court system.

She has been a member of numerous professional organizations dealing with rehabilitation. Pat recently joined CASA as a volunteer and has become very involved. You should ask her about her interesting experiences.



Pat has lived on the Central Coast since 1970, retired in 2006, has beaten cancer, and is recently widowed. Pat never lost her passion for horses, still owns two quarter horses, and rides frequently both locally and on away trips in the Sierras and the desert. She loves her kids (hopes to be a fun grandma when her daughters get married), loves her dog, good food, good wine, and of course friends.

Pat's most exciting bike ride is also the most harrowing. Last September riding with club members near See Canyon, her front tire caught in a cattle grate. She flew over the handle bars onto the roadside railing. She dangled over the creek still attached to her bike which remained on the roadway side of the railing.

She was pulled to safety, her helmet cracked and her thighs bruised. Glad that the damage was limited to large bruises and sad that her trip to Hawaii occurred while the bruises were in full color.

Pat's most gratifying ride was "Ride Big Blue", the ride around Lake Tahoe. She rode with her daughter and was worried about the Emerald Bay grade and the eight mile Spooner Grade. She stuck to her mantra "just keep pedaling"; you should ask her about the outcome.

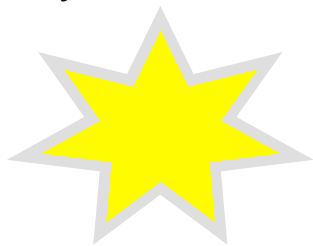
Pat has traveled to Europe, Mexico, Puerto Rico, Washington DC, Alaska, and Hawaii. She plans to cycle in Provence, and would like to visit Malaysia, Thailand, Australia, Argentina, and Kenya. Her hobbies are her English garden, working on her house, and everything regarding horses.

Pat volunteers with the club at the Wild Flower Park Hill rest stop. She is becoming a better cook; you will be interested to find out why. She is by any standard, quite a lady.

*contact Mike Balster at [mbalster@aol.com](mailto:mbalster@aol.com)*

## Advocate Report

by Dave Abrecht



# "Rock Star" Parking

What if you rode your bike to your favorite cafe, coffee house or bookstore in downtown San Luis Obispo, Paso Robles or Arroyo Grande and discovered that right out in front of the business a bike parking corral had replaced a single vehicle parking space. You'd feel like a rock star!

Communities large and small, from Portland, Oregon to the Belmont Shores neighborhood in Long Beach are replacing single on-street parking spaces with a customized bicycle corral. The corral can be as simple as a series of bike racks surrounded by painted lines or an artistic, sculptured rack capable of parking 12 bikes.

Bike corrals are a component of infrastructure and roadway improvements that cities and communities are using to encourage cycling as an alternative form of transportation. A 2011 survey of business owners in Portland showed that bike corrals are well received:

- 86% said the corrals promote sustainability
- 84% said street and neighborhood identity is enhanced.
- 77% said parking options for employees and patrons are increased
- 67% said the corrals increase pedestrian and bike traffic
- 53% said business visibility from the street is increased.



*A typical downtown Portland bike corral*

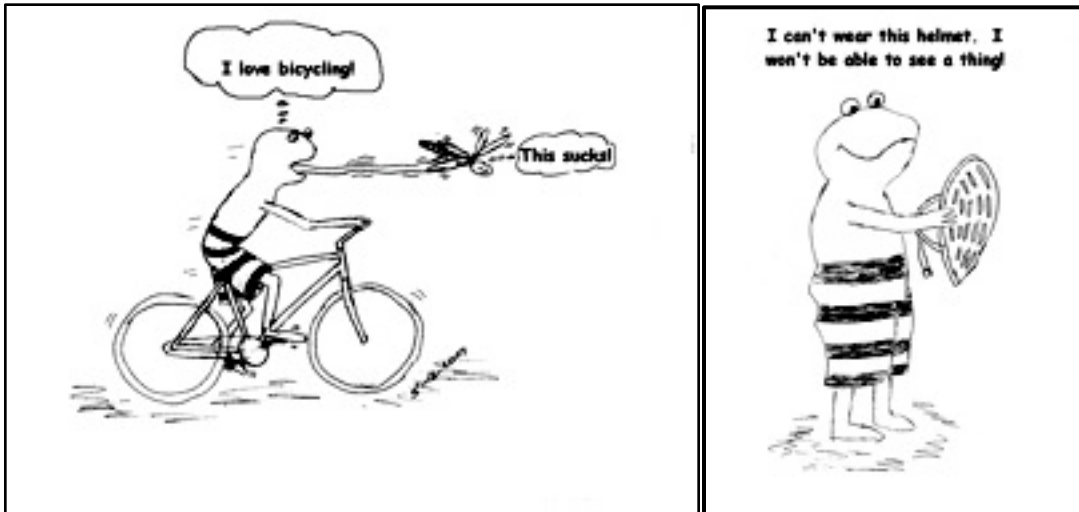
In January, I attended a meeting of the San Luis Obispo Downtown Association's Parking and Access Committee to discuss the idea of establishing a bike corral in front of a downtown business. I thought the idea was well-received and it is now being evaluated by the various people and organizations that have a stake in this decision.

This idea will work in any of our cities or unincorporated communities. If you know of a business owner in your community who would support a bike corral in front of his/her business, let me know. I'd be glad to work with them to pitch this idea to city or county officials and increase safe and convenient bike parking in our towns.

I'll keep you posted on our progress.

# The Evolution of the Aerodynamic Helmet

By Stu Goldenberg



This month we are taking a side trip to the Netherlands. We were participating in a Bike and Barge adventure, and I was drawing comics related to some of the events. A request was made to me by a couple on the barge to draw something related to cycling using the absolutely adorable character Kikker (Frog) by the late Max Velthuijs (1923-2005). Kikker is the central figure in a series of internationally recognized outstanding children's picture books. Kikker isn't my character, but I granted their request with reservation since Kikker belongs to Max Velthuijs. I drew two comics, using the adorable frog as the character, in what I perceived as appropriate cycling comics, but perhaps not at all appropriate in a children's picture book. As an aside, his children's books are still available in English should you so desire them.

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## A Month of Bob Rides

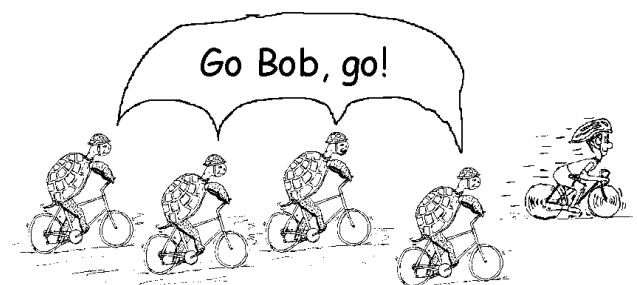
By Stu Goldenberg

Getting ride leaders for the Tortoises for the month of December started out as a normal effort. Before we knew it, we had three different people with first name Bob volunteering. We took this as a challenge, so we made an effort to get two more "Bobs" to lead our rides. It didn't take much arm twisting but there was a complication. One of the Bobs, Bob Campbell, wanted to participate but was only available for December 16. Bob Tuman had already requested that date. We asked Bob Tuman to switch, which we thought would be helpful since he just permanently moved here and thought he would appreciate the extra time to get adjusted. He accepted the offer. This resulted in an amazing result. Of the 120 possible ways the Bobs could have arranged themselves, it turned out to be Bob Behnke, Bob Briscoe, Bob Campbell, Bob Tuman, and Bob Young. Note that is in alphabetical order, and that is only by chance.

There was a total of 45 different people that rode with the Tortoises during December. There

were 5 Fridays and therefore 5 possible rides. No one rode all five rides, but 4 people rode 4 of the rides, 10 did three rides, 12 did 2 rides, and 19 only made it to one ride.

Of course the Tortoises challenge other riding groups to try to out Bob us. We are planning another month of all Henrietta Lee rides, but as of this moment, we have not found anyone named Henrietta Lee. Any volunteers out there?



San Luis Obispo Bicycle Club, Inc.  
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## CALENDAR:

### BOARD MEETING

January 31st, 5:00 P.M.

### GENERAL MEETING

February 2nd, 7:00 P.M.

### SPECIAL RIDES

WWW, February 4th

Presidents' Day, February 18th

## February Meeting Presentation

Enjoy a summer tour of the Pacific Northwest as Dave and Debbie Abrecht take us to Port Townsend, WA. and Astoria, OR.



## Call For Lighthouse Jersey Designs

*By Will Benedict, Clothing Coordinator*

This is the first a call for 2012 Lighthouse jersey design ideas. All concepts must be completed and received by April 1<sup>st</sup>. The concepts will be voted on at the Wildflower Volunteer Brunch.

All ideas must be presented in the standard jersey format. For format specifications and assistance in putting your idea into the standard format, email me at [willbenedict@me.com](mailto:willbenedict@me.com).