

SLO Coaster

Promoting safe and legal bicycle riding for recreation and transportation

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President's Message

by Robert Fuller Davis

Last time I led this event, no one else showed up and I had to ride a hundred miles by myself. Today, a May day in 2004, we had seven San Luis Obispo Bike Club members, preparing to pedal up Highway 1 from Ragged Point to Big Sur and back.

Chuck Wheeler originated today's ride. He regretted not going the first time and asked me to organize another expedition. His battle cry was "No wimps, no whiners."

Tom Parsons and Zale Shuster used today's event to train for a trip to France in July where they will follow Lance Armstrong and the Tour de France.

Zale is new to cycling. When he suggested bicycling in France, Tom's first piece of advice to him was, "You need to buy a bike."

California's legislature designated Highway 1 as an official state bicycle route in 1990, based partly on its being a "challenging route that passes some of the nation's most beautiful scenery."

It is beautiful and it is challenging—we climbed more than 8,000 feet during our seven-hour journey, pedaling past redwood forests and Monterey pines, agate-studded beaches, sea rocks painted white with guano, barking sea lions, and hawks that hovered above foam-stitched breakers peering deep into the water looking for breakfast.

At Julia Pfeiffer Burns State Park, McWay Creek drops 60 feet over a rock ledge and is the only waterfall in California that falls directly into the ocean.

From the crossing at Limekiln Creek, Cone Peak rises three miles inland. It is a mile high and represents the steepest elevation change on the west coast of America.

But all that still lay ahead of us when we left the parking lot at 6:30 a.m.

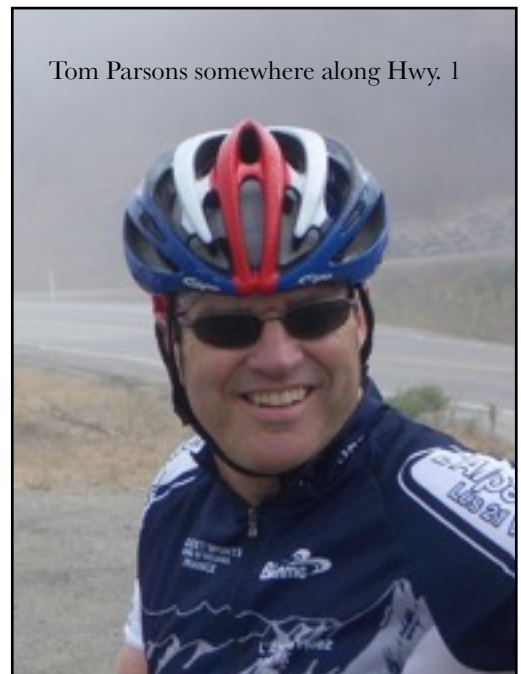
We had a beautiful clear morning with a three-quarter moon hanging halfway down the sky. A gray fog bank sat on the horizon. White and purple morning glories polka-dotted the rocky hillside and

flowering yucca plants lit up the slopes like candles. A thousand feet below, long-plumed mare's tails streamed off the crests of breaking waves.

Chunks of sedimentary rock on the pavement reminded me that Highway 1 is built across the foot of a mountain range that is constantly trying to return to the sea.

The only sounds were the hum of the tires, the whirl of the chain, and early morning birdsong. We shared the highway with roadrunners and cottontail rabbits. The bunnies darted in erratic zigzag patterns and the roadrunners took flight as we approached.

The coastal highway is not flat. Sue Hutchison, one of our club's Ironwomen, stopped at one point. She was working so hard and going so slowly that she was convinced that she had punctured a tire—but she had not. It was just another climb.



Tom Parsons somewhere along Hwy. 1

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SLO Coaster

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 SLOBC or the editor.

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 newsletter-editor@slobc.org. Complete submittal guidelines are found on the club website.

www.slobc.org/resources/support/newsletter-guidelines.html

SLOBC 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

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San Luis Obispo, CA 93406

Club Hotline Answering Machine: 805.543.5973

Website: www.slobc.org Email: info@slobc.org

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

Board of Directors

President:.....Robert Fuller Davis
president@slobc.org.....805.772.0874

Vice President:Tom Roberts
vice-president@slobc.org

Treasurer:Chris Broome
treasurer@slobc.org805.772.5900

Secretary:Craig Armstrong
secretary@slobc.org

Ride Coordinator:.....Will Benedict
ride-coordinator@slobc.org805.544.3504

Membership Director:Robert Lindquist
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Advocate:Dave Abrecht
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Newsletter Editor:.....Tim Long
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Safety Director:.....Ken Price
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Director-at-Large:.....Kathleen McHugh
at-large@slobc.org805.528.6686

Past President:.....Frank Mullin
past-president@slobc.org

President's Message from page 1

As the morning wore on, traffic increased. Shoulder width on Highway 1 varies from several feet to a few inches. Whenever we heard a car coming, we pulled as far to the right as we could and always had room to share the road.

Only one motorist talked to us, a passenger in a dirty brown Volvo who shouted something as he whizzed by. I didn't hear what he said but Don Wheeler told us he believed it was a compliment on our riding technique or our colorful jerseys or our magnificently muscled legs.

We arrived at Big Sur at 10:30 and wheeled into the parking lot at Nepenthe and had a bite to eat at Kevah Café on the terrace over the gift shop.

Tom and Chuck rode up the coast for another five miles, then returned and joined us for lunch. That gave them a full 100 miles for the day; the rest of us rode only 91. I told Tom that we would treat his extra

mileage in the manner of mountain climbing expeditions—everyone in the group gets credit for the leader's achievement, so we all claimed 100 miles for the day.

Jim Twentyman shared cookies that he brought with him for dessert.

The wind picked up on the way back and though it was mostly coming from behind us, erratic side gusts added excitement to the final roller coaster descent into Ragged Point.

At the end of the ride, since this was the day before Mother's Day, Sue exercised her prerogative as the only mother in the group and insisted on treating us to a beer at the Ragged Point restaurant.

We watched the end of a wedding ceremony in the garden below. Sue suggested that we ask them to do it again but instead we sat and watched the happy couple toast their first toast and dance their first dance.

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

3433 Roberto Court, San Luis Obispo CA
Tuesday, May 1, 2012, 5 p.m.
submitted by Craig Armstrong

Board members present: Robert Fuller Davis, Tom Roberts, Craig Armstrong, Chris Broome, Martin Howell (from 5:10), Frank Mullin, Will Benedict, Ken Price, and Dave Abrecht. A quorum being present, the meeting was convened.

No one reported a conflict of interest with any agenda item.

The minutes of the April 3, 2012 meeting were approved (MSC:Benedict/Price).

President Davis reported that the following correspondence had been received: (1) thank you letter from Jim Rogers for funding the bike rack in Cambria; (2) correspondence from Greg Bettencourt regarding a possible donation regarding Wild Cherry Canyon; (3) thank you from the Shandon Lions Club for a donation to the Shandon pool fund; (4) renewal notice for the club's Adopt-A-Road permit; (5) thank you from Cal Poly for funding the Wheelman Scholarships; and (6) a proposal to use volunteer vests rather than t-shirts.

Chris Broome reported that club assets as of April 30 totaled \$196,000. Mr. Broome stated that a number of Wildflower bills were in the process of being paid and reviewed the club's year-to-date operating results.

Mr. Broome reviewed the Bike Coalition's proposal to offer SLOBC members discounted membership fees. He asked if SLOBC would be interested in reciprocating by offering discounted SLOBC memberships to coalition members. After discussion, the board decided not to do so.

Dave Abrecht noted that SLOBC was sponsoring a bike breakfast on May 25 as part of Bike Month activities.

President Davis reviewed several recent emails involving club members and reminded everyone to use discretion when writing and sending email messages.

Frank Mullin advised that a suggestion had been made to increase the Lighthouse ride quota from 1300 to 1400 riders. After discussion, the board approved the increase to 1400 riders (MSC: Benedict/Price).

Mr. Mullin advised that he was beginning the process of soliciting candidates for board positions for the year 2013.

President Davis followed up on prior discussions regarding updating the club's vision and mission statements. Board members discussed various options regarding the mission statement, including retaining the existing mission statement. Ken Price will follow up to find out what types of mission statements have been adopted by other bike clubs.

President Davis noted that he would be not be able to attend the scheduled June and July board meetings and that Vice President Roberts would handle those meetings in his absence.

The meeting was adjourned at 6:10 PM.



Some Slabtown Rollers pose in front of the new bike rack at the Cambria Chamber of Commerce.

MINUTES OF THE SAN LUIS OBISPO BICYCLE CLUB GENERAL MEETING

San Luis Obispo Library Community Room
995 Palm Street, San Luis Obispo CA
Thursday, May 3, 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, Sharon Sutliff, and Jeanne Hanyasz and Martin Howell for providing refreshments. He also thanked Harvey and Kathy Cohon for manning the club booth at the Thursday night SLO Farmers Markets. Gail Vanderlinde and Joan Henry volunteered to be greeters at the June potluck.

The minutes of the April 5, 2012 meeting were approved (MSC:Leak/Pitt).

President Davis reviewed the following correspondence: (1) a thank you from Jim Rogers for funding a new bike rack in Cambria; (2) a thank you from the Shandon Lions Club for a \$500 donation to the Shandon Pool Fund; and (3) a thank you from Cal Poly for funding \$4,000 in Wheelmen scholarships.

Chris Broome reported that the club has paid out \$50,000 in donations so far this year and that club assets were \$196,000 as of the end of April.



Angela Nelson from SLO Rideshare thanked SLOBBC for its support and discussed the numerous cycling related events that have been scheduled for Bike Month.

Dan Rivoire from the Bike Coalition noted that the Coalition has scheduled a number of family related events for Bike Month. In addition, the Coalition is starting a new initiative to raise funds to help complete bike paths throughout SLO county.

Ken Price reported on safety concerns and mentioned that a cyclist following safe riding practices had been killed while riding on Highway 1.

Martin Howell pointed out the memorabilia he had brought to the meeting, including posters from the 20th anniversary Wildflower and Lighthouse rides.

Marti Roberts asked that individuals bringing food items to the June potluck include a list of the ingredients in their dishes for the benefit of those members with food allergies.

President Davis noted that the Central Coast Double Century was looking for volunteers to assist on that ride and that a flyer regarding the World Bike Relief Poker Run was available on the back table.

Dave Williams presented movie highlights of a cruise taken by the Pitts, the Lyons, Frank Mullin, and himself from Chile around Cape Horn to Rio de Janeiro.

The meeting was adjourned at approximately 8:35 PM.

Help Wanted

The club's nominations committee is beginning its search for members who are willing to make a commitment to help lead our club in 2013. You can toss your hat in the ring for any position, but we are focused on those without candidates. Descriptions of the duties of these positions can be found in the Volunteer area at our website (<http://www.slobc.org/volunteer/support/board.html>) or feel free to contact the "incumbents" and talk with them about their job. Please contact Frank Mullin, frankmullin@charter.net, 602-2058, if you're interested.

Position	Candidate(s)	Incumbent
President	Robert Davis	Robert Davis
Vice-President	Tom Roberts	Tom Roberts
Treasurer	Open	Chris Broome
Secretary	Craig Armstrong	Craig Armstrong
Membership Coordinator	Open	Robert Lindquist
Ride Coordinator	Open	Will Benedict
Newsletter Editor	Tim Long	Tim Long
Advocate	Dave Abrecht	Dave Abrecht
Historian	Martin Howell	Martin Howell
Safety Coordinator	Ken Price	Ken Price
Director at Large	Open	Kathleen McHugh

2012 Lighthouse Jersey

By Will Benedict, Clothing Coordinator

The voting for the 2012 Lighthouse jersey occurred at the Wildflower Volunteer Brunch. The designs, designers and vote are shown below. Dale Sutliff's design was selected as indicated.

Call For Wildflower Jersey Designs

By Will Benedict, Clothing Coordinator

This is the first call for 2013 Wildflower jersey design ideas. All concepts must be completed and received by September 1st. The concepts will be voted on at the Lighthouse Volunteer Brunch.

All ideas must be presented in the standard jersey format. For format specifications and assistance in illustrating your idea or putting your idea into the standard format, email me at willbenedict@me.com



Will Benedict

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Dale Sutliff

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Will Benedict

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Will Benedict

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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 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.

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.

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) 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

(8:00 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).

(8:00 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).

(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) - Breakaways Mondays (D-3).

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

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.

Tuesday (6:00 PM) - Tuesday Night Rides (B/C/D-2).

Gazebo (AG). Choose between a fast 20 + mph or a slower 16 mph group. Mileage varies according to available daylight. A knowledge of group riding skills or a willingness to learn is required. "We always go to dinner after the ride." Led by John Sasaki (474-1417).

Wednesday

(8:00 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).

(8:00 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).

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

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

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

13 Santa Margarita Park. Led by Glenn Vanderlinde (466-4221).

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

27 Laguna Lake Park (SLO). Led by Russ Robinson (781-0903).

(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.

6 Hardie Park (Cayucos). Led by Dave & Debbie Abrecht (528-2571).

13 Bandstand (AG). Led by Mark Lyon (929-5998).

20 Pitt's Home. After the ride, return to the Pitts house for lunch. Led by Gil & Sandra Pitt (489-0139).

27 Throop Park (SLO). Ride to Abalone Farm for a tour -- bring \$7 for the entrance fee. Led by Arlene Winn (781-9466).

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

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

6 Dairy Creek Golf Course. Led by Martin Howell (544-5389).

13 Bandstand (AG). Ride to Nipomo and Trilogy for coffee. Led by Bob Young (489-4755).

20 Goldenberg's House. Help us celebrate our 47th anniversary. Ride to Avila and Hula Hut, 47 kilometers. Potluck follows so bring a dish to share, drinks and sandwich fixings provided. Led by Stu & Janie Goldenberg (544-4720).

27 Tidelands Park (MB). Ride to and around Cayucos, coffee at Old Cayucos Bakery. Led by Bob Tuman (772-7046).

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.

Friday**(8:00 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).

(8:00 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 mcbride7085@gmail.com.

(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.

1 Shamel Park (Cambria). Ride to Old San Simion. Led by Patricia Boerst (534-9660).

8 Bayside Cafe (MB). Ride to Los Osos with lunch afterwards at the Bayside Cafe. Led by Bob Tuman (772-7046).

15 Bob Jones Trail Head. Ride the canyons in the Avila area. Led by George & Kay Birk (595-7124).

22 Throop Park (SLO). Ride around CalPoly. Have some walking shoes with you to join in on some extra activities. Led by Stu & Janie Goldenberg (544-4720).

29 Dinosaur Caves Park (SB). Ride on and off and on and off Highway 1. Led by Bob Young (489-4755).

Friday (9:00 AM) - Blazing Saddles (B-2).

Destinations throughout the County. Avg. 12-15 mph. Distance: 30 miles. Heavy social emphasis. Always a coffee stop. For ride notification, receive emails via SLOBC 'Blazing Saddles' group email or flyingmonkeys31@gmail.com. Contact Dee McKelvie (610-1234) for more information.

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 : <http://www.slovelo.com>. Contact Ron Starkey for more information (ronstarkey@exocet.com).

(9:00 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)

(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).

June 9 (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. Hearst State Park. French Park (SLO). Ride to Huasna. About 44 miles with 2400 feet of climbing.

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

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.

Bayside Cafe (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.

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.

Dairy Creek Golf Course

Take 101 to Highway 1 exit (SLO), west 5.5 miles to Hollister Rd, right (into El Chorro Regional Park) 0.1 miles, left 0.1 miles to golf course parking lot.

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).

Dinosaur Caves Park (SB)

Take 101 south to Spyglass Drive off ramp, go right to light, left on Shell Beach Road 1.4 miles to Cliff Avenue, right 0.1 mile to park on left.

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).

Gazebo (AG)

Take 101 to Grand exit in Arroyo Grande. Go east (becomes Branch St) to Bridge Street. Turn right past Ira's Bike Shop and left into parking lot. Gazebo is halfway through lot on your right.

Goldenbergs House

Contact the Goldenbergs for directions.

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.

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.

Pitt's Home

Take 101 to Grand Ave exit in AG and proceed into old town, left on Mason St, right on Le Point St (becomes Tally Ho St), left on Canyon Way to driveway on right (the one with the blue lighthouse mailbox and a post with 217 on it). Go to first house at the top on the left. Please park in the street.

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.

Shamel Park (Cambria)

Take 101 to Highway 1 and go north to Cambria. At the north end of town, turn left at Windsor Rd. The park is 0.3 miles down the road.

Sixteenth Street Park (GB)

Going southbound on 101 to Pismo Beach, take Oak Park exit, left on Elcamino 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.

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.

Throop Park (SLO)

Take 101 to Highway 1. Go west 0.8 miles to Foothill Blvd, left 0.3 miles to Ferrini Rd, right 0.1 mile to Cerro Romauldo Ave, left 0.1 mile to park on 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.

PenEar: Starring Bob Young

by Marian Balster

Your eyes aren't deceiving you, that is Carl Lewis standing next to Bob Young. Bob is not a shy person, he relishes a lively discussion, and his experiences can spice up a conversation. He still holds his title "Best Boy" in high esteem; you will have to ask him why. Just a hint, he was born in Hollywood, CA.

Bob joined the Army right out of high school. He says he joined just to get away from home. He held several interesting positions while in the army but left after six years. On returning home and looking for a job his logical choice was the movie industry since he was a studio brat while growing up. His father and other relatives were sound and set design engineers so Bob spent a lot of time with them on the movie sets. His father was a "key grip"

working on several famous and not so famous films. Being the son of a key grip was a definite plus in finding a job on the movie lot. His name was quickly moved to the top of a long list of qualified candidates. Bob landed a job as a "grip" but had to start as a set builder to earn his stripes. Set builders are responsible for building the scaffolding for the lighting and suspending backdrops and other props. The work is always high overhead and dangerous. A tremendous amount of setup and tear down occurs before and after shooting scenes, often lasting late into the night and in the wee hours of the morning. Bob did setup and tear down on some famous television shows.

The unions were very strong in the movie industry and certain elements of set building were protected by the unions while grips were allowed to perform the remaining tasks. Bob has some strong opinions on how this union interaction worked; you should ask him about his interactions.

The last years of Bob's movie experience were spent as a camera mount specialist. Bob has stories to tell about some of his experiences and people he's met such as Elvis Presley while filming "Blue Hawaii" and an 'extra hammer' in "The Fugitive"

Bob switched careers to sales selling equipment from a warehouse that supplied the movie lots. He was tasked with expanding the business to other set locations and as Bob says, "there is nothing a movie studio doesn't buy." Later he sold lighting to movie sets and again expanded

the business. His contacts in the movie industry were a boon to his success.

After 20 years in sales, Bob and his wife Jerri wanted their own business so they bought a print shop business. It started out as part of the minuteman print franchise but they eventually went independent. The business was difficult and competition fierce but they managed to succeed. After twelve years of hard work they sold the business for a handsome profit.

While living in Los Angeles, Bob was a Rotary member and became president of his club. He was very active in the Scholars program and hosted foreign scholars as well as accompanying 21 United States scholars for two months in Japan. When traveling to Europe and Asia he

visited with the families of previous scholars and received royal treatment.

Bob started cycling in 2003. He says, "He noticed the neighbors on his cul-de-sac who were close to his age were in failing health." He bought a bike and began riding around the neighborhood, then began increasing the length of his rides. He has been riding ever since and is still in excellent health.

Since moving to the

Central Coast he has become a regular on the local SLOBC rides. He has volunteered with both the Wildflower and Lighthouse rides and drove the bike trailer for the last Indulgence ride in Ventura.

Bob's most exciting ride was his first century ride, the Lake Tahoe ride for Team in Training. His favorite rides are in the Mammoth Lakes area especially the June Lake and any side road along HWY 395. He feels that any ride in the area is beautiful and takes advantage whenever possible.

If Bob and Jerri could travel anywhere they would return to Europe but their near term plans are Alaska next summer. His greatest quality is his sense of humor although he admits that his humor is not appreciated by all. His most unusual accomplishment is living well past 70 and his goal is 100. Bob's hobbies are track meets as a spectator not a participant and occasionally playing golf. Bob's passion has been and will remain family.



The Evolution of the Aerodynamic Helmet

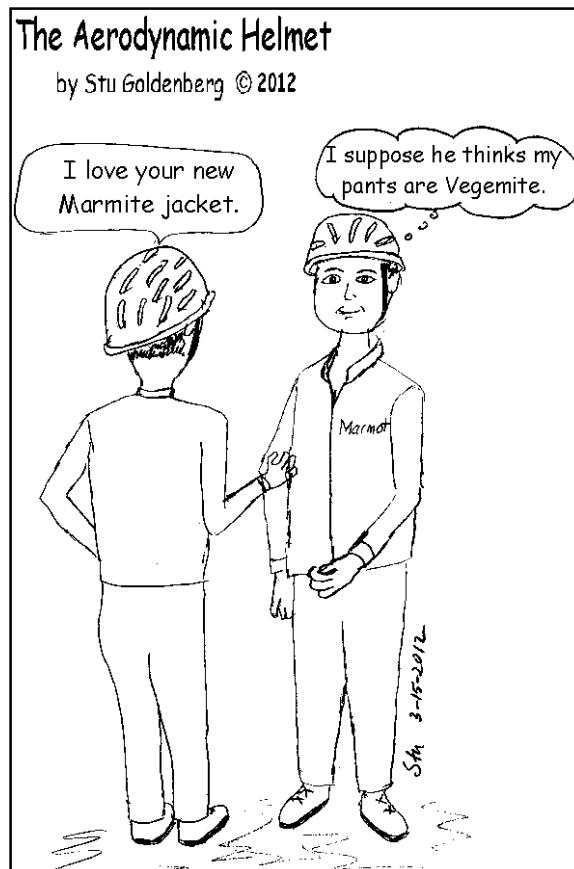
By *Stu Goldenberg*

I would think we have all found ourselves in the situation where we intended to say one word and another came out. Perhaps the incorrect word even resembled the intended word to some extent. Of course the utterance wasn't what you wanted. Adding to the embarrassment is finding that the recipient of this comment is totally enjoying your mistake.

In the particular example which is illustrated, the appropriate word is mixed up with another word. Both are product names and have the same first syllable. One is also an animal name and product brand, the other an international product name that isn't popular in the United States.

For those of you that never tried Marmite (European) or Vegemite (Kiwi and Australian), these are both pastes made from brewer's yeast, which, in the past was a byproduct of beer production. There are four possible reactions to the two products, which do taste different. Love or hate one or both!

Now with all that background, here is the story. One of the club members approached Janie to ask about her yellow waterproof Marmot jacket. Unfortunately for him, and fortunately for me, the word came out as Marmite. You know, that "yummy" yeast extract paste you can buy across the big pond.



Speaking of food

During Bike Month, the SLOBBC is hosting a Bike Breakfast for bicycle commuters. The breakfast will be on Friday, May 25 from 7 AM to 9 AM on the Morro Street Bike Blvd. near Santa Barbara St. The featured fare will be breakfast burritos. Club members are welcome to stop by for a morning snack. A word of caution however, "No bike, No burrito".

Advocate's Report

by *Dave Abrecht*

California's Three Foot Passing Law

A big "Thank You" to club members who donated \$1 to show support for the passage of California's Three Foot Passing Law. The legislation was unanimously approved by the State Senate's Transportation Committee and will be heard by the full Senate in late May or early June. It is expected to go to the Assembly side of the legislature later this summer. The Automobile Club is now supporting the proposed law and Jim Brown, the Communications Director for the California Bicycle Coalition, believes the legislation will pass and be signed into law by Governor Brown. In the meantime, wear your buttons and help promote safety for bicyclists on California's roadways. Stay tuned for more details.

Off-Road De Anza Trail from SLO to Pismo Beach

Eric Meyer, a SLO resident and member of that city's planning commission, is making presentations to county and city governmental bodies and commissions to promote the creation of a Class I bike trail from San Luis Obispo to Pismo Beach via Old Edna and Price Canyon. The trail will follow the path of the historic De Anza Trail and unused railroad right-of-ways. On behalf of the SLOBC, I wrote a letter of support that Eric can include in his presentations. Completion of the trail is years away but there's no time like the present to get started on another trail project in SLO County.

PeopleForBikes.org

A national bicycle advocacy organization, People For Bikes, just announced that they have received 500,000 pledges from people all over the country who want a better future for cycling. Two years ago the organization,

which is sponsored by bicycle related commercial companies, bicycle advocacy groups and individuals, began a campaign to create a national "voice" for cyclists by obtaining one million pledges. Completing the pledge is simple and does not obligate you to anything but standing up for cycling and the funding of cycling infrastructure projects. For more information and to sign the pledge, go to www.PeopleForBikes.org.

Port San Luis Obispo Lighthouse Hike

Finally, and marginally related to advocacy, if you are interested in a "cross-training" opportunity I am leading a hike specifically for bike club members to the Port San Luis Lighthouse on Tuesday, June 12 at 9 AM. The hike is 3.5 miles, moderately strenuous and includes a tour of the historic lighthouse buildings. There is a \$5 donation, payable at the door, for the Lighthouse tour. For more information or to sign up for the hike, please call or send me an e-mail.



San Luis Obispo Bicycle Club, Inc.
P.O. Box 1585
San Luis Obispo, CA 93406



Presorted Standard
US Postage Paid
San Luis Mailing Service
93401

CALENDAR:

BOARD MEETING

June 5th, 5:00 P.M.

GENERAL MEETING JUNE POTLUCK & BOB GARING PRESENTATION

June 7th, 6:00 P.M.

Life's a Beach

The June SLO bike club potluck will be Thursday, June 7 at 6 p.m. at the Pavilion on the Lake in Atascadero. Please make sure you sign up by contacting me (Kathleen McHugh) at: elcolej@gmail.com or 805-528-6686.

As the theme is 'Life's a Beach', wear your most 'beachie' outfit and please bring beach towels as table cloths for your table. As always, bring your own place setting (including plate, bowl, glass, silverware, napkin) and beverage (alcohol okay). The club will provide coffee and tea as usual.

Bring your summer attitude and a dish according to your last name:

A-G Salad, Side Dish, or Soup

H-O Main Dish

P-Z Dessert

Please include a list of the ingredients in your dish (or the recipe) and place it on the table near your dish. This really helps people who have any dietary restrictions, such as allergies with gluten, peanuts, dairy, shell fish, lactose intolerance and vegetarians. It is sometimes impossible to tell if any of these ingredients are in a dish just by looking.

It is actually fun to do this because people can share their recipes/ask questions, as we can also put our names on our individual lists.

