

## President's Message

by Robert Fuller Davis

Our Board is continuing with the Strategic Planning process. This month we did SWOT analysis – don't cross your eyes, this gets really interesting in a minute.

We examined resources by brainstorming and listing strengths, weaknesses and opportunities. Then we listed threats, challenges that we need to work on.

Threats are the interesting part. They are problems that we need to solve. Here is what we came up with that we are going to work on:

1. [We need more and different volunteers](#)
2. [We have limited turnover in leadership and special jobs](#)
3. [New volunteers don't have the opportunity to work in some places](#)
4. [We have a growing number of brunch attendees](#)
5. [Unsafe riding practices are causing collisions and injuries](#)
6. [Aging membership](#)

The first three reflect a common theme – that we need to examine and revamp our volunteer program. **Will Benedict, Tim Long and Gary Havas** are going to lead a team to work on this.

**Chris Broome and Kathleen McHugh** are going to work on the brunch issue, the growing cost and the difficulty of finding a suitable facility for a large number of people.

Have you noticed that we all preach and profess safe bicycling and not all of us practice it? **Dave Abrecht and Ken Price** will tackle this.

And we, our club members, are growing older. It would be good if we could grow younger – or at least attract younger people. **Chris Broome, Michael Gille and Martin Howell** will take this on.

And you – can you help? Do any of these issues strike a note with you? Have you been saying, "I wish the club would..." fill in the blank.

If you have a passion for any of these problems, step up and help us out. We are a club of all the members and we value everyone's good ideas and willingness to work.

## 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](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)

## 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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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  
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Vice President: .....Tom Roberts  
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Past President:.....Frank Mullin  
[past-president@slobc.org](mailto:past-president@slobc.org)

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**Minutes of the San Luis Obispo Bicycle Club Board Meeting**

**Air Pollution Control District Auditorium  
3433 Roberto Court, San Luis Obispo CA  
Tuesday, October 2, 2012 5 PM**

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

Guests present were Gary Havas and Michael Gille.

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

The minutes of the September 4, 2012 board meeting were approved (MSC:Price/Benedict).

President Davis advised that the club had received a thank you note from Morro Bay High School for the club's donation to the school.

Chris Broome reported that club assets totaled \$215,443 as of October 1, 2012. He advised that Lighthouse expenses were approximately \$11,000 over budget and compared costs for this year's Lighthouse volunteer brunch to amounts spent in prior years. He also presented a summary of costs of the annual board dinner going back over the past six years. The annual budget meeting is scheduled for 2 PM on October 17; members wishing to attend the meeting or to submit suggestions for the budget should contact Chris.

President Davis noted that the Bikewise website is a tool for logging bike accidents and safety hazards. There was a brief discussion about Bikewise and several similar websites.

Kathleen McHugh reported that she had checked into having the club represented at the Los Osos Farmers Market and that there was no cost for participating in the event.

The board discussed possible venues for the annual board dinner and voted to hold the 2013 dinner at California Pizza kitchen (MSC:Abrecht/Price).

The board reviewed the 2013 calendar for club meetings and agreed to move the January and July board and general meetings back a week to avoid conflicts with New Years Day and the 4<sup>th</sup> of July holidays.

Tim Long proposed reducing the number of board meetings by holding meetings only in odd-numbered months. After discussion, the change in the board meeting schedule was approved (MSC:Long/Abrecht).

The board discussed a situation where a Lighthouse participant had been excessively abusive to the volunteer staff. The board members voted unanimously to ban the participant from future club events, and President Davis will advise the individual accordingly.

President Davis then led board members through an exercise to identify club strengths, weaknesses, opportunities, and challenges/threats. Board members proposed a number of items to be included in each category. The board then identified the highest priority challenges/threats and summarized those into the four categories listed below. The board members listed after each category agreed to follow up to identify plans of action for addressing each challenge:

- |                        |  |
|------------------------|--|
| Safe riding practices: | Dave Abrecht,<br>Ken Price                       |
| Volunteer brunch:      | Chris Broome,<br>Kathleen McHugh                 |
| Volunteer system:      | Will Benedict,<br>Tim Long,<br>Gary Havas        |
| Membership issues:     | Chris Broome,<br>Michael Gille,<br>Martin Howell |

President Davis noted that the Bike Coalition is sponsoring the 2<sup>nd</sup> Annual Red Davis Celebration on October 30<sup>th</sup> at the Luis Wine bar.

The meeting was adjourned at approximately 6:30 PM.

**MINUTES OF THE SAN LUIS OBISPO BICYCLE CLUB GENERAL MEETING**  
SAN LUIS OBISPO LIBRARY COMMUNITY ROOM  
995 Palm Street, San Luis Obispo CA  
Thursday, October 4, 2012 7:15 PM

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

President Davis reported that Tom Roberts had passed away, and the attendees observed a moment of silence. A memorial service is scheduled for noon on Sunday, October 21<sup>st</sup> at the Los Osos Valley Mortuary.

President Davis welcomed Chris Ellison and a group of riders from Great Britain who are doing a bike tour of the central coast. Mr. Ellison noted that the Cyclist's Touring Club is the oldest bicycling club in the world and conducts cycling tours throughout the world.

President Davis thanked Bob Tuman for serving as greeter, and Pam Zirion, Sylvia Leap, John Long, and Dee McKelvie for providing refreshments. He noted that the club is sponsoring a booth at the SLO Farmers Market on the 3<sup>rd</sup> Thursday of each month. Kathleen McHugh reminded members about the Bike Breakfast that the club is sponsoring on October 19<sup>th</sup> for Rideshare Month.

The minutes for the September 6, 2012 meeting were approved (MSC:J.Goldenberg/T.Leap).

President Davis read a thank you from Morro Bay High School for the club's donation to the school.

Chris Broome reported that year-to-date contributions totaled \$66,000 and that club assets as of October 4<sup>th</sup> were approximately \$188,000. A budget meeting will be held October 17<sup>th</sup>, and any budget or contribution requests should be submitted as soon as possible.

President Davis advised members that the 2<sup>nd</sup> annual Red Davis Celebration to honor Bike Coalition volunteers is scheduled for October 30<sup>th</sup> at the Luis Wine Bar.

Robin Dery reported on the activities of the Atascadero High School Bike Club and requested members to donate unused bikes and bike accessories that are in usable condition to the club for use as incentives for the club members.

Janie Goldenberg advised members that the Red Dirt Coffee House in Arroyo Grande was an excellent venue for a bike ride stop and posted several photos of the scarecrow event underway in Cambria.

Ken Price noted that the next Ontario Road clean-up is scheduled for October 20<sup>th</sup> and advised that the Bikewise.org web site is available for reporting accidents and road hazards. Ken recommended that all members use rear view mirrors while riding. Any member seeking additional training in bike road safety should contact Ken.

Will Benedict noted that a number of club t-shirts were for sale and that there were still available spaces for the October 13<sup>th</sup> Indulgence Ride.

President Davis reported that the January and July 2013 General Meetings had been pushed back a week to avoid conflicts with national holidays. A Lighthouse participant who was verbally abusive to club volunteers has been banned from future club rides. The board has identified several challenges that the club is facing (volunteer program, volunteer brunch, unsafe riding practices, and aging membership), and club members were invited to participate with board members in developing possible solutions to each of those issues.

Will Benedict presented a program covering his participation in an Arizona Road Adventure cycling tour.

The meeting was adjourned at approximately 8:45.

## Lighthouse Letters

Just finished another lighthouse century. Thank you to all the volunteers and all the great food. This is by far the best supported ride I have ever been on. All the volunteers are very polite and positive. With the number of riders on this ride it is impressive that the support never was too busy to give assistance for any reason. Thank you again.

Lance Maxwell

First of all no one, but no one holds a better organized ride than SLOBC!

My wife Gail and I have attended this century for 20 years plus. We always enjoy all the really nice volunteers for all their help and assistance. The rest stops are none better as is the lunches. The 94 mile ride was challenging for a couple that are 60 years old. We are used to 10 and 15 percent climbs. Wow that ONE switchback on Old Creek Road hit 24 percent on my computer. That raised the heart rate a bit. It was nice to get all the climbing out of the way while it was cool, then down to PCH for a great trip up north and back to Cambria for lunch. We also like the Morrow Bay starting point with all the motels close by, no need to take the car to the start. Good Idea. Also the school is in a perfect location.

Thanks again to you and everyone involved.

See you in the Spring at Wildflower 2013.

Irwin and Gail Ohlsson

Hi there SLOBC,

I just wanted to share with you that the Lighthouse was my first organized ride event and I had a blast! You guys were well organized, all the rest stops were stocked and ready, route was clearly marked, and I felt "as safe as can be expected" the whole ride. I rode the metric flat with a friend that has ridden the Lighthouse numerous years and he said he enjoyed this route the best out of all that he's ridden. The BBQ was great also! I just wanted to say thank you and hopefully I'll be riding more of your events.

Scott Pohlenz

Hello,

Actually this was my first time riding in this ride and I had a great time! Thought everything was so well organized and the route was well marked. I have ridden in a few rides lately that were not as well marked and had not-the-best food support. This ride was awesome!!

I really enjoyed the metric century route, I hope you keep it. The hill level was just right for me, being a

semi new rider. My friends and I will definitely be back next year!!

Thanks so much for everything! ...oh and all your volunteers were just wonderful, so friendly and helpful, they ROCK!!

cheers,

kelly bracken

Just a short note to say a big thank you to you and all the members of the SLO Bike Club.

Patti Hamburg and I did the 79 mile ride and we were amazed at the great visibility of the SAG wagons (not needed, thanks!)

And the fully stocked rest stops with great people! I am well aware of the behind the scenes logistics and just wanted to say Job Well Done to you and your associates. Thanks.

Jim Byrne

Director of Transportation

San Diego Transit Corporation

### A suggestion....

This is only a suggestion — Start a column titled Personal Notes, Questions & Answers, Suggestions, Requests & Whatever. Under this column, as a member I could:

- thank our Leader for a great ride.
- ask how rides are formed. (Hopefully someone would respond. I know there is a quicker way to get the information, but this way others will benefit from the answer.)
- thank our local bike shop for a job well done. (share experiences)
- find out how to suggest, or organize a ride in my area.
- ask is there are other slow riders in my area that would like to ride on some off days.
- explain how I added a slower gear.

Thanks!

Reuben Gruber

*What do you think? Is this needed? Would you participate? How many of you use the SLOBC Email groups? ([www.slobc.org/ride-calendar/club-rides.html](http://www.slobc.org/ride-calendar/club-rides.html))*

## 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 Craig Armstrong (619-7023).

## Monday

### (9:00 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 ([ggvaderlinde@yahoo.com](mailto:ggvaderlinde@yahoo.com)).

### (9:00 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)).

### (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).

### (9:00 AM) - Flaming Tortoises (A-2).

Dinosaur Caves Park (SB). Generally we expect to ride 15 to 25 miles at no more than 12 miles per hour. Contact Bob Tuman @ (978-621-1417/545-5976).

## 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) - 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)).

### (9:00 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)).

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

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

7 Santa Margarita Park. Led by Russ Robinson (781-0903).

14 Laguna Lake Park (SLO). Led by Norm Smith (914-388-7198).

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

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

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

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

7 State Park Marina (MB). Do a tour of the coastal canyons with coffee at Kelley's in Cayucos. Led by Dave Abrecht (528-2571).

14 Centennial Park (PR). Ride to San Miguel. Led by Dale Sutliff (544-4034).

21 Show & Go from French Park (SLO). Thanksgiving Eve ride.

28 Bandstand (AG). Ride to the Trilogy (Nipomo). Led by Sandy Pitt (489-0138).

### (9:00 AM) - The Trikers (B-2).

French Park (SLO). This is a ride especially for the many club members who are now riding trikes. We specialize in safety and do our socializing when we stop for coffee. COME JOIN THE FUN! We'll ride about 25-30 miles at about 12 MPH on the first and third Wednesday of the month. Led by Dorothy Curhan (542-0334).

7 Show & Go from French Park (SLO).

21 Show & Go from French Park (SLO).

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

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

- 7 Hero Park. A loop through AG, Corbett Canyon, Pismo Beach and return, about 18 miles. Led by Bob Briscoe (489-5621).
- 14 Bandstand (AG). Rode out Los Berros, Thompson to Tefft and Data Adobe. Led by Peggy Coon (904-6050).
- 21 Show & Go from Laguna Lake Park (SLO). Thanksgiving Eve ride.
- 28 Islay Park (SLO). Ride to Avila Beach and Port San Luis Pier, coffee at Woodstone's. Led by Bob Tuman (978-621-1417/545-5976).

**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****(9:00 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)).

**(9:00 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](mailto: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.

2 Islay Park (SLO). Loop within Edna Valley. Led by Bob Tuman (978-621-1417/545-5976).

9 Santa Margarita Park. The 2nd annual "freeze you butt off" in Santa Margarita. Led by Bob Young (489-4755).

16 J&J Cellars (San Miguel). In conjunction with Dee McKelvie, do the Bacon Ride with lunch afterward. Led by Stu & Janie Goldenberg (544-4720).

23 Show & Go from Meadow Park (SLO). Whatever the attendees decide.

30 Nazarene Church (BP). This is the birthday ride for Hans to Carlocks's Bakery in Los Osos. Coffee or Tea will be provided. Led by Patricia and Hans-Henning Boerst (534-9660).

**(9:00 AM) -Blazing Saddles (A-2)**

Destinations throughout the county. Avg. 12 mph. Distance approx. 25 miles. Heavy social emphasis, and always a coffee stop. We alternate every other Friday with a Mountain Bike ride. For ride notifications, receive emails via SLOBC 'Blazing Saddles' group emails or email/call Dee McKelvie at: [flyingmonkeys31@gmail.com](mailto:flyingmonkeys31@gmail.com) or 610-1234.

*November 16<sup>th</sup>: Fall 'Bacon Ride'  
Start: J & J Cellars, Paso Robles  
9:00 a.m. Lunch afterwards.*

**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](mailto:ronstarkey@exocet.com)).

**(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)).

**November 3 (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. Marriot Courtyard Hotel. Justin Winery Ride (Nacimiento Lake, Chimney Rock, Cypress Mtn, Klau Mine, Adelaida). About 37 miles with 3000 feet of climbing.

## 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.

### Centennial Park (PR)

Take 101 to Paso Robles. Exit at Paso Robles Street. Continue 0.7 miles to 13th Street, right 1 mile to Nickerson Street, right 0.2 miles to park on left.

### 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).

### Hero Park

Take 101 south through Pismo Beach and take the Oak Park exit, left 0.3 miles to Oak Park, right 1.4 miles to Farroll, left 0.3 miles to the park on the left.

### Islay Park (SLO)

Take 101 to Los Osos Valley Road. East 0.5 mile to Higuera, left 0.4 mile to Tank Farm Rd, right 2.8 miles to park (on right).

### J&J Cellars (San Miguel)

Travel north to Paso Robles, exit US 101 on Hwy 46 east, right 5 miles to Jardine Rd, left 3 miles to Estrella Rd, left 2.5 mile to destination.

### 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.

### 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.

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



**2012 SLOBC Ballot Preview**

While we do have at least one candidate for each board position, you can toss your hat in the ring for any of them. 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](mailto:frankmullin@charter.net), 602-2058, if you're interested.

<b>Position</b>	<b>Candidate(s)</b>	<b>Incumbent</b>
President	Robert Davis	Robert Davis
Vice-President	Larry Rutter	Tom Roberts
Treasurer	Chris Broome	Chris Broome
Secretary	Craig Armstrong	Craig Armstrong
Membership Coordinator	Mike Balster	Robert Lindquist
Ride Coordinator	Will Benedict	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	Kathleen McHugh	Kathleen McHugh

**Ballot item for change in club's logo**

**Purpose:**

The club's logo consisting of a bicycle wheel, spoon and fork, and our motto in various forms has been part of the club's tradition since 1990.

At the club's June meeting, a new logo system was presented and the members informed that they would be able to vote to either adopt the new logo system or to retain the existing logo system. An image of the proposed logo system and the traditional one can be found at <http://www.slobc.org/administration/support/logo-topic.html>

Your board did not take a position on this change.

**Proposal:**

Replace the club's traditional logo with the one presented at the club's meeting on June 7, 2012.

**Select**

- I would like to adopt the new logo system
- I would like to retain the existing logo system

**Ballot Process for 2012**

Voting this year will be accomplished by going to the Vote tab at the member site [www.slobc.net/membership](http://www.slobc.net/membership). You can review the ballot now but cannot yet vote. Voting will open November 1. Those who would rather vote using a paper ballot can request one by contacting Frank Mullin in writing prior to November 1, 2012 ([pastpresident@slobc.org](mailto:pastpresident@slobc.org), or 728 Panorama Drive, Pismo Beach, CA 93449). Be sure to provide the name(s) of each member for whom ballots are requested. Paper ballots should only be requested by those who cannot access the online site as this is an added cost to the club in both money and time. You must sign the envelope used to mail in your paper ballots. Those in unsigned envelopes will not be counted.

**Cleaning out your garage?  
Getting rid of garage clutter or upgrading something on your bike?  
We have a use for your discarded bike gear!!**

The **Atascadero High School Bicycle Club** is one of the few high school bike clubs in our county. The club encourages high school students to use bicycles for fun, fitness and commuting. Typically we ride about twice a month, and are going to have our first overnight bike camping trip in November. We also want to have **monthly drawings for prizes**, but we **need some gently used equipment donations** to use as prizes. Some of the things students lack are: **tire irons, under seat pouches for patch kits, frame pumps, old speedometers that still work, water bottle cages, and saddles**. Any of these things, gently used, would make great prizes for our club! (And of course, tubes in road, mountain bike, and 20" sizes are always great too!)

We also have a **Grand Prize drawing in May** as part of Bike Month. To participate in this drawing, students get one ticket for each AHS bike club meeting they attend, and three tickets for each bike club ride they go on. Last year a faculty member **generously donated an older mountain bike** (hard tail) they were no longer using for the **Grand Prize Drawing**. I was able to display the bike with an "AHS Bike Club" banner attached, all year long in my class. What great advertising for the club! And on the day we did the drawing, the student who won the bike was ecstatic....turned out, he didn't need the bike, he had one already, but he had a friend who did, a friend with a long commute to school every day, no car and no money to buy a bike, and who was DELIGHTED to get a bike. He used that bike the rest of the spring to commute to school, and is undoubtedly riding it still. What a great use of a resource that had been sitting unused and unneeded in someone's garage.

I am now looking for another **bike** that could be used as a Grand Prize in May 2012. Any chance **YOU** have an unused dust-collecting older bike in your garage, one of your harem that just doesn't see much action these days? **Wouldn't that bike be happier under the seat of a high schooler, whizzing thru the streets, breeze blowing thru its spokes, enjoying the ups and downs of life once again while making someone very happy?!??** Please consider donating it!! We have a use for your discards!

If you have donations you would like to make, **please contact Robin Dery**, the faculty advisor for the Atascadero High School Bicycle Club, at 805/462-2537 or email [robindery@atusd.org](mailto:robindery@atusd.org)

*Robin will be at the November General meeting. If you would like, bring your donation to the meeting. Please contact Robin if you wish to donate a large item ( a bike?) so that she will be prepared to transport the item.*

## Membership - November 2012

Bob Lindquist

### QUARTERLY MEMBERSHIP SUMMARY

Total number of Members (as of 10/1/2012): 649

Club Publications for Memberships (461):

*SLO Coaster* : Email: 310 ( 65%),

Paper 165 ( 35%) .

*2012 Annual Directory* : Email: 227

( 49%), Paper 233 ( 51%).

Note: Some memberships receive both email and print publications, and some receive only one publication or none.

### BE THE FIRST SLOB ON YOUR BLOCK TO RENEW YOUR MEMBERSHIP !!

**ALL 2012 Memberships expire DECEMBER 31, 2012.**

*Your membership expiration date is listed:*

*(1) first line of the address label, printed version of the SLO Coaster*

*(2) in your membership file on the SLOBC website*

**CLUB DUES: \$15/year single, \$22/year family (2 or more)**

**CONSIDER RENEWING FOR 2 YEARS (only \$30/ single and \$44/family).**

**A REAL BARGAIN ...!!**

#### Advantages:

1. You will be free from having to write a check or sign a waiver for another two years!
2. You will not have to even think about your membership status until December 2014!

3. The Membership Director will only have to process your check and activate your membership once for two whole years.

#### RENEW

(1) ONLINE at the SLOBC 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: SLOBC c/o Bob Lindquist, 925 Bassi Dr., San Luis Obispo, CA 93405

(2) PRINTED FORMS – available at:

- Club meetings
- Print form from the SLOBC 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).

#### NEW MEMBERS

- (1) Go to our public website: ([www.slobc.org](http://www.slobc.org)).
- (2) Select "Membership" from the left hand column
- (3) Under the "Join or Renew" heading, select "New Member"
- (4) Fill out the application and follow the instructions to get a waiver form and a Username and Password.
- (5) Send the signed waiver form and a check (or pay electronically by PayPal) to:  
SLOBC c/o Bob Lindquist, 925 Bassi Dr., San Luis Obispo, CA 93405  
*Alternatively:* print out a membership/waiver form (see PRINTED FORMS above for website address), or pick up one at a club meeting, or contact me for a mailed copy. Sign and submit with a check as above.



**What's wrong with this picture?**

*photo submitted by R. Davis*

# PenEar:

by Mike and Marian Balster

## Jean McBride

Jean McBride has the ability to see the positive in every situation. She grew up in Ridgecrest, California, where she was employed after High School at the Naval Air Warfare Center at China Lake, California (formally the Navel Weapons Center at China Lake). She experienced a rewarding 35 year career with the Navy as a contract writing manager which provided materials directly to the fleet. She oversaw the contract for research and development projects including IED research. This project sought to better protect ground personal by focusing on IED explosion deflection methods. She enjoyed working closely with scientists and engineers to understand their project needs and then identify and purchase the needed materials. Ask Jean about some of her interesting projects.

Jean and her husband Bill have been married for nine years and have lived in Paso Robles for two years. Jean had a house in Paso Robles for many years before moving and spent as much time as possible visiting the Central Coast while living in Ridgecrest. Jean's daughter is a wine maker in Paso Robles and that also influenced her decision to retire to Paso Robles. Her daughter earned a degree in enology from UC Davis and worked in Napa for several years before opening her own winery, Rancho Cellars, and consulting business in Paso Robles.

After moving to Paso Robles, Jean jumped into community volunteering and stepped up her riding time. She has been riding for 10 years and greatly increased her riding time after moving to Paso Robles. Jean leads the Friday Scramblers ride for the North County and Bill leads the Friday North County Breakers ride. Jean always provides route sheets as they frequently have large groups or new riders and she doesn't want anyone to get lost. Jean and Bill do weekend rides together to fulfill her goal of riding four days each week.

Jean has always been interested in art and jumped headlong into classes and activities to hone her skill. To broaden her knowledge of Art in general, she volunteered with the Paso Robles Art Institute and is cataloging their art and periodicals. The connection with the Art Institute gives her exposure to art and artists that serve to inspire



her passion for art. Landscapes and Seascapes have been her passion and she is about to embark on drawing the human form where proportion, perspective, and shading are key. Jean has an interesting story about finding and volunteering at the Art Institute.

Jean has done the Wildflower four times and Bill has done both the Wildflower and Lighthouse rides several times. They both intend to volunteer for the Wildflower ride but their travel schedule hasn't allowed it yet.

Jean likes the rides in the Mammoth area and the June Lake loop. They have been on organized rides to Italy in Puglia, Tuscany, and Northern Italy. Jean especially likes the small villages in Italy where life seems simpler and people have close bonds. The downside of Italy is the twisty roads, the winds, and the old towns are at the tops of the hills. Jean and Bill are planning a trip to Provence next year.

In the U.S. they rode the Mississippi River levee trail for miles along the Mississippi River (there is an interesting story here), the Nachez Trace trail, Banff to Vancouver in Canada, and Death Valley many times.

Jean says her greatest accomplishment is backpacking the Grand Canyon, North Rim to South Rim. Her greatest qualities are her sense of humor. This quality has served her well for many years. If she could travel anywhere, it would be London.

Jean's passion is Art, she needs and enjoys cycling, and everything else just has to fit in between.

## The Evolution of the Aerodynamic Helmet

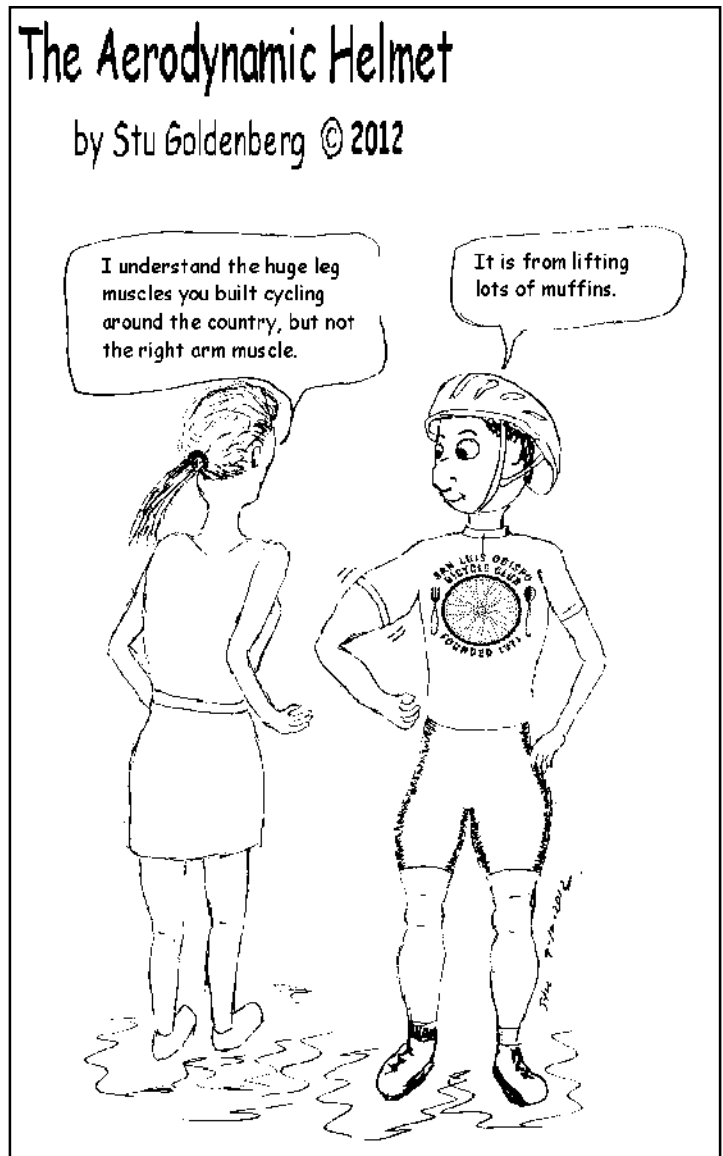
By Stu Goldenberg

On September 10, 2012, Gary Havas returned to San Luis Obispo upon completing his five and one half month cycling adventure of circumnavigating the United States. His total trip was around 9.5 k-miles. We believe he was consuming around 10 K calories a day. He regularly posted a blog of his adventures, which include the fuel he ingested. His fuel was a little heavy on muffins, sweet rolls and pies. In spite of the high caloric intake, he still lost about 10 pounds. We were present when Gary returned to his launch point and he did actually look good but had clearly lost some weight.

We believe Gary prided himself on his photos, especially of those fabulous desserts, which came with breakfast, lunch, and dinner, and we have no idea how many he ate between the traditional three meals a day.

Expectations for such a ride would be to have your muscles bulk up from the constant exercise. If Gary's did, it wasn't noticeable. He did have long pants on, which could have been hiding those monster quads, but I don't think so.

All this doesn't mean we can't imagine his muscles developing in proportion to the extensive exercise he gave them. With that in mind, consider the adjacent comic.



# December Potluck A Classy Affair

The December SLO Bike Club potluck will be Thursday, December 6 at the The San Luis Obispo Elks Lodge @ 222 Elks Lane. Socializing begins at 5:30 with dinner at 6 p.m. Please make sure you sign up by contacting me (Kathleen McHugh) at: [elcolejr@gmail.com](mailto:elcolejr@gmail.com) or 805-528-6686 or by signing up at the November bike club meeting.

As the theme is 'A Classy Affair', wear your most 'elegant' outfit. We can suggest tux and shorts, denim and diamonds, or fur ('but not real fur, 'cause that's cruel') and a helmet, for example!

As always, please bring a table cloths or place mats for your table, bring your own place setting (including plate, bowl, dessert plate, glass, silverware, napkin). The club will provide dessert, and Kathy Cohon will bring coffee and tea as usual. Alcohol can be purchased at the bar. No alcohol from home, please!

Bring your holiday spirit and a dish according to your last name:

A-G -Salad, Side Dish, Soup, Stew, or Chile

H-N -Main Dish

O-S- Salad, Side Dish, Soup, Stew, or Chile

T-Z-Main Dish



## Remember:

Please try to 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 at it. Plus we can share recipes!

Finally, we have a couple of surprises planned for the potluck. You can help by bringing a 'White Elephant' gift beautifully wrapped to the potluck. These gifts will be the decorations on your table and are an important part of the evening's entertainment. So search your closet for that 'special treasure' that you'd LOVE to get rid of, wrap it deceptively (I mean, beautifully), and bring it to The Elks Lodge on Thursday, December 6, 2012.

See you there!

## ADVOCATE'S REPORT

by Dave Abrecht

By definition, the SLOBC Advocate's job is to monitor cycling related legislative issues and act as liaison to **outside** organizations that have a connection to cycling in our county and communities. This month, I'm taking the opportunity to turn my advocacy duties "inward", and present an issue to club members.

We just completed another very successful Lighthouse Ride. There is no doubt that our organized rides succeed because of a huge contingent of dedicated club members who volunteer for an array of important jobs and duties. Our club is very aware of this commitment and we recognize and reward our ride volunteers by providing:

- \* A ride T-shirt,
- \* A fully supported Pre-Ride with lunch, rest stops and SAGs
- \* A catered brunch the day after the ride.
- \* Members who serve as Captains of the various groups also receive an additional gift; either a ride jersey or a \$35 gift certificate to a local restaurant.

I'll cut to the chase. This year, the club spent **\$26,415.** for Wildflower and Lighthouse Ride volunteer recognition. As the Board of Directors develops our club budget for 2013, I am bothered by the amount of club funds we spend on ourselves for volunteer recognition, especially the recent Lighthouse Brunch, which cost the club \$48 per person.

I would like to hear club members' thoughts in the following areas:

1. Is spending this amount of money annually for volunteer recognition necessary and/or acceptable?
2. Do you have any ideas how we can appropriately recognize and reward our volunteers at a lesser cost?
3. Would you be willing to allocate a portion of this money to things that enhance bicycling in our county, such as:

- \* Bicycle safety education classes;
- \* The construction and maintenance of bike paths and trails;
- \* Supporting the building of bicycle related infrastructure projects, such as bike lanes, bike parking corrals, and bike related road signage.

4. Any other suggestions, creative ideas or thoughts?

Feel free to call me (801-9211), send an e-mail ([daveabrecht@me.com](mailto:daveabrecht@me.com)), or ride with me to a nearby coffee shop and have a conversation. Now, you can even contact me on Facebook. I look forward to some honest feedback on this issue. (Actually, I would expect no less from my fellow SLOBs)

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



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93401

## CALENDAR:

### BOARD MEETING

October 30th, 5:00 P.M.

### GENERAL MEETING

November 1st, 7:15 P.M.

### VOTE!

Begins November 1st.

## NOVEMBER PROGRAM

We will recap our adventures of cycling a number of bicycle paths in five of the western states and eight different areas.

There was a lot of car driving, and some fantastic visiting with friends and family along the way, and we promise that the slide show will emphasize the bike trails.

*Steve and Jamie*

