



April 2010
Volume 41
Edition 4

SLO Coaster

San Luis Obispo Bicycle Club Newsletter

Promoting safe and legal bicycle riding for recreation and transportation

Presidents Message

by Robert Fuller Davis

Take Responsibility



Dave Morrow wrote an email piece a few months ago about how we present ourselves to the public when we ride our bikes. I think it's an important message. These are Dave's own words. I've done some editing with his permission.

I moved to SLO County in 1982. In those halcyon days of yore, bike riding was mellow here - much less traffic than now and not the agro So-Cal vibe that permeates a lot of the drivers. We did not need bike lanes much because of the easy going local attitude, smaller cars and trucks, much lower population and traffic volumes. There was a very small racing scene - the big deal was the Lighthouse Century every September where guys would hammer to beat five hours.

The 1984 Olympics, with two Americans taking gold in the road race, and some media coverage of Lemond, changed things quickly. In the 1980s lots more local people started riding - we had some big mountain bike races locally and the SLO criterium took off.

Then stuff hit the fan. Bike riders started getting killed by cars. One bad summer, four riders were killed on local roads. As a consequence, riders mobilized, asking the Board of Supervisors for money for paved shoulders and bike lanes. We did get money, and facilities, but not without a lot of work.

In the 90's the activists pushed for bike lanes all over the place, and the money came out of road budgets.

The SLO Bike Coalition, ECOSLO and the local Sierra Club persisted. Advisory committees were formed, city council members were lobbied, hearings attended, and we pushed and pushed. The SLO County bike infrastructure you see did not happen by accident. There are un-told thousands of person hours attending boring meetings, writing letters, and scrabbling for money.

The bike facilities we have now cannot be taken for granted - they are the results of a lot of in-the-trenches battles. What we have now has literally been won with the blood of other cyclists.

There is pushback from non-bike people. They don't always understand that the roads can be shared. They vote and they pay taxes, and in this political system they swing a big stick - they are the majority. Let us try to bring them aboard as equal and honorable co-users of our roads and seek their cooperation.

Do not sanction your fellow riders doing stupid things, flagrantly disobeying the Vehicle Code. Bike riders who flout the law upset the people who try to use the roads in an orderly way - cyclists, pedestrians or car drivers. They call their elected officials and complain about cyclists creating safety problems, and poof! Transportation funding for bike projects goes away.

Riders flagrantly disobeying the law are the best way to ensure that elected officials put transportation money into freeway on-ramps and not new bike shoulders, the railroad safety corridor, etc. Bike lanes may disappear to make on-street parking. There go your safe and convenient bike facilities.

The law says bicycles are vehicles and we have all the rights and responsibilities of other vehicles on the road. Take responsibility. The next person you antagonize with your illegal action may be the mayor's cousin or Board of Supervisors next-door neighbor.

Take responsibility.



SLO Coaster

Editor: Will Benedict

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. No subscriptions are available to non-members.

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

Nothing will be accepted verbally.

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.

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

Submittal Deadline

All materials are due no later than 8:00 a.m. on the 15th of each month.

Submittal Means

All materials must be emailed to Will Benedict at willbenedict@me.com

Submittal Guidelines

Complete submittal guidelines are found at: www.slobc.org/resources/newsletter.html

SLOBC Information

SLOBC Monthly Meetings

Tuesday, March 30 (5:00 PM): Board of Directors Meeting

Location: Air Pollution Control District meeting room, 3433 Roberto Court (SLO). The San Luis Obispo Bicycle Club Board meets the first Tuesday of each month. All Club members are welcome to attend Board meetings.

Thursday, April 1 (7:00 PM): General Membership Meeting

Location: County Library, 995 Palm, downtown San Luis Obispo
The San Luis Obispo Bicycle Club meets the first Thursday of each month. Refreshments are served starting at 7:00 p.m., Meeting begins at 7:15 p.m.

Thursday, April 15 (6:00 PM): Farmer's Market Booth

Location: In front of Kevin Main's Jewelry store at 720 Higuera Street (SLO)
The club has a booth at Farmer's Market the third Thursday of each month April – September. Club members are invited to help by handing out material to or answering questions from people interested in the SLOBC. One benefit of supporting this enterprise is being able to eat the wonderful food served at the market!

SLOBC Board of Directors

President	Robert Fuller Davis	772.0874
Vice President	Sharon Sutliff	544.4034
Treasurer	Chris Broome	772.5900
Secretary	Gail Davis	772.0874
Ride Coordinator	Dave Abrecht	528.2571
Membership	Bob Lindquist	595.7686
Advocate	Dale Sutliff	544.4034
Historian	Janie Goldenberg	544.4720
Newsletter Editor	Will Benedict	544.3504
Safety Director	Ken Price	489.9779
Director at Large	Sandy Pitt	489.0138
Past President	Frank Mullin	556.0789

SLOBC Contact Information

San Luis Obispo Bicycle Club, Inc.
P.O. Box 1585
San Luis Obispo, CA 93406
Club Hotline Answering Machine: 543.5973

SLOBC Web Site: www.slobc.org

Membership Profile

By Mike Balster

Meet Harvey Cohen



Harvey and Kathy Cohon are well known members. Harvey serves our club as the captain of traffic control for our organized rides. Harvey is skilled at giving volunteers well thought out tasks. Each of the riders benefit from the efforts of the traffic control volunteers as letters from appreciative riders can attest. We all appreciate Kathy, who kindly organizes the food for our club meetings and handles the setup and cleanup for the food, condiments, and coffee. While Kathy makes this look easy, I can assure you it is not. Please don't forget to thank Kathy for all she does for our club.

Harvey Cohon was born in Brooklyn, NY near Coney Island. He grew up in NY and attended the University of NY at Paltz where he received a degree in fine art and art education. Harvey made a career of teaching in vocational schools and focusing on machining, wood working, construction, and drafting. He taught vocational arts to both adults and high school students.

Harvey moved to California in 1989. He met Kathy in Redondo Beach and they moved to the Central Coast in the late 90's.

Harvey is quite a volunteer and is passionate about the service clubs and non-profits he joins. He has been president and treasurer of the SLO City Democratic Club and has worked with Salmon Enhancement. He has been recognized many times during his professional life as well as a long list of honors he has received from his many organizations and clubs.

He currently works with Pacific Wildlife Care, a wildlife hospital staffed with volunteers and located at the Morro Bay power plant. He volunteers at an ocean interest group whose goal is to build sustainable fisheries in the local near shore areas. It also seeks to preserve three areas along our coastline where a natural upwelling of nutrients occurs year round. The nutrients present in these upwellings come south from Oregon and North from Southern California to meet in three unique areas along our coast. Harvey is building a presentation showing the local ocean environment and its geology. He hopes to make this available for local professionals and social groups to answer questions about the benefits of creating a sanctuary off our coast. It will serve to enlighten residents to the proper care of our ocean environment.

Painting has been a part of Harvey's life ever since earning his Fine Arts degree but only after retirement has he painted seriously. He now makes time to paint every week and just finished his latest art show at the Land Conservancy Office.

Harvey and Kathy have a son and daughter. Their son, Adam, lives in Brazil and is currently working on a PhD in Public Utility Commissions. His fiancé will be teaching in Rochester, NY so they will be relocating in the near future. Their daughter is teaching high school math in Salt Lake City where her husband is in a PhD program focused on Pharmacology.

Harvey retired 5 years ago and became an avid cyclist averages 90 miles a week. His favorite ride is along the Morro Bay coast and his most exciting ride is through the eastern Sierras or the Cycle Oregon ride.

His favorite vacation spot is New York and might check out Hawaii to determine if it can compare to New York. He feels that he is always on vacation here on the Central Coast. When asked about interesting travel destinations in the past he wants to avoid Kentucky where he lived in the 1990's but he would like to return to China to see more of the rural areas and the Silk Road. He and Kathy are planning a three week trip to Brazil to visit their son and take in the sights.

Harvey's hobbies are kayaking, hiking, and of course biking. With the wealth of beautiful areas surrounding us, he often wonders why anyone would stay home rather than being outside exercising and enjoying the sights. Harvey and Kathy also indulge in an interesting indoor exercise, ballroom dancing. Ballroom dancing is definitely exercise and requires significant skill.

Harvey's passion was teaching industrial arts and he would whistle on his drive to work each morning. He still whistles each morning, eager to enjoy all that each day brings.

General Meeting Minutes

By Gail Davis, Secretary

March 4, 2010: San Luis Obispo City/County Library

President Robert Fuller Davis called the meeting to order at 7:15 p.m.

Mr Davis called for moment of silence for Nada Herd, one of the founding members of the club, who recently passed away. A memorial will be held in her honor March 13 at Meadow Park at 3 p.m.

Club members introduced themselves and clipboards were passed for various signups.

Mr Davis thanked Clem Michel & John Long for serving as greeters and Kathy Cohon for setting up the refreshment table.

Kathy Cohon thanked Marina Michel, Gary Havas, Jim Hanto and Martin Howell for bringing refreshments.

Minutes

Minutes of February 4, 2010, meeting were approved (msc: Janie Goldenberg/Harvey Cohon).

Correspondence

Mr Davis read the following correspondence –

Greg Bettencourt thanked the club for its generous donation of \$2,000 to Central Coast Concerned Mountain Bikers.

Edward Waage thanked the club for its generous donation of \$500 to San Luis Obispo County Emergency Communications Council.

Letty Cotta thanked the club for the thoughtful tribute to Richard Fox, a memorial bike rack installed on Monterey Street in front of Boo Boo Records.

Reports

Treasurer Chris Broome reported that current club assets are \$189,111.28.

Safety Director Ken Price reiterated that club members never yell "Clear" when participating in club rides.

Mr Davis reported for Ride Coordinator Dave Abrecht that Kathy Cohon's Poker Ride will take place March 27th, beginning at Lila Keiser Park. The San Miguel Ride scheduled for March 6th is canceled because rain is forecast. The San Diego Ride is postponed one week until

March 27th. The Scavenger Hunt Ride will take place April 10th at Lila Keiser Park.

Wildflower Volunteer Coordinator Mark Lyon reported that we need people for the lunch stop and for Traffic Control.

Advocate Dale Sutliff asked for people to volunteer to lead rides during May to support Bike Month.

Historian Janie Goldenberg displayed photos of the Richard Fox Memorial bike rack dedication. She noted that she will meet with new club members at each meeting and give them an orientation.

Bike Kitchen Director Brian Kurotschi reported that the Bike Coalition and the Bike Kitchen have moved into their new office at 860 Pacific in San Luis Obispo.

Mr Davis reported that the Chevron Tank Farm tour will take place April 8th at 0900. He addressed Shandon Advisory Council last night about the Wildflower and their response was enthusiastic. They asked for our help to report poor road conditions to the county.

Program

Vice President Sharon Sutliff introduced Norm Pillsbury who presented a video presentation of a 40 mile bike ride in Bolivia on the World's Most Dangerous Road, the Highway of Death.

Adjourn

There being no further business, President Davis adjourned the meeting at 8:47 pm.

June Potluck

Sandy Pitt

"Heads up" serious socializers. Save June 3rd and keep your kitchen primed to make some fabulous dish to share. There will be clipboard signups at the April and May general meetings.

Date: Thursday, June 3rd, 2010

Time: 6:00 to 8:00 pm

Location:

San Luis Obispo Elks Lodge
222 Elks Lane, San Luis Obispo

Food Assignments will be in next month's newsletter.

Wildflower Pre-Ride

The pre-ride for Wildflower volunteers will start in Creston by the elementary school where we will have coffee, pastry, and route slips beginning at 6:30am. Lunch will be in Shandon including sandwiches, salads, and desert with each of the other rest stops stocked with water, fruit, and snacks. In order to help plan your ride for the day, rest stop locations and times for the 2010 Pre-Ride are listed below.

Location	Open - Close
Creston	6:30 - 9:00 am
Shell Creek	8:30 am - 1:30 pm
Parkhill/Huero Huero	8:00 am - 10:00 am (or until sweep recommends closure)
Shandon	10:30 am - 2:30 pm
Summit	1:00 pm - 3:00 pm

Email Xenia Bixler at xbixler@calpoly.edu or phone (805) 473-3456 if you plan to ride and have not signed up yet.

Have a fun and safe ride.

Ride Coordinator's Report

By Dave Abrecht, Ride Coordinator



Your ride coordinator is enjoying baseball spring training, cycling and hiking in the Valley of the Sun. We've also discovered what will happen to us when our cycling days our

over; we'll move to Mesa, AZ and participate in the St. Patrick's Day golf cart parade in our mobile home community.

OK, on a serious note, save these dates!

Saturday March 27, 9 AM, Poker Ride

Saturday April 10, 9 AM, Scavenger Hunt Bike Ride.

Refer to Special Rides in this newsletter and our web site for more information.

Wildflower Report

By Dave Abrecht and Tim Long, Ride Co-chairs

The April 24th 2010 Wildflower ride is just one month away. Keep up with current Wildflower information at our web site www.slobc.org.

Volunteers Needed!

We are still seeking a few volunteers for Traffic Control and the lunch stop in Shandon.

Volunteer Captain: Mark Lyon at (805) 929-5998 or lyonm@charter.net. The volunteer form is on the club website under the Volunteer tab.

Volunteer Meeting

Thursday, April 22, 7:00 PM at the SLO - County Library

Volunteer Brunch

Sunday, April 25, 10:30 AM at the Fairways Restaurant at Dairy Creek Golf course, SLO

Reservations and Cancellations must be received by April 11th
Contact Sue Lyon at lyonm@charter.net or (805) 929-5998

Guests pay \$32. Uncanceled reservations cost the club \$32 each.
A reservation MADE is a reservation PAID

You may check a list of attendees that have responded. It will be available to view on our web page.

Captain's Post Mortem Meeting

Tuesday, April 27, 6:00 PM at the Windows on the Water Restaurant, 699 Embarcadero, Morro Bay. This is a dessert and coffee meeting.

Monthly Club Rides

Dave Abrecht, Ride Coordinator

This month's scheduled club rides can be found on the following two pages. They include both **Fixed** (Fixed starting location and time) and **Variable** (Variable starting location and time) rides.

Submitting Ride Information

Please submit ride information to both Dave Abrecht and Frank Mullin to ensure the newsletter's Ride Calendar and web site are accurate.

Submit any ride changes to Frank Mullin. This means that the most current ride information along with more detailed ride descriptions 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.

Pace & Terrain

Scheduled SLOBC Club Rides are designated as Pace and Terrain as defined in the table below. Ride descriptions include Pace and Terrain ratings to provide an indication of their difficulty. Some rides have more than one designation.

It is expected that all participants will respect a ride's designation and make sure that no one is left behind.

Pace		Terrain
AA Very Slow	Less than 10 MPH, Regroups often Waits for slowest riders	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 min. Waits for slower riders (Frequent Feeders)	3 Rolling hills (North county hills - Peachy Canyon)
C Brisk	14 to 17 MPH average Regroups every 30-45 min. 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

April Ride Calendar

Sunday Fixed

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

Show & Go: Nazarene Church (BP)
Contact: Jack Robison (528-3478)
Casual pace to coffee shop in Cayucos with possibility of doing an additional creek based on mutual agreement. Ride normally breaks into faster and slower groups.

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

Depart: Gazebo (AG)
Leader: Frank Mullin (518-9003) (frankmullin@charter.net)
Distance: About 35 miles
This casual ride departs from Andreini's Coffee House. If you are riding from SLO, contact Frank to see if you can join up. Two popular destinations are Poly Village (SLO) and theTrilogy (Nipomo)

Monday Fixed

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

Depart: Damon Garcia Sports Field
Leader: Russ Robinson (781-0903)

Templeton Ramblers (B-3) (9:00 AM)

Depart: Templeton Park
Leader: Mike Duffy (meahal@sbcglobal.net)
Distance: About 35 miles
Biking roads around Templeton at a leisurely pace. Route sheets/maps distributed by email only prior to each ride. Mid-ride coffee stop. Visitors welcome. [Join email group at www.slobc.org.]

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

Depart: Ben's House (SLO)
Leader: Ben Patrick (543-2803)
Ride supports one riding group (pace, 12-14 MPH) to various destinations. Ride leaves at scheduled time.

Tuesday Fixed

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

Show & Go: Nazarene Church (BP)
Contact: Marina Michel (528-1732)
Group chooses a coffee shop destination in San Luis Obispo or Avila Beach. Ride normally breaks into faster and slower groups.

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

Depart: Gazebo (AG)
Leader: John Sasaki (474-1417)
Choose between a fast 20+ mph or a slower 17 mph group. Mileage varies according to available daylight. A willingness of group riding skills or a willingness to learn is required. "We always go to dinner after the ride."

Wednesday Fixed

Atascadero Ramblers (B-3) (10:00 AM)

Depart: Atascadero Zoo
Leader: Mike Duffy (meahal@sbcglobal.net)
Distance: about 40 miles
Biking mostly the back roads south and east of Atascadero, as well as some tough hills. Route sheets/maps distributed via email only prior to each ride. There is a mid-ride coffee stop. Visitors welcome. [Join email group at www.slobc.org.]

Wednesday Variable

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

For people wanting faster paced rides with some pace line riding.

- 7 Templeton Park. Leader: Russ Robinson (781-0903).
- 14 Bandstand (AG). Leader: Larry Bradford (474-8764).
- 21 Santa Margarita Park. Leader: Glenn Vanderlinde (466-4221).
- 28 French Park (SLO). Leader: Bill Goodger (782-9197).

Start Locations

Atascadero Zoo

101 north to Atascadero
Take Santa Rosa exit (218A)
Left on Santa Rosa for 1.4 miles
Right on Highway 41 for 0.2 miles
Zoo entry on right.

B & A Realty (Cambria)

101 to Highway 1 exit
West on 1 for 34 miles
Right on Cambria Rd.
Left on Main St. for 0.4 miles
B&A Realty on the left

Bandstand (AG)

101 to Grand exit in Arroyo Grande
East on Grand for 0.2 miles
Right on Traffic Way 0.2 miles
Left on Nelson St. for 0.1 miles
Park on street at Short Street

Ben's House (SLO)

101 to Los Osos Valley Road
East 0.5 miles to Higuera
Left on Higuera for 0.4 miles
Right on Tank Farm for 1.9 miles
Right on Poinsettia St. 0.1 miles
Left on Alyssum Court
First house on the left

Biddle Park (AG)

Broad St (227) south from SLO
Left on Biddle Ranch Road to end
Right on Orcutt Road to end
Left on Lopez Drive to park on right

Bob Jones Trail Head

Take 101 toward Avila
Exit San Luis Bay Drive
South on Ontario for 0.8 miles
Entry to parking lot on the left.

Centennial Park (PR)

101 to Paso Robles
Exit at Paso Robles Street
Continue 0.7 miles
Right on 13th Street for 1 mile
Right on Nickerson Street for 0.2 miles to park on left

Creston

101 to Atascadero
Exit Highway 41 in Atascadero
Left on El Camino Real for 0.4 miles
Right on Hwy. 41 (east) for 12 miles
Right on Highway 229 for 1.1 miles
Left on 2nd Street to school on right

Damon Garcia Sports Field

101 to Los Osos Valley Road
East 0.5 miles to Higuera
Left on Higuera for 0.4 miles
Right on Tank Farm for 1.5 miles
Left on Broad for 0.2 miles
Entry to the park on the left

Dinosaur Caves Park (SB)

101 to Spyglass Drive exit to light
Left on Shell Beach Rd. for 1.4 miles
Right on Cliff Avenue for 0.1 miles
Park on the left

French Park (SLO)

101 to Los Osos Valley Road
East 0.5 miles to Higuera
Left on Higuera for 0.4 miles
Right on Tank Farm for 1.9 miles
Right on Poinsettia St. 0.4 miles
Left on Fuller for 0.1 mile
Entry to parking lot on the left

Gazebo (AG)

101 to Grand exit in Arroyo Grande
East on Grande (becomes Branch St)
Right on Bridge Street for 0.1 miles
Left into parking lot to the gazebo

Rain Cancels Rides. Ride Updates at www.slobc.org/ride-calendar

Wednesday Variable Cont.

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

For riders wanting to travel no more than 12 miles per hour.

- 7 Bob Jones Trail Head. Leader: Jeanne Kinney (594-1670).
- 14 Biddle Park (AG). Ride out Hi Mountain Rd - about 22 miles. Lunch after at Biddle Park. Leader: Bob Lindquist (595-7686).
- 21 Graduate (SLO). Ride to Arroyo Grande with lunch after at The Graduate. Leaders: Stu & Janie Goldenberg (544-4720).
- 28 Shamel Park (Cambria). Ride out to the lighthouse (ride #9), with coffee at Sebastian's. Leader: Bruce Collier (543-9514).

Start Locations Cont.

Graduate (SLO)

101 to Los Osos Valley Road exit
East to end of Los Osos Valley Road
Left on Higuera for 0.4 miles
Right on Tank Farm for 1.8 miles
Left on Broad St for 1.8 miles
Right on Industrial Way for 0.4 miles
to Graduate on the left

Islay Park (SLO)

101 to Los Osos Valley Road
East to end of Los Osos Valley Road
Left on Higuera for 0.4 miles
Right on Tank Farm for 2.8 miles to park (on right)

Lila Keiser Park (MB)

101 to Highway 1 exit
West on Hwy. 1 to Morro Bay
Take Highway 41 off ramp
Left on 41 for 0.1 miles
Left into park at entry

Marriot Courtyard Hotel

101 to the Spring St. exit
East onto 1st Street
Left on South Vine St.
Hotel is on your left
Park along South Vine St.

Nazarene Church (BP)

101 to Los Osos Valley Road exit
West on LOVR for 9 miles
Right on South Bay Blvd. for 2 miles
Right on Santa Ysabel past the church to the start

Thursday Fixed

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

Show & Go: Nazarene Church (BP)
Contact: Jerry Lundstrom (528-1069)
Casual pace to coffee shop in Cayucos with possibility of doing an additional creek based on mutual agreement. Ride normally breaks into faster and slower groups.

San Miguel Park

101 north to San Miguel
Take 10th Street exit in San Miguel
Right to intersection
Left on K street for 0.3 miles to park on left (between 12th and 13th)

Santa Margarita Park

101 to highway 58 off ramp
Hwy. 58 through Santa Margarita
Right on 58 crossing the tracks
Park is on the right

Shamel Park (Cambria)

101 to Highway 1 west
Hwy. 1 to north end of Cambria
Left on Windsor Rd. for 0.3 miles to the park

Starbucks Near Trader Joe's

101 to Los Osos Valley Road
East 0.5 miles to Higuera
Left on Higuera for 0.3 mile to Starbucks on the right

Templeton Park

101 north to Templeton
Take Vineyard exit
Right on Vinyard for 0.2 miles
Left on Old Country for 0.4 miles
Park on right at 6th St.

Throop Park (SLO)

101 to Highway 1 exit
West on Hwy. 1 for 0.8 miles
Left on Foothill Blvd for 0.3 miles
Right on Ferrini Rd for 0.1 miles
Left on Cerro Romauldo for 0.1 miles
Park on right

Friday Fixed

Breakaways Fridays (D-3) (9:00 AM)

Depart: Bandstand (AG)
Leader: Larry Bradford (474-8764)

Paso Robles Ramblers (B-3) (9:00 AM)

Depart: Marriot Courtyard Hotel (PR)
Leader: Mike Duffy (meahal@sbcglobal.net).
Distance: about 45 miles
Biking the back roads of Paso including its hills as often as possible.
Route sheets/maps distributed via email only prior to each ride. There generally is a mid-ride coffee stop (occasional routes keep us away from public facilities - be prepared). Route sheets always note the break location. Visitors welcome. [Join email group at www.slobc.org.]

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

Depart: Ben's House (SLO)
Leader: Ben Patrick (543-2803)
Ride supports one riding group (pace, 12-14 MPH) to various destinations.
Ride leaves at scheduled time.

Friday Variable

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

A short easy ride of 10-15 miles at 10 miles per hour. We will try to minimize hill climbing. A coffee stop is included.

- 2 Lila Keiser Park (MB). Ride to Cayucos. Leaders: Patricia Bengs-Boerst & Hans-Henning Boerst (534-9660).
- 9 Dinosaur Caves Park (SB). Ride toward the north. Leader: Julie Jarvis (773-1567).
- 16 Biddle Park (AG). Ride to High Mountain Road. There is no coffee stop, so bring your own snack. Leader: Bob Zilkey (542-0638).
- 23 Islay Park (SLO). Ride through parts of San Luis Obispo. Leaders: Stu & Janie Goldenberg (544-4720).
- 30 Throop Park (SLO). Ride to Cuesta College. Leader: Jeanne Kinney (594-1670).

Saturday Fixed

Slabtown Rollers (C-4) (8:00 AM)

Depart: B & A Realty (Cambria)
Leader: Tom Parsons (927-5514)
Variable itinerary, call for details.

SLO Velo (C-2) (9:00 AM)

Depart: Starbucks near Trader Joes on Higuera, SLO
Leader: Ron Starkey (805-788-0188)
The rides are designed for the intermediate rider who is comfortable riding a 16 - 19 mph pace on the flats, is not adverse to climbing and likes 40 - 55 mile routes.

Saturday Variable

Wandering With Will (B-3) (9:00 AM)

Rides into the countryside averaging about 12 mph. No one lost from view or left behind. Lunch after for those who want to join in.

Leader: Will Benedict (544-3504)
Email: willbenedict@charter.net

- 3 French Park (SLO). Hi Mountain Favorite Ride. About 44 miles with 2200 feet of climbing.
- 17 Creston. Do 50 mile Wildflower pre-ride if you are a volunteer.

Special Rides

Dave Abrecht, Ride Coordinator

SLOBC Members Poker Ride Saturday, March 27 (9:00 AM)

Come for the ride, get your 5 cards and arrive at the MB Community Center by noon for prizes, pizza, and fun. Route slips for 3 different length rides will be available at the start.

Start: 9:00 AM, Lila Keiser Park, MB

Tortoise Start: 9:30 AM, Lila Keiser Park, MB

End: 12:00 noon, MB Community Center

Contact: Kathy & Harvey Cohon (594-1249) or harveyandkathy@yahoo.com

Volunteers Needed to hand out cards. You will have time to ride and receive 5 cards for a poker hand. Can someone ride sweep? Call the Cohons to volunteer.

A Bridge Too Far Redux Saturday, April 3 (8:00 AM) (C-3)

A 58 mile ride from San Miguel through beautiful Hog Canyon, return via Ranchita Road, then go out Indian Valley Road and Hare Canyon, sideswipe Bradley and come back on Hwy 101. No pacelines, no coffee, no regroup, no wimps, no whiners. SAG and a food stop provided by Sylvia Leap and Gail Davis and Gail's lovely granddaughters, Caitlyn and Sara. Lunch afterward in San Miguel.

Start: San Miguel Park

Contact: Red & Gail Davis (772-0874)

RSVP: roselady93442@yahoo.com (needed for refreshment planning).

Bicycle Scavenger Hunt Saturday, April 10 (9:00 AM)

Participants will receive a list of things that are available from various locations ranging from Cayucos to Los Osos. All items will fit into jersey pockets. Some may require a small purchase, such as post cards or a donut or so, so bring pin money. Return to the park at noon with your treasures. There is no bonus for finishing early so take your time and ride safely. Two-person teams are encouraged. Prizes awarded to individuals and to teams with the most items collected. Pizza and sodas provided by the club for lunch afterward.

Start: Lila Keiser Park, MB

Contacts: Red & Gail Davis, 772-0874, slobike@yahoo.com.

Board Meeting Minutes

By Gail Davis, Secretary

March 2, 2010: Air Pollution Control District Auditorium

Members present: Robert Fuller Davis, Sharon Sutliff, Gail Davis, Chris Broome, Frank Mullin, Bob Lindquist, Dale Sutliff, Janie Goldenberg, Will Benedict, Ken Price, Sandy Pitt

A quorum being present, President Davis convened the meeting at 5:00 p.m.

Minutes

Minutes of February 2, 2010, meeting were approved (msc: Mr Mullin/Mr Price).

Correspondence

Mr Davis reported receipt of two letters. CCCMB thanked the club for its donation of \$2,000; SLOECC thanked the club for its donation of \$500.

Treasurer's Report

Mr Broome reported that current club assets are \$180,062.72.

Business

1. Mr Davis reported that Caltrans wishes to install a "bike box" on Madonna Road as it intersects with Higuera across from the Pacific Center. California Association of Bicycling Organizations, CABO, opposes the project. Board asked Mr Davis to write a letter of support for the project encouraging further study by the California Traffic Control Devices Committee (msc: Ms Sutliff/Mr Price)

2. Mr Davis announced that Mr Norm Brown is donating the trailer he built to transport the water tank to Shell Creek Food Stop. We need to find a place to store the trailer and the tank. Board members suggested contacting Tim Long, slobc listserv, Main Mini-storage and asking for a volunteer at the club meeting.

3. Board discussed the "meeting/greeting/welcoming" team that resulted from last year's club survey and the questionnaire that we wish to send to new members after three months of membership. Mr Sutliff will reword the preamble of the questionnaire. Mr Benedict will help Mr Lindquist turn the questionnaire into a pdf file. Mr Lindquist will deploy the survey as it comes due; he will give the results to Mr Broome who will compile a report for the board.

a. When new members come to club meetings, greeters will send them to Ms Goldenberg for orientation. Ms Pitt volunteered to fill in when Ms Goldenberg is absent.

4. Do we want to help Isaac set up vending boxes that dispense bicycling gear? Mr Mullin pointed out that this is a private business asking us for assistance in operating and that we should not participate. Mr Davis agreed and apologized for not realizing that when he put it on the agenda.

5. Do we have guidelines for the club listserv? Mr Mullin said he will write guidelines and bring them to the board for approval.

Announcements

1. Tour of Chevron's site on Tank Farm is scheduled for April 8, 2010, 0900.

2. Mr Price will clarify at the club meeting that we do not shout "Clear" on club rides.

3. Mr Sutliff prepared a letter to Pismo Beach Parks Committee declaring that the club supports the city's draft Bicycle Plan and Mr Davis signed it and mailed it this morning.

Adjournment

There being no further business, and upon proper motion, Mr Davis adjourned the meeting at 6:05 pm (msc: Mr Mullin/Ms Davis).

Pedaling Through The Past

By Janie Goldenberg, Historian

The Wildflower Ride began in April 1972. Larry Souza, the founder of the SLOBC, wrote about starting the Wildflower Ride in the July-August 1989 issue of the SLO Coaster. Below is the final installment, Part 3.

Founder's Column

by Larry "Daddy Stronglegs" Souza Sr. A.K.A. The Founder"

I really believe that the best wildflower display was on that first Wildflower Century. The club needs to try its best to schedule the ride to take advantage of the time most likely to have flowers. The Sierra Club, Native Plant Society, or ranchers in the area might be of help to us to choose a good date. I always aimed for early or mid-April.

In those first five years the largest number of cyclists attending the Wildflower Century was 88 riders. I had always hoped to hit 100! Little did I know of what was to come! 1200 riders! Sumptuous wedding-reception type buffet! Beautiful shirts! Trucks to transport food and water! Porta-potties! Radio patrol! Millions of cars in Creston! A 50 miler! Herds of helpers! A photographer snapping hundreds of shots! And "My gosh" and "Holy Cow"! A free breakfast!!!

You've done so well my fellow cyclists! What else can I say, but "Thank you and I love ya!"

Founder's Blessing: May you always have the extreme good fortune of never having a "friend" cycle alongside and pull the rear part of your cycling shorts waistband down and under the rear part of your saddle.

The Aerodynamic Helmet

By Stu Goldenberg

It was around 8:30 on a Saturday evening, and Janie and I had just started watching a rented DVD. Normally when we do this, I am asleep by 8:35. The Bicycle Club phone rang and I picked it up. On the other end of the line was a very pleasant but somewhat distressed sounding female voice.

The conversation began with "I really expected to get an answer machine." I told her that I could pretend being one. She continued, stating that she was calling from Bellingham, Washington, and that her husband, and two of his friends were in San Luis Obispo. They were traveling by bicycle, doing a credit card trip (no camping equipment) but could not find a room to rent. Well that turned out to be almost correct. There was one room available in Santa Maria, but no rental cars were available. Nothing else between Santa Maria and Salinas. She had been on the phone, calling every place she could think of, trying to find the three men a safe place to spend the night.

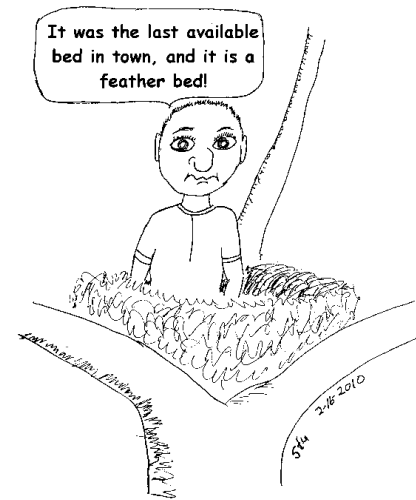
After a two second private conversation with Janie, we decided to open up our home to these wayward travelers. I could hear the relief in her voice when I told her we would take care of the three. She called her husband, who immediately called us for directions and to express his appreciation. They were currently at a motel near California and Monterey, waiting for their laundry to dry. The motel attendant, although unsuccessful in finding them a room, did manage to do their laundry as a courtesy.

I gave them directions via the flattest route I could think of seeing that they had ridden all day from Santa Barbara, but instead, they followed the advice of their GPS, which took them up and down and up and down ... Johnson Ave.

When they finally arrive, we visited, they showered, they used our spa, and finally they went to bed ... two on air mattresses and one in our spare bed. Morning came and we were up before them. They wanted an early start, their goal for the day was Monterey, so they quickly packed their stuff and got ready to leave while Janie prepared breakfast for them.

The Aerodynamic Helmet

by Stu Goldenberg © 2010



We have since heard from them. They made it home safely and are looking forward to a return cycling adventure along the Central Coast, only next time it will be from north to south.

Not to miss an opportunity, I drew the comic, which I sent to them. One replied that our accommodations were vastly superior, including letting them use the large bird bath.

Advocate's Report

By Dale Sutliff

More Investment in City Biking & Walking Networks: The Active Community Transportation Act of 2010

Wouldn't it be nice for our communities to complete their active biking and walking networks? U.S. Representative Earl Blumenaur (Oregon) has introduced a bill in congress that, as part of the federal transportation reauthorization bill, will, if passed, provide communities with concentrated investments to complete biking and walking networks. This is yet another aid to cities and counties to shift short driving trips to active transportation (biking and walking.) The key qualification for funding is that communities build safe and connected non-motorized routes between the places where people live, work, learn, play and shop. These are goals already set, or in the making, for SLO County and some communities in SLO County.

ACT (the Active Community Transportation "Act", H.R.4722) of 2010 will improve mobility and reduce congestion. When safe and convenient opportunities are provided it has been shown that significant numbers of people choose to bike or walk. Investing in walking and bicycling also has been shown to increase business vitality, livability, and home values.

Funds for ACT will be competitive. Communities that best make the case for resources to shift large numbers of trips from driving to walking and bicycling will be best placed for funding. ACT will provide \$2 billion over five years for these projects. (The Railroad Safety Trail in San Luis Obispo, comes to mind, as a prime candidate.) The Rails-to-Trails Conservancy's Active Transportation for America report² found that, as a nation, we would save at least between \$10 and \$66 billion annually with a greater federal investment in active transportation.

According to Rails-to-Trails, about 90 percent of transit trips are accessed by foot or bicycle, and approximately 10 percent of all trips in the U.S. are already accomplished by walking or bicycling – despite a predominance of funding for motorized transportation. The opportunity for more active transportation is great: nearly half of the trips taken in the United States today are within a 20-minute bicycle ride, and half of these trips are within a 20-minute walk. Yet, the vast majority of these short trips are taken by car.

By combining walking or bicycling trips with the greater reach of public transit, Americans can travel substantial distances without the need of an automobile. Communities that invest in active transportation experience significant increases in walking and bicycling over time.

You can learn more on ACT by going to The Rails-To-Trails Conservancy, www.railstotrails.org/ourWork/advocacy/activeTransportation, and Alliance for Walking and Biking, www.peoplepoweredmovement.org/site/index.php/site/blog/act

Safety Report

By Kenneth Price

Riding safely is number one, and there is no number two.

Calling Out

Never call "Clear." Every cyclist must be responsible for their own safety. Someone calling "Clear" may think it's safe for themselves but it may not be for the next rider.

Calling "Car Back" or "Car Up" is a good practice that is especially important when cyclists are not riding single file. These warnings tell riders to quickly move to the right and get into single file. It is also important that everyone repeats the call, so it is clear that it was heard by all. Calling "Car Up" and pointing can also be used for a car coming from the right on a street or driveway.

Recalls

Zefal Co2 tire inflator model number 5602.

Redline bicycles for the 2010 Redline Conquest Pro bicycle, and includes the frameset. The fork legs can separate from the fork crown.

Waving

I have been experimenting with waving to everyone coming from the right and left, as well as making left turns in front of me, and smiling to them. I have found it is a great stress reliever, as well as getting almost everyone waving back, and smiling as well. You may want to try this and see if you have as much success as I have had. Please let me know what you think of this idea at the next meeting or by e-mail.

Caltrans Contacts

Here are more Caltrans people and their numbers. When you call be sure to let them know it is a safety issue. Follow up on the web page and communicate appreciation for their efforts. Let me know what you are telling them and why. We can get a lot done by being clear, specific and positive. The effort will contribute to our safety, I am sure.

Don McGray (549-3242) handles
SLO- 1 from Cuesta College to the refinery on the mesa
SLO 101 from Hwy 58 to Los Berros
SLO 227 "all"

Frank Flores (928-6394) handles,
SLO/SB 1 from the refinery to Vandenberg Gate
SLO/SB 101 from Los Berros to Los Alamos
SB 135 through Santa Maria to Los Alamos
SB 166 from Hwy 1 to Tepesque.

Call me if you have any questions.

Membership Report

By Bob Lindquist

Membership Cards

Please pick up your membership card(s) at the monthly meetings. I do attend most meetings and will be at a table near the front door. Membership cards are useful in getting discounts at our local cycling stores. Over 230 cards were not picked up last year (2009).

Richard Fox Bicycle Rack

Despite drizzly weather, a new bicycle rack in downtown San Luis Obispo was dedicated to the memory of club member Richard Fox. While the planned rides to the dedication were cancelled, about 40 club members showed up, umbrellas in hand, to remember our friend. The rack provides parking for eight bikes in front of Boo Boo Records at 978 Monterey Street.



Letter Concerning Shandon High School Scholarship & Recipients

From John Svinth, School Counselor

Thank you for your continuing support of Shandon High School through the San Luis Obispo Bicycle Club Scholarship. Your generosity has been a tremendous resource for enabling our graduates to pursue their career goals. I am writing today to again provide an update on the previous year's recipients and to request scholarship funding for the 2010 Class.

The ten recipients of the Class of 2009 are all doing well, though some found it necessary to make changes in their career plans.

- Esmeralda Ayon is at San Diego State University pursuing a major in political science. She enjoys her courses and dorm life, and is acclimating to living in a metropolitan setting. Esmeralda said that a surprising experience was taking a class with over 400 students.
- Elva Bustamante is excited to be achieving at Cuesta College on her way to transferring to a four-year college to major in medicine. She enjoys her classes and was relieved to complete her first office visit to an instructor. Elva carools with other Shandon graduates.
- Dakota Ezell is attending Cuesta College as he pursues a program to transfer to a four-year college to major in kinesiology or physical therapy. He is living in the Creston area while he commutes to campus. Dakota is visiting Shandon High this spring to help coach our baseball team.
- Jacob Lehar is starting at Cuesta College in this spring semester after making some adjustments to his plans. He found that he needed to work during the fall and is now ready to pursue his major in agriculture, but residing closer to home.
- Cain Lopez informed me that he postponed starting his college education due to needing to go to work. He is a solid student with a

tremendous work ethic and plans for a career in construction. I will hold Cain's award in anticipation of his qualifying in the next year.

- Meagan Miller is attending Chico State University. She is enjoying meeting lots of students in her animal science major on her way to a career as a veterinarian. Meagan said she is residing in an off-campus "village" that is owned by the university.
- Dulce Muniz is another student at Cuesta College. She is pursuing an associate's degree in business before attending cosmetology school. She said it feels great to be progressing in her courses and learning to navigate the college system. Dulce is one of our local carpoolers.
- Laramie Skelton is in Los Angeles attending the Fashion Institute of Design and Merchandising. She said she is working hard and putting your scholarship award to good use. Laramie is another student who is not intimidated by living in a metropolitan area.
- Megan Toler is another commuter to Cuesta College. As in high school, she is very busy balancing courses and sports. Megan enjoys being on Cuesta's softball team and is adjusting to the demands of college academics and athletics.
- Bryce Van Boxtel is living in San Luis Obispo as he attends Cuesta College; commuting from Parkfield was not an option. He is pursuing a transfer program to a four-year college to major in business. He is also an athlete and will compete on Cuesta's track team.

The ceremony for this year's high school graduation and awards is Thursday, June 10, at 6:30 PM. Please inform me if members of the club will attend to make the presentations, otherwise it will be my pleasure to do so. Thank you, again, for your support of our students and community.

April Program

Sharon Sutliff, Vice President

Around the World

Ever want to travel around the world? Come and see some of the countries and unusual places Anne Klinger visited on her four and a half month trip. Hope to see you there.



For Sale

Mountain Bike

New condition, 19" titanium custom frame, Deore XT components, Rock Shock Judy XT forks, \$600. Call Mike Byrne 805.466.0678



Thanks

Dear friends,

First of all I would like to thank you for the beautiful flowers from the club. But mostly for the visits and the nice cards. It is great to have so many wonderful friends.

My knee is doing pretty good. When Spring is in the air, I hope to be on my bicycle again.

Thanks to all of you.
Gerard van Boheemen