



May 2010
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Edition 5

SLO Coaster

San Luis Obispo Bicycle Club Newsletter

Promoting safe and legal bicycle riding for recreation and transportation

Presidents Message

by Robert Fuller Davis

Racing In Belgium

Gail and Catherine and I watched Fabian Cancellara win the Tour of Belgium a couple of weeks ago and that reminded me of a column I read once about George Mount's experiences racing in Belgium in the springtime. Here is his story.

Racing In Belgium

by George Mount

George Mount was one of the first Americans to succeed at professional racing in Europe in the 1970s. In 1996, Loren Crannell wrote him a note saying:

I plan on racing in Belgium next year and I was interested in any comments from people who have raced in Belgium or Europe previously. I've heard it's a great experience and the racing is fast. Plus is there anything that I should watch out for? hanks in advance, Loren.

Here is Mount's response.

Yea, right. I remember Belgium. Mostly I remember others' tales of Belgium. Your own experiences fade from the hardness of the lifestyle and racing. I loved it but I'm weird and I also won races. If you don't win, you won't be there long....

Manure, like Retro Rick says, in your face, teeth, eyes, ears, under your finger and toe-nails, in your chain, all over the bike and your clothes. And that's on a nice day. And this is not refined cow-like manure, this is the stuff legends are made of, that won't come off in cold water. And best of all, the locals never notice, and don't really blink an eye when conducting you to the cold (and I mean cold) water shower in the hall (and I mean it's in the

hall with a hole in the floor with a shower head attached to an overhead pipe) since it's all over them too.

Fast? Of all the people I've known who actually raced real races in Belgium, not many have finished. Few have actually placed, (and I don't mean top 60) and very few have won races. The vast majority are shelled off the back in 10 miles or less. I'd say if you can't ride away from a 1-2 field here (and I mean all throughout the U.S., not just out West where the races are slow and negative) on the flats you will be shelled off the back so fast it'll just be you and the cows. Most Wogs (English speaking moron bikies like us who want to try racing in Belgium because we think it'd be 'fun') are shelled in every race for 3-5 days and then race a couple more times over the next 10 days and then decide the museums just can't be missed. Then they go home. I understand they have a great medieval torture museum in Ghent.

Of course you can get flogged once or twice a day there, and when you start winning all these low-level races actually get paid to do some events and then get blown off again by yet another level of races, but this is pretty much a rare thing and most of the people I know who even got invites to big races got there by tagging along on good riders' heels and were useful for feeding you after the first stage when they had to bag it and it took them 2 years of racing cobbles to even get to slog along with the better riders at all.

Oh yeah, Belgium is fun. Then you can go to Italy and race even faster and throw in long climbs and complex team strategies other than the typical (knock down the Wog if he lasts

past 50K) less-than-complex Belgium amateur team strategy.

If none of this fazes you, either get committed to a mental institution or buy your ticket. And to make it interesting, get that ticket one way and have \$150 in your pocket. That's a great way to be motivated to win! And go early in the year, like March or April before the riders get too fast so you can last maybe 20K before getting shelled or blown off your bike by a gust of sub-freezing weather.

Belgium! Ha! The great holy grail of the gringo wog weenie glutsac bikie! Fast! Ha! You have no idea. Americans who think they are hot stuff for winning weenie races here are nothing, zero, zip, nada, niente, nulla. And that's just the amateur stuff. The pros are a lot faster.

I wouldn't trade those experiences for anything! (except maybe a warm shower and a cool beer).



Thank you everyone for your cards, flowers, visits and telephone calls. You make both of us feel warm and loved and Gail and I really appreciate that.

Thank you Sharon Sutliff for presiding at the general meeting and Joan Petersen for taking minutes.



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, May 4 (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, May 6 (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, May 20 (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	441-7063
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 Ken & Cheryl Price



Ken and Cheryl have been married since 2006 and they lived very different lives growing up. Ken was born in Aurora, Ill, moved to San Francisco in 1943, back to Evanston Ill in 1946, and to Echo Park in Los Angeles in 1949. When he joined the Navy in 1966, Ken moved to Minneapolis, back to Needles, Ca. in 1971, and lived in Manhattan and Redondo Beach from 1973-2005. He met Cheryl in 2002, and they moved to Arroyo Grande in 2005 where they were married in 2006. Cheryl was born and raised in Minn. and moved to southern California in 1972. Ken attended college in Fullerton while working in the grocery business. He joined the Navy where he trained to become an Aerographers mate in the aviation part of the Navy. Ken was always interested in the weather and this allowed him to pursue that interest. After the Navy, he took the Civil Service Test and joined the Flight Service part of the Air Traffic system of the FAA. He briefed pilots on the weather, and filed flight plans for them. He continued in this capacity for 31 years, and retired after working in Los Angeles FSS from 1973-2002. Ken talked at length about mentoring his stepson through a very rough patch in his life. He is proud that he was instrumental in getting his stepson through this difficult period.

Ken wasn't a cyclist until 2003. He started running in 1976 at the age of 33, and in the next 25 years he ran 90,000 miles, did 50+ marathons and eight 50 mile races. In 1993, he ran to the top of Mt. Whitney, and back in

7½ hours. He also did the double crossing of Grand Canyon three times from 1993-1996. Those were his biggest challenge at 13 – 14 hours round trip. He said it was hardest the first time and never got easier. Running from rim to rim requires 12,000 feet of climbing over the 42 miles.

When Ken began having problems running, his stepson, who was already an avid cyclist, got Ken involved in cycling. Ken jumped into cycling in the same way he attacked running. A double century was soon in his sights, not just any double but the Terrible Two. He not only finished with a respectable time of 16 hours but was also the oldest finisher. Anyone who has ridden with Ken knows he is a strong rider but few know the passion and ability that lurks beneath the surface. Ken's first year riding, he logged 11,500 miles and in the first 73 months, he logged 73,000 miles. He participated in a two week cycling tour in France during the Tour de France and climbed Alpes d'huez as well as some of the other passes. Cheryl does some riding and is a strong rider but doesn't choose to log the same miles as Ken.

Ken has two brothers with whom he is close, but age differences somewhat hamper their common interests. Cheryl has three daughters and one grand-daughter. It was immediately clear that the grand daughter is a focus of both of their lives.

Ken says that Cheryl does most of the cooking but he does the shopping. He firmly believes that ingredients are the key to great meals. I heard no complaints from Cheryl so their method of determining the daily menu must be working.

Ken's yard is immaculate, everything is neat and in its place without a weed in sight. Cheryl says that sometimes Ken goes to the park down their street and pulls weeds there just to keep their environment as pristine as possible. When Ken isn't cycling or gardening, he enjoys eating Cheryl's cooking, reading science fiction, and history, astronomy, and science magazines. Ken is always on the lookout for a good Scrabble player, he enjoys the game and I presume is very good.

Both Ken and Cheryl shared in Cheryl's Magical Mystery Tour of the USA. They traveled by car for 6½ weeks with their guide dog in training. They drove over 9,000 miles on the trip and Ken biked 3,000 miles. If anyone wants some great rides, Ken can give you all the details on some great rides. They are both involved in training guide dogs for the blind and take their charge seriously. Looking forward, their near term travels include Yellowstone and the Grand Tetons National Parks. Their longer range plans include Australia, New Zealand, France, and Italy and they will definitely do some biking in each country. Cheryl would like to do more biking and Ken will continue biking, with more double centuries planned.

Ken and Cheryl are very interesting people and talking with them was easy. Our lively conversation jumped between topics, sharing non-stop, the time flew as we chatted. Strike up a conversation, you will enjoy the result.

General Meeting Minutes

By Joan Petersen for Gail Davis, Secretary

April 1, 2010: San Luis Obispo City/County Library

In the absence of President Robert Fuller Davis, Vice President Sharon Sutliff called the meeting to order at 7:15 pm.

Members present sang Happy Birthday to Frank Mullin. Guests were self-introduced and clipboards were passed for various sign ups.

Ms. Sutliff thanked Frank Mullin, Harvey and Joan Petersen for serving as greeters and Kathy Cohon for setting up the refreshment table. She also thanked Harvey and Cathy Cohon and helpers for a successful Poker Ride.

Kathy Cohon thanked Frank Mullin, Bob Exner, Debbie and Jay Johnson and Jane Hilgart for bringing refreshments.

Minutes

Minutes of March 4, 2010 were approved (msc: Frank Mullin/Ken Price).

Correspondence

Ms. Sutliff read the following correspondence - Thank you from Bike Coalition for our \$20,000 donation.

Thank you from Shandon High School for our \$3,000 donation.

Bob Jones Path EIR scoping meeting April 5, 2010, 7-8:30 pm @ PG&E Center, 6588 Ontario Road.

Guest Presentation

Samantha Pruitt, local coach and personal trainer and Co-founder of Central Coast Triathlon Club, expressed interest in collaborating with SLOBC for special events, such as a joint summer BBQ picnic. She announced the Central Coast Cancer Challenge to raise funds for the Wellness Community in Paso Robles is planned for September 18 at Laguna Lake.

Reports

In Treasurer Chris Broome's absence, Ms. Sutliff reported \$170,071.01 in the treasury.

Safety Director Ken Price asked for appropriate responses to a recent letter to the editor criticizing bicyclists for not practicing safe riding rules.

Advocate Dale Sutliff asked for people to volunteer to lead rides during May to support Bike Month. Kick-off ride in Arroyo Grande on Saturday, May 1. He called attention to new website: peopleforbikes.org. California Bicycle Coalition supports Bike Box on Higuera and Madonna Rd.

Sandy Pitt, filling in for Historian Janie Goldenberg, called attention to pictures of the Poker Ride.

Coalition Director Dan Rivoire expressed appreciation for SLOBC for our \$20,000 donation. The Coalition has moved into their new office at 860 Pacific St. Bike Breakfast on the Boulevard will be held on the last Friday of every month from 7:30 am-9:00 am. Dan presented a slide show of his attendance at the National Bike Summit in Washington D.C.

Ms. Sutliff announced the Chevron SLO Tank Farm Site tour on April 15, 2010. Details to be given to those who have signed up.

Program

Vice President Sharon Sutliff introduced Anne Klinger to present her four and a half month World Cruise tour.

Adjourn

The meeting was adjourned at 8:50 pm

Board Meeting

Due to an untimely bicycling injury to President Robert Fuller Davis, the April SLOBC Board meeting that was scheduled for March 30th was cancelled.

Best wishes to Red for a speedy and complete recovery.

June Potluck

Sandy Pitt

Polish your boots! Dust off your hats! We're having a Hoedown! Get into the spirit 'cause the best costumes and tables decorations will be called to eat first (and we know how you like to eat). There's gonna be line dancing after dinner to work off some of those fixins. An instructor will be on hand to teach us 2 dances. You can choose to participate or just watch. Either participation or watching is encouraged but you know SLOBC is supposed to be an active organization.

Date & Time

Thursday, June 3rd, 2010
6:00 to 9:00 pm;
eat at 6:15

Location

SLO Elks Lodge
222 Elks Lane
San Luis Obispo, CA

Food to Bring

A - F: Main dish
G - O: Dessert
P - Z: Salad

Water, Soda, Coffee and Tea will be provided by the bike club

Wine & Beer

Libation can be purchased at the on site Elks Bar at the following rates:
Wine is \$3.50 per glass
or varying bottle prices (~\$12)
Beer is \$3.50 to \$4 per glass
Please **DO NOT** bring your own liquor (wine, beer, etc.) to this function.

Other Things To Bring

Plate, Cup/Glass and Silverware
Serving Utensils for your dish
Tablecloth

Email Sandy Pitt if you have questions, suggestions: GilnSanPitt@AOL.com



Ride Coordinator's Report

By Dave Abrecht, Ride Coordinator

Some thank you notes are in order this month.

Thanks to **Kathy Cohon** for organizing a very successful Poker Ride.

Thanks to our temporarily incapacitated president **Red Davis** and **Gail Davis** for organizing the Scavenger Hunt Ride

Thanks to **Ron** and **Kathy Starkey** for their efforts to make the Saturday SLO Velo ride a success. Club members, potential members and area visitors now have a faster-paced, longer ride each week.

Save the Date! The 2010 Indulgence Ride has been scheduled for Saturday, October 16th. The ride will again be a tour of the Santa Barbara / Ventura coast. Look for more details and sign-up information in future editions of the SLO Coaster and on the club website.

Bike Scavenger Hunt 2010

By Red Davis, Chief Adjudicator

I was shocked at the amount of cheating that went on during this year's Bicycle Scavenger Hunt. You never heard such wailing, whining, carping and complaining in your life, and that was just from Joan Petersen.



On an overcast day in Morro Bay, four teams competed to find thirty items that were all available within a ten mile radius. They had three hours to complete their search and most of the eleven people involved were good sports. One competitor, whose name I shall not divulge (Verena), was an exception.

Jim Twentyman and his teammates, Kay and George Birk, exemplified quiet equanimity during the melee that ensued during the judging.

Judie Prock, Willie Zilkey and Joan Henry won the overall prize, a \$20 gift certificate to Frankie and Lola's seafront café, by producing 24 of the 30 items. Ross and Lynda Pepper found 23 and took second place, a \$20 gift certificate from Morro Bay Wine Sellers.

A dreary sky forced the judging to go indoors at Gail Davis' house where raised voices and fists punctuated an afternoon of tabulation, refereeing and interpretation. In the spirit of fair play and good sportsmanship, substitutions were liberally allowed, up to a point. Joan and Verena were not allowed to pass off a coffee mug as a napkin, in spite of their protests.

One article was so elusive that no one found it, so it is possible that it will return to next year's competition. Dan Healy, a veteran of last year's hunt, said that he believes that he will find it next year.

Special thanks are due to Dave and Debbie Abrecht and to Gail Davis for putting on the event. The club provided pizzas, cookies and sodas to the participants and paid for prizes to the winners.

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

May 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 knowledge 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.

- 5 Templeton Park. Led by Russ Robinson (781-0903).
- 12 Santa Margarita Park. Led by Glenn Vanderlinde (466-4221).
- 19 Bandstand (AG). Led by Larry Bradford (474-8764).
- 26 State Park Marina (MB). Led by Russ Robinson (781-0903).

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

Beach Ramp (GB)

South on Highway 101
Take Hwy. 1 off ramp in Pismo Beach
South on Hwy. 1 to Grover Beach
Right on West Grand Avenue
Park in the parking area

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

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.

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

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

Hearst State Park

101 to Highway 1 exit west in SLO
Continue 41.5 miles through San Simeon to park 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)

Laguna Lake Park (SLO)

101 to Madonna exit in SLO
West on Madonna for 0.7 miles
Right into Laguna Lake Park
Park near the bathrooms.

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

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.

- 5 Santa Margarita Park. Led by Larry & Judy Rutter (784-9450).
- 12 Bob Jones Trail Head. Ride through the Five Cities (about 25 miles). Coffee in the [AG] Village. Led by Fred Cummings (627-1412).
- 19 Throop Park (SLO). Ride to Morro Bay (about 26 miles). Coffee at the MB Coffee Co. Led by Bob Lindquist (595-7686).
- 26 Islay Park (SLO). Led by Kathy Cohon (594-1249).

Start Locations Cont.

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

Old Edna

From north on 101 in SLO
Exit on Marsh St. for 0.4 miles
Right on Broad St. for 5.4 miles
Right on Old Price Canyon Rd. just after Old Edna for street parking
From south on 101 in PB
Exit on Price for 0.1 miles
Right on Hinds Street (Price Canyon Road) for 4.8 miles
Left on Broad St. for 0.2 miles
Left on Old Price Canyon Rd. just before Old Edna for street parking

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

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.

Sinsheimer Park (SLO)

101 to Madonna Rd exit in SLO
East for 0.4 miles to Higuera
Left on Higuera for 0.1 miles
Right on South St. for 0.8 miles
Right on Broad Street for 0.7 miles
Left on Orcutt Road for 0.4 miles
Left on Laurel Lane for 0.3 miles
Left on Southwood Drive for 0.2 miles to park

Starbucks/Trader Joe's (SLO)

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

State Park Marina (MB)

101 to Highway 1 exit
West on Hwy. 1 for 12 miles
Take Los Osos/Baywood Park exit
Left on South Bay Blvd. for 0.3 miles
Right on State Park Rd. for 1.7 miles
Marina parking area on the left

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.

- 7 Templeton Park. Ride around West Templeton area. Led by Bob Behnke (239-4042).
- 14 Old Edna. Ride around Edna Valley. Led by Gini Stedman (473-8287).
- 21 Lila Keiser Park (MB). Ride to Cayucos with side ride up the canyons. Led by Patricia Bengs-Boerst & Hans-Henning Boerst (534-9660).
- 28 Laguna Lake Park (SLO). Over the Hill Ride (Part 2) - ride to Cuesta College along Hwy 1, and then back on O'Connor. Led by Marti and Tom Roberts (925-783-8365).

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/Trader Joe's, 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. Lead by: Will Benedict (544-3504)
Email: willbenedict@me.net

- 1 Gazebo (AG). In support of Bike Month, we'll ride to Huasna and back. About 31 miles and 1100 feet of climbing.
- 15 Hearst State Park. Ride to Gorda and back. About 54 miles and 3,850 feet of climbing.

Special Rides

Dave Abrecht, Ride Coordinator

Over the Hill Ride (Part 1) (B-4) Wednesday, May 26 (9:00 AM)

Tom Robert's 65th Birthday ride will begin at Trader Joe's (SLO). This is a challenging ride (a variation of the Cuesta Grade Favorite Ride) of about 65 miles and 6500 feet of climbing! There will be a no host non-party at Starbucks after the ride (for those that survive).

Bike Month Kick Off Event Rides

On Saturday, May 1, SLOBC members will lead several rides as part of SLO County Rideshare's Bike Month kickoff events in Arroyo Grand Village. The list below identifies the rides that will be offered. Choose one to join, and invite a friend. We want do all we can to encourage bicycling during the month of May as a club, and as individuals.

Contact Dale Sutliff (544-4034) for more Bike Month information.

SLOBC Kick Off Day Ride List

Date: May 1

Time: 9:00 a.m.

Most rides will have a rest/coffee stop en route.

- Start/finish: Arroyo Grande Village Gazebo. Moderate ride of about 30 miles averaging 12-15 mph. Lead by Ken Price.
- Start/finish: Sinsheimer Park, SLO. Sub-Moderate ride to Arroyo Grande and back of 30 miles averaging 12-14 mph. Lead by Dale Sutliff.
- Start/finish: Sinsheimer Park, SLO. Slower ride geared to new cyclists of about 10 miles averaging 10-12 mph. Lead by Kathy Cohon.
- Start/finish: Arroyo Grande Village Gazebo. Moderate ride to Huasna and back of about 30 miles averaging 11-13 mph. Bring snacks. Lead by Will Benedict.
- Start/finish: Starbucks next to Trader Joe's (SLO). Advanced/skilled ride to Arroyo Grande and back of 45 miles averaging 15-18 mph. Lead by Ron Starkey.

Special Note: Visit www.slobc.org and click on "Ride Calendar" for May rides. The Club offers rides of various levels virtually every day of the week, and in various locations throughout SLO County.

Birthday Celebration



Sandy Pitt created the parody of "My Favorite Things" from the Sound Of Music. She wrote some new verses and modified a couple of the original ones.

Sandy, Arlene and Willi are the operatic stars performing the song at the party to the delight of all assembled.



Frank's 70th Birthday Song

Sing to the tune of "My Favorite Things"

Carbon frames, Chain rings and specialized clothing,
Helmets and clip shoes and flags that are showing,
Cyclometers counting the miles that fly by,
These are a few of my favorite things

Good friends and fit friends and coffee with muffins,
Long rides that end with not too much of puffin,
Centuries too and new trikes with bling,
All ending too soon my favorite things

When the pipes leak,
When the bones creak,
When the knees go bad
I simply remember my favorite things,
And then I don't feel so bad.

Back Pains, confused brains, and no fear of sinnin'
Thin bones and fractures and hair that is thinning,
And we won't mention our short shrunken frames,
When we remember our favorite things.

Dodgin and weaving to stay out of traffic,
Diets with no Salt are now what is classic,
Crashes and broken bones held up with slings.
These are a few of my Scarrier things.

When the joints ache,
When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

Pedaling Through The Past

By Janie Goldenberg, Historian

The following article was printed in the May 1978 newsletter for the SLOB. The club started in 1971 and there were newsletters through 1974. No newsletters were published in 1975, 1976, and 1977. This issue in May was welcomed as the "first issue" by its editors Lea Brooks and Penni Wagner.

Wildflower Century

Mudholes, sand and homemade cookies combined to make a successful '78 Wildflower Century, but the highlight of the tour by far was the Creston turkey who gobbled his way into everyone's heart. The turkey, quartered across the road from the Long Branch Saloon, should be the ride's official mascot, if he lasts through another Thanksgiving.

A record 240 bikies finished the Wildflower, despite motocross conditions on the road. Dave Smith, 30, of Southern California, finished first with a time of 5:37. Lee Mitchell, 41, of Davis Bike club, probably would have arrived first, but he took a wrong turn and pedaled an extra 10 miles on Highway 41. Read the ride sheet!

Mike Massell, 71, from the L.A. Wheelmen, was the oldest rider. Kayce Holbrook, 12, of Cayucos, was the youngest rider.

The ride went smoothly until about 6:30 p.m. when the sun went down and a cold wind began blowing. Several bikies still out on Cammati Canyon refused to accept rides from the sag wagons. Gail and Mark Lowenstine of Santa Barbara refused the sag and walked the last few miles into town. Skip gave the Lowenstines patches for being tough, although he wasn't too polite. They finished about 7:20 p.m. Bill Murphy and Ed Davis finally dragged the other holdouts in the sag wagons so everyone could go home.

There were 193 pre-entries, 66 post-entries, for a total of 259. There were 19 no-shows and 240 finishers.

A big THANK YOU to the following people for their help: Karl Houanitz, Ed Hasse, Chris Heidemann, Bill Murphy, Bob Garing, Dick and Barbara Baynham, Ingrid Melnalksnis, Kent Brahams, Kathleen Cowan, Bill Radcliffe, Earl Holbrook, Skip Amerine, Louis Ondong, Larry Souza, Bud and Jan Hubbell, Ed and Marsha Davis, Lea Brooks, and Penni Wagner. Also thanks to everyone who made cookies - they were delicious and appreciated.

The Aerodynamic Helmet

By Stu Goldenberg

It might be hard to believe, but often my intention in drawing my comics is to draw something relevant to most of us. The following comic is the result of an unfortunate event from a few weeks ago.

One of our riders learned it is not safe to ride either in the front of the group or in the back. Her riding in the back led to her being bitten by a vampire. No! No! A dog. Just think about it. It is easy for an upset dog to pick off the leader and sneaking up on the last rider is also easy, but there is way too much confusion when trying to snag a leg or two from the interior collection of riders. So many moving legs all around!

Most of us are not quick enough to react in a way to protect ourselves from the attack of an upset and confused dog. Certainly there is no reasoning with it. The pepper spray never goes where you want it to go. So what is the answer? Simple! Take the proper precautions prior to encountering the beast. Wear bite proof clothing.

The Aerodynamic Helmet

by Stu Goldenberg © 2010



Latest design in cycling clothing:
Kevlar "Never a Dog Bite" armor suit.

Advocate's Report

By Dale Sutliff

Bicycling isn't the highest ranked, but it has been growing in popularity among Californians. Is it a revolution? Hopefully, yes it is.



In the statewide Public Opinions and Attitudes Survey 2007 it was discovered that Californians' top 15 activities (by desired participation) had bicycling on paved surfaces at 36.3% in 2002 and in the more recent survey of 2009 (2008 data) that figure rose to 44.7%, with bicycling on unpaved surfaces and trails at 15.9% in 2002 and 19.7% in 2008 based on desire for participation compared to other outdoor recreation activities. (OK, walking for fitness and pleasure was number one at 74.2%). Still, bicycling attracts a high number of participants and, according to just about any survey you look at, has been growing dramatically over the past 15-20 years.

This means that, along with many other outdoor activities, all recreation-providing authorities find a clear demand for bicycling that should be built into their planning and funding strategies. In the last year the State of California, Department of Parks and Recreation, released its latest California Outdoor Recreation Plan (CORP) 2009-2014. This plan is periodically updated for the intended purpose of documenting what Californians do, and what they desire, in their outdoor recreation activities, and to identify strategies to address those needs and desires.

As part of updating CORP the state conducts a very extensive and in-depth survey of Californians by age group, ethnicity, geographic location, etc. (see above) to determine their recreational participation and interests by a whole array of recreation categories. Many years ago, while working for the state, I both utilized (as a planner) and was a part of developing, the CORP at that time. For the latest edition Cal Poly faculty had a direct hand in plan development by designing and managing the user survey that strongly informs the plan.¹ The entire plan (CORP) may be accessed at www.parks.ca.gov/?page_id=23880, click on Planning Division and then scroll to California Outdoor Recreation Plan.

Under "Specific Actions to Address the Access Issue," the current plan, Item 2, states that improved access should be made to outdoor recreation areas by, as example: acquiring and developing trails that provide safe routes to parks from places where people live or work, or trails linking parks and other outdoor recreation areas. Such trails may be defined in many ways. In San Luis Obispo County the current update of the county's bicycle plan will try to bridge gaps where key facilities are not adequately linked. The Cities of San Luis Obispo and Pismo Beach (in its soon to be adopted Bicycle and Pedestrian Plan) are attempting to build linkages as well. This overall approach to building a bicycle and multi-use trail and route network, that is well coordinated between agency providers, is becoming a guiding principle for most planning efforts today. This is great! Now we just need to continue encouraging this approach, and improving funding to accomplish the task

¹ Cal Poly Recreation, Parks and Tourism Administration Department faculty Professors Bill Hendricks, Jerusha Greenwood, Jeff Jacobs and Marni Goldenberg, were the survey designers and managers for the CORP. You can access more on their efforts at www.calpolynews.calpoly.edu/news_releases/2010/March/corps.html

Safety Note

Bike riders going up Cayucos Creek Road have recently had some problems with the dog at the farmhouse at the end of the pavement. On a recent ride up Cayucos Creek Road we stopped at the end of the pavement and the rancher came over to talk with us. He was very gracious and said that he liked cyclists using the road and talked about riding his bicycle on the road as a kid. He said that he is working with his dog to resolve the problem. He asked that we either ride past the house to the end of the pavement or stop at the curve before the house which is the first place you can see the house as you come up the road. This will keep us out of the territory the dog sees as his.

The Los Osos/Baywood group has ridden up Cayucos Creek Road frequently and have had no problems with the dog when we ride past the house and stop at the end of the pavement.

Membership Report

By Bob Lindquist

Membership Renewals

At this time over 100 memberships that expired on January 1, 2010 have not been renewed (to extend the expiration date to January 1, 2011). Starting in May, those who have not renewed will no longer be receiving the monthly SLO Coaster. Renew now to keep current with all the latest information in SLOBC including the Presidents Message, Membership Profile, Ride Coordinator's Report, Monthly Club Rides and other "must read" columns.

When does my membership expire?

1. Memberships expire on January 1st, e.g. if your membership says 2011 then it expires on January 1, 2011.
2. Newsletters continue to be sent for the first few months of the year to give people time to renew.
3. Renewal reminders:
 - Membership Report includes renewal reminders in the November through March SLO Coaster issues.
 - Printed SLO Coaster. The mailing label provides the expiration date, e.g. 2011 indicates your membership expires on January 1, 2011.
 - Electronic SLO Coaster. A notice accompanies the eNewsletter that reminds you to renew.

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Changes in Local Bicycle Shop Information

(from listings in the 2010 Annual Directory)

K-Man Cyclery

(Now has only one store)
9530 El Camino Real
Atascadero, CA
461-8735

Best Bike Zone

(formerly K-Man Cyclery store)
712 Paso Robles St.
Paso Robles, CA 93446
237-2453

Cycle Star Bikes

(Opened 2010 by owner of Main St. Cyclery, Santa Maria)
560 E. Betteravia Road
Santa Maria, CA 93454
347-1950

Bike Barn, Santa Maria – Closed



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

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May Program

Sharon Sutliff, Vice President

Cycle Montana

Will Benedict and Robert and Laura Horch will show images and talk about their participation in the Cycle Montana ride put on by Adventure Cycling. Other participants from the SLOBC were Kathlene McHugh and Ernest Cole.

