

SLO Coaster

The newsletter for the San Luis Obispo Bicycle Club
March 2007
Volume 37, Edition 3



To promote safe and legal riding of bicycles and encourage bicycle riding as an accepted mode of transportation



The President's Message

By Frank Mullin

I want to tell a tale that explains why I love the bike club and the Central Coast.

The Person. Steve Gee, one of our younger members at 39 years old, is originally from the Bay Area.

He came to SLO in the late 80's to get an engineering degree from Cal Poly. While there, he met his wife, Kristina at a country dance class. After graduation, Steve worked for Motorola for a time but returned to SLO in 2001. When Steve's employer decided to close down in 2003, Steve decided to take advantage of time off to remodel his house and ride with the Yellowjackets and Flyers. Even when he returned to work in 2005, he continued to do the Tuesday and Thursday Night Rides. Then last September 4, Rebecca Gee was born.

The Ordeal. Each Christmas, the Gees return to the Bay Area to stay with Steve's family and visit college buddies. In the afternoon of December 23 Steve became extremely ill and was rushed to the hospital. A CAT scan revealed the worse news – Steve had a burst aneurysm in his brain which required immediate attention. He was moved to Stanford Hospital. After digital subtraction angiography (DSA) established the details of his problem, a Craniotomy was performed to block off two aneurysms. What followed were two weeks of hell for Steve as he battled debilitating headaches due to pressure on his brain. Finally a shunt was installed which drains excess spinal fluid and this has relieved the problem.

In the end, the doctors told Steve that only a third of the people with such aneurysms survive, and only 10 percent of those have a full recovery as good as his. So he is feeling pretty lucky.

The Help. Russ Robinson kept in contact with the Gees through this ordeal. When he learned that they would have a problem getting Steve home, he stepped right in and volunteered to drive to the Bay Area and bring Steve home, which he did on January 21. When they got home they

found that Russ and Wendy Robinson had filled their refrigerator with food and had dinner waiting for them.

Remember I mentioned above that Steve had begun remodeling his house in 2003? Well, money, work, a new baby, and Kristina's recovery (she had a very rough time giving birth to Rebecca) had led to delays and the home the Gees returned to was in the midst of chaos! There were tools in the bedrooms, clothing in the garage, boxes full of miscellaneous stuff everywhere. The next step, to put flooring in the bedrooms, was blocked because the rooms were full of boxes and tools. No problem – Russ Robinson came to the rescue again! He organized a crew of club members (Larry Bradford, Jim Hanto, Warren Hockenbary, Wayne Trost, Frank Mullin and himself) to descend on the Gee home and to reorganize things to permit the next steps in the Gee project.

Our Wonderful Club. I tell this story not to single out the accomplishments of any single individual (although Russ & Wendy do deserve a hug the next time you see them), but to point out something that is so prevalent in our club – we really look out for each other. How many times have you heard that several club members were bringing food, providing transport, or doing some other job to help injured or ill club members? For example, club members responded in droves to provide physical, monetary and emotional help when the Poly Project refurbished Doc Stolty's house following his injury. When club members have died in accidents or of natural causes, dozens of club members have supported those surviving at the memorial services (I still remember the beautiful eulogy Joan Petersen read at Colin Reilly's service). We even have Sunshine Ladies to get us off on the right foot when someone is in need.

But it's not only the club that does wonderful things. The Gees tell me that their dance group has planned a day of installing the baseboards in the Gee household, and that their church group brings them food and provides other support while they recover. This is the wonder of people of the Central Coast!

I feel so lucky to live here. I feel so lucky to know all you wonderful people.

Stay safe and continue to enjoy life.



San Luis Obispo Bicycle Club's
SLO Coaster
 was judged Best Newsletter of 2001
 by Outdoor Writers Association of California



SLOBC Meetings

The San Luis Obispo Bicycle Club meets on the first Thursday of each month at 7:30 p.m. at the County Library, 995 Palm, downtown in San Luis Obispo. Refreshments are served before the meeting starting at 7:00 p.m. See the back cover for information regarding the entertainment portion of the monthly meeting.

Additional information about the club is available at www.slobc.org or by calling the club hot line (answer machine) at 543-5973. The Newsletter is available on-line at the club web site on approximately the 20th of the month.

The Board of Directors will meet next at 7:00 pm on Thursday, April 12th at Coast National Bank, 500 Marsh Street, SLO. All Club members are welcome to attend Board meetings. *Special thanks to Coast National and to Ms. Carol Williams for providing this meeting place.*

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



Newsletter Editors
 Pamela Nargie & Stu Goldenberg

Table of Contents

President's Message	1
General Information	2
Pen Ear – Madeleine Arel-Davis and Milton Davis	3
February 1 st Meeting Minutes	4-5
February 8 th Board Minutes, Mystery SLOB	6-7
Advocate Report	8
Letters to the Editor	9
Recall Notice, Wildflower Pre-ride	10
Wildflower Volunteers, Brunch	11
Pedaling Through the Past & Evolution	12
SLOBC Statistics Achievement Awards	13
Membership	14
Wes Conner Obituary, Proposed Youth Ride	15
Contest, Riding Group Picture of the Month	16
Directions to Starting Locations	17
Event Calendar, Special Events, Meetings	18
Weekly Rides	19
Meeting and Program	20

The Board of Directors

President	Frank Mullin	556-0789
Vice President	Gil Pitt	489-0138
Treasurer	Alston Paff	462-8662
Secretary	Larry Rutter	784-9450
Ride Coordinator	Mark Lyon	929-5998
Membership	Chris Broome	772-5900
Advocate	Gail Davis	772-0874
Historian	Janie Goldenberg	544-4720
Co-Newsletter Editors		434-1920
	Pamela Nargie & Stu Goldenberg	544-4720
Directors at Large		
	Warren Hockenbary	474-4347
	John Altman	549-8789
Past President	Robert Davis	772-0874

Meet Madeleine Arel-Davis and Milton Davis



Both Madeleine and Milton ended up in the hospital on their first date! She had fallen from her horse and Milton had a kidney stone. Even though a mutual friend had introduced them, they didn't make that first date. Actually they had

met some 4 years earlier, and, when introduced, Madeleine had said, "I'm Madeleine and this is not a date." So they went their separate ways only to meet again. When they did, they had trouble remembering each other's names, but Milton was persistent. Six months later in May of 1996, they were married.

Both Madeleine and Milton are East Coast natives. When she was 19, Madeleine drove to Los Angeles from Rhode Island with a friend and ended up working in the defense industry for 13 years. She decided to attend community college and subsequently got her degree in occupational therapy from USC. Milton was born in North Carolina and found himself fixing home stereos after graduating from North Carolina School of Fine Arts with a major in theater lighting design. Later he worked at a theater complex in Dallas, got into giving service seminars on theater lighting, and eventually was hired by a company to be their field service representative in Los Angeles. He ultimately moved into research and design with the same company.

In 2001 Milton was in Las Vegas giving a seminar when a small company from Arroyo Grande approached him and offered him a job. He called Madeleine and asked, "How'd you like to move to the Central Coast?" As their southern California daily commute to both Compton and Reseda had impacted their lives so that they were absent from home from 5:30 AM to 6:00 PM every day, Madeleine and Milton were ready for a change. Even though they both took a cut in pay, they have no regrets.

With his work for Doug Fleenor Design, Milton goes to trade shows each year and leads panel discussions, which set standards for the entertainment lighting industry. The company is known for its innovative lighting techniques and has worked on national and international venues including the Sydney Olympics, Cirque du Soleil and many others.

Madeleine works for VTC Enterprises, a non-profit company in Santa Maria, that assists people with developmental disabilities to find jobs. She is a case manager and an occupational therapist for the visually impaired.

When she decided to return to school to complete her Master's degree, Madeleine told Milton to "get a life" as she would be very busy for a year or two. Consequently, Milton decided to become a HAM radio operator. He has his "extra class" license and works with the San Luis Obispo Emergency Communication Council as well as the Estero Radio Club. Madeleine got her HAM license, too, and they enjoy the fact that they can be self-contained and get instantaneous messages during an emergency.

Together they help with the communication during both the Wildflower and Lighthouse rides. In addition to this they both enjoy kayaking, Milton collects kaleidoscopes, and Madeleine is a member of the Bonsai Club. They also enjoy cycling, and Milton commutes to work from Grover Beach to Corbett Canyon. Before they arrived on the Central Coast they didn't know "what a cycling heaven it was". Now they do, and they ride as often as they can and enjoy their healthy lifestyle.





Minutes of February 1, 2007 General Meeting

by Larry Rutter, Secretary

President Frank Mullin called the meeting to order at 7:25 p.m.

TO BEGIN. . .

Two prospective members, Ross and Jeanne from Morro Bay, were introduced.

Clipboards were circulated for

- **Snacks** (by Judy Rutter on behalf of Kathy Cohon),
- **Blossom Ride** in Reedley planned participants (by Joan Petersen),
- **Wildflower Volunteers Brunch** attendees (by Paula Hausman),
- **Greeters** at next meeting (by President Frank),
- **Volunteers** to man SLOBC booth at Tour of California (by President Frank)

Approval of minutes of the January General Meeting as published in February 2007 issue of the *SLO Coaster* was moved by Dave Williams, seconded by Dave Abrecht. The motion passed.

President Frank thanked the meeting's greeter, Ken Price. [Applause] He also thanked Judy Rutter for filling in for Kathy Cohon on refreshments. [Applause] Thanks were also extended to those bringing refreshments: Stu & Janie Goldenberg, Rosemary MacKeen, John & Pat Rogers, and Bob & Willi Zilkey. [Applause]

The passing of long-time club member and tour leader **Wes Conner** was noted by President Frank.

Treasurer Alston Paff reported that the club had on hand a **cash balance** of \$142,686.56.

D'FLOWER RIDE

Wildflower Ride Volunteer Coordinator Dave Williams said that most, but not all, of the 205 jobs had been filled [Applause]. A dozen or so key slots remain to be filled. Anyone interested in volunteering should contact him as soon as possible.

Overall Ride Coordinator Dave Abrecht outlined **upcoming volunteer meetings**:

- Food captains: February 21 at the Goldenbergs
- Safety and course captains: Date and time to be determined
- Volunteers: April 26, 7 p.m. in the SLO library meeting room

Key dates to keep in mind:

- Pre-ride: April 21
- Ride: April 28
- Volunteer brunch: April 29, 11 a.m., Dairy Creek Golf Course
- Ride captain post-mortem, dessert social, Novo Restaurant

THE PRUDENT PEDAL-IST

Safety Director Warren Hockenbary's report made two points [Secretary's note: three, if you include a bad pun]:

- **Check your bike** before riding. A lose bolt can ruin a ride and be a safety concern.
- **Be a driver.** Bob Garing wrote an article where he distinguished between biker riders and bike drivers. Drivers take responsibility for safety and for following the rules of the road.

PAST TENSE

Historian Janie Goldenberg reported:

- There was a great turnout for the **dedication of the Bob Garing bike rack** at Mission Plaza on January 20. All four of his children were there and were very pleased with the event.
- The **mystery SLOB** was Sue Lyon, identified by Sandy Pitt.
- **Wes Conner** was a great member of the club, many of whose members went on trips he organized, and he will be greatly missed.

STU & PAM COASTER

Newsletter co-editor [Secretary's note: clad in his birthday t-shirt] Stu Goldenberg said the **deadline** for articles was 8 a.m. on the 15th, as usual. **Pictures of bike rides** would be much appreciated, to spruce up the look of the *SLO Coaster*.

COALESCING

Adam Fukushima reported on the Bicycle Coalition.

Thanks were extended to the large number who participated in the "**Bike the Budget**" meeting. Being able to get a lot of people to public meetings results in high priorities for biking. [Applause]

The **SLO city council**, as a result of the show of support from the Coalition, put improving bike facilities among its top 10 priorities.

- Work is in progress for the bike path from Cal Poly to Hwy 101.
- High priority is given for bike routes in the city, including routes from the train station.
- A bike signal is going in at Santa Barbara and Upton streets.

He stressed the importance of using bikeways and other facilities to show the city that they are worth the investment, particularly the new "bike freeway" on Morro Street.

He introduced the **new coordinator** for the Thursday Farmers Market **valet parking**, Brian Kuotsuchi [Secretary's note: wearing a tux!?], who said the service had just parked the one thousandth bike and could use additional volunteers.

LONNNNG RIDERS

President Frank presented honors to the following riders:

- At the **bronze level**: Ken Price, for

12,000 miles the past year; Mark Lyon, for 14,000 miles in the past year; Dave Abrecht for 15,000 miles in three years; Gail Vanderlinde for 20,000 miles in 4 years; Glen Vanderlinde for 30,000 miles in 4 years

- At the **gold level**: Joan Petersen, for 52,000 miles; and Mike Curran, overall champ, at 71,000 miles.

[Extended and envious applause]

HAMS ON WRY

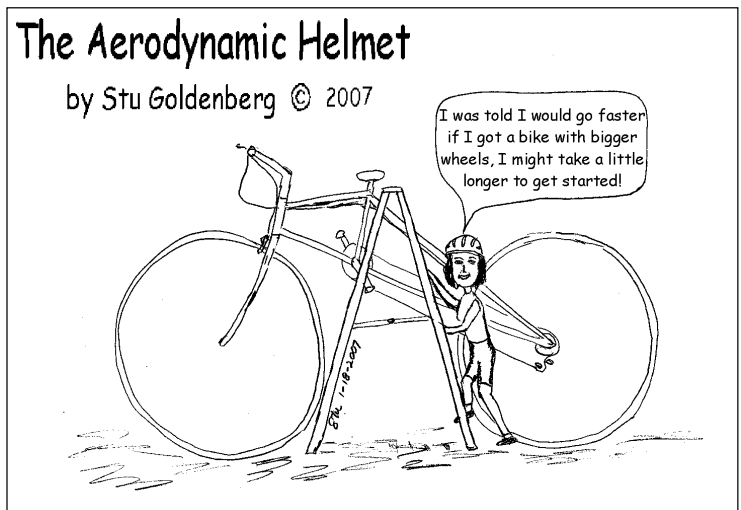
Milton Davis announced that since ham operators are so important for the club's major rides some may be interested in **earning a ham license**. A session designed to allow people to get a license in one day will be held on Feb 24 in Santa Maria. For more information, go to W6NBC.com.

SHOWTIME!

Vice President Gil Pitt introduced the evening's program, a **cross-country ride** presented by Kathleen McHugh and Ernest Cole. [Secretary's notes: Wow! Hot! Terrific entertainment!]

ADIOS

A motion to **adjourn** was offered by John Hausman and seconded by Stu Goldenberg. The motion passed.



Minutes of February 8, 2007
Board of Directors - San Luis Obispo Bicycle Club
Coast National Bank Community Room
By Larry Rutter

President Mullin ruled that a quorum was present, and called the meeting to order at 6 p.m.

Board members present: John Altman, Chris Broome, Gail Davis, Robert Davis, Janie Goldenberg, Stu Goldenberg, Warren Hockenbary, Mark Lyon, Frank Mullin, Alston Paff, Gil Pitt and Larry Rutter.

Not present: Pamela Nargie.

Guests present: Dave Abrecht, Tom Nuchols, and Jaleah Brynn.

Bicycle Coalition

Tom Nuckols, treasurer of the coalition, presented a report on its finances. He began by thanking the club for its generous donation, making it the largest benefactor of the coalition. He circulated the coalition's budget for calendar year 2007, which showed revenue and expenses of about \$44,000. The objective is to have Adam Fukushima serve full time as executive director. Currently he is part time, also working part time for the city on bicycle-related issues. But he is expected to go full time with the coalition this summer.

There are several new members on the coalition's board, a body whose key responsibility is fund-raising. They are optimistic that they can meet or exceed their fund-raising goals using events, mailings and personal contacts. Office space for the coalition has been donated by the Kardels of Computer Solutions.

In response to a question from Mr. Altman, Mr. Nuchols said that there is no firm commitment from Adam or the coalition about how long he might remain as executive director, but every expectation and hope is that it will be for a while.

Mr. Nuchols said he would report again this summer and expected to make a request for increased funding from the club for its next year's budget.

Wildflower Ride

Ride Coordinator Dave Abrecht said the plans for the ride were moving smoothly. Biggest concern is satisfying complaints of local residents in the area about riders. Ride leaders are working

with the Santa Margarita Area Advisory Council (SMAAC). Steps have been taken in recent years to deal with complaints, such as CHP patrols, ride notice signs and funding of a scholarship. This hasn't stopped the complaints and ride leaders are working with SMAAC to further address issues. New signs used for the Lighthouse Ride which say "Single File Please" will be used for the Wildflower this year.

Board members supported the steps he is taking and suggested further measures that might be considered.

Minutes

It was moved by Mrs. Goldenberg, seconded by Mr. Hockenbary, to approve the minutes from the January 11, 2007, board meeting. The motion was approved.

Shandon Scholarship

A request was received from the Shandon Joint Unified School District for an additional \$1,000 for the club's scholarship program. It was moved by Mr. Davis, seconded by Mr. Lyon to increase the Shandon scholarship to \$4,000, from \$3,000 for this year. The motion passed.

Financial Report

Treasurer Paff circulated a report of revenue and expenses for the period January 1 to February 6, 2007. It showed income of \$100,610.00 and expenses of \$8,469.12, or an excess of revenue over expenses of \$92,140.12. In addition, she said that bank balances total \$144,003.56.

Newsletter

Mr. Goldenberg reminded board members of the regular deadlines, and urged them to submit items, especially on safety and entertainment.

Bob Garing Safety Day

Mr. Goldenberg said based on this year's special rally to commemorate the new Bob Garing bike rack at Mission Plaza, the tradition should be continued.

It was moved by Mr. Hockenbary, seconded by Mr. Goldenberg, to designate the third Saturday of each January Bob Garing Bicycle Safety Day and consider some club activity to mark the event. The motion passed.

Helmet Buttons

Mrs. Goldenberg said that 200 more have been ordered. Efforts are being made to contact law enforcement, first responders and ambulance companies to remind them to look for the buttons on the helmets of injured cyclists.

March Meeting

There will be no March board meeting because a show of hands indicated that a quorum would not be able to attend the meeting.

Booth for Tour of California

President Frank said that more volunteers are needed for a club booth at the Tour of California. It was pointed out that many are volunteering to be marshals on the tour and this may be the reason for lack of volunteers.

Youth Ride

Vice President Pitt presented a talking paper on his idea for the club to sponsor a youth ride. The paper will be published in the next newsletter. Discussion emphasized the importance of maintaining biking safety with large numbers of youthful riders, and the benefits of involving schools. It was moved by Mr. Rutter, seconded by Mr. Davis that it is the sense of the board to support the idea, publicize it with the membership, and to encourage VP Pitt to flesh out his strategy and plans. The motion passed.

Bike Safety Program for Homeless

Jaleah Brynn said that she is continuing to work with the Prado Day Center to have a bike program. She envisioned about ten participants, and Mr. Altman had arranged with Cambria Bicycle Outfitters to put together a package of equipment for each person successfully completing the program for about \$37.50 each.

It was moved by Mr. Goldenberg, seconded by Mr. Davis, to set aside \$400.00 for purchasing packages of equipment when the program gets off the ground. The motion passed.

Adjournment

It was moved by Mr. Pitt, seconded by Mr. Hockenbary, to adjourn. The motion passed. The meeting was adjourned at 7:45 p.m.

Mystery SLOB

By Janie Goldenberg

Sandy Pitt correctly guessed the Mystery SLOB for February. The cute little girl on what looks like an old tricycle is a young Sue Lyon. Thanks Sue for providing us with the picture.

You too can become a Mystery SLOB. All you need to do is find a picture of yourself from days past and give it to me, Janie Goldenberg. You can provide an original, which will be returned, or you can supply me with a copy, or send it by email.

Reasonable efforts are made to post the Mystery SLOB photo when the person is present.

If you have any questions, please feel free to call me at 544-4720.



Advocate Report

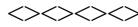
by Gail Davis



County Bicycle Advisory Committee's next meeting is scheduled for May 8, 2007, at 7 p.m. in Room 361 of the County Government Center, 1055

Monterey Street, San Luis Obispo.

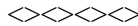
Contact Michelle Olmsted for an agenda—788-2830.



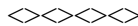
County Bike Coalition meets on the second Thursday of each month at 12:00 noon in the San Luis Obispo Council of Governments Conference Room, 1150 Osos Street, Suite 202, San Luis Obispo.

The Coalition's mission is to transform San Luis Obispo County into a safer and more livable community by promoting cycling and walking for everyday transportation and recreation.

If you want to help support this mission by serving on a committee, contact Adam Fukushima at 541-3875. See the website at slobikelane.org.



SLO City Bicycle Advisory Committee meets 3rd Thursday of January, March, May, July, September, November at 7 pm in the Council Hearing Room, City Hall, 990 Palm Street. Agenda & minutes at slocity.org/publicworks/bac.asp.



Central Coast Concerned Mountain Bikers meet the third Tuesday of each month at 5:30 p.m. in the San Luis Obispo High School library. See their website at ccmb.org.

CCCMB workdays:

March 17, Saturday, Morning Glory, 9:00 a.m. Meet at the end of Stenner Creek Road at the bridge.

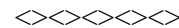
April 22, Sunday, Cerro Cabrillo, 9:00 am, Cerro Cabrillo parking lot.

May 12, Saturday, Ridge Trail, Montaña de Oro, a Trailwerks event, 8:00 am at Camp Keep, MdO.

June 3, Sunday, Fernandez Trail, 9:00 am at Turkey Flats.

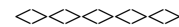
July 14, Saturday, TBA.

Monthly Meet at the Quonset Hut at Montaña de Oro 2nd Saturday at 8:30 a.m.



Bob Jones Trail through Avila Bay Estates—in a message dated January 24, 2007

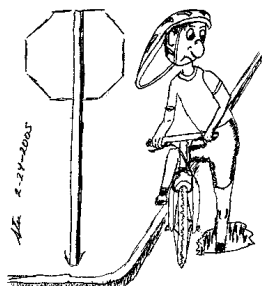
“I hesitate to put it this way because we've been here before, but... I think we are VERY close. Our attorney and property management team have the last of the updated easements and legal descriptions (finally!) and I expect to see the package ready to go to the BOS for acceptance within a month. We'll do our best to get the word out when we have a date certain. Stay tuned.” Pete Jenny



Cave Landing. This project has grant funding and would connect the Cave Landing Parking lot to Bluff Drive (Shell Beach). The plan was for a Class I bicycle/pedestrian path. The County owns existing right-of-way and a path currently exists. The problem in this area is there are numerous active landslides. This has impacted the existing path and the permits for the proposed path. The project is still in the design phase.

The Aerodynamic Helmet

by Stu Goldenberg



While at a stop sign it is observed that the adjacent pot hole is fortunately not bottomless!

Whom Do You Call?

Hot Line to report bicycling hazards on county roads: **781-5252**
State highway hazards can be reported to Caltrans Public Affairs at **549-3318** M-F 8-5.

Arroyo Grande—**473-5460**
Atascadero—**461-5023**
Grover Beach—**473-4520**
Morro Bay—**772-6261**

Paso Robles—**237-3861**
Pismo Beach—**773-7053**
San Luis Obispo—**781-7190**

Law enforcement on county roads is performed by CHP.
South County and coastal areas number is **593-3300**.
North county number is **434-1822**.

Letters to the Editors



Please submit your letters to Pamela Nargie's e-mail: nargie@calinet.com and copy Stu Goldenberg at sgoldenb@calpoly.edu in WORD format. Every effort will be made to print them all in their entirety. Your letter may be edited for format but not for content and acceptance for publication is at the discretion of the editors.

Thank you, Pamela Nargie

Dear SLO Bicycle Club,

Thank you for your very generous donation of \$15,000 to the San Luis Obispo County Bicycle Coalition. We are grateful for your support as it helps us further our mission of transforming the county into a safer and more livable place to live by promoting bicycling and walking for everyday transportation and recreation. We are very pleased by the special relationship between the SLO Bicycle Club and the SLO County Bicycle Coalition and look forward to great things happening in 2007.

Your generous donation helps us further our goals for 2007 including:

- Expanding our bike valet service at the SLO Farmer's Market
- Continuing our advocacy efforts to create more bike lanes and bike paths
- Expand our "Art of Cycling" skills course to give cyclists greater confidence in road traffic
- Broaden our social marketing campaigns to change attitudes about bicycling as a form of transportation

You may use this letter as a receipt. The San Luis Obispo County Bicycle Coalition is a nonprofit, public benefit corporation under the US Internal Revenue Code, section 501(c)(3). All donations are tax-deductible to the fullest extent of the law. For your reference, our Federal Tax ID number is 75-3021545.

Warm regards,

Adam Fukushima, *Executive Director, San Luis Obispo County Bicycle Coalition*

Note to everyone -

This recipe is for the cake that I provided at the February General Membership meeting. A number of people were interested in obtaining the recipe. Mixed frozen berries were substituted for blueberries but actually did not significantly change the flavor.

Janie Goldenberg

Here's what's cookin' **Apricot Blueberry Cake**
Recipe from the kitchen of Janie Goldenberg

Use a spring form pan or a 9 X 13 pan. Grease it or spray with Pam.

Combine and beat:

- 1 package yellow cake mix
- 1 package instant lemon pudding (3 ½ oz.)
- 4 eggs
- 1 cup sour cream
- ½ cup oil


Mix and fold into the above:

- 1 cup frozen blueberries
- ½ cup chopped dried apricots

Topping:

- ½ cup sugar
- 1 tablespoon cinnamon
- ½ cup nuts

Put half of batter in pan. Sprinkle with topping. Put rest of batter and rest of topping into pan. Bake at 350° F for 1 hour 10 minutes.



Recall Alert U.S. Consumer Product Safety Commission

January 9, 2007 Alert #07-517

Cannondale Recalls 2007 Model Road Bicycles Due to Brake Failure

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, today announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed.

Name of Product: Cannondale 2007 Model Road Bicycles


Units: About 700

Manufacturer: Cannondale Bicycle Corp., of Bethel, Conn.

Hazard: The bicycle's front brake can fail, causing the rider to lose control and fall.

Incidents/Injuries: No injuries have been reported.

Description: The recalled road racing bicycles are made from aluminum and carbon fiber or all carbon fiber. The model name is printed on the bicycle's top tube. They were sold in the following colors: natural aluminum/carbon, red, black or black and blue. Recalled models include:

Cannondale Models	 Cannondale 2007 Six13 Team 1 Bicycle
2007 Six 13 Team 1	
2007 Six 13 Team 1/Compact Drive	
2007 Synapse Carbon SL1/Compact Drive Si Crank	
2007 Synapse Carbon SL1/Standard bottom bracket, Dura Ace Crank	

Sold at: Authorized Cannondale dealers nationwide from July 2006 through November 2006 for between \$3,200 and \$4,500.

Manufactured in: United States

Remedy: Consumers should stop using the bicycles immediately until inspected or repaired. Cannondale or Authorized Cannondale Dealers have contacted affected consumers directly for a free inspection and repair, if necessary.

Consumer Contact: Consumers with one of the recalled models who have not been contacted by Cannondale or an Authorized Cannondale Dealer can contact Cannondale at (800) BIKE-USA between 9 a.m. and 5 p.m. ET Monday through Friday, or visit the firm's Web site at www.cannondale.com



The Wildflower Pre-ride needs volunteers and food Captains. Last year we had a great pre-ride and all the riders were really appreciative of our support.

Contact Paul at (805) 729-2034 or paul_in_slo@yahoo.com (Please note the underscore between **paul** and **in** and **slo**, which is part of his email address.)

For those riding the pre-ride:

Last year everyone did a great job telling us where they were riding from and what route they planned on. This helped our Captains save the club money by buying only the right amount of food. If you're planning to ride in the pre-ride contact Paul at (805) 729-2034 or paul_in_slo@yahoo.com

Paul Schmidt, Pre-ride Coordinator

2007 Wildflower

Volunteers needed – as of February 14, 2007

Thanks to everyone for your quick response to the February Newsletter call for volunteers. Now we only have 9 more positions to fill! We are still in need of 1 Traffic control, 5 SAG's, 1 truck driver, 1 at Shell Creek, and 1 Communications Captain. Keep those volunteer forms coming!

Here are some important dates for you to remember:

Meeting	Date	Location	Participants
Pre-Ride	Sat, April 21	Creston	All volunteers; contact Paul Schmidt by April 10th
Volunteer Meeting	Thurs, April 26 7:00 PM	SLO City / County Library 995 Palm St. SLO	All volunteers who will be working after this meeting
WILDFLOWER RIDE	SAT, APRIL 28	CRESTON	
Volunteer Brunch	Sun, April 29, 11:00 AM	Fairways, Dairy Creek Golf Course	All volunteers; contact Paula Hausman for reservations
Post Mortem Dessert Meeting	Tues, May 1 6:30 PM	Novo 726 Higuera SLO	All Captains

2007 Wildflower Volunteer Brunch

Fairways Restaurant

2990 Dairy Creek Rd. (at Dairy Creek Golf Course, off Highway 1, across from Cuesta College)

Sunday, April 29th, 2007

Arrive 10:30 a.m.; Brunch 11:00 a.m.

If you want to attend the 2007 Wildflower Volunteer Brunch then please RSVP to Paula Hausman by Friday, April 20th. You can sign up at a SLOBC General Meeting or if you are unable to attend the meetings, then you can either call (Paula Hausman 595-1965) or send an e-mail (slobikegirl@hotmail.com). Please note, non-volunteer guests will need to pay \$32 to attend (checks can be made out to "SLOBC" the day of the brunch). It is sure to be a fun event with plenty of scrumptious food at the Fairways Restaurant, beautiful decorations and great conversation. Please plan to join in the fun, but don't delay! Remember, the deadline to RSVP is Friday, April 20th.

See you there!

Paula Hausman, 2007 Wildflower Brunch Captain





PEDALING THROUGH THE PAST

BY JANIE GOLDENBERG, HISTORIAN
MARCH 2007



In 1997, Michael Morin was the SLOBC President. His wife, Kathleen Wafer, wrote the following article for the March SLO Coaster. The sentiments hold true today.

THE PRESIDENT'S COLUMN

By "First Lady" Kathleen Wafer

This month, the President's Column is being visited by Hillary
AKA the first lady (?)

The SLOBC is an interesting and exciting way to enjoy leisure time. The Pres and I have received a number of calls inquiring about the Club and what it has to offer the average cyclist person. When the Pres returns a phone call to a cyclist person, he really sells what he feels is the most important aspect of the club...camaraderie. He boasts of the great way we all support each other; either on a ride with a flat tire, or a ride with a flat stoker! To the Pres, there is nothing like having a fellow cyclist along side him when the riding is all up hill.

The new administration in 1997 will continue to balance the budget, host centuries and be ever mindful of new ideas. (I have not been to a board meeting but reliable sources have informed me.) With all of these tasks, the most important thing to remember is that we are all recreational cyclists and CYCLISTS JUST WANT TO HAVE FUN (and have good tubes in their tires).



The Evolution of the Aerodynamic Helmet

By Stu Goldenberg

I have seen all sorts of crazy things while on the Cal Poly campus. You would think college students would have more "smarts" than they often exhibit. Surely the young man thought he was doing his girlfriend a favor by transporting her on the handlebars of his bicycle. Operative word here is "handlebar" and not "tushybar."

Cycling with a scythe strapped on your back is also dangerous. Add the complication of someone parking their "tushy" on your handlebars, and someone is likely to get hurt.

This situation was so unsafe it likely blurred my vision. Perhaps I don't remember it exactly as it was ... it was very traumatic!

The Aerodynamic Helmet



SLOBC Statistics Achievement Awards

By Frank Mullin

This year we are beginning a new “tradition” of awarding members that have posted sufficient mileage at the club’s statistics website certificates of accomplishment. Four achievement levels have been defined: 10,000 miles (Bronze), 25,000 miles (Silver), 50,000 miles (Gold) and 100,000 miles (Platinum). To date, 27 members have reached the Bronze level; 7, the Silver level, and 3, the Gold level. No one has yet reached the Platinum level.

The table below identifies the winners of this award.

Name	Years	Total	Date Reached Achievement Mileage			
			10,000	25,000	50,000	100,000
Gold Level (50,000 miles) Achievement Winners						
Michael E. Curren	7	70,816	15-Feb-2001	28-May-2002	9-Sep-2004	
Joan Petersen	7	52,237	19-Apr-2001	25-May-2003	27-Aug-2006	
Frank Mullin	7	51,038	14-Feb-2001	4-Jul-2003	4-Nov-2006	
Silver Level (25,000 miles) Achievement Winners						
Ross L. Pepper	7	42,526	3-Aug-2001	10-Dec-2003		
Red Davis	7	35,970	14-Apr-2001	28-Jan-2004		
Kathleen McHugh	6	30,106	30-Sep-2003	31-Jul-2006		
Glenn Vanderlinde	4	29,598	14-Mar-2004	5-Feb-2006		
Judie Prock	6	25,639	23-Apr-2003	18-Oct-2006		
Bronze Level (10,000 miles) Achievement Winners						
Todd Fourdyce	4	24,783	4-Sep-2004			
Jerry Lundstrom	6	21,758	15-Feb-2004			
Thomas Parks	5	21,505	11-May-2003			
Gail Vanderlinde	4	20,397	14-Nov-2004			
Kristen Kopp	4	19,476	25-Sep-2004			
Corry Van Boheemen	4	16,762	23-Feb-2005			
Gerard Van Boheemen	4	16,739	23-Feb-2005			
Liz Curren	7	15,572	19-Jan-2004			
Vickie Backman	5	14,982	15-Oct-2005			
David J Abrecht	3	14,820	30-Mar-2006			
Mark Lyon	1	13,964	20-Aug-2006			
Kenneth J. Price	1	12,348	18-Oct-2006			
Susanne Haas-Clark	2	12,321	13-Aug-2006			
Gary Stansel	3	11,191	30-Jul-2006			
Cindee Varni	7	10,794	29-Jan-2005			
Larry Bradford	2	10,738	11-Nov-2006			
Rod Atkinson	2	10,612	28-Sep-2006			
Roger Loiler	4	10,552	17-Sep-2006			
Verena Florence	5	10,258	28-Oct-2006			



Joan Petersen was honored for having achieved the gold level with over 52,000 miles posted in the last 7 years.

A Note of Thanks and Appreciation.....

..... to Frank Mullin, Warren Hockenbary and anyone else who was responsible for creating the 2006 Statistics Achievement Award presented to me at the February general meeting. This I shall treasure always!

The Statistics awards presented that evening appears to have been the brain-child of Frank. However, what he graciously omitted at the meeting was HIS mileage achievement in the past seven years as well. Frank also reached the Gold level by the end of 2006 by pedaling a total of 51,038 miles! Congratulations, Frank, and thanks for the recognition on behalf of SLOBC!

Joan Petersen

Wes Conner

Wes Conner, beloved husband of Dorothy Conner, and father of Sharon Whitney and Terry Conner, died at his home in San Luis Obispo, Tuesday night Jan. 30, 2007, from advanced prostate cancer.

A celebration of his life will be held at 1 p.m. Sunday, March 11, 2007, at San Luis Obispo Country Club.

Those wanting to help the family commemorate his life may send donations in his name to Hospice Partners of the Central Coast, the Jack House or Cal Poly. Arrangements have been made to establish a Cal Poly scholarship in his name. It will be for the Ornamental Horticulture Department.

As a veteran of World War II and the Korean Conflict, Wes came to San Luis Obispo with Dotty, Terry and Sharon, when he became a student at Cal Poly, graduating from there with a bachelor of science degree in 1956 in ornamental horticulture and landscape design.

After working in the architectural firm of Huetigg and Schrumm in Palo Alto, Calif. he moved his family to Yosemite Valley in December 1957, where he worked as the chief landscape architect for Yosemite Park and Curry Company. It was there he became an avid mountain-hiker. He was also active with Yosemite Community Church (the chapel), and served as a Boy Scout master. In 1963, he returned to Cal Poly to teach in the OH department. He retired in 1988.

Wes was a member of the SLOBC for 20 years. He was an original member of the City of SLO bicycle advisory Committee from 1993 to 2001.

In his retirement, Wes continued his mountain hikes and began his avocation of leading bicycle and walking tours to see much of the world's great gardens in England, Western Europe, Central America, Southeastern China, South Africa, Australia and New Zealand. Most recently, he toured in Turkey with Rotary. He was also an arborist consultant locally.

His family will remember him fondly for his steadfast love of family, country and the great outdoors.



Proposition to Sponsor a Youth Ride

By Gil Pitt, Vice President



Incorporation Article III states: The specific purpose of this corporation is to promote the common good and the general welfare of the people of San Luis Obispo County through safe and legal bicycle riding and to encourage bicycle riding as an accepted mode of transportation.

In recognition of our club wishing to encourage the use of bicycles for transportation and recreation, I propose that the SLOBC spearheads a youth ride in 2008. The concept is to introduce young riders to the pleasure of riding a bicycle, encourage the activity using peers, provide a venue for teaching safe bicycle riding practices and show parents that it can be a safe/fun family activity. This would not be billed as a race, but rather a fun educational activity. The event is not intended as a fund raiser, but is expected to run a modest deficit to the club in the range of \$500.

I envision a ride length of up to about 10 miles, perhaps in the Avila valley and out to Port San Luis area. There should be staggered starts with the faster youth starting first but with a longer course. Families would start and stay with their slowest member.

At the bike safety check area, we would also make recommendations for improving the operability, fit and comfort of the machine. One approach to making this a fun event would be to have prizes for largest family, most friends riding together, costumes or bicycle decorations. At the rest stops we could have short games or snacks. At the end we could have a lunch/BBQ on the Avila beach.

The 2 to 3 hour ride should take place some time from Spring to Fall, when the weather is warm and dry. The ride should be of low cost to participants, and there should be a way for needy people to participate for free. The ride should not interfere with other major events or vacation periods. We could involve other organizations to help in sponsorship and advertising; e.g. YMCA, bike shops, County Bike Coalition, schools, Boy/Girl Scouts, Avila Township, Parks & Rec., PG&E community center.

Minimum insurance for an event like this should cost about \$350 that would cover up to about 300 rider participants. We would have to use waivers for all participants. Youth under about 10 years old would have to be accompanied by an older relative on the entire course.

If you are interested in this project, please contact me. Phone number 489-0138

CONTEST!

Sponsored by Stu Goldenberg

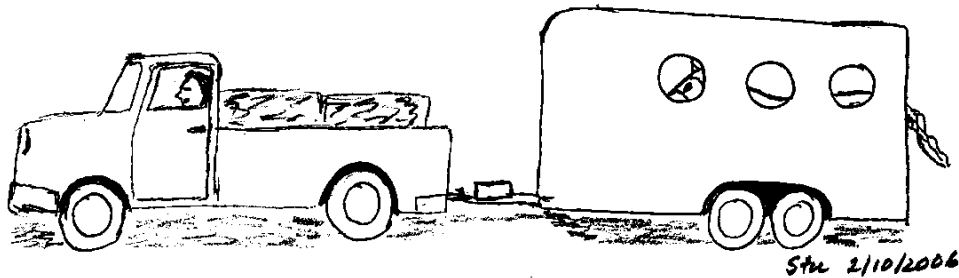
Some background is necessary to explain this contest. At the last SLOBC board meeting, we discussed the relationship of the bicycle riders and the members of the local community. We have made progress with the communities east of Atascadero, but more can be done. Knowledge of problems can go a long way in solving them.

One of the problems that I personally heard about in prior years is that people pulling horse trailers need additional space and stopping distance so that they won't injure their passengers, the horses.

My first thoughts were that a pick-up truck pulling a loaded horse trailer is somewhat like an eighteen-wheeler without brakes, but this makes it seem like the pick-up truck is the villain. Wrong impression – therefore a bad idea.

I am looking for an appropriate caption for the drawing below that expresses in the spirit of "Share the Road" what we need to do to make extra allowances, not necessarily for the pick-up driver, but for the horse-passenger. I would like a caption that expresses this idea in a positive way.

As a prize, I will ask Janie to provide some high energy, homemade goodie. Also I will print the best ideas in the next *SLO Coaster*. I will gladly accept ideas via email, regular mail, or delivered by hand at the next meeting. (Decision of the judges is final.)



Your clever caption could be here

Riding Group Picture of the Month



Pictured to the left are the Tortoises, including Bob Behnke, Stu and Janie Goldenberg, Caroline Janney, Gini Stedman, John and Pat Rogers, and on the back of the Bike Friday is Albert, the group mascot.

The Tortoises have had as many as twelve riders. It is VERY social.

The editors invite you to send us pictures of your riding group along with a brief description of the group, the people, or whatever else is appropriate.

Directions to Starting Locations	
B&A 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 B&A Realty on the left.
Ben's House (SLO)	Take 101 to Los Osos Valley Road. Go east 0.5 mile to Higuera, left 0.4 mile to Tank Farm Rd, right 1.9 miles to Poinsettia St, right 0.1 mile to Alyssum Court, left one house -- Ben's house is first on left.
Bob Jones Trail Head	Take 101 toward the five cities. Exit at San Luis Bay drive. Go left on Ontario for 0.8 miles. Park in the lot on your left.
Creston	Take 101 to Highway 41 exit in Atascadero to El Camino Real, left 0.4 miles to Highway 41 (east), right about 12 miles to Highway 229, right 1.1 miles to 2nd Street, left 0.1 to school on right.
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).
French Park (SLO)	Take 101 to Los Osos Valley Road. East 0.5 mile to Higuera, left 0.4 mile to Tank Farm Rd, right 1.9 miles to Poinsettia St, right 0.4 miles to Fuller, left 0.1 mile to park (on the left).
Gazebo (AG)	Take 101 to Grand exit in Arroyo Grande. Go east (becomes Branch St) to Bridge Street. Turn right past Ira's Bike Shop and left into parking lot. Gazebo is halfway through lot on your right.
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).
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).
Loading Dock (Orcutt)	Take 101 South to Clark, Right on Clark about 3 miles to Broadway; Left 1 block to Loading Dock on the right.
Lyon's House	Take 101 to Tefft (Nipomo), right 0.7 miles to Pomeroy, right 0.4 miles to Camino Cabillo, left 0.8 miles to Olympic Way, left 0.2 miles to Lyon's house (1071) on the left.
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.
Paso Robles Park	Take 101 to Paso Robles exit in Paso Robles. Continue to 13th Street. Turn left over tracks to Pine Street. Go left 1 block and park 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.
Seasons Restaurant (PR)	Take 101 to Highway 46 east, continue 0.6 miles to Buena Vista Dr (light), left 0.5 miles to River Oaks Drive, left 0.4 miles to Clubhouse Drive, right to Schoolhouse Circle, right to the restaurant on left.
Shamel Park (Cambria)	Take 101 to Highway 1 and go north to Cambria. At the north end of town, turn left at Windsor Rd. The park is 0.3 miles down the road.
Shandon City Park	Take 101 to Highway 46. Go east about 16 miles to Shandon exit (McMillan Canyon Road), right 0.2 miles to Shandon Road, left 2.1 miles to park on the left.
Sinsheimer Park (SLO)	Take 101 to Madonna exit. Travel east 0.2 miles to Higuera, left 0.1 mile to South Street, right 0.8 mile to Broad Street right 0.7 miles to Orcutt Road, left 0.4 miles to Laurel Lane, left 0.3 miles to Southwood Drive, left 0.2 miles to park.
Tridosha Healing Center	Take 101 to and exit onto March in SLO. Take first right onto Archer and continue to center.
Vanderlinde's House (Atascadero)	Take 101 to highway 41 off ramp in Atascadero. Go west 0.3 miles and take left on Atascadero Road. Vanderlinde's house (7175) is about 0.1 mile on the left.



March 2007 Event Calendar

by Mark Lyon

			Wednesday	Thursday	Friday	Saturday
				1 BW-LO Ride SLOBC Meeting	2 Yellowjackets North County Tortoises Breakaways	3 Slabtown SLO Pokes Warriors
Sunday	Monday	Tuesday				
4 NC Brunch Warriors BW/LO	5 Yellowjackets North County Breakaways	6 BW-LO Ride	7 Flyers North County SLO Pokes Frequent Feeders	8 BW-LO Ride	9 Yellowjackets North County Tortoises Breakaways	10 Slabtown SLO Pokes Warriors
11 NC Brunch Warriors BW/LO TRIBE	12 Yellowjackets North County Breakaways	13 BW-LO Ride	14 Flyers North County SLO Pokes Frequent Feeders	15 BW-LO Ride Farmer's Market	16 Yellowjackets North County Tortoises Breakaways	17 Slabtown SLO Pokes Warriors
18 NC Brunch Warriors BW/LO	19 Yellowjackets North County Breakaways	20 BW-LO Ride	21 Flyers North County SLO Pokes Frequent Feeders	22 BW-LO Ride	23 Yellowjackets North County Tortoises Breakaways	24 Slabtown SLO Pokes Warriors Favorite
25 NC Brunch Warriors BW/LO	26 Yellowjackets North County Breakaways	27 BW-LO Ride	28 Flyers North County SLO Pokes Frequent Feeders	29 BW-LO Ride	30 Yellowjackets North County Tortoises Breakaways	31 Slabtown SLO Pokes Warriors

Special Events (Rain Cancels)

Sunday, March 11 (8:30 AM) - TRIBE. Tridosha Bike-N-Brunch Experience. Meet at Tridosha Healing Center. This ride is set at a moderate, mindfull pace (12-15 mph), focusing on alignment, stability and fun. Ranging 25-40 miles to various locations. Return to a free, 20 minute YOGA session and a special gourmet brunch. Brunch is by donation. Led by Laura Ghiringhelli (544-8120).

Saturday, March 24 (9:00 AM) - Favorite (B-4). Favorite Ride Series. Meet at Santa Margarita Park. Atascadero Heights, The is a ride the Vanderlinde's put together to show us Atascadero from the hills. The ride is about 45 miles long. There will be lunch after each ride for those that want to participate. Contact Frank Mullin (556-0789) for more information.

Saturday, April 7 (9:00 AM) - Favorite (B-4). Favorite Ride Series. Meet at Paso Robles Park. This Peachy Canyon rendition will take us up out Nacimiento Drive, Chimney Rock and Vineyard to Cider Creek Bakery. The return will include Willow Creek and Peachy Canyon. See map/profile chart at our website - use Local Ride button. There will be lunch after each ride for those that want to participate. Contact Frank Mullin (556-0789) for more information.

Sunday, April 8 (8:30 AM) - TRIBE. Tridosha Bike-N-Brunch Experience. Meet at Tridosha Healing Center. This ride is set at a moderate, mindfull pace (12-15 mph), focusing on alignment, stability and fun. Ranging 25-40 miles to various locations. Return to a free, 20 minute YOGA session and a special gourmet brunch. Brunch is by donation. Led by Laura Ghiringhelli (544-8120).

Saturday, May 5 (8:00 AM) - Favorite (B-4). Favorite Ride Series. Meet at Shandon City Park. Ride to Bitterwater Road. Return via Highway 58 and Shell Creek Road. Call if you plan to participate. The length is about 70 miles. See map/profile chart at our website - use Local Ride button. There will be lunch after each ride for those that want to participate. Contact Frank Mullin (556-0789) for more information.

Meetings

Thursday, March 1 (7:00 PM) - SLOBC Meeting. General Membership Meeting. 7:00 PM at the Library at 995 Palm in San Luis Obispo

Thursday, March 15 (6:00 PM) - Farmer's Market. Farmer's Market Support. Support club's Farmer's Market booth (located in front of Kevin Main's Jewelry store at 720 Higuera Street) 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!

Weekly Rides (Rain Cancels)

- Sunday (9:00 AM) - NC Brunch (B-2).** North County Brunch Ride. Meet at Vanderlinde's House (Atascadero). A different route each week of 20 to 40 miles. It may stop along the way for breakfast, or hold off until the end of the ride - depends upon the route. Led by Glenn & Gail Vanderlinde (466-4221).
- Sunday (9:00 AM) - Warriors (D-4).** Sunday Warriors. Show & Go from French Park (SLO). Distance 20-25 miles, with no big hills; this is a recovery ride from Saturday's effort.
- Sunday (8:30 AM) - BW/LO (B2).** Sunday Baywood / Los Osos Ride. Meet at Nazarene Church (BP). Casual pace to coffee shop in Cayuco and nobody gets left behind. Led by Jack Robison (528-3478).
- Monday (9:00 AM) - Yellowjackets (B-2).** Yellowjackets SLO Rides. Meet at 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).
- Monday (9:00 AM) - North County (B-3).** North County Riders. These rides start from various locations in the North County and go to various destinations. The ride is generally decided the day before the ride, so call then. Contact Corry & Gerard Van Boheemen (239-0481) for more information.
- Monday (9:00 AM) - Breakaways (C-3).** Breakaways Mondays. The ride departs from Damon Garcia Sports Field and is led by Russ Robinson (781-0903).
- Tuesday (8:30 AM) - BW-LO Ride (B-2).** Baywood / Los Osos Ride. Meet at Nazarene Church (BP). Casual pace and nobody gets left behind. The route will go North, South or East to some coffee shop (the route and destination are selected by consensus). Led by Jerry Lundstrom (528-1069).
- Wednesday (9:00 AM) - Flyers (C-3).** Ride starts at various locations and times.
- 7 The ride departs from French Park (SLO) and is led by Wolf Eisen (786-4405).
 - 14 The ride departs from Gazebo (AG) and is led by Larry Bradford (474-8764).
 - 21 The ride departs from Lyon's House and is led by Mark Lyon (929-5998).
 - 28 The ride departs from Santa Margarita Park and is led by Glenn Vanderlinde (466-4221).
- Wednesday (9:00 AM) - North County (B-3).** North County Riders. See Monday Description.
- Wednesday (9:00 AM) - SLO Pokes (A-2).** These rides start at various locations and times. They are tailored for riders wanting to travel no more than 12 miles per hour.
- 7 Meet at Shamel Park (Cambria). Elephant seals ride, to lighthouse and return. Led by Bruce Collier (543-9514).
 - 14 Meet at Islay Park (SLO). Out and back, out and back; coffee at Old Edna. Led by Sharon Sutliff (544-4034).
 - 21 Meet at Loading Dock (Orcutt). Note 9:15 starting time. Led by Chris & Helen Fylling (929-3791).
 - 28 Meet at French Park (SLO). SLO circuit -- about 24 miles; coffee at The Cakery. Led by Bob Lindquist (595-7686).
- Wednesday (9:00 AM) - Frequent Feeders (B-2).** Rides start at various locations and times.
- 7 The ride departs from Creston and is led by Tim & Shelley Long (237-2012).
 - 14 The ride departs from Gazebo (AG) and is led by Steve Toschi (481-7605).
 - 21 Meet at Lyon's House. It is led by the birthday boy and spouse. Plan to stay for lunch after the ride. Led by Mark & Sue Lyon (929-5998).
 - 28 The ride departs from Gazebo (AG) and is led by Gil & Sandra Pitt (489-0138).
- Thursday (8:30 AM) - BW-LO Ride (B-2).** Baywood / Los Osos Ride. See Tuesday Description.
- Friday (9:00 AM) - Yellowjackets (B-2).** Yellowjackets SLO Rides. See Monday Description.
- Friday (9:00 AM) - North County (B-3).** North County Riders. See Monday Description.
- Friday (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 approximately 10 miles and average 10 miles per hour. We will also try to minimize hill climbing. A coffee stop is included. Contact Stu & Janie Goldenberg (544-4720) for more information.
- 2 Meet at Sinsheimer Park (SLO). Ride to Edna. Led by Martin Howell (544-5389).
 - 9 Meet at Sinsheimer Park (SLO). To the Bat Cave (bike tunnel under the freeway). Led by Stu & Janie Goldenberg (544-4720).
 - 16 Meet at Santa Margarita Park. Santa Margarita back country. Led by Judy Shakley (596-0280).
 - 23 Meet at Seasons Restaurant (PR). North County Ramble. Led by Bob Behnke (239-4042).
 - 30 Meet at Gazebo (AG). Around 5 cities, lunch at Stedman's. Led by Gini Stedman (473-8287).
- Friday (9:00 AM) - Breakaways (C-3).** Breakaways Fridays. The ride departs from Bob Jones Trail Head and is led by Russ Robinson (781-0903).
- Saturday (8:00 AM) - Slabtown (C-4).** Slabtown Rollers. Meet at B&A Realty (Cambria). Variable itinerary, call for details. Led by Tom Parsons (927-5514).
- Saturday (9:00 AM) - SLO Pokes (A-2).** Saturday SLO Pokes. These rides start at various locations and times. They are tailored for riders wanting to travel no more than 12 miles per hour.
- 3 Show & Go from Bob Jones Trail Head.
 - 10 Show & Go from French Park (SLO).
 - 17 Show & Go from Bob Jones Trail Head.
 - 24 Show & Go from Laguna Lake Park (SLO).
 - 31 Show & Go from Bob Jones Trail Head.
- Saturday (9:00 AM) - Warriors (D-4).** Weekend Warriors. Meet at French Park (SLO). These rides will be 35-50 miles. They will average over 19 mph, require pace line riding skills and regroup about every 45 minutes. The destinations will differ and will depend on the riders and the weather. Led by Todd Fourdyce (481-6184).

General Meeting - February 1, 2007 at 7 PM

Then hear Joe tell us about:

Central Coast Concerned Mountain Bikers, twenty years of moving dirt.

You may think you know about dirt, but these folks have been dealing with more kinds of dirt than you imagine. Unlike the old days, today, trail design and maintenance is very involved and must include impact reports, permits, and liability issues. The story and work leads to some of the best mountain bike trails around.



Location – SLO City/County Library – 995 Palm Street

San Luis Obispo Bicycle Club
PO Box 1585
San Luis Obispo, CA 93406

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