

**BICYCLE
ADVENTURE
CLUB**



The Tripper

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The Tripper Report for January - April 2010 (updated 6/12/2013)

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South Florida Loop February 22nd to March 8th

Ride Director: Richard Gallo, Report by: Ida Nystrom

Winter weather got you down? Snowed in and sick of it? Jump start the season on the South Florida Loop, and get a quick 700 miles in the saddle before the biking season even begins up north.

The ride began and ended in Tampa. The route ran southeast toward and through Miami (not for the faint of heart!), then out through the Keys to Key West. After a day there, a ferry to Marco Island and then four more riding days would return us to the start. That was the plan. However, our ferry was cancelled due to extremely high seas. Instead, leader Rich rented four vehicles for us to make the six-hour drive back to Miami and then west to Marco.

The ride is accurately rated 1C. There aren't a lot of hills in Florida; climbing the arched bridges is the only down-shifting you'll have to do. Daily distances are relatively long, as befits the C rating. Riding conditions (wind and traffic), however, sometimes made the days seem longer than they really were. There aren't a lot of quiet country lanes in Florida either. Heavy traffic was a constant. You should be completely comfortable riding in high-volume traffic before you sign up for the ride. When bike paths did exist they were often poorly surfaced and not a great improvement over riding in the road.

Accommodations were varied and evenly spaced. Lodgings were in fishing resorts, historic inns, ultra-luxurious apartments, and standard roadside hotels. All were clean and comfortable. There were no lay-over days on this ride; although extra time was allowed to enable us to fully enjoy Key West, we still moved every night.

Key West, of course, was the highlight of the trip and the reason many of us signed on. I particularly enjoyed meeting the 43 descendants of Ernest Hemingway's cat, Snowball. Other attractions included Harry Truman's winter white house and the Mel Fisher Museum, which features artifacts recovered from the Spanish galleon Atocha. Of course, museums aren't what Key West is generally best known for. Duval Street's many shops and restaurants were the big attraction for many. The sunset celebration on the waterfront was beyond description – a microcosm of all that is Key West.

Rich Gallo's leadership and support on the ride were excellent. Details were meticulously attended to. When a monkey wrench was thrown into the plan (the canceled ferry), Rich was able to both think and act quickly to come up with a reasonable alternative.

Participants: Judith De Santis, Jay Marowitz, Richard Gallo, Anne Brown, Darlene Dunbar, Rick Brown, Jon Marcil, Maureen Thomas, Carol Romberg, John Gradwell, Judith Jeffress, Carol Bozena, Gerald Hefele, Cam Secrist, Don Secrist, James Kervick, William Keckler, Joyce Keckler, Richard Poore, Charlie Kalb, Michael Swearingen, Ida Nystrom, Jim Nystrom, Wes Johnson

California Coast: San Francisco to Santa Barbara April 9th to April 18th

Ride Director: Chip Sterling, Report by: Joyce Keckler



San Francisco to Santa Barbara

This trip showcased Northern California and the Central Coast. From urban San Francisco, along the rugged coastline, through redwood forests, strawberry fields, vineyards, poppies and the finest golf courses, we saw it all. Our tour started with a ride through San Francisco led by participants Chris Witt and Pat Greene - along the Embarcadero, across the Golden Gate Bridge, by Golden Gate Park, ending in Pacifica. The second day arrived with howling winds and plenty of rain. Well aware of the impending storm, our ride directors wisely decided to charter a bus to take us from Pacifica to Santa Cruz.

With the storm behind us, we proceeded down the coast to Monterey and the 17-mile drive in Carmel. Ocean views and rocky

coastlines were magnificent. Big Sur State Park was next – a stunning forest of redwoods, oaks, conifers and more. At the end of another day of riding high above the rugged coast we arrived at Ragged Point. From there, the coast became much gentler with accessible sandy beaches. We passed Hearst Castle at San Simeon – there was even time for a tour. We also stopped to view elephant seals at one of their breeding beaches. Morro Bay was our next stop, with its iconic volcanic plug Morro Rock. The ride from Morro Bay to Santa Maria featured both a scenic tour of Pismo Beach and central coast truck farming up close. There were vast fields of strawberries, broccoli, cauliflower, lettuce – all in various stages of planting through harvesting. Leaving Santa Maria, we quickly arrived in the Santa Ynez valley, a popular wine area. Fess Parker, Firestone, and other wineries were along the route. The vineyards had begun sprouting their new growth. Some of us took the optional route through Los Olivos, while others rode Ballard Canyon to Solvang. This region is where the movie "Sideways" was filmed. Our final riding day was from Solvang to Santa Barbara, which featured an unpleasant stretch of busy Highway 154, a fabulous 3 mile descent on San Marcos Road (which was admirably ridden back up and down again by our Seattle Climbers), and a ride by beautiful estate homes in Hope Ranch. Back at sea level, we stopped at Arroyo Burro beach before arriving at our final hotel.

Kathy and Chip Sterling ably led this fine ride. Their cue sheets were right on, and they provided lots of suggestions for lunch stops and sightseeing. Lodging was outstanding, as were our group meals. Not only did Kathy drive the luggage van, she provided all the happy hour food and beverages. Other than the day of the storm, all riding days were glorious California spring days with temperatures in the 60's. We had a wonderfully compatible group, with the usual distribution of riders arriving at the destination before lunch or barely in time for dinner.

This ride was accurately rated 2B – no killer hills, no terribly long days. Had we ridden from Pacifica to Santa Cruz on Highway 1, we would have found light to moderate traffic. For the most part, Highway 1 traffic was light to moderate with a good shoulder. A lot of the route we were on bike paths (Castroville to Monterey), quiet residential areas (Santa Cruz almost to Moss Landing) or quiet country roads (Morro Bay to San Luis Obispo). Definitely a "don't miss" bicycle ride!

Participants: Kathy Sterling, Larry Roe, Joan Roe, Chip Sterling, Jon Graff, Robert Lynn, Bruce Schweitzer, Peter Krichman, Rod Harmon, Howard Hackett, Betty Hoffman, Patricia Greene, Chris Witt, William Keckler, Joyce Keckler, Edie Baxter, Jacque Smith, Ruth Maule, Sally Mc Kinney, Darrell Athay

A Week of Texas Heaven April 10th to April 18th
Ride Director: John McManus, Report by: Doug Gant



A WEEK OF TEXAS HEAVEN An old axiom reads that repetition is the best teacher. John and Brenda have thus honed their annual Texas Hill Country ride to almost absolute perfection. Meeting old friends and new friends at the nightly social hours, accompanied by Brenda's great hors d'oeuvres and wine selections, set the tone for a great week of riding. Unfortunately, they could not control one powerful factor; namely the weather. So the rides were great, but somewhat moist as it rained parts of six out of seven days of riding. Our first ride was out to Luckenbach, a small collection of buildings and the subject of a song made famous by Waylon Jennings. It was our first exposure to Texas BBQ and a photo-op of Brenda and John with a Texas Longhorn! Day two was warm and sunny as we rode out to The LBJ Ranch on the banks of the

Pedernales River. We were all struck by the fact that The Texas White House was a real home and felt comfortable and relaxing. The third riding day took us out close to Enchanted Rock. Most of us visited the rock later in the tour as weather again came into play. The fourth day encompassed the Willow City Loop, which was the crown jewel of the tour. After a two year drought, flowers of all colors filled the fields and lined the roads and highways. The wild flowers, especially the Texas bluebonnets, were absolutely stunning, and the weather was great until the last five miles, when we all got clobbered! This essentially ended the tour, as the next three days brought heavier rain. The fifth day was devoted by most to the Admiral Nimitz Museum and the National Museum of the Pacific War. Chester Nimitz is the favorite son of Fredericksburg. The sixth and seventh days had some clearing, and a few brave souls got on the bikes for an abbreviated ride. The first four days averaged about 50 miles. We said our goodbyes over a great group dinner at The Navajo Grill. At the end, all were very pleased with the rides and the company.

Participants: Brenda Cole, John McManus, Barb Larsen, Leo Riegel, Liz Siaba, Dion Shea, Doug Gant, Colleen Gant, Nancy Follett, Darrell Follett, Michael Meyers, Marlene Rawles, John Stamm, Gaynelle Stamm, Ida Nystrom, Jim Nystrom, Cathy Cloutier, Scott McKay, Merle Vogel Jr, Susan Vogel, Kathy Emmons, John S Freitag, Karen Hass, Ed Hass

California Coast - Santa Barbara to San Diego April 18th to April 25th

Ride Director: Roy Glickman, Report by: James Daly

"If you think you are lost, look over your right shoulder. If you can see the Pacific you're not lost!" This was the first piece of calming advice given to us by our Tour Leader, Roy Glickman. Unnecessary advice, it turns out, because the maps and directions provided were so detailed that you never felt you could not find your way home.

Judy and Roy Glickman have directed this ride previously, and their knowledge and love of Southern California were exhibited each night as we were discussing tomorrow's route. The excellent cue sheets were supplemented by county guide maps, cycling maps, Google maps, walking tour maps, and Chamber of Commerce and other miscellaneous materials highlighting activities and places of interest along our route. It seemed as if we could make each day's ride last a full week with all of the interesting possible sites to see along the way.

On our journey from Santa Barbara to Old Town San Diego, we stopped in Port Hueneme, Santa Monica, Seal Beach, Dana Point, and Carlsbad. All of the accommodations were excellent, and the Glickmans had a fine selection of nearby restaurants for dinner and/or breakfast.

For people not experienced with bicycle riding in California, you will be utterly amazed with how bicycle friendly this State is. In addition to the wide bike lanes on many major roads, we rode on a bike path on the beach from Santa Monica through Venice Beach, around Marina del Rey and through Manhattan Beach and Redondo Beach. More than 20 miles on a bike path (with no cars) on Southern California beaches with all the sightseeing opportunities that that brings truly amazing!

While there were multiple highlights on this trip like visiting one or more of the five historic Missions from the early days of California history or stopping at some of the finest art museums along the way --- the ride through Camp Pendleton Marine Base and the boat ride the Glickmans arranged through LA & Long Beach Harbor stand out as tremendous experiences not generally available to most visitors.

Expect to ride 45 to 55 miles per day on relatively flat terrain. There are a few long climbs along the way like Torrey Pines State Park but the beautiful vista keeps you moving. The ride is not the fastest way to get to San Diego because you do spend so much time on bike paths and neighborhood roads. Occasionally you will find yourself on roads with their share of traffic like in Laguna Beach and Malibu and you will have to watch for people opening their car doors.

In summary, Judy and Roy planned a ride through Southern California which could easily have taken more than a month with all of the interesting sights along the way. This trip which could have been created by the Southern California Chamber of Commerce will just whet your appetite for experiencing more of this beautiful part of our country, and perhaps explain why so many Americans live here.

Participants: Guy Carrier, Roy Glickman, Janet Fitzgerald, Robert Fitzgerald, Jackie Mastrangelo, Perry Pollock, Rita Jensen, Gary Dodson, James Daly, Licia Daly, Kelley Clark, Judy Glickman, Paul Silverstein, Grace Silverstein, Cam Secrist, Don Secrist, Larry Roe, Joan Roe, Pat Hight, Barbara J Wood

California Coast - Santa Barbara to San Diego (2) April 19th to April 26th

Ride Director: Chip Sterling, Report by: Jon Graff



Chip and Kathy Sterling run a well planned and executed tour. They were very cheerful, helpful, and had good route sheets and maps and enjoyable after ride group meetings.

The tour itself was an adventure, living up to being part of Bicycle Adventure Club. We had sunshine and magnificence sights, as well as wind and rain. And it was even cold.. So if you plan to do this ride, bring your rain gear and warm clothes. Most years you won't need them, however, this year we did.

On the tour, people sorted themselves into groups and no-one biked alone. My group biked at a moderate pace and went on numerous side excursions. We biked on the average a little under 50 miles each day. We had hour-long lunches, went on excursions,

and still arrived with time to shower and attend the after-the-ride BAC traditional get-together. Over wine, beer, and V8 and munchies, we'd expound on our various adventures and exploits.

The first day we had a splashing ride along Highway 101 with rain and heavy traffic. In Carpinteria we warmed up with coffee and then rode off in the rain to Ventura. In Ventura, 5 of us had 'authentic' Mexican food – one person thinks he had an extra "reward" from that meal latest several days. The 2 women decided to bike onto Port Hueneme, while the 3 men went shopping at the Patagonia Store and Cheap Sports Store. Just after Ventura the weather cleared and we had great views of the Channel Islands from Ventura.

Day 2 was w*i*n*d*y. Thankfully most of it was to our back. We blew by many of the famous surfin' beaches.

Day 3: The winds from the previous day had large sand "drifts" on the bike paths. The people from the East Coast marveled at the need to have municipal funds for sand clearing versus snow clearing. At the Los Angeles Maritime Museum in San Pedro, we boarded our private ferry to Long Beach. The ferry allowed us to avoid what was described as a non-pleasurable ride through a heavily industrial area.

Day 4 took us from Seal Beach to Dana Point which included a tiny ferry across to Balboa Island. From Dana Point some bicycled to scenic Mission San Juan Capistrano.

Day 5, from Dana Point to Carlsbad: We biked through the antique "woody" show and a Specialized bike store sale. Then we biked through Camp Pendelton, keeping our eyes open for tanks, (who's to argue with a tank while on a carbon-fiber bicycle?). No tanks, but we did pull off the road for an armored convey. We had a great outdoor lunch in the sunshine of Oceanside, where the photograph was taken. Once we arrived at Dana Point, a few of us biked up to Mission San Luis Rey where we ate at a very old, very good, and very inexpensive Mexican bakery.

Day 6 from Carlsbad to San Diego: We stopped to see hang-gliding off Torrey Pines, saw lot's and lot's of surfers, and then we biked the gauntlet of the San Diego boardwalk., By the way, the infamous Torrey Pine Hill is only a 6% grade.

Then the tour sadly ended. We had an enjoyable "last supper" in Old Town San Diego. The tour was well organized and was fun.

Photograph, courtesy of Bob Lynn

From bottom left: Ed McFadd, Edie Baxter, Jacques Smith, Marica Brown, Jon Graff, John Rieter, Lynn Babock, Debby Chamitoff and Bob Lynn.

Participants: Kathy Sterling, Claire Buhl, Edward McFadd, Elizabeth Plunkett, Robert Lynn, Deborah Chamitoff, Jon Graff, Edie Baxter, Jacques Smith, Lynn Babcock, John Reiter, Ina Tornallyay, Chip Sterling, Marcia Brown

New Zealand South Island Adventure March 2nd to March 18th
Ride Coordinator: David Wright, Report by: Carol Anderson



Little wonder Lord of the Rings was filmed in New Zealand. What a gem! Our trip blended Camelot with a Magical Mystery Tour. We had no rain to speak of which was incredible in a land of rain forests. The magic was provided by New Zealand itself, and the choice by BAC leader Dave Wright to contract with Adventure South as our tour company. The mysteries of New Zealand were solved by our Adventure South guides Bas and Craig. Not only did they transfer our luggage, shuttle us when conditions warranted, feed us, and provide bike maintenance; they provided commentary on anything and everything of interest throughout the tour. Our biking days often included a short hike. On our days off, they arranged for us to book non-biking options such as hiking, kayaking and helicopter rides. Adventure South made our bike trip into a complete New Zealand

experience.

Our tour began and ended in Christchurch on the South Island. Leaving the east coast we crossed (first by train, then by bike, and finally by shuttle) to the west coast. We detoured north a bit, and then rode for several days south along the west coast. We turned inland and had a day off to play at the Franz Josef Glacier. Several days and a few mountain passes later, we had our second day off in Queenstown. After a few more passes and an encounter with the notorious New Zealand head winds, we arrived at the base of Mt. Cook, the highest mountain in New Zealand. From Mt. Cook we rode east and finished riding in Timaru on the east coast. A shuttle ride took us back to Christchurch.

Accommodations on the trip were small hotels or lodges, and one farm stay (2-3 couples per farm). Food was wonderful with full New Zealand breakfasts (cereal, poached eggs, toast, fried tomato) and 3 course dinners. Lunches were either picnics prepared by Bas and Craig or on our own in small towns. Fruit and energy bars were always available. Several mornings we found Bas or Craig offering morning tea (hot drinks, cookies, cake) at a rest stop. Happy hours, organized by BAC leaders Dave and Sue Wright, were a time to socialize and reminisce about the day. Dave and Sue made sure we had ample refreshments which included some very fine New Zealand wines and beers. Bas and Craig used this time to describe what was in store for the next day and hand out cue sheets with maps.

Rough chip seal is the surface of choice in New Zealand. Riders with fatter tires did better but everyone eventually suffered from sore butts. Road shoulders are not common but most traffic is tolerable of bikers. There were a few (but short) very steep climbs and descents (>15%). Wind was a HUGE factor. When we had tail winds it was a blast. When it was head or cross winds, biking was a challenge. Technically the BAC rating of 2B was correct but should have been 2.5 B- to account for the road surface, winds and steep climbs.

Thanks to Dave for running the BAC tour. Thanks to Adventure South for seeing to our comfort and safety. Thanks to all the participants without whom there would have been no trip. If this trip is offered in the future, do not hesitate -- GO.

Participants: Ann Senula, David Wright, Perry Pollock, Jackie Mastrangelo, Sue Ann Erb, Carol Anderson, Bob Anderson, Gat Lum, Gerald Lum, Susie Stogsdill, Stogs Stogsdill, Mary Ellen Shaughnessy, James Shaughnessy, Susan Rexer, Gerald Rexer, Alexandria Di Nome, Susanne Wright, Elaine Spagnolli, David Spagnolli, Alicia Dunn, Peter Dunn, Gary Senula, Claudia Spaulding, Barry Spaulding