



# Changing Gears

## President's Message

Here we are in 2013. I sometimes get my Armageddons mixed up so, wasn't 2012 supposed to be it? Did you really go for your goals in Cycling and volunteerism and put in your best year yet?



While some built condos in the canyons of Utah and others blew it all on a last wild week at Burning man, the DBC went steadily on through the year with our marquee Events: The DC, Foxy's, and March Madness which were again run with the smooth precision that only comes from years

of experience. The DBC Board of Directors tried some new things including: curvy bike racks, bike Fixit stands around town, and we made contributions to organizations and the people they serve through the DBC Philanthropy and Advocacy Budgets. They say you only get back what you put into something and, 2012 was a heck of a year for the DBC. But as a wise(cracking) bunny once said "Another day, another carrot."

This is my second year as DBC President and it looks like

2013 is going to be a great one. The GRR is back! It's the DC's 44th year. March Madness riders are in for a surprise, and Foxy's just keeps getting better. In this new year (a year that according to some was never supposed to be) what will you do in Cycling? How about riding with a different Bike Club in your DBC kit? Or finally pursue that goal you've always put off to next year? I welcome you to a new year of possibilities in Cycling and in life.

They say that institutions can't change people's lives in a good way and maybe that's true; it's people who change peoples' lives. You do get back what put into things; sometimes more, sometimes less but you get something back. I think DBCers have figured that out. "Another day, another carrot", sage words Bugs. I look forward to seeing you out there this year and encourage you to make it a good one.

Now get out there and ride.

Best,

Glenn Mounkes, President-  
Davis Bike Club

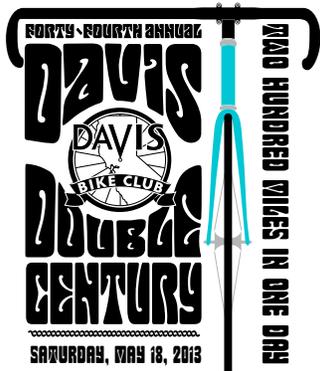
## March Madness

by John Whitehead

While daytimes are leaning toward long  
This month will be short, hardly wrong  
Four weeks to lube chains  
And psyche up our brains  
The calendar's playing our song.

## Davis Double Century, May 18, 2013

Yes, the 44th Davis Double Century will be here in just a few months! Robin Neuman and apprentice-director Scott Alumbaugh have been planning since the Monday after this year's DC. Some of the exciting changes for the 2013 DC include moving the ride start and finish to the US Bicycling Hall of Fame in downtown Davis, and the planned course will travel up Big Canyon instead of Cobb Mountain.



This signature event requires with the combined effort of the DBC membership. Starting in January we will be holding steering committee meetings to organize the event. For those who plan on riding the DC, there are lots of opportunities to help before and after the DC.

If you would like to join the DC committee in the planning stage, please contact us at: [double-century@davisbikeclub.org](mailto:double-century@davisbikeclub.org).

Remember to mark your calendars for **May 18, 2013**

## DBC Welcomes New & Renewing Members January 2013

- David DePirro
- Gina Newbold
- Cameron Johnson
- Peter Lichtenfels

## February 2013

- Melissa Mossar
- Jon Ramsey
- Oliver Lee
- James Allen
- Julian Bumpus
- Jim Dickinson
- Baki Tezcan

## Oregon South Coast Tour

**Monday, July 15 through Thursday, July 25**

A few years ago we led an Oregon north coast tour that started with a bus trip up to the Columbia River, followed by cycling the Pacific Coast Bike Route as far as Newport, and returned to Eugene with a stop in Corvallis. This time we'll ride the rest of the Oregon coast, gathering in Eugene and going back to Newport via Corvallis to begin our downwind ride to California. We've scouted the entire route and stayed overnight in part of the hotels. With fifty- to sixty-mile segments each day, we'll have time to enjoy spectacular vistas, spot terrestrial and aquatic wildlife, eat blackberries, and smell peppermint. Yes there are hills, a couple of those famous tunnels with flashing lights, and traffic on the Hwy 101 parts of the PCBR, but there is compensation in the wide shoulder and spectacular seascapes.

Our itinerary takes us up along the Willamette River from Eugene to Corvallis. We'll use the local cyclists' favorite back road going from Corvallis to Newport, where we spend two nights in the Nye Beach area. Our extra Newport day affords options to do a loop up the Siletz River and return along the coast, or a shorter out-and-back to the spectacular Otter Crest, or a day in town to watch fishing boats and visit Newport's renowned aquarium.

Now, heading south on the Pacific Coast Bike Route, we pass Heceta Head to Florence where we overnight in Old Town. The next day we ride among sand dunes and leave Hwy 101 for a back road into Coos Bay. After this, we rejoin the PCBR on the Cape Arago Highway and the Seven Devils Road, so-named for seven devilish hills. That evening we watch the sunset over Bandon Beach.

The following day, our riding takes us to Gold Beach for another two-nighter. One of the options here is a jet boat trip on the Umpqua River. Another is trying stand-up paddle boarding. Or, you can cycle out-and-back along the rugged Umpqua valley. Our last day of riding takes us over aptly-named Humbug Mountain to Brookings, Oregon and Crescent City, California. The next morning we use a chartered bus for a half-day ride back to Eugene. Staying over in Eugene using our group rate on July 25th is an option.

And now for the money part. DBC members will pay \$580 for double occupancy in two- and three-star hotels, most breakfasts, sag and luggage service, two or three group dinners, and the chartered bus ride back. Hotels have been selected for value, bicycle friendliness, and proximity to good restaurants. Solo riders need to find roommates or may opt for single occupancy at extra cost. A deposit of \$100 per person will hold space; final payment will be due June 15, 2013. We hope you can join us,

...Bruce and Marilyn, Tour Leaders



## Woodland Bike Campaign Seeks Bikes & Accessories

Clean out your garage and donate your bikes/accessories/trailers to the Woodland Bike Campaign that encourages local youth to get out of cars and ride bikes. Tax-deductible receipt provided. Drop off at 2110 Regis Dr., Davis, or call **Maria Contreras** at (530) 753-1125 for pick up service.

## Advocacy Budget

The Club Advocacy budget is now online. See what Bicycling organizations the DBC supports.

[http://www.davisbikeclub.org/about\\_dbc/advocacy](http://www.davisbikeclub.org/about_dbc/advocacy)

## March No-Fools Tour

**Monday, March 25 to Friday, March 29**

Unlike previous tours that ended on April Fools' Day, this year's tour is a bit earlier to avoid ending on Easter weekend—so we have “no fools” this year. This time, we head south from Davis to Monterey, using Amtrak from Salinas to return to Davis on Friday.



Overnight stops are in Benicia, Silicon Valley, San Juan Bautista, and Monterey's Cannery Row. Highlights include the Benicia Bridge, the Iron Horse, Coyote Creek, and Monterey Bay Trails, Calaveras Road, two former California capitals, two historic missions, old Fort Ord, the 17-mile drive, Pebble Beach, and Carmel. Distances are 50-60 miles for four days, and 40 or so for the last day. Expect some hills every day. Options for longer days include cycling favorites like Mt. Diablo, Mt. Hamilton, and Carmel Valley.

At one time or another, we've scouted the entire route which mostly avoids busy roads. Hotels, two or three star, are near good restaurants and all include breakfast. We'll have a sag to carry bags and snack food. DBC members' cost is \$225, with a \$50 deposit on signing. Final payments are due March 10. Rooms are double occupancy. Solo riders are requested to find roommates, or may opt for single occupancy at extra cost.

...Bruce and Marilyn, Tour Leaders

## Volunteer for the Double Century On-line!

Scott Alumbaugh has set up a web form for people to fill out if they are interested in volunteering for the DC.

Volunteers can send an email to Robin or Scott at: [double-century@davisbikeclub.org](mailto:double-century@davisbikeclub.org).

Or they can fill a spiffy on-line form out at:

[http://www.davisbikeclub.org/annual\\_events/organized\\_rides/davis\\_double\\_century/2013-dc-volunteer-interest-form/](http://www.davisbikeclub.org/annual_events/organized_rides/davis_double_century/2013-dc-volunteer-interest-form/)  
or (in a shorter form):

<http://tinyurl.com/2013-dc-volunteer-interest>.

## Experienced Riders needed as Course Marshals for LiveStrong Chal-

by Janice Bridge

The LiveStrong Challenge ride to raise money for people struggling with cancer and to raise awareness of the importance of early cancer detection is coming to Davis again in 2013. Ride date is **Sunday, June 23**, with related activities beginning on Friday and continuing on Saturday.

Local organizers are seeking DBC members who are familiar with the rides in and around Davis to serve as course marshals. The LiveStrong team are very inclusive and enjoyable to work with. The perks - including t-shirts, lunches, snacks, and invitations to the related events - are generous. And the time commitment is minimal - in 2012 no course marshal shift was longer than four hours.



Marshals will be encouraged to select their marshal location based on time and personal schedules. All marshal sites will have a complete set of answers to the FAQs - where is the closest bathroom? how far have I ridden? will you take my picture? - for their exact location.

To volunteer or to ask additional questions, please send an email to

[Janice.Bridge@gmail.com](mailto:Janice.Bridge@gmail.com)

You will receive a reply email within 24 hours.

# Chocolate Chip & Hazelnut Granola

## No bake!

Prep time: 15min

Cook time: 20min

Cool time w/ fridge: 2hr

Cool time @ room temp: 5hr-overnight

Makes: 20-24 bars

### Appliances/Materials:

cutting board  
stove top  
large pan  
medium pot  
large metal bowl  
13x9in (large) glass or metal pan  
plastic wrap  
large metal spoon/spatula  
large knife

### What:

5c rolled oats  
3c chopped hazelnuts

12tbsp salted butter  
2c brown sugar  
2tsp vanilla extract  
12tbsp (¾c) honey  
4tbsp molasses  
metal spoon

13x9 (a large) pan  
plastic wrap

¾c chocolate chips

cutting board  
large knife  
wrapping (optional)



### Ingredients:

5cups rolled oats  
3cups chopped hazelnuts  
12tbsp salted butter  
2cups brown sugar  
2tsp vanilla extract  
12tbsp (¾cups) honey  
4tbsp molasses  
¾cups chocolate chips

### How:

♥ Toast in pan over medium heat until a nutty fragrance is evident.

♥ If adding dried fruit, add in after toasting.

♥ Put into a large metal bowl to sit for now.

♥ Throw everything into medium-sized pot, heated on high.

♥ Stir constantly to prevent burning.

♥ Stir until boiling, when you see bubbles.

♥ Turn off the heat.

♥ Add to bowl with toasted granola.

♥ Mix well until mixture is uniform.

♥ Line your metal/glass pan generously with two layers of plastic wrap, so the wrap is hanging over outside of pan.

♥ This will allow you to lift granola out later.

♥ Dispense granola mixture into the pan.

♥ Carefully add ¾c chocolate chips on top.

♥ Use spoon or other metal tool to pack firmly and evenly.

♥ Allow cooling for 30 minutes in fridge, or 1 hour at room temperature.

♥ Lift granola out of the pan carefully, using the plastic wrap overhang.

♥ Place onto a cutting board.

♥ Carefully remove plastic wrap.

♥ Chop with a knife into 20-24 bars.

♥ Store in box and/or wrap individually with plastic wrap, baking sheets, or aluminum foil.

♥ Store covered in fridge or at room temperature.

♥ -Bars last 1-2 weeks!

Tada! Now enjoy!

## Approximate Nutritional Content

If divided into 24 bars, each bar will contain approximately

calories	340
fat	19 g
saturated fat	6 g
protein	4 g
sodium	55 mg
carbohydrates	43 g
fiber	3 g
sugar	33 g
calcium	48 g

## February Meeting Announcement

### It's the Tour Meeting!

#### Where:

\*U.S. Bicycling Hall of Fame\*  
303 3rd Street Davis, CA 95616

#### When:

Monday, January 14, 7p.m.

#### What:

Bill Sbarra, Tour & Ride Director "2013 DBC tours and sign-ups"

#### Details

The February DBC meeting is when we will go over the tours and sign ups begin. So far we have a 5 day tour in March, 3 day tour in April, 2 week tour in July and, hope-

fully, a 3 weektour in September. Where, when, and details of 2013 tours will be discussed.

[http://www.davisbikeclub.org/club\\_tours](http://www.davisbikeclub.org/club_tours)

#### Food/Drink

Coffee (Nugget or Mishkas, always decaf) Bagels (kindly donated by Posh Bagel, 206 F St., Davis) Cream Cheese

If you wish to bring anything (to add to above), have any comments or questions, please feel free to email or call me at any time. I appreciate any help, participation, and feedback!

Sincerely,

Terri

[vice-president@davisbikeclub.org](mailto:vice-president@davisbikeclub.org)

510-366-2325

## Century-a-Month Challenge

by Deb Ford

The DBC resurrected the Century-a-Month Challenge in 2012 and added a Metric-a-Month Challenge for the saner members of the club. Participants chose their distance, rode their rides, and sent in their stats to the organizers. As promised there was no huge reward, except for a year of great adventures on the bike.

There were three people who aced the Metric-a-Month Challenge: **Denny Burnham**, **Marnelle Gleason**, and **Gene Ashdown**. **Julin Maloof** completed 11 months. It looks like **Mark Cary** picked up the challenge in July and is running with it.

**A special shout out for Denny Burnham:** in November 2011, Denny had a bad crash on a 200k brevet near Livermore. Ribs, pelvis, shoulder...difficult injuries to recover from, especially at the tender young age of 70-something. When we announced this challenge, Denny asked whether it would be okay to do metric-equivalents on a stationary bike that he was using for physical therapy and rehab, once he'd mastered walking again. In February, he was able to complete his first metric on the road. Cheers, Denny! We know it hasn't been a cake-walk...

Gene is fairly brand new to cycling and he took to this challenge like a duck to water. He tried to encourage lots of others to sip the Kool-Aid as well, organizing club rides

and the occasional trip to an organized metric century.

**Marnelle** gets extra credit for pushing **Dan Barcellos** up to Nevada City on the tandem for one her metric-plus days.

The complete results for the Metric-a-Month are here:

[http://www.davisbikeclub.org/annual\\_events/club\\_challenges/100k-challenge](http://www.davisbikeclub.org/annual_events/club_challenges/100k-challenge)

Five DBCers completed the Century-a-Month challenge: **Eric Senter**, **Bill Larson**, **Darell Dickey**, **Drew Carlson**, and **Lois Springsteen**. **Susan Gishi** was dang close, with 11 in the bag. **Tray Biasioli** snuck in 10 before bowing out for paternity leave.

Many of those 'century' rides were not a measly 100 miles. Most were at least 200km (125 miles), with a few double centuries thrown in as well. Drew and Lois mastered some of the longer randonees this year: 400km and 600km for Drew; 400km, 600km, and 1000km for Lois.

The stats for the Century-a-Month riders are here:

[http://www.davisbikeclub.org/annual\\_events/club\\_challenges/century\\_challenge](http://www.davisbikeclub.org/annual_events/club_challenges/century_challenge)

Congratulations to all the participants! We'll keep this up, so if you're interested in going for the challenge, hop in any time!

Tire-Side Chat Series



*The U.S. Bicycling Hall of Fame Presents:*

# George Leone

## Speedbike Designer and Builder

### “The Pursuit of Raw Speed”



George Leone isn't an engineer; he's a history major who loves to build and became fascinated by human powered vehicles (HPVs) in the 1970s and continues that passion today. From initial work with fiberglass in 1980 with the Cal Poly San Luis Obispo HPV Team, George and collaborators progressed to advanced composites like Kevlar and carbon fiber. Hooked on their possibilities he and two UC Davis engineering students began designing a new HPV and over a couple years, built the first all-composites HPV (frame and fairing) mostly by trial and error. Since that time he has become the "composites guru" at Cal Poly San Luis Obispo and has helped the HPV teams and others build over 25 fully faired HPVs plus five of his own, the most recent being the speedbike "Primal 2", which has reached a speed of 70.4 mph so far....

**Sunday Feb 10, 2-3 PM, Free for DBC and HOF members, \$5 donation suggested.**

For More Information Contact: [Eventinfo@usbhof.org](mailto:Eventinfo@usbhof.org)

[www.usbhof.org](http://www.usbhof.org)

303 3rd St, Davis CA 95616

530-341-FAME (3263)