

Changing Gears

Newsletter of the *Davis Bike Club*

January 2006

Quick Releases

Membership Meeting

Monday, Jan 23, 7:00 PM
 Davis Waste Removal
 2727 2nd Street
 (Please park bikes outside)
 Refreshments & Door Prizes!
 (see article on Page 4)

Directors Meeting

Monday, Jan 9, 7:00 PM
 Davis Food Coop Conf. Rm.
 620 G Street
 All Members Welcome

Race Team Meeting

(no meeting in January)

NEXT Newsletter Submission Deadline

Sunday, January 15
 Please email submissions to:
 macaulay@direcway.com

Welcome New Members

Chris Morales
 Georgianne Stanzler
 Gregory Gambetta
 Rick Parks
 Houpis Family
 Edward Escay
 Braun Family
 Adam Ross

From the President

By Dan Shadoan

To my DBC family of old friends and new, I am come back again, like a bad ha'penny! It's been quite a few years since last I held this office and I'm proud to be re-elected again for 2006. The campaign trail was grueling yet recovery is likely by January 1st. In the interim, let me congratulate last year's Board of Directors for an exceptional job. Each director donates their precious spare time to keep the Club on top of the list of well-known Clubs in the U.S. I'm back just for Robin's great cookies and cakes at the Board meetings.

My predecessor, Tim Spann, has left some big shoes and filling them with something other than concrete will be an aspiration for me.

The "Unsinkable Elinor Olsen" as vice-president yields her post to Diane Richter who has been part of the Club's superb volunteer corps since the mid 80's and will now be conducting the monthly meetings.

Dave Dickson steps down as a critical team member and Stu Bresnick deserves our appreciation for stepping into the position of Club Treasurer, a job requiring continuous and accurate effort that only ex-Treasurers can truly identify with.

Kudos to Shannon Still for remaining as Recording Secretary for 2006. He's truly got the hang of translating our twaddle into comprehensible and complete sentences.

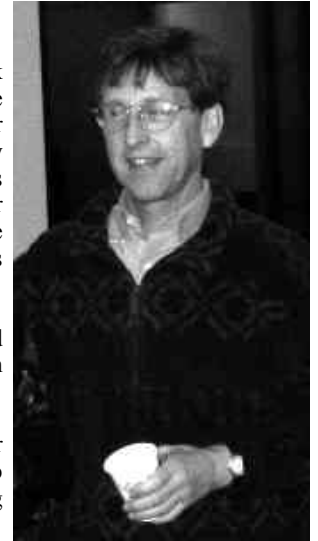
Thanks to Bruce Dewey for continuing as Touring Director for another year. We appreciate the wisdom, riding experience and organizational skills he brings to that position and to the Board meetings.

Thanks to Everyone

by Elinor Olsen
 2005 Vice President

Many thanks to all who participated in our monthly DBC meetings. I especially want to thank each and every one of you who took the time and energy to prepare for sharing your talents with the club. You each brought a different aspect of biking to our attention and our admiration.

All of you helped to make the job of Vice President easier.



New Prez has "last meal" before the vote at holiday party.

See From the Prez, Page 2...

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From the Prez, from Page 1...

So long to a terrific Board member, Greg Rowe and a big welcome to Jackie Boettner, fresh from Arizona, as our new Corresponding Secretary. A long time Club member, she's responsible for putting Rich in our midst and is also partly responsible for the Beottner tandem being present on the roads a bunch more what with Alex having a her attentions.

Thanks to Jay Bauer for continuing in the position of Philanthropy Director. Jay's analytical mind and sense of humor are welcomed by all of us.

Paul Guttenberg continues as Safety Director because he fits the part better than anyone else ever has.

John Dickinson, whom I just met for the first time on Monday last, will take on the Quartermaster position and made it clear he's and organizer-type person. I only hope he doesn't get hurt when he opens the roll-up door on the storage shed, it's so stuffed.

Let's hear applause twice for John Whitehead once for returning as Public Relations Director and again for being chosen as the "Volunteer of the Year" for 2005.

We're truly fortunate to have Dave Taillon continuing as Race Team Director. Under his leadership the race team has become a cohesive, organized and respected part of the Club.

Terry Macaulay, the gentle half of the Macaulay household, has already been the Membership Director in practice for the past months. Now she is official. The Macaulays are taking on an incredible amount of work for the Club!

Robin Neuman continues once more as DC Director, a position she steadfastly refuses to give up after some 20 plus years. Believe me, the Club will be scrambling if she ever retires.

John Hess gets everyone's thanks for stepping into the Foxy's Director position for next year. I know it took some courage to start on the Board at this position, but we'll all do our level best to help him out in the hard spots.

Stepping in for the legendary Daryn Dodge as Ultra Distance Director, Patsy Inouye brings her experience with organizing the DBC's 12/24 Hour Challenge. We'll miss Daryn's guidance and experience, but he deserves a little rest after all.

As Newsletter Editor, Steve Macaulay has established a new standard. "Changing Gears" never looked so fine! Steve brings a new professionalism to this publication and we are grateful for his efforts.

Thanks to everyone and I look forward to next year and riding!

Dan

Flash your DBC Membership Card for a discount at local (& Bay Area) bike shops, including:



Foy's Bike Shop

Mike's Bicycle Centers & Sausalito Cyclery

see www.mikesbicyclecenter.com for locations

or take advantage of the Repeat Customer Rewards Program at:



The Home of the Davis Bike Club is B&L Bike Shop, 610 Third Street, Davis



Changing Gears is the monthly newsletter of the Davis Bike Club, c/o B&L Bike Shop 610 3rd St., Davis, CA 95616. Find us on the web at www.davisbikeclub.org. Changing Gears is mailed via bulk mail permit to all current members. The 'issues remaining' line on the mailing label indicates when your subscription expires. Questions regarding subscriptions may be directed to the membership director via macaulay@direcway.com, info@davisbikeclub.org, or via the Davis Bike Club Hotline, (530) 756-0186. Contributions to Changing Gears are welcome and may be sent in any electronic format (MS Word preferred) to macaulay@direcway.com Please check front page for deadlines. Submissions may be edited for length.



DBC Race Team 2006

www.dbcraceteam.org

Dave Taillon, Race Team Director



It is my pleasure to be back for another year of command on the Race Team! Although I have tried to talk people into taking over for this year, it seems like I just don't know how to walk away very well. That's okay, I really don't mind because being part of this team is one of the most rewarding things I have ever done! The people who are part of the DBC family are some of the kindest, most caring and enthusiastic people I have ever met. Their willingness to help out is unparalleled in my eyes!! I tip my hat to all of you.

Another year of excitement is waiting for us in 2006. Our rider development team has increased to become a team in and of itself. They are now 22 strong with 6 being tapped as "elite" riders. They are being led by our very own Steve Wick and Joan Anton with the goal of participating in nationally ranked events. We wish the youngins the very best in their competitions!

The DBC BMX team will be back in full swing again this year as well. Shawn Miller and Ken Bradford will lead the way as we venture into our second year of supporting young BMX athletes. If you have young boys or girls who might be interested in racing a BMX bike on a closed course dirt track course, stop by Ken's Bike & Ski and talk with Ken or contact Shawn at badnsam@comcast.net. We want to grow them from toddlers on BMX bikes to juniors on road bikes to adults on road bikes!

Not to be forgotten, the "adult" portion of the race team is happy to announce some veteran DBC'rs are back with the team as we set our sites on a team specializing in the top amateur categories, categories 1 and 2. Jesse Moore will be coordinating the team of 6 – 8 riders such as Judd Van Sickle, Clint Butler, Adam Ross, Matt Morenzoni, and Mitch Trux. These guys will be duking it out with many division 3 professional teams at races such as McLane Pacific, Sea Otter, and the Elkhorn Classic Stage race in Oregon. Best of luck guys, make us proud!!

Of course none of these teams would be able to meet their goals without the generosity and support of sponsors; sponsors such as the Davis Bike Club itself and the others listed below. You all have our deepest gratitude for supporting us the way you do!!!

The Davis Bike Club Race Team sponsors for 2006

Davis Bike Club: www.davisbikeclub.org

Pedros : www.pedros.com

Ken's Bike & Ski: www.kensbikeski.com

Flyte Bicycles: www.flyte1.com

Rudy Project: www.rudyprojectusa.com

BikeReg.com: www.bikereg.com

Cantina Del Cabo: www.cantinadelcabo.com

The Screaming Squeegie: www.squeegie.com

Unconventional Medicinals: www.unconmed.com

Crank Brothers: www.crankbrothers.com

Rex Cycles: www.rexcycles.com

UC Davis Sports Medicine: www.ucdmc.ucdavis.edu/sportsmedicine/ Demasi Real Estate:

www.demasirealestate.com

Voler: www.voler.com

B&L Bike Shop: www.blbikeshop.com

Three Points Star Motors

Be sure to check out their websites and/or visit their stores whenever you need help in the many different services they offer. Remember, without them we don't exist!!

-----Changing Gears-----

January Membership Meeting By Diane Richter, VP

Our speaker for the January DBC general membership meeting will be Mike Berna of Velo City Bicycles in Winters. This presentation will be a bike maintenance special, a refresher course for long-time riders, and essential information for those new to the sport. Mike will teach us how to fix a flat tire, how to patch the tube so it stays patched, elementary derailleur adjustment, how to know when your chain needs replacing, and other basic skills to keep us riding happily during the upcoming year. We will have hands-on demonstrations, and if all goes as planned, we will have a contest to determine the fastest tube changer among us. (It won't be the vice-president, I can assure you.)



We will also be voting on an amendment to the bylaws regarding the current requirement for an audit of the club finances every year. Please review the wording of the proposed amendment in December's newsletter. I hope to see you at the meeting: 7:00 p.m. on Jan. 23, 2006.



MARCH MADNESS NEWS

By Barry Bolden



It's January and the Madness will be here soon. March means Madness and we are getting ready for a mad one. We are stuck with only 4 weekends again. Does anyone have connections to the calendar folks?

March has some other distractions like spring skiing, college hoops, full moon with eclipse, St. Patrick's Day, Equinox, and Ash Wednesday. However, during the DBC's annual March Madness, these distractions are taken in stride. We can howl at the full moon, drink green beer, watch hoops, fast and still have

time to ride towards our goal. We can even ride to these events with the exception of the ski slopes (*unless Robi wants to lead a ride to Squaw Valley? -- Editor*).

Our first committee meeting will be January 16 in Davis. Contact me for directions at boliverb@dcn.org or 297.5123.

Has anyone checked the Farmer's Almanac for March weather? Please let the editor know. Plans are underway for a new jersey design, on-line mileage logging, awards banquet and plenty of club rides to keep you company. Gasoline prices are

f a l l i n g
everyday. Soon we will be back to pre-Katrina levels. Don't let this interfere with your mileage g o a l s .



Remember, "a mile ridden is a penny saved".

Renewing Your DBC Membership By Terry Macaulay, Membership Director

We renew our individual DBC memberships on an annual basis. A few years ago we added a feature to the newsletter mailing label indicating how many months remaining on your membership. Starting with this issue your membership expiration date will be printed on the label in RED.

So how do you renew your membership? There are the three easy steps:

1. Fill out another application, and sign the release. A membership application is included in every newsletter, and can also be downloaded from our web site.
2. Write a check for the amount of your membership. Beginning January 1, the new dues are \$20 per year for individuals and \$30 for families.
3. Mail or drop by both the application and check to Davis Bike Club c/o B&L Bike Shop, 610 Third Street, Davis, CA 95616

Be sure to keep your membership current so that you can get the newsletter without interruption, and get those great local discounts!



Another Flat....



Foxy Worker's Ride

Guess the name of these two people, who are both current DBC members (they are not related). Answers next month. Picture taken near Pleasants Valley Road circa 1968.



January 2006 Ride Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Sun. Training 1st Chance Century	2 Early Bird Zamora & More Early Morning	3 Mocha Joe Loop English Hills	4 Solano Bakery Women's Wed. Wed. Cantelow Early Morning	5 Steady Eddy's Winters Dinner English Hills	6 Early Bird Vacaville Café Early Morning	7 Wheelworks/MC RH Phillips Winery
8 Sun. Training	9 Early Bird Zamora & More Early Morning DIRECTORS MTG	10 Mocha Joe Loop English Hills	11 Solano Bakery Women's Wed. Wed. Cantelow Early Morning	12 Steady Eddy's Winters Dinner English Hills	13 Early Bird Vacaville Café Early Morning	14 Wheelworks/MC Singles Spin Suisun Harbor Amtrak
15 Sun. Training NEWSLETTER DEADLINE	16 Early Bird Zamora & More Early Morning	17 Mocha Joe Loop English Hills	18 Solano Bakery Women's Wed. Wed. Cantelow Early Morning	19 Steady Eddy's Winters Dinner English Hills	20 Early Bird Vacaville Café Early Morning	21 Wheelworks/MC Third Saturday
22 Sun. Training	23 Early Bird Zamora & More Early Morning MEMBERSHIP MTG	24 Mocha Joe Loop	25 Solano Bakery Women's Wed. Wed. Cantelow Early Morning	26 Steady Eddy's Winters Dinner	27 Early Bird Vacaville Café Early Morning	28 Wheelworks/MC
29 Sun. Training	30 Early Bird Zamora & More Early Morning	31 Mocha Joe Loop				

General Ride Information:

- 🚰 Helmets are **REQUIRED** on all Davis Bike Club rides.
- 🚰 Unless otherwise specified, all rides begin at Starbucks at 2038 Lyndell Terrace, east of Sutter Davis Hospital. Rides starting elsewhere will be noted in the ride description. The ride leader is responsible for coordinating transportation to the starting point, if necessary.
- 🚰 Rain is bad. Rain will cancel any ride unless otherwise noted in the ride description. If in doubt, call the ride leader.
- 🚰 Announced ride time is the time at which the ride starts. Come early to prep your bike, sign in and get maps or pre-ride instructions.
- 🚰 Pace is based on condition of level ground with no wind.

Ride Classifications (Refer to Terrain & Pace ride annotations in ride descriptions)

Terrain			Pace		
Rating	Terrain	Example	Rating	Pace (mph)	Notes
T1	Flat	Davis to Woodland or Sacramento	P1	10 or less	Relaxed; family & kids, regrouping often.
T2	Easy, Gentle Grades	Road 29 at Hwy 113 Overpass	P2	9 - 12	Tourist riding; stops/regrouping as needed.
T3	Rolling Hills	English Hills, Pleasants Valley Road	P3	12 - 16	Mod; solid riders; regrouping @ 45 min.
T4	Rolling to Mod. Hills	Lake Solano, Monticello Dam	P4	16 - 18	Brisk; exp. riders, no obligation to wait.
T5	Moderate Grades	Cantelow, Cardiac	P5	18 - 21	Fast; strong riders; few stops; no waiting.
T6	Steep, Long Grades	Mount Diablo, Marshall Grade	P6	21 +	Strenuous, very fast; very strong riders.

Ride Start Locations:

Starbucks --east of Sutter Davis Hospital (near Hwy 113 and Covell)
 Veteran's Memorial Center -- 203 E. 14th St. (14th & B St.)
 Wheelworks -- 247 F St. (3rd & F St.)
 Sutter Davis Hospital -- 100 yards north of Union 76

South Davis Nugget Market -- Mace Blvd. & Chiles Rd.
 Winters Park n' Ride -- Main St. & Railroad Ave.
 Davis Amtrak Station -- 2nd St, East of G St.
 Auburn Starbucks -- 392 Elm Ave.
 Putah Creek Cafe -- Main St. & Railroad Ave.

January DBC Rides

Note: Asterisked (*) rides have a starting location other than Starbucks. Consult the ride description for start location. All telephone numbers are in the 530 area code unless otherwise noted.

Recurring Rides

Ed Martin

Weekday Morning Ride Series

MONDAY >> Zamora and More

9:00 am -- T1/P4-5/45 mi

Barry Bolden 297-5123 or
boliverb@dcn.org

Ride to Zamora and enjoy mini mart delights before heading home through Woodland or Esparto.

TUESDAY >> Mocha Joe's Country Loop

9:00 am

T1/P4-5/35 mi

Phil Coleman 756-4885 or
coleman6@pacbell.net

Ride past the fields and orchards to the west and south before enjoying a treat at Mocha Joe's.

WEDNESDAY >> Dixon - Solano Baking Company

9:00 am

T1/P4-5/35 mi

Phil Coleman, 756-4885 or
coleman6@pacbell.net

South to Dixon past the orchards and fields, then relax for a few minutes at the Solano Baking Company.

THURSDAY >> Winters - Steady Eddy's

9:00 am

T1/P4-5/30 mi

Phil Coleman, 756-4885 or
coleman6@pacbell.net

Enjoy the scenery along Putah Creek Road before stopping at Steady Eddy's in Winters.

FRIDAY >> Vacaville Heritage Café

Fridays, 9:00 am

T3/P4-5/60 mi

Larry Burdick, 753-7591

Ride with a legend through the rolling hills around Vacaville.

Early Bird Special*

Monday//Friday, 6:15 am

T1/P4/20 mi

Jack Kenward, 753-9329 or
kenward2@dcn.org

Meet at Russell Bikepath between Arlington and Lake. Rain does not cancel this ride.

English Hills Ride

Tues/Thurs, 5:30 pm

T3/P5/50 mi

Rich & Liz Boettner, RichLizAlex@aol.com
Join Liz and Rich on a ride over the English Hills every Tuesday and Thursday evening. You'll hear tales of the glory days when nighttime centuries were the norm and the coldest mile was dreaded by all. Bring your lights, warm clothing and stories to share.

Women's Wednesdays*

Wed, 9:00 am

T1/P3/20-30 mi

Ann Lincoln, 756-9266, or
ann@shadoan.org

Meet in front of Wheelworks, 3rd and F Streets, for an easy 1 to 2 hour ride to improve skills and fitness in a low-key, fun environment.

Wednesday Cantelow Ride*

Wed, 7:00 am

T5/P4-5/25-50 mi

Warren Jones, 795-3454, or
warrencjones@gmail.com

A regular ride supported by Yolo County's newest bike shop. Join the crew from Velo City for a ride from the shop, over Cantelow, and return by Pleasants Valley & Putah Creek. Can shorten depending upon the mood of the group. This ride focuses on endurance, technique and climbing. Meet at Velo City Bicycle Center in Winters.

Early Morning Training Ride*

Mon/Wed/Fri T1/P4-5/ mi varies, 5:45 am

Terry Monges (no contact info)

The Mad Cows Tri Team presents another ride opportunity for those early risers. Ride format is 20-30 miles on Monday = tempo; Wednesday = 10 mile Time Trial; Friday = long ride heading out towards Travis AFB with a turnaround out and back. This is a no drop training ride for those that ride a little faster warmup 16-18mph; average speed 20-24mph. This is a good ride for those that need to get it done before work as the rides are usually done by 7am at the latest. Meet at Mondavi Center.

Winters Dinner Ride*

Thursdays, 6:00 pm

T1/P3/30 mi

Paul Grant, 756-7813 or
pwgrant@ucdavis.edu

Meet at bike path at Lake and Russell. With winter rapidly approaching it is time to dust off your helmets and gloves. Start with a fully charged battery on your light. Come out on this easy-going dinner ride to the local hamlet of Winters. Expect friendly conversation.

Saturday Wheelworks/MC Ride

8:00am T1-4/P5-6/40-60mi

(no regular ride leader identified, but this ride will happen!)

Meet at Davis Wheelworks. This training ride focuses on endurance and technique, including some tempo efforts in the latter half of the ride and an option for incorporating some hills.

RH Phillips First Saturday Brunch*

Jan 7, Saturday, 10:00 am

T2/P3/45 mi

Anne Huber, 758-8115 or
ahuber@jsanet.com

Meet at the WOODLAND Nugget parking lot. This is a lovely ride through rolling hills of northern Yolo County ending up at RH Phillips winery for their monthly brunch. The meal varies each month, and can generally be found on the RH Phillips website. The ride leader may also post it on the DBC listserv. It's always delicious, and always just \$10. but you can bring your own lunch if you wish.

Second Saturday Singles Spin

Jan 14 (2nd Saturday), 9:00 am

T1/P3/ 30-50 mi

Jay Bauer, 753-9894 or
jrbauer@gmail.com

This ride is for those who enjoy the simplicity of a single speed bike. Riding a single speed is a great way to practice group riding skills on a flat course. So bring out your freewheeler, fixed or flip-flop and enjoy a ride with other single speed riders. Come support our new ride leader.

Third Saturday Ride

Jan 21 (3rd Saturday), 9:00 am

T1-5/P3-4/ 30/40/55/65 mi

David Joshel, 756-7409 or
davidjoshel@hotmail.com

Winters (30, P3) Lake Solano (40, P3) Cantelow (55, P4) Mix Canyon (65, P4). Optional food stop at Winters. With the multiple distance and pace options available, most riders can find a distance and pace suitable for them.

Sunday Morning Training Ride*

Sundays, 8:00 am -- T4/P4-5/60-70 mi

CHECK DBC WEB SITE FOR
CONFIRMATION OF THIS RIDE.

A Sunday morning training ride with hills. The start place will vary at times, and the ride may not go every weekend.

Non-Recurring Rides

First Chance Century

Jan 1, Sunday, 8:00am

T5/P5/100 mi

Rich & Liz Boettner,
RichLizAlex@aol.com

Since we'll be a little tired from the day before, come pull Liz and Rich Around the Mountain to begin the new year. We'll be doing the Foxy's route backwards with a lunch stop in Fairfield. Do this ride and you'll be on pace for a record setting 36,500 mile year. We'll be out there the 1st, you're on your own for the other 364 days.

Suisun Harbor Amtrak*

Jan 14, Saturday, 9:00am

T1/P3/45 mi

Paul Grant, 756-7813 or
pwgrant@ucdavis.edu

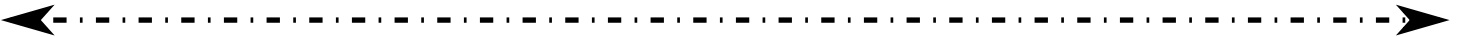
Meet 9am at Davis Amtrak. After arriving in Suisun City, take a leisurely spin around the harbor. Lunch will be at Babs Delta Diner. Ride back to Davis in the early afternoon.

Note from Editor: early winter is a time with fewer scheduled rides. It is common for rides to be organized a few days in advance and announced on the DBC listserv.



Future Bike Route Planning **by John Whitehead**

The Yolo County Planning Department has produced a Draft update for the county Bicycle Transportation Plan. Comments are due by January 19, 2006. The plan is available online at <http://www.yolocounty.org/docs/2005-BIKE-PLAN%20.pdf>. Our friends at SABA (Sacramento Area Bicycle Advocates) have already submitted a list of suggestions. In addition, I will try to make myself available for discussion if anyone would like that, prior to the due date. *(John's contact info is on page 2 -- Editor)*



Dee Burdick: The Patron Saint of Cyclists **By Phil Coleman**

Whenever the phone rings in the late morning hours of weekdays in the Burdick home, Dee grabs her car keys and purse, rushes to the phone with three questions already formed in her mind: Who is it? Where is it? And how bad is it? Conversely, whenever one of the "Over the Hill Gang" has occasion to call Dee on the cell phone, we learn to say quickly, "Everything is all right; we just need a ride."

Unknown to many members of the Davis Bike Club is the fact that Dee Burdick is the patron saint of all cyclists who are in distress. Whenever there is disabling bike repair, whenever a fall or crash occurs and a hospital run is needed, the call is made to Dee. Not even Dee knows how many times she has come to the rescue of disabled cyclists. But over the years it has been many, including yours truly.

What is the fee for this extraordinary service? Well saints do not charge for their services and Dee is no exception. But even saints have some weaknesses and grateful cyclists have been known to capitalize on Dee's only vice—she loves Diet Dr. Pepper.

So, hail to our beloved patron saint of the Davis Bike Club, Dee Burdick. We love you, gal.

Go Greenbelt! 2006 **By Derrick Hurst, Go Greenbelt! Coordinator**

Sign up now for the 17th annual Go Greenbelt! bicycle tour that kicks off April 23 through 29. The ride is a benefit for Greenbelt Alliance and their work to protect Bay Area open space from being paved over. Greenbelt Alliance is involved in many efforts to protect the rural areas used by local bicycle clubs. *(several Go Greenbelt! riders also belong to the DBC – Editor)*

The ride is limited to 70 cyclists who pedal out of San Francisco, raising money and awareness to help protect the Bay Area's open space. Meadows teeming with wildflowers and rugged coastal cliffs will highlight the natural beauty of the Bay Area, while sprawling suburban developments show how threatened these open lands are.

Each rider must raise a minimum of \$1000. Those who raise more qualify for great fund raising prizes including great food and wine gifts, cycling gear, and more. You can also help by volunteering to staff a rest stop or provide SAG. Go to <http://www.greenbelt.org/getinvolved/events/index.html> for more information or simply call (415) 543-6771 x313.

A Ride of Attrition

by John Whitehead

Nine DBC'ers set out on the day after Veterans Day, coincidentally from Vets Memorial. When they reached West Sacramento, Wil Iley discovered a broken spoke. It was one of only 16 aerodynamic blades that had previously kept his rear wheel truly round. Luckily, the group included a retired professor of metallurgy, a bike shop sales person versed in wheel technology, and a writer with a weird way with words. Said the first, "A classic metal fracture, aluminum is not the ideal material for spokes." Said the second, "That wheel technology is great for racing, not necessarily for high mileage." Said the third, "Just as drag racers rebuild engines after a quarter mile of driving distance." Wil opened his brake up so the warped wheel could rotate, and turned toward home.

Eight DBC'ers encountered construction projects that affected the American River Trail, one under the auto bridge at the east end of Discovery Park. A sign said, "walk bicycles," but a shower of debris from some sort of sand blasting operation provided a retroactive excuse for not slowing down too much. There was a detour onto the old path before the golf course (nice river views). A second detour sign was missed, resulting in a hike up onto the north levee to get past Sac State. At mile 12 or so, Sarah Mills waved goodbye as she continued along the trail toward a family visit in Folsom.

Seven DBC'ers turned north onto Harrington Way. As the group waited to order food at Bella Bru, Peter Hewitt the Randonneur appeared in street clothes, surprised by the chance encounter. His approximate words were "are you THE writer with a weird way with words?" Peter is known for finishing DBC's 1200-km Gold Rush Randonnee ride toward the front of the crowd, specifically Tuesday to Friday this past July. *[His story was published in the past three issues of this newsletter--Editor]*

Remaining forever appreciative of DBC volunteers, which included

a chance encounter with said writer impersonating a SAG driver at mile 700 or so, he noted that he lives near mile 11 along the American River Trail, and is willing to be called upon to assist DBC'ers in need. He narrowly escaped a botched board of directors recruiting attempt, as in "Thanks for the kind offer, although a more pressing need is..." Peter revealed that he enjoys his violin, piano, and recorder, the last of which he can carry on his bicycle to play music while on the road. Imagine, the Pied Biker, or more accurately, the Biking Piper.

As the group headed west once again, Jack Kenward (the aforementioned sales person) decided to heed his heart rate monitor and slow down. He was last seen in West Sacramento, where he courteously said, "no need to wait."

Six DBC'ers continued westward along the Yolo Causeway. While stopped at the corner of Mace Boulevard and Second Street, Dan Fishbein noticed a puncture vine spur in his front tire. Not one to engage in denial or wishful thinking, he immediately set his bicycle upside down on the sidewalk and initiated repairs before the light changed.

Five DBC'ers reached central Davis, and turned west on Eighth Street. Kevin Spadden and Carolyn Regan returned to their car at Vets Memorial.

Three DBC'ers used the bike bridge across Highway 113. Shortly thereafter, Bruce the Metallurgist and his spouse Marilyn Dewey headed home.

One DBC'er with a weird way with words rode west toward the setting sun.

Ride Report -- Sunrise Corridor Bikeway

by John Whitehead

Two days after Thanksgiving, a few of us pedaled out past Sacramento to explore the Sunrise Corridor Bikeway, which connects to the newly extended RT Metro light rail line. At approximately Mile 19 along the American River Parkway, just past Sunrise Boulevard, is the old Fair Oaks Bridge. Unbeknownst to even some long-time American River riders, another paved off-street bike path goes south from the bridge, all the way to US 50. The trail runs through its own underpass that apparently conveyed a railroad many years ago (maybe to Fair Oaks?). On the south side of Highway 50, it is a short ride to the new Sunrise light rail station that, in car-centric coordinates, is on the south side of Folsom Boulevard east of Sunrise Blvd.

The American River Parkway leads more directly to RT Metro at Folsom, but it is nice to know there are multiple connections. Not too many years ago, the Fair Oaks Bridge was refurbished for pedestrian and bicycle use only. Thanks to the advocacy efforts of groups like SABA, it is now possible for Fair Oaks residents to cross both river and freeway, then catch a train downtown. Bicycles are more welcome on RT Metro than ever before. In our case, it wasn't raining, we weren't late for work, and there were some recent heavy meals to work off, so we took the time to bike back to Davis.



Pictures from 2005 Holiday Party -- December 12



DAVIS BIKE CLUB MEMBERSHIP APPLICATION

Name _____ Year of Birth _____

Significant Other _____ Year of Birth _____

Children _____ Year(s) of Birth _____

Address _____ City _____ State _____ ZIP _____

Telephone (____) _____ - _____ E-mail _____

If you wish to be added to the DBC email list please visit our website www.DavisBikeClub.org

Action Type <input type="checkbox"/> New Member <input type="checkbox"/> Renewal <input type="checkbox"/> Address Change	<input type="checkbox"/> Basic Membership..... <input type="checkbox"/> Race Team add-on... <input type="checkbox"/> Aggie Cycling Team member OR... (no Race Team fee required for Aggies or Juniors)	<input type="checkbox"/> \$20.00 single or <input type="checkbox"/> \$30.00 family <input type="checkbox"/> \$20.00 per racer <input type="checkbox"/> Junior Team member	\$ _____ \$ _____ \$ _____ TOTAL AMOUNT DUE \$ _____
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The Davis Bike Club is a volunteer organization. The club has many activities that require member assistance during the year. Your volunteered time helps make these projects successful. Please indicate if you would be interested in helping with any of the following club activities and events.

Leading local club rides Organizing/leading club tours Serving as a Board Member Other - Contact me for general help

Help with any of the annual events hosted by DBC:

March Madness Double Century Foxy's Fall Century Fourth of July Criterium Dunlap Memorial Time Trial

Sorry - I/We have no free time during the next year

ALL adult members must sign release; parent or guardian signature required for members under age 18.

Your signature indicates that you have read, understand and agree to all of the conditions set forth in the Accident Waiver and Release of Liability statement below.

Name _____ Age _____ Signature _____ Date _____

Name _____ Age _____ Signature _____ Date _____

Minor's Name _____ Age _____ Parent/Guardian Signature _____ Date _____

ACCIDENT WAIVER AND RELEASE OF LIABILITY

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability (AWRL) form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me or my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: Davis Bike Club, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions during this event.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and or illness during this event.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and or assigns.

This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document; and, I understand its content.

Parent Guardian Waiver for Minors (Under 18 years old)

The above signed parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parent or legal guardian.

Helmets are required on all club rides.

Make checks payable to **Davis Bike Club** and return completed form to: **DBC Membership, c/o B&L Bike Shop, 610 Third St., Davis CA 95616**
 Incomplete applications will be returned unprocessed. Please allow 6 weeks for processing.

Revised December 2005

DBC Member Classifieds & Announcements

THANK YOU

December Ride Leaders

JACK KENWARD • Barry Bolden • Gerry Peterson
 PHIL COLEMAN • Don Fishbein • Dan Shadoan • Larry Burdick
 Ann Lincoln • Terry Monges • David Joshel
 Paul Grant • **LINDA PETERSON** • Bruce & Marilyn Dewey
 Waren Jones • **John Anne & Bill** • Craig Robertson
 Rich & Liz Boettner • Jim & Wendy Homerosky •

Don't forget the Changing Gears web photo supplement:

http://www.pbase.com/g2_steve/jan_2006_dbc

A Brief Guide to DBC Online

Website: www.davisbikeclub.org
 Club email list: dbc-subscribe@dbclist.org
 Send to all subscribers: dbc@dbclist.org
 Remove from list: dbc-unsubscribe@dbclist.org
 If you have multiple email accounts, be sure to use your subscription address to unsubscribe or send messages to the list.



Ride Schedule On-Line



A downloadable ride schedule is available on the DBC web site (www.davisbikeclub.org). It is a PDF file (you'll need the free Adobe Acrobat Reader, installed on most computers these days). File size is about 200k, downloadable even if you have slower dialup connection!



Wheelie great radio KDRT 101.5 Davis, CA
www.biketalkradio.com



If you can't listen to Bike Talk on the radio, some of our members are downloading the free podcast / mp3 file from the Bike Talk web site to listen when it is more convenient. Check it out! (I download the free podcast from the iTunes Music Store -- and remember not to plug your ears while riding your bike! Editor)



Moving? Please let us know!
 Our Membership Director will make sure your membership info is updated and that you continue to receive your monthly edition of *Changing Gears*.
 Snail-mail c/o B&L Bike Shop, or
 send email to:
dbcmembership@gmail.com



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