

Changing Gears

Newsletter of the Davis Bike Club

February 2006

Quick Releases

Membership Meeting

Monday, Feb 27, 7:00 PM
Davis Waste Removal
2727 2nd Street
(Please park bikes outside)
Refreshments & Door Prizes!

Directors Meeting

Monday, Feb 13, 7:00 PM
Davis Food Coop Conf. Rm.
620 G Street
All Members Welcome

Race Team Meeting

(no meeting in February)

NEXT Newsletter Submission Deadline

Thursday, February 16
Please email submissions to:
macaulay@direcway.com

Welcome New Members

Mike Smith & Nancy Crocker
Jim Gray
Helena Chung
Lynch Family
Dan Sweet
John Meyer
Earl & Carla Bossard
Alan Walls
Ron Flores
Kyle Paterson
Roger Wilmarth
Judd Van Sickle
Richard Elliott

From the President

By Dan Shadoan

I don't know about you, but our household is off on a new year. Ann and I rode 40 miles yesterday (January 15) and it was a beautiful, crystal clear day with great vistas of the Sierra and Coast Ranges. With some luck and large measure of willpower, we may be able to keep going and be ready for March Madness, the next big Club event. Often imitated but never duplicated, March Madness is in its eighth year by now and I frequently get feedback indicating other clubs are adopting similar March competitions to get folks on their bikes. It happened here first, thanks mainly to Bob Brouhard, Larry Burdick and Dan Barris. If you want to know exactly how it started, sign up, ride as many miles as you can in March and attend the awards banquet, where all will be disclosed.



Don't ever ask me to try to give credit to all the volunteers involved in a Club event. I'm guaranteed to forget someone and in this case witness my last article wherein I made mention of all the 2005 Board members and all the new Board members for 2006. I apologize for forgetting to mention the contribution made by Susan Gishi as last year's Foxy's Fall Director. Gish, as we frequently call her, joined the Board and put on a fantastic Foxy's Fall Century. Having been on the Board in various capacities in the past, Susan is intimately familiar with the "time sink" that being a major event director requires, yet she still stepped forward. Many thanks Gish and stay near the phone!

By the time you read this, you may have noticed that the newsletter is back to being sent as First Class mail. The Board, at the January meeting, decided that we could no longer rely on bulk rate mail to get the newsletter to you on time. Considering all the effort that goes in to publication, the Board deemed it fitting to spend a little extra to deliver it reliably.

February Meeting

Program

By Diane Richter, VP
The February meeting of the Davis Bike Club will feature our annual announcement of the upcoming tours for the year. The leaders of the tours will be on hand to describe the mileage, etc of each tour. Some of these tours fill up fast, so don't miss your chance to get on the list for your dream bike ride! Bring your check-book; some tours require a deposit. See you on February 27 at 7:00!



In this issue...

The Shed. Photo of "new" bridge.	2
"Rules of the (race) Road"	3
Race Team News, 2006 Budget	4
Tour Turn, Tour of California	5
Ride calendar / descriptions	6-7
March Madness, Ken's Sale, Special Photo	8
From the Front, Winters Bridge	9
Big Fix '06, Holiday Party Recap	10
DBC membership application	11
Web photo supplement, ride leader thanks, Bike Talk	12

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HAS THE CLUB OUTGROWN THE SHED?

John Dixon, Quartermaster

At the January 9 Board meeting, a discussion began on whether the Club needed a second or larger shed to house all of our equipment and supplies. If you've been to our rented storage facility near the post office, you know how crowded it is with all manner of things used in Club and event operations. Finding what you want can be a little like searching in a maze. We learned that at least three current board members store other things at home or in personal storage sheds. How many of the rest of you are storing Club things that could to into "the shed" if there was enough space? If you are one who is, please contact Quartermaster John Dixon (jfdixon@ucdavis.edu) prior to the February 13 Board meeting and let him know what you have and the size of the item(s). The next Board discussion of the shed will be aided by a more complete understanding of how much stuff is out there. If you have other comments related to storage or other aspects of the quartermaster's duties, now is a good time to speak up as John is new and hasn't heard it all before. Thanks for your help and input.

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



New Winters "bike" bridge -- is someone unclear on this concept?

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 first class to all current members. The 'exp.' line on the mailing label in RED indicates when your subscription expires. Questions regarding subscriptions may be directed to the membership director at dbcmembership@gmail.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.



Rules of the Road By Blake Anton

The following was written by junior racer Blake Anton for a Senior English Writing Class at Davis High School in response to an assignment requesting an essay on "Classification and Division."

Breaking the speed limit with a police officer hot in pursuit, I took the 90-degree right-hand turn at breakneck speed. My tires were losing their grip, nearly sliding out from under me, which would have thrown me into the trees lining the road. Giving it all I had, I downshifted, hoping to put some distance between myself and the officer racing behind me. He had been chasing me for the past 27 minutes and had only made up a few seconds. I kept thinking to myself, "Just don't get caught; you can get away from this guy." The only thing is that I wasn't driving a car or breaking the law. I was racing my bike, and the officer was also racing his bike in a peculiar event called a time trial. You have probably never heard of a time trial or criterium, which are both completely different types of bicycle racing that fall under road cycling, along with road racing. These three events, the time trial, criterium, and road racing, are completely different in their own right and incorporate very different muscles, tactics, and teamwork.

Have you ever seen a picture of Lance Armstrong flying down a sunflower-lined road in France riding a bike with a solid wheel in the back and a teardrop shaped helmet on his head? That is a time trial, known as the race of truth. It is a race of you vs. the clock. No teamwork, drafting, or help is allowed, and every rider rides the exact same course. The mission of the race of truth is to give it everything you have over a course that rarely exceeds 30 miles in length. Time trials are seldom hilly and are often on long, straight, flat roads that are plagued by wind. Once you finish, the judges compare your time with the time of the other competitors and finishing positions are established. Time trials are a very brutal type of racing because riders normally leave every ounce of strength that they have out on the course, draining the racers both physically and mentally.

Another type of bike racing, called criteriums, is completely different from time trials. It is much more tactical and exciting to watch as racers jockey and fight for the best positions, especially when it comes down to the final sprint. Criteriums are held on a very short race course, normally about .75 to two miles long, and are very technical with many 90-degree turns and sometimes even switchbacks that riders pedal through at 30 miles per hour. There is a local criterium held in downtown Davis on the 4th of July, which is notorious for its ultra-fast racers, dangerous crashes, and generous prize lists. In the 4th of July criterium last year, there were over five crashes in my race, with around 20 racers going down. Two of the racers had to be



rushed to local hospitals for broken collarbones and ribs. Criteriums are the most spectator friendly type of bike racing, as spectators are able to watch from mere feet away as the racers speed around the courses time and time again. Criteriums are a timed race and have lengths from about 30 minutes to nearly two hours for the pro racers. When there are 10 to 15 minutes left in the race, the race officials switch from timing the race to lap cards, which tells the racers how many laps are left in the race. Most of the time, criteriums come down to the final sprint because the pace is kept so fast that all attacks to try and get off the front of the pack are nullified. On the final and bell lap, strong teams will send riders to the front to keep the pace so fast that no one is able to ride off the front of the pack. The strong teams will then sacrifice teammate after teammate to pull their fastest sprinter to the front of the race in order to have the best position for the final 300 meters or so, when all hell breaks loose. In the final few hundred meters, the sprinters and powerhouses of the race scream towards the finishing line, often bumping into each other during this very physical and dangerous part of the race at speeds exceeding 40 miles per hour. The first person across the finish line wins the race.

The final type of bike racing that can be categorized as road cycling are road races. Road races take place on very long courses varying from about 40 miles to 150 miles. Imagine running a marathon at a fast pace. Now run the marathon again. That is how physically demanding some road races are. Racing your bike for anywhere from two hours to seven hours hurts. It hurts everywhere: legs, hands, head, neck, back, butt, and feet. Road races are predominantly hilly, windy, fast, and sometimes mountainous. There are well-planned attacks in road races that often separate the racers into many groups all chasing or trying to get away from the others. In many road races, the winner attacks the lead group on a mountainous ascent and holds the lead until the end. Most of the time, the pack catches the lone rider or riders in the final kilometer or so, ruining his long hard effort to win, but every so often, the lone rider holds off the field barreling down the road to win the race.

These three different types of road cycling, that people often call road racing, are completely different from each other and appeal to a diverse group of riders. Time trials whip riders of all their strength and take massive amounts of power put forth over a short period of time to win. Racers who flourish in time trials also need strong mental ability to push their bodies to the limits without actually racing head to head with any other racers. Criteriums are the action packed, dangerous, high stakes races of cycling. There are brutal crashes, physical sprints, and technical riding involved in winning these action-packed races. Road races need huge amounts of endurance and tactics to win, especially knowing when is the right time to attack and when is the best time to rest. Smaller riders who can climb up mountains quickly often win road races because they don't have to carry as much extra weight around. Although these three types of racing involve racing bikes, they are as different as comparing running in a 100-meter sprint, 1 mile event, and a marathon.



RACE TEAM NEWS



Name	Date	Race	Place
Blake Anton	23-Oct	Candlestick Park CX - Juniors	2nd place
	30-Oct	Sac CX at Grass Valley - Jr. A	1st place
	12-Nov	District CX Championships, Juniors 16-18	2nd place w/ a flat
	13-Nov	Sac CX at Negro Bar - Jr. A,	1st place (4th in the men's A)
	13-Nov	Sac CX at Negro Bar- Jr. B	1st place
Shawn.Miller		Sacto CX#7- Vacaville (Pena Adobe) 40+ B men	4th
		Sacto CX#8- Grass Valley (Condon Park) 40+ B Men	19th
		Sacto Series- Overall 40+ B Men	11th
Edan Carignan	1/1/06	Mt. San Bruno hill climb	Juniors, field 14: Place 7th
Andreas Freund	1/1/06	Mt. San Bruno hill Climb	Juniors, field 14: place 5th
Roland Freund	1/1/06	Mt. San Bruno hill climb	Master 45+, field 24, place 4th

DBC 2006 Approved Budget - January 9, 2006

Category	Income	Expense	Difference
Administration	\$0	\$6,750	-\$6,750
Advocacy	\$0	\$6,000	-\$6,000
Contingency	\$0	\$4,000	-\$4,000
Criterion	\$15,500	\$12,000	\$3,500
DC	\$62,000	\$55,000	\$7,000
Foxy's	\$61,000	\$35,000	\$26,000
Interest	\$2,500	\$0	\$2,500
March Madness	\$9,000	\$9,000	\$0
Membership	\$9,000	\$250	\$8,750
Newsletter	\$0	\$10,500	-\$10,500
Philanthropy	\$0	\$4,000	-\$4,000
Race Team	\$2,000	\$10,000	-\$8,000
Race Team Jerseys	\$10,000	\$12,000	-\$2,000
Rider Development	\$3,000	\$13,000	-\$10,000
Touring Jerseys	\$1,000	\$0	\$1,000
Time Trial	\$4,500	\$4,000	\$500
Touring	\$60,000	\$70,000	-\$10,000
Ultra	\$3,000	\$3,000	\$0
Total	\$242,500	\$254,500	-\$12,000

2006 DBC Budget
by Treasurer Stu Bresnick

The approved budget for 2006 is shown above. You might wonder why we are planning a deficit of about \$12,000. No, we do not need to issue bonds! Last year we planned a break-even budget and we actually missed by \$15,000 on the positive side. This year we have increased expenses in four areas which account for the planned deficit: Switching to first class mail delivery of the newsletter, increased Junior Race team support, more biking advocacy support and tax preparation/financial review expenses. The club has more than enough cash reserves to carry this deficit and still meet all planned and unplanned costs.



News of DBC Jersey Rides & Tours



The Tour Turn

By Bruce Dewey, Touring Director

Winter's rain and cold will soon pass, letting us DBCers come out of hibernation and begin serious riding. Our traditional March Madness event, this year under Barry Bolden's leadership, marks our chance to greatly exceed last year's miles and have fun at the same time. I hope everyone in the club will join together in setting a new record in 2006 for the total MM miles ridden. Again, we will be distributing helmets to deserving kids—a notable club program that Paul Guttenberg has been spearheading for some time. I think it's especially important for members who haven't done MM before to set a goal and join in—even it's 250 miles—or 8 miles a day.

Start now to think about your favorite day (and night) rides to lead for March. Please help us to have an even greater variety—short rides, long rides, the crazier the better. We need rides for überbunnies (Susan Gishi's German word for overachievers) as well as rides for the rest of us. If possible, please you share your plans with John Seabury well in advance of the deadline (the 15th of the month) so he and I have a chance to coordinate potential conflicts and spread out rides as might be necessary.

Again the club will be supporting a jersey ride program, where we partially reimburse your expenses in representing the club in select northern California club events during the season. You need to wear your DBC jersey and report your participation. Details on this program will be available next month.

Multi-day tours present great opportunities for fun, challenging riding while seeing new places and making new friends. For sure, we really do need many more weekend and week-long tours for next season. You can be a super hero by leading a tour that you like with the rest of us. Like the rides, we need a spectrum of tours for all abilities and interests. The club can help defray some of the costs of tours, by providing funds for sag vehicles or other such tour expenses. Furthermore, in addition to the planning expertise and coordination that tour leaders share, we can often get group discounts or other price breaks. Bill Sbarra and Bob Brouhard have already publicized some neat weekend tours. Others who have led tours last year are planning on a repeat.

Our program of tours is far from complete. We need more leaders. Marilyn and I will have a tour planning meeting where those who are interested in shaping the program can share ideas, coordinate the calendar, select the supported jersey rides, and get the wheels rolling. Plans are for 7 pm Sunday evening, February 12 at our place—please let us know if you're coming.

All DBCers interested in tours will not want to miss the membership meeting on Monday, February 27. Here, tour leaders will provide information and take early sign ups. This is one of the best attended DBC meetings every year. Bring your check book! Our tour program is one of the great benefits of club membership.

Due to circumstances, I plan to be relaxing at home quite a bit in early February. I will really appreciate talking with anyone and everyone about ideas for DBC rides, tours, or anything else before the February 12 meeting. In the meantime, ride safely and watch out for those SUVs.

Tour of California, FYI **by Steve Macaulay**

The Amgen Tour of California, February 19-26, is a professional bicycle stage race along the California coast. The world's top professional teams will compete over an eight-day, 700-mile race on a route that includes the California redwoods, wine country and the Pacific Coast. The tour will also raise funds for cancer care and treatment. Of possible interest to DBC members is that the first two days are close to home. Sunday, February 19 is the Prologue Start/Finish in San Francisco. Monday, February 20 (President's Day, and a holiday for many) is the Stage 1 finish in Santa Rosa. This is an opportunity to see some of our favorite professional cyclists! --- From a press release on the race web site:

“EL SEGUNDO, Calif., Jan. 11 /PRNewswire/ -- Computer Sciences Corporation (NYSE: [CSC](#) - [News](#)) and Cervelo Cycles, together with Riis Cycling, today announced that Team CSC will race in the inaugural Tour of California. The race will begin on Feb. 19 in San Francisco and conclude on Feb. 26 in Redondo Beach.

Among the Team CSC riders scheduled to compete in the event are Americans Bobby Julich, a bronze medal winner in the 2004 Olympics and Christian Vande Velde. David Zabriskie, an early leader in the 2005 Tour de France and one of only three Americans to wear that event's prestigious yellow leader's jersey, also will compete for Team CSC.”

This is a way to get pumped up for all those extra miles we'll be riding in March!

February 2006 Ride Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Solano Bakery Women's Wed. Wed. Cantelow	2 Steady Eddy's Winters Dinner English Hills	3 Early Bird Vacaville Café	4 Wheelworks/MC RH Phillips Winery
5 Sun. Training	6 Early Bird Zamora & More	7 Mocha Joe Loop English Hills	8 Solano Bakery Women's Wed. Wed. Cantelow	9 Steady Eddy's Winters Dinner English Hills	10 Early Bird Vacaville Café	11 Wheelworks/MC Singles Spin Clear Lake Tour
12 Sun. Training	13 Early Bird Zamora & More DIRECTORS MTG	14 Mocha Joe Loop English Hills	15 Solano Bakery Women's Wed. Wed. Cantelow	16 Steady Eddy's Winters Dinner English Hills NEWSLETTER DEADLINE	17 Early Bird Vacaville Café	18 Wheelworks/MC Third Saturday
19 Sun. Training Putah Creek Café	20 Early Bird Zamora & More	21 Mocha Joe Loop	22 Solano Bakery Women's Wed. Wed. Cantelow	23 Steady Eddy's Winters Dinner	24 Early Bird Vacaville Café	25 Wheelworks/MC Café Milazzo
26 Sun. Training Solano Baking Company	27 Early Bird Zamora & More MEMBERSHIP MTG	28 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, regroup often.
T2	Easy, Gentle Grades	Road 29 at Hwy 113 Overpass	P2	9 - 12	Tourist riding; stops/regroups as needed.
T3	Rolling Hills	English Hills, Pleasants Valley Road	P3	12 - 16	Mod; solid riders; regroup @ 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.

February DBC Rides

Note: Asterisked (*) rides have a starting location other than Starbuck's. 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

8:00 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, 8:00 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
Start building up your base for March and get some night ride training in with us. This brisk ride will help get you ready for the mega-miles of March. We've had a nice little group for the past two months, but would enjoy more company. We leave at 5:30 from the Starbuck's on Covell every Tue/Thur this month except February 2nd.

Women's Wednesdays*

Wed, 9:00 am

T1/P3-4/20-30 mi

Marilyn Dewey, 753-9188, or

deweyms@hotmail.com

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.

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 helmuffs 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*

Feb 4, 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 listserve. It's always delicious, and always just \$10. but you can bring your own lunch if you wish.

Second Saturday Singles Spin

Feb 11 (2nd Saturday), 9:00 am

T1/P3/30-50 mi

Jay Bauer, 753-9894 or

jbauer@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

Feb 18 (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

Clear Lake Tour '06

Sat/Sun, Feb 11/12, 6:30 am

T1-4/P3-4/200 mi

Bob Brouhard, 758-5646 or

bobbrouhard@sbcglobal.net

Please arrive before 6:45 AM on Saturday, February 11, at Starbucks Sutter-Davis to load your duffel in Lee Mitchell's "BikeVan" prior to our 7 AM departure for Cardiac, Priest Ranch, Cobb Mountain and Bottle Rock Road arriving before dark at the Skylark Shores Resort for a warm shower and dinner at Park Place in Lakeport. After breakfast on Sunday we will round Clear Lake, stop for a snack/2nd b'fast (?) in Clear Lake Shores, followed by Resurrection and re-grouping at the intersection of 16 & 20. From there it's mostly downhill along Cache Creek, past the casino arriving in Davis mid-afternoon. To join our group please do two things: 1) contact the Skylark Shores Resort to reserve your double-occupancy room (about \$90). Identify yourself as being with the Davis Bike Club since I have "blocked" but not reserved rooms. Room payment is your responsibility. Phone (800) 675-6151 or (707) 263-6151 or reserve on-line at skylarkshores.com; 2) email Bob that you're coming so he can plan drinks, snacks and dinner.

Putah Creek Café*

Feb 19, Sunday, 9:00 am

T1/P3/30 mi

Anne, John & Bill (Whitehead), 758-8115 or

ahuber@jsanet.com

To Winters for breakfast with the Bluemobile.

Café Milazzo*

Feb 25, Saturday, 10:00 am

T1/P3/45 mi

John Whitehead, 758-8115 or

jew@dcn.org

Italian lunch in The Old Neighborhood, East Sacramento. Meet at Vets Memorial.

Solano Baking Company*

Feb 26, Sunday, 9:00 am

T1/P3/35 mi

Jim & Wendy Homerosky, 297-7455 or

jhomerosky@aol.com

Join Jim & Wendy at Lake and Russell bikepath for a easy-paced, social ride to Dixon. We'll stop for a snack at the Solano Baking Company.

Changing Gears



Time for Madness Again by Barry Bolden



March Madness means it's time to shake off the winter doldrums and get some miles under your belt for a good cause. The full amount of your entry fee will go towards bike helmets and safety programs for kids. It's a win/win game. You gain fitness, adventure, camaraderie and you save fuel. Kids get free helmets, delivered and fitted by DBC volunteers, and we support bicycle safety.

Applications will be in the March issue of "Changing Gears" (which you should get by February 20 or so), in local bike shops, or at www.davisbikeclub.org. Mileage goals and the prices are the same as last year. Entries must be sent to the club at P. O. Box 72944, Davis, CA 95617, Attention: March Madness. March 1 is the deadline if you want a unique, souvenir jersey. (March 15, if you can stand to be without the jersey.)

Any ride qualifies. So ride with the club, your family, your neighbors, alone, to shop, to church or for a haircut. Give the car a rest. You could even bike to school with the kids. However, be sure to wear your helmet. You don't even have to go outside - trainers and spinning classes qualify.

This year we have the Third Annual March Madness Photo Contest. We'll have awards for winners in different categories. 2005 categories included: Best of Show, Landscape, Portrait, Humorous, Action, Bike-Specific, Human Interest and Allegorical. Last year we had 365 entries. Photos need to be edited to reduce file size (preferably 640 x 480 pixels, jpg format, file size 80-150k), and sent by email to dbcphotos@direcway.com (or handed on a CD to the Newsletter Editor if you can catch him!). Prints can be submitted too - we'll scan them and return the originals. Photos MUST be taken during March 2006, and received by April 10. Award winners will be announced in the newsletter and awards will be given at the MM banquet on June 4.

Ken's Bike and Ski will host a "March Madness" night again this year (see article below), and other bike shops may do the same. Details will be announced via email to the DBC listserv.



Davis Bike Club Night at Ken's Bike & Ski



Back by popular demand, it's a special evening of fun, prizes, education and discount shopping at DBC Sponsor, **Ken's Bike & Ski**. Just in time for March Madness, we're inviting reps from many of the leading bicycle, clothing, shoe and accessory manufacturers to come out, show & explain their newest '06 products and offer special pricing for DBC members only; this only happens once a year, so don't miss it! Ken will provide some snacks & liquids, along with super DBC discounts on '05 clothing, bikes, tires and more... Save the evening of February 22 (Wednesday) from 7:30-9:30pm to join your Bike Club friends at **Ken's Bike & Ski**, 7th & G in Davis. Questions? E-mail Ken Bradford, at ken@kensbikeski.com. Be sure to bring your DBC membership card.

The answers to the question from the January newsletter regarding the name of these two people, who are both current DBC members are:

Terry Macaulay
Wes Yates

(Larry Burdick called in with the correct answer!)



News and Pictures From "The Front"

By Tom Milton

Here are a couple of notes from Tom Milton, who frequently rides the hilly miles between Fairfield and Davis. Tom had some interesting experiences over the very wet New Years weekend, and some great photos! Several photos are included below, with many more posted to our web supplement: http://www.pbase.com/g2_steve/feb_2006_dbc. -- Editor

January 2, 2006. News & photos from the front, Fairfield & surroundings. I rode the lake loop Friday December 30 and Sunday January 1. Seems the New Years Day DBC century riders had enough to go to the top of Cardiac and turn back for home. Having seen your photos (local flooding photos posted by the Editor!) I can only imagine what these three intrepid souls had to do to get to and from Davis. I waited at Pardehsa store for them only to have a fisherman in for gas tell me he passed some riders headed west on 121 a few minutes previous. I gave chase and caught them on the way up Cardiac as they descended. My real adventure really begins there, as the photos will demonstrate. While I didn't have to portage the bike to get home to Fairfield from Muscovite Corner, it was nip & tuck. There is severe slide damage along 121 with two road closures on grades either side of Wooden Valley Rd end with both lanes buried. Too many slides covering single lanes to count honestly and severe raging river erosion damage to Wooden Valley Rd in the narrow twisty bits. One section there will be one lane for the balance of the winter into next summer I'm guessing as the downhill lane is almost completely undercut. Only the asphalt holding itself aloft now! Bike & rider were covered to the waist with a thick coating of mud. Heavy rainfall was not enough to keep me clean for the last 14 miles.

January 4, 2006. (Note to Rich and Liz Boettner, who rode the "First Change Century" on New Years Day) I'm proud of anyone who made that ride on the day. Congratulations. Medals are in order. The boater at Pardehsa told me he passed six cyclists heading west on 128. When I saw three coming down Cardiac I figured the guy exaggerated like we tend to do, but still watched the road for evidence in the hopes I might catch someone, anyone! I saw one semi fresh orange peel near the "Tandem City" section after Cardiac, which made me pull harder, then a banana peel some distance over that first little hill on 121 at Muscovite



DEC 30. THE SHIRT WAS ONLY TEMPORARY FOR IT RAIN'S ROAD FROM HERE THE WATERPROOF POCKET FOR MY CAMERA FILLED WITH WATER.



JAN 1, HWY 128 - 121 JUNCTION. I'VE HIDDEN 40 MILES TO GET HERE. IS HOME IF I GO STRAIGHT, HOW BAD CAN IT BE???



JAN 1, HWY 121, THE SMALL ASCENT THAT WILL TAKE ME OVER THE HILL BACK DOWN TO WOODEN VALLEY RD.

Corner. Passed a fellow going the other direction in that same area. I was back through there today. Went from American Canyon up Napa Valley to 128/Lake Hennessy and back on 128, 121, Wooden Valley. 121 clean up is complete to Wooden Valley Rd, but still closed from there up Mt George. You guys may not ride up and down Wooden Valley enough to have memorized the homes and landscape? A small house was washed away on the west side of Wooden Valley Rd shortly before you leave the narrow twisty bits. I noticed it and did a double take on the first but still wasn't sure because I didn't see any evidence in the riverbed further downhill and I wasn't about to stop or turn around at that point. Saw it clearly today. The poor house is balled up, crushed into the trees and debris at a corner on the opposite bank of the river just beyond where it stood. I feel terrible for those folks having lost my house to fire decades ago. There is also a section above that lost house where it is now one lane. The raging river undercut and paving severely to the point one would guess it might be this coming spring before it is fixed.

Winters Bridge is Open

by John Whitehead

January 14 - The City of Winters officially opened its old railroad bridge over Putah Creek, having recently resurfaced it with concrete and wooden railings for pedestrian and bicycle use. Approximately 100 attendees witnessed the ribbon cutting ceremony then crowded onto the 100-year old spans. DBC members present included the families of Stu Bresnick, Rebecca Holmes, and Anne Huber.



← Mayor cuts ribbon at Winters bridge.



Waiting for Winters Bridge, Bill & John at right.



Crowd on bridge, Stu Bresnick at right.

Logo design 1



Logo design 2



What: A cross-country bicycle ride, using primarily single-speed, fixed-gear bicycles, averaging 130 miles per day.

When: June 17—July 14, 2006

Who: Now soliciting riders—15-20 total to ride 28 days across the U.S. to help children and their families who suffer from histiocytosis.

Where: Davis, California, to Boston, Massachusetts

Why: Langerhan's Cell Histiocytosis (histio) is a rare condition afflicting children and young adults. It is so similar to cancer, that it is treated primarily by oncologists with chemotherapy and radiation. Since it is very rare, funding for research is severely limited. Donations for the ride will benefit the Histiocytosis Association of America.

Our daughter, Dakota Cosgrove, was diagnosed with histio in March 2004, when she was five years old. She had a tumor on her spine which destroyed portions of two lumbar vertebrae. After twelve weeks of ineffective chemotherapy, she then underwent radiation therapy with positive results. But since the illness is chronic and unpredictable, she will require check-ups indefinitely.

What you can do: Ride! Solicit sponsorship from both corporations and individuals. Offer to provide support---driving support vehicles for any leg of the trip. All ideas welcome to help combat this rare and frightening disease. Sponsors will receive recognition on the official jerseys and in other venues.

Make a donation:
Go to the website www.fixhistio.org, and visit the "sponsor a rider" page. You may support the ride generally, or a specific rider. The **direct** donation link is: www.active.com/donate/fixhistio

Send a check, payable to the Histiocytosis Association of America (HAA), memo Big Fix and rider name. HAA, 72 East Holly Ave., Suite 101, Pitman, NJ 08071

See also Histiocytosis Association of America: www.histio.org



Holiday Party Recap and Forgotten Acknowledgment

By Tim Spann

The DBC Holiday Party held on December 12 was yet another very successful DBC event. This year we returned to the newly renovated Stonegate Country Club Clubhouse and are grateful to Dick Waters for once again securing this great venue for us. Although I have to say that the event was so successful I'm not sure how much longer we'll be able to fit in the Clubhouse as we were nearly over its capacity this year.

Tom Lovering once again came through for us on the food end of things and provided excellent ham and turkey. Along with all of the potluck dishes brought by all of you there was more than enough food to feed the hungriest of cyclists.

Following the delicious dinner our program kicked off by acknowledging the members of the 2005 Board of Directors. This part of the program was particularly special this year as over half of our board members were stepping down from the board. Many of them had served for several years and have contributed greatly to the DBC over the course of their tenure so it was an honor for me to recognize each of our 2005 board members.

John Whitehead then led the group in recognizing Daryn Dodge who has served as a board member in various positions for over 10 years. Daryn has most recently served as the DBC Ultra Distance Director and after all these years of service has decided to step down as a board member. After a great recap of many of Daryn's contributions to the DBC over the years, John opened the floor to comments from other members. Among those who offered stories were Diane Richter, Bob Brouhard and Ann Lincoln.

Following the tribute to Daryn, Betty Jane Polk and Bill Bernheim took the floor to present the 2005 Lou Polk Volunteer of the Year Award. The award this year went to a very deserving member who has been a major contributor to the DBC for many years, John Whitehead.

We then moved on to electing the 2006 Board of Directors. Barbara Anderson was chair of the 2005 nominations committee and led the elections for us. Other members of the nominations committee were Dan Fishbein and Susan Gishi.

The Party then rapped up with a visit from Santa Claus who distributed presents to those in attendance. We thank Santa for once again taking time out of his busy holiday schedule to attend our party.

I now must make a public apology to and acknowledge a very valuable, tireless contributor to the DBC whom I overlooked at the party and failed to recognize, Beth Annon of B&L Bike Shop. For years now, Beth has contributed to the DBC in countless ways. Her shop serves as the Home of the DBC, taking in and sorting all the mail that comes to our board members. Beth also wrenches at rest stops for the DC and Foxy's in addition to assembling and stocking the parts boxes that all of our SAG drivers carry with them on our rides. Beth and B&L are dedicated contributors to all club activities, including generous financial support of March Madness. I offer my sincerest apologies to Beth for overlooking her at the holiday party and thank her for all of her generous support of the DBC over the years.

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	Basic Membership.....	<input type="checkbox"/> \$20.00 single or	<input type="checkbox"/> \$30.00 family	\$ _____
	<input type="checkbox"/> Renewal	Race Team add-on...	<input type="checkbox"/> \$20.00 per racer		\$ _____
	<input type="checkbox"/> Address Change	<input type="checkbox"/> Aggie Cycling Team member OR...	<input type="checkbox"/> Junior Team member		
		(no Race Team fee required for Aggies or Juniors)			TOTAL AMOUNT DUE

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

January Ride Leaders

JACK KENWARD • **Barry Bolden** • Gerry Peterson
 PHIL COLEMAN • Dan Shadoan • Larry Burdick
Ann Lincoln • Terry Monges • David Joshel
 Paul Grant • **LINDA PETERSON** • Bruce & Marilyn Dewey
 Warren Jones • Rich & Liz Boettner

Don't forget the Changing Gears web photo supplement:

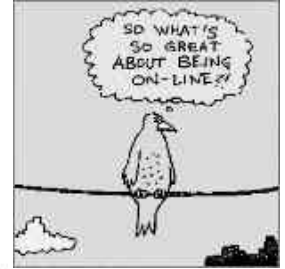
http://www.pbase.com/g2_steve/feb_2006_dbc

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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