

Changing Gears

Newsletter of the Davis Bike Club

March 2006

Quick Releases

Membership Meeting

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

Directors Meeting

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

Race Team Meeting

Wednesday, March 1
 Davis Library, Blanchard Room
 6:30 pm Race Team Board
 7:30 pm Race Team

NEXT Newsletter

Submission Deadline

Wednesday, March 15
 Please email submissions to:
 dbcnewsletter@gmail.com

Ode to March Madness

It is time to proclaim we are glad
 That this March thing was not just a fad
 With our hats off to Barry
 Let's all keep up with Larry
 Ready? Click in and pedal like mad!

Welcome New Members

Matthew Pearson
Marisa McAdler
Eduardo Avellaneda
Chris Stastry
Benjamin Lawrance
Thomas Parkes
Tom & Lora Broad
Susan Cotterel
John Campbell
Ron Pluth & Eric Russell

From the President

By Dan Shadoan

It is with great regret the Board of Directors accepted the resignation of Dave Taillon as DBC Race Team Director. Dave's contribution to the Club in general and the Race Team specifically can be seen in the well-oiled DBC Race Team and the enormous success of the Fourth of July Criterium during the past few years. Dave was called away for assignment in the Katrina area for a minimum of two months and the uncertainty of perhaps longer service forced his stepping down. In Dave's words, "The Davis Bike Club is an organization of devoted high quality volunteers and it has been my pleasure being a part of the governing body for the past 5 years."

Never fear, however, for the Race Team is populated with several adept leaders and organizers and will continue their plans for the coming season. Joan Anton, a major player in the success of the Junior Race Team squad, will fill in for Dave and the next few Board meetings until a successor is found.

We have moved!

Vice President, Diane Richter, informed the Board that our meeting place for the General Meetings for the past umpteen years, Davis Waste Removal, will no longer be available to outside groups. Diane negotiated with the Davis Public Library to retain the Blanchard Room as our new meeting space starting in May of this year. DWR has consented to allow us to stay until then. Additionally, the Board has decided to move the meeting time back to the first Monday of the month. The By-Laws, they are a changin'.

March Meeting Program

By Diane Richter, VP



The March 27 meeting of the Davis Bike Club will feature sports psychologist Kim Cusimano, of the UCD Sports Medicine group. By March 27 I'm sure most of us doing March Madness will be thinking such things as "I never want to get on that bike again", or "I'm so sick of the same old roads, I never want to ride them again", or, "what the heck am I doing?", or some other grumpy, self-defeating thoughts. Come with your questions for Kim about staying motivated, training when you'd rather be watching TV, or anything else you'd like answered by someone trained to know these kinds of things.

A heads up for future club meetings; keep an eye on the meeting dates and locations carefully. At some point in the near future, we will be returning to our usual (until 2 years ago) meeting date of the FIRST Monday of the month. In addition, just to keep you on your toes and to see who's paying attention, the location of our meetings will also be changing. Stay tuned for further information.

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DBC Board hard at work....



Steve changing oil and filter?

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



Barry has another flat???

Proposed Bylaws Change

By Stu Bresnick, Treasurer

Our By-Laws require that we post any proposed changes in the newsletter one month prior to the meeting at which changes are to be submitted for a vote. As discussed in our January meeting, there is a need to change Article VIII ("Audit") of our By-Laws. Following is the proposed change, to be voted on at the March meeting:

Proposed: "Section C. Independent Review. The Board of Directors shall arrange for an independent review of the financial records at least once per year."

Current: "Section C. Audit. The Board of Directors shall arrange for an audit of the financial records at least once per year."

The change is to replace the word "audit" with "independent review", and relieve us of the need to do a formal financial audit (which has never been done, and is not required for our organization).

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 dbcnewsletter@gmail.com. Please check front page for deadlines. Submissions may be edited for length.



**Race Team Results
by Janelle Gunther**

Name	Date	Race	Place
Eric Zeigler	01/29/06	MTB Challenge #1	9 th (single speed)
Edan Levaton	01/01/06	San Bruno Hill Climb	7 th (juniors <=18)
	01/21/06	Cal Aggie Crit	8 th (juniors <=18)
	01/28/06	Early Bird Road Race	1 st (juniors 17-18)
	02/05/06	Early Bird Crit	13 th (Elite 4)
	02/12/06	Cherry Pie Crit	10 th (15/16)
Blake Anton	01/28/06	Early Bird Road Race	8 th (Elite 3)
Jesse Moore	01/21/06	Cal Aggie Crit	3 rd (P/1/2/3)
	01/28/06	Early Bird Road Race	4 th (P/1/2)
Alexander Freund	02/05/06	Early Bird Crit	1 st (juniors 10-12)
	02/12/06	Cherry Pie Crit	6 th (juniors 10-12)
Andreas Freund	02/12/06	Cherry Pie Crit	1 st (juniors 13-14)
Eduardo Avelar	01/01/06	San Bruno Hill Climb	19 th (elite 4)
	01/28/06	Early Bird Road Race	29 th (elite 4)
Adam Ross	02/12/06	Cherry Pie Crit	4 th (elite 3)
Mitchell Trux	01/21/06	Cal Aggie Crit	1 st (elite 3/4)
	02/12/06	Cherry Pie Crit	6 th (elite 3)
Amanda Seigle	02/12/06	Cherry Pie Crit	9 th (women's elite 4)
Brian Floyd	02/12/06	Cherry Pie Crit	22 nd (45/55+ open)
Alex Wick	01/28/06	Early Bird Road Race	9 th (elite 3)
	02/05/06	Early Bird Crit	18 th (P/1/2/3)
	02/12/06	Cherry Pie Crit	Pack (Jr. 15-16)
			Pack (elite 3)
Zachary Wick	01/28/06	Early Bird Road Race	30 th (elite 4)
	02/05/06	Early Bird Crit	57 th (elite 4)
		Early Bird Crit	DNF (jr. 10-14)
	02/12/06	Cherry Pie Crit	6 th (jr. 13-14)
		Cherry Pie Crit	DNF (elite 4)
Cody Tapley	02/12/06	Cherry Pie Crit	17 th (juniors 13-14)
David Vuilleumier	01/21/06	Cal Aggie Crit	1 st (P/1/2/3)
	02/12/06	Cherry Pie Crit	1 st (Jr. 15-16)
		Patterson Pass Road Race	16 th (3's)
Chris Stastny	02/12/06	Cherry Pie Crit	2nd (Jr. 15-16)

MARCH MADNESS

SPONSORS

KUDOS AND THANKS to this year's March Madness Sponsors. At press time, we have:

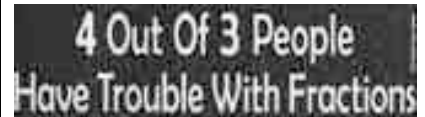
LOGO SPONSORS

Ellison, Schneider, & Harris, LLP, Attorneys at Law
Velo City Bicycle Center - Winters
Fedex-Kinko's
B&L Bike Shop
Cantina del Cabo
Davis Wheelworks
Ken's Bike and Ski
Tandem Properties

Sponsors

Steady Eddy's Coffee Shop - Winters
Freewheeler Bicycle Center
Pyramid Construction

Our sponsors make it possible for DBC to provide more helmets for more kids, helping the Club expand its philanthropy mission.



LET'S DO IT
By Robin Neuman
DC Coordinator

You ask "do what" and I say "the 2006 Davis Double Century!" The DC committee has met, and we are starting our engines to make the 2006 DC another great DBC event. However this will not happen without your help. There are several key positions that need to be filled soon and, of course, tons of "day of" spots open. DBC has an outstanding reputation for putting on exceptional rides, and we all need to work together to keep up our reputation. Please contact me at roknrobin2@aol.com. I am waiting to hear from you! Put May 20 on your calendar!

Why Not an Electronic Version of Changing Gears?

By Editor Steve Macaulay

Periodically I receive an email, meet someone on a ride, or talk with someone at Steady Eddy's who asks why we don't produce an electronic version of *Changing Gears*. You know – that award-winning newsletter you have in your hands right now. Here are some thoughts on why we do what we do, and why this is a continuing consideration.

When I took over the editor position 2-1/2 years ago there were very few pictures and the newsletter was a different length each month – sometimes 8 pages, sometimes 10, and occasionally 12 pages. Within a few minutes of taking on the newsletter, people suggested I add pictures and graphics to make it more interesting – recognizing that photos tell more of a story than just words. Six months later I arrived at what we have now: a regular 12-page issue with photos and graphics, along with a web-based color photo supplement. My predecessors did a great job building up newsletter quality and visual interest, and I carried on their work. I'd ask you to compare *Changing Gears* to any other local bike club newsletter – quality, frequency of publishing, range of articles, web photo supplement (we're the only one), etc. Seriously – do the comparison.



Changing Gears typically takes 20 hours a month: soliciting articles and photos, editing and layout, editing/inserting photos, taking the file to Kinko's for printing and picking it up, and helping the Membership Director attach stamps and labels, a trip to the post office, and delivery of a few complimentary newsletters to local bike shops. We also post color photos to a separate web site as a monthly supplement. Of course, all this work is after John Seabury works tirelessly putting a ride schedule together, and many of you write articles and take pictures. So with all this hassle, wouldn't it be much easier to email the newsletter to all the members, or post it to a web site to save a little work and some bucks? Here are some factors to consider:

1. With the photos and graphics, a typical newsletter is a 10-15 megabyte (MB) PDF document. This will choke many people's email, especially those with dialup connections or a limit on incoming email file size. Our home internet connection out in the country is far too slow to send a file this large.
2. We already post the ride schedule to the web site as a downloadable PDF file (around 200K file size). This feature was added at the end of 2004.
3. Many people like a printed copy of the newsletter in their hands – just like some people prefer bikes to cars. A printed newsletter is portable, but of course you can always print an electronic version if needed – and pick your own color paper!
4. The newsletter labels let DBC members know when their membership expires.
5. The DBC email list will not allow for attachments – messages only. If we allow attachments, you'll get far more than the newsletter!
6. We have no easy way of limiting an email list to DBC members only, and the current email list keeps a broader range of the bike community informed generally of DBC activities.
7. Posting the newsletter to a web site is an intriguing option, and the Sacramento Bike Hikers do this (quarterly, and it's mostly a ride schedule with few pictures). We have no current way to restrict access to DBC members. Restricting access itself is a policy issue for our membership, but getting a printed newsletter in the mail is one of our membership benefits. We'd need someone to take the newsletter file and move it to a web page – meaning another volunteer. (Did you know that our web page administrator, email list coordinator, and Club President are the same person?)
8. We still need to print limited copies of the newsletter for distribution at our local bike shops. This helps our wonderful long-time sponsors, and brings new members into the Club.
9. Surprising as it sounds, not everyone has internet access.

What would electronic distribution save us? Printing and postage amount to about \$700-800 per month. Sounds like a lot, but that contrasts with a total Club budget of \$250,000 (approved 2006 budget on page 4 of February newsletter). One approach is electronic distribution of text, with a link to the color photos we post every month. From an editor's standpoint, this misses part of the story and the creative page layout efforts by yours truly! Think about reading your local newspaper or favorite magazine without the pictures.

The DBC Board discussed this matter again at its February 13 meeting, and does not yet believe electronic distribution will meet the needs of our members – a combination of the technical challenge and the more important issue of what DBC membership means. The Board agreed to revisit this periodically. Feel free to contact me at dbcnewsletter@gmail.com with your ideas, thoughts, etc. -- just like you do every month with those great articles and photos!





The Tour Turn

By Bruce Dewey, Touring Director

DBC's 2006 tour schedule is underway. A tour-planning group met recently, endorsing about a dozen jersey rides and talking about a variety of weekend and longer tours. March Madness is again upon us. Let's hope good weather and motivated riders set new records for participation and for mileage. More miles mean more smiles and helmets for deserving kids.

Rides hosted by other northern California bike clubs present an opportunity for you to do interesting new terrain and represent DBC at the same time. Our selected "jersey rides" have good reputations for support, routes, and food. You are encouraged to represent the club by riding and wearing your DBC jersey. To partially reimburse your expenses, the club has budgeted a jersey ride line item. Members who do such rides report their attendance by emailing jerseyride@davisbikeclub.org stating mileage and amount paid. At the end of the season, a prorated share of this fund will be reimbursed to those responding.

Our first jersey ride is the ever-popular Party Pardee on Saturday, April 1. Sponsored by the Sacramento Bike Hikers, the ride goes through the foothills out of Ione, still green and not too hot this time of the year. The main ride is about 65 miles. There is what I consider is perhaps the best food of any event, as every year they seem to have some different, coordinated, internationally-themed gourmet cuisine. I understand they're nearly filled, so you need to google this one up and register right away if you'd like to go. Other jersey rides in April are Bike around the Buttes (April 22) and the Devil Mountain Double (April 29).

Mark your calendars for three super tours in April. Robi Pochapin, a relatively new DBCer, is leading a Foothill Fat Tire tour April 14-16. In the recent past, Robi has been a professional mountain bike guide in Moab, Utah. Bill Sbarra is repeating the popular Sierra Foothills Tour to Nevada City and back April 21-23. Although this tour filled up long ago, it doesn't hurt to check if there has been a cancellation. Finally, Bob Brouhard is leading a tour from here down the coast to Los Angeles, April 27 – May 4. His Santa Barbara Plus tour, with 70-75 mile days, is flexible where people can do all or any part of the tour.

This summer, your tour director and his better half are again planning tours of the Pacific Northwest. July 9-15, we are going to Eugene, taking the Amtrak commuter train up to southern Washington to start a tour out to the mouth of the Columbia River and partway down the Oregon Coast. This tour is much more moderate in terrain and distance than the Cascades Mountains tour in July 2005.

August 6-12, the San Juan Islands are on again for 2006. As before, the accommodations are adjacent to the ferry terminals so that we won't need a sag to carry luggage. Last year's people wanted more time on the islands with less moving around, so we've set up three nights on Vancouver Island and the next three nights on San Juan Island. On this tour, we're asking people to pay for their own accommodations, greatly simplifying things for Marilyn and me.

Our European tour this year goes to Tuscany, leaving on Saturday, September 16 and returning on Saturday, October 7. We are fortunate to have Dan Barcellos and Liese Schadt organizing this tour. Dan has led many past DBC tours and Liese has been a frequent visitor in this part of Italy.

Much appreciation is due to John Seabury, who faithfully coordinates the monthly ride calendar. Everyone can help make it easier for John to manage duplication by sending ride information well in advance of the deadline. And we definitely need more volunteers to lead more rides. Please help your club.

I think it's great that Robi is getting us into new territory with a mountain bike weekend. Jim Sharp is planning a high altitude training camp preceding the July 8 Death Ride. And I appreciate the work Bob Brouhard, Michael Cosgrove, John Whitehead, David Joshel, Dan Barcellos, and Liese Schadt have done planning our 2006 tours—work that is just beginning. Although April looks good for tours, we definitely can use more for rest of the season. Please let me know (753-9188 or bdewey@dewspring.com) how I can help.

TWO PACIFIC NORTHWEST DBC SUMMER TOURS

Oregon Coast Tour July 9–15, 2006 (Sunday–Saturday)

This tour commences and ends in Eugene, Oregon. Beginning with an Amtrak commuter ride to the north side of the Columbia River, our route takes us down the popular Oregon Coast bicycle route with its outstanding scenery and aquatic wildlife. Besides the recently improved coast highway bike lanes, we will ride a remarkable amount on quiet back roads. Overnight stops are planned for Astoria, Manzanita, Pacific City, Newport, and Corvallis. Daily distances vary from 42 to 62 miles with terrain that ranges from flat to hilly. We will have luggage-sag support.

San Juan Islands Tour August 5–12, 2006 (Saturday–Saturday)

Reversing this well received tour of a year ago, we first sail from Anacortes, WA to Sidney, BC staying at a waterfront hotel for the first three nights. Sidney affords easy bicycling access to Victoria, Butchart Gardens, and BC's Gulf Islands ferries. Wednesday afternoon ferry takes us to Friday Harbor, WA for three more nights in the same B&B as last year. Convenient inter-island ferries make easy day tours to other San Juan Islands. On Saturday, a choice of sailings go back to Anacortes. With lodgings adjacent to the ferry terminals, there is no need for a vehicle to carry our luggage.

For detailed information and pricing on both trips, pick up information sheets at the February 27 DBC touring meeting or contact Bruce and Marilyn Dewey at 530-753-9188 or bdewey@dewspring.com for copies.

March 2006 Ride Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Solano Bakery Women's Wed.	2 Steady Eddy's Winters Dinner English Hills	3 Early Bird Vacaville Café	4 Wheelworks/MC RH Phillips Winery
5 Sun. Training Solano Bakery. Informal Brevet Burr's Fountain	6 Early Bird Zamora & More	7 Mocha Joe Loop English Hills	8 Solano Bakery Women's Wed.	9 Steady Eddy's Winters Dinner English Hills	10 Early Bird Vacaville Café	11 Wheelworks/MC Singles Spin
12 Sun. Training Solano Bakery Island Fever	13 Early Bird Zamora & More DIRECTORS MTG	14 Mocha Joe Loop English Hills	15 Solano Bakery Women's Wed. NEWSLETTER DEADLINE	16 Steady Eddy's Winters Dinner English Hills Burrito Bros.	17 Early Bird Vacaville Café	18 Wheelworks/MC Third Saturday (with DBC Board!)
19 Sun. Training Bakery Prelude Solano Bakery	20 Early Bird Zamora & More	21 Mocha Joe Loop English Hills	22 Solano Bakery Women's Wed.	23 Steady Eddy's Winters Dinner English Hills	24 Early Bird Vacaville Café	25 Wheelworks/MC Last Train to Clarksburg
26 Sun. Training Solano Bakery Dim Sum/Crocker	27 Early Bird Zamora & More MEMBERSHIP MTG	28 Mocha Joe Loop English Hills	29 Solano Bakery Women's Wed.	30 Steady Eddy's Winters Dinner English Hills Burrito Bros. Stu's Birthday	31 Early Bird Vacaville Café	

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.

March 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*

Wednesdays, 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.

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*

March 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

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

T1/P3/ 30-50 mi

Jay Bauer, 753-9894 or

jaybauer@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

March 18 (3rd Saturday), 9:00 am

T1-5/P3-4/ 30/40/55/65/100 mi

David Joshel, 756-7409 or

davidjoshel@hotmail.com

Winters (30, P3)) Lake Solano (40, P3) Cantelow (55, P4) Mix Canyon (65 P4), and for March only, a possible 100 mile option that WILL NOT include Mix. Optional food stop at Winters. With the multiple distance and pace options available, most riders can find a distance and pace suitable for them. **MARCH BONUS -- DBC Board members will be on this ride, so come out and meet the Board!**

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.

Solano Baking Company

Sundays: March 5, 12, 19 & 26, 1:00 pm

T1/P3/30 mi

Jeff & Nancy Hall, 756-1531 or

jhall@cal.net

A great way to finish out your Sunday - a ride to Solano Bakery for coffee and good cheer.

Non-Recurring Rides

Informal 200K Brevet*

Sunday, March 5, 7:00 am

T5/P4/120 mi

Michael Tigges, (510) 339-9612 or

mtigg@earthlink.net

This is a ride for Randonneurs who are nostalgic for the Davis Brevet series. We will be leading a "not a brevet" ride from the parking lot across from the Hallmark Inn (Boy Scout Cabin parking lot, Second & G Streets) to Pope Valley and back following the classic route. Sign in (on the club rider roster, no brevet cards) from 6:30-6:45 am. Bring food, or plan to stop at the Pardeese, Moscowite and Pope Valley stores. In true Randonneur fashion, the ride will start promptly at 7, will not be deterred by weather, and will be completely unsupported with no formal regroup. Since it is not a brevet, there will be no RUSA time limit, but if you don't think you can finish in 12 hr, this may not be the ride for you. Bring lights if you don't think you can finish before dark. Route sheets available via e-mail before the ride on request.

Countin' to Burr's Fountain*

Sunday, March 5, 9:00 am

T1/P3/60 mi

John Whitehead, 758-8115 or

jcw@dcn.org

Rack up some miles on the American River Trail, then choose a quick lunch from a variety of sandwiches, plus salad and soup options. Burr's also serves ice cream from Vic's, amidst genuine 1950's decor. Meet at Vets Memorial. *(This is the former Vicky Marie's Ice Cream Parlour -- Editor)*

Island Fever*

Sunday, March 12, 9:30 am

T1/P3/44 mi

Jim & Wendy Homerosky, 297-7455 or

jhomerosky@aol.com

Join Jim & Wendy for an exciting island tour through the California Delta. Starting in Rio Vista, we'll enjoy the pleasant levee roads of River, Grand, Tyler, Andrus, Twitchell and Brannan Islands, the towns of Walnut Grove and Isleton, two ferry crossings and a lunch stop at an Andrus Island Marina. Call or email for directions and car pool info.

Changing Gears

March DBC Rides, Cont'd

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.

Non-Recurring Rides

Burrito Brothers Returns*

Thursday, March 16, 4:30 pm
T3/P4/50+ miles

Steve Macaulay, 753-3048 or
macaulay.steve@gmail.com

This is the return of the Burrito Brothers ride, featuring the original DBC Burrito Brothers: Tim and Steve. We start at 4:30 pm at the end of the Russell Blvd bike trail at Three Palms Nursery. The ride is a loop through the English Hills to Vacaville, zipping back up Pleasants Valley Road and Putah Creek Road in time to meet the Thursday Dinner Ride group in Winters. The tradition returns – riding up Steiger Hill Road in your large chain ring! Bring lights, lock and money for dinner. Sense of humor welcome; Burrito Brothers shirts optional.

Bakery Ride Prelude

Sunday, March 19, 10:30 am
T1/P3/45 miles

John Whitehead, Anne & Bill, 758-8115 or
jcw@dcn.org

Ride to Winters for lunch at Cody's (or a Lester Farms snack), then on to Dixon to meet the Hall's ride at Solano Baking Company. Ride to Eat, Eat to Ride.

Last Train to Clarksburg

Saturday, March 25, 9:00 am
T1/P3/65 miles

John & Mary Seabury, 758-3878 or
jseabury@pacbell.net

The traditional "last weekend in March scramble" for miles. Ride across the causeway and then down the beautiful Rio Sacramento levee road to Clarksburg. Lunch in Clarksburg at the world famous "Dinky Diner By the River" (home of the best veggie burgers in southeast Yolo County), or the Clarksburg Market, or bring your own, or whatever, then return.

Dim Sum/Crocker Art Gallery*

Sunday, March 26, 9:00 am
T1/P3/31 miles

Jean & Alan Jackman, 756-3484 or
jjackma@dcn.org

We will ride on the bike path across the Yolo Bypass, eat Dim Sum at Kings Restaurant in West Sac. Dim Sum literally means to "touch your heart." It consists of great varieties of dishes, chosen from passing carts. Then on to the Crocker Gallery which has a new exhibit of Artists At Continent's End: The Monterey Peninsula Art Colony, 1875-1907. Free admission until 1 on Sundays. Return by 3:00. Bring locks and food money. Meet at Carl's Jr, Covell @ Pole Line.

Stu's Annual Birthday Ride*

Thursday, March 30, 10:00 am
T1/P3/60 miles

Stu Bresnick, 867-4664 or
hfhstu@omsoft.com

Join Stu for his annual ride to celebrate another year of riding into the sunset. We will head over the causeway, down towards Clarksburg on the South River Road, cross over the river at the Freeport bridge and head up to Vic's Ice Cream on Riverside Boulevard for lunch and ice cream, or just ice cream. Actually, not just ice cream but the best ice cream in the Sacramento area. We will return over the Tower bridge and the causeway to Davis, or you can return to Davis via Woodland if you want more March miles.

Burrito Brothers Returns*

Thursday, March 30, 4:30 pm
T3/P4/50+ miles

Steve Macaulay, 753-3048 or
macaulay.steve@gmail.com

This is the return of the Burrito Brothers ride, featuring the original DBC Burrito Brothers: Tim and Steve. We start at 4:30 pm at the end of the Russell Blvd bike trail at Three Palms Nursery. The ride is a loop through the English Hills to Vacaville, zipping back up Pleasants Valley Road and Putah Creek Road in time to meet the Thursday Dinner Ride group in Winters. The tradition returns – riding up Steiger Hill Road in your large chain ring! Bring lights, lock and money for dinner. Sense of humor welcome; Burrito Brothers shirts optional.

Hint for DBC Members

By Vance Russell

Mapquest has added an "Avoid Highways" feature to their directions that would be excellent for scoping bike routes. From the Mapquest web site: "Avoid Highways" is back!

Okay, so this isn't exactly a new feature... but we're still happy to report that--due to overwhelming user demand--we've put Avoid Highways back on the site, allowing you to choose to exclude highways from your point-to-point driving directions. Our users like this option for a variety of reasons. Some people feel unsafe driving on highways. Others use it to generate alternate routes in case of accidents or rush hour congestion. Still others are looking for a more scenic route. Then there are the bicyclists and pedestrians who want nothing to do with highways!

Whatever your motivation for using Avoid Highways, there are a few things we want you to know about this feature:

- For some trips, it just is not possible to avoid highways entirely.
- Avoid Highways is currently available for trips of 50 miles or less.
- You have to get directions first, then click the "Avoid Highways" link to recreate the route and omit highways.



Time for Madness Again

by Barry Bolden



March Madness comes just once a year and it's your only chance to ride daily in all hours. Household chores, rain, fog, snow, sleet, hail, dogs, wild turkeys, stray cows, flash floods, high winds, earthquakes, gravel roads, mud, and low flying planes should not discourage you. Remember that trainer miles count too. So if the water gets too high, just move your trainer to the next level.

Rules are unchanged from last year. Ride anything, anytime, record your miles and receive the admiration of the bike riding community at the June 4 banquet. This year's jersey design should be available on the club website by the time you receive your newsletter. I know some of you are holding your applications until you see the design. Not to worry. Our miles translate to helmets for kids. Over 100 helmets have already been fitted in Davis during February. Other villages will be scheduled between now and June.

Remember 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 dbcnewsletter@gmail.com (or handed on a CD to the Newsletter Editor if you can catch him!).

Changing Gears

BikeTalk Options
By Steve Macaulay





Featured on the back page of Changing Gears this past year is a reminder to check the weekly podcast of Davis's hometown BikeTalk radio program, produced by local FM "powerhouse" station KDRT. Sadly BikeTalk has gone off the air. Listed to the right are a few options from the podcast section of the iTunes Music Store -- iTMS (podcasts are free downloads). While none of these may have the broad appeal of BikeTalk, each is interesting and valuable in its own right.

Bikescape -- As you can infer from their San Francisco skyline logo, this podcast is unique to The City. The opening line from a recent podcast: "All cyclists have a love affair with their bikes and they'll be happy to tell you all about it if you ask. Bikescape went down to Pee Wee Herman Plaza to talk to folks about their rides before setting off on Critical Mass."

CenterLines is a program sponsored by the National Center for Bicycling and Walking, and "... delivers news, commentary, and analysis on making communities more walkable and bicycle-friendly." Podcasts are less than 20 minutes. While podcast 141 is the latest, only the last 6 podcasts are on the iTMS.

KBOO is a program unique to the bike riding experience in Portland, Oregon. While Portland is not a "platinum award winner" city like Davis, this is a very interesting and sometimes entertaining program. Podcasts are monthly. An opening line from the most recent podcast: "Have you heard about the cyclist who blocked a TriMet bus and was punched by a rider who was left off the bus? Probably you have because it was front page news in the Oregonian."

mostlyBikes is another interesting podcast. With only 5 episodes since December 18, 2005 so far, it is very new. **mostlyBikes** features the latest in bike technology.

	bikescape Jon Winston Total: 70 episodes Category: Sports Language: English Free	Podcast Description Commentary and interviews about bikes and bike culture.
	CenterLines NCRW CenterLines Podcast National Center for Bicycling and Walking Total: 8 episodes Category: Transportation Language: English	Podcast Description CenterLines podcast delivers news, commentary, and analysis on making communities more walkable and bicycle-friendly. See our website www.bikeandwalk.org for more.
	KBOO Bike Show Podcast KBOO Bike Show Total: 3 episodes Category: Transportation Language: English	Podcast Description BikeShow: culture and advice in Portland, Oregon. Broadcast weekly on KBOO FM 90.7 with hosts Andrew Curtis and Sara Grant.
	mostlyBikes.com Carlos Tolentino Total: 5 episodes Category: Sports Language: English	Podcast Description Monthly bike show in Davis about everything that we know about our cool town in bicycle and bike culture.

Night Rider Rides Again, Part 1
by John Whitehead

Many of us who bought expensive lights 4 or 5 years ago watched helplessly as custom battery packs faded to uselessness, just as they became obsolete and irreplaceable. Partly due to disillusionment, and partly due to advances in white LED technology, we switched to simpler, cheaper bike lights. However, we had to overlook the reduced brightness.

In my case, the "good light" is a Digital NiteOwl II (TM) purchased for \$200 in December 2000. For the first few years, its brightness on the 15-watt setting brought a smile to my face whenever I went out in the dark--the less moonlight the better. It has a digital "fuel gauge" that indicates how much juice remains in the Smart Battery (TM), which is charged by its MicroBrute (TM) charger.

Unfortunately after only 3 years, replacement battery packs no longer existed. Calls to the manufacturer and my local bike shop yielded an option to buy a different battery pack with an adapter, for over half the price originally paid for the entire system. The adapter (admittedly unseen) struck me as being just more stuff on my bike. A new battery pack would mount differently, and it too would become obsolete after a few more years. Buying a new lighting system would not have cost a lot more, but all that perfectly good plastic, glass, wiring, and electronics would be wasted.

So I nursed the old battery along through 2 more winters. The original 1.75 hours at 15 watts (26.25 watt-hours) fell to only 1 hour at 10 watts, tolerable for starting road rides an hour before sunrise. Finally, in the middle of this most recent winter, the only working setting was the "power save" mode at 6 watts. A cheap LED light on my helmet helped me peer into the darkness, but I had long since forgotten the uncontrollable smiles.

Not being one to unnecessarily take things apart and put them back again, I had been ridiculed for having the lighting system on my bicycle during long summer days. This peer pressure and the LED lights taught me that a proper light should go on and off the bike very quickly. Somewhere along the way I realized that the frame-mounted battery pack was actually less convenient than one that fits in a water bottle cage (no straps to undo). Who needs two water bottles in winter, anyway? Wednesday Night Century riders, don't answer that!

Step 1 occurred on a spaghetti night last fall, when it became evident that an empty parmesan cheese container fits perfectly in a water bottle cage, and has a wide opening through which to put batteries. It is made of super-lightweight polyester plastic, better than a sawed-off water bottle. The Smart Battery (TM) fit right in there, which I had hoped would enable a gradual approach to dissection and cell replacement while continuing to use the light regularly.

Luckily, I had already figured out a couple of things from the product literature and the external shape of the battery pack. There were 5 nickel metal hydride (NiMH) cells in series, to obtain a nominal 6 volts at 1.2 each. The rated charge capacity was 4.5 amp-hours, which indicates 27 watt-hours when multiplied by the voltage. The close match between this number and the above noted 26.25 watt-hours made me confident that I understood the situation.

Although the cell size was 4/3 A (not sold to consumers), I had shopped for batteries enough to know that NiMH size AA cells were gradually improving after having come onto the market several years ago at less than 2 amp-hours each. There was no advantage to C or D cells, since the consumer versions of those sizes hardly had any more capacity than the AA ones. On a rainy day in January 2006, a stop at a local store revealed 2.5 amp-hour (wow!) AA cells on sale, \$12 for a 4-pack. If all went well, 2 parallel strings of 5 (10 AA cells) would give me 5 amp-hours at 6 volts, restoring my light's functionality to better than new. Replacement cells would be readily available for the indefinite future.

Part 2 next month...



John has always been innovative, as evidenced by the 1987 weenie roast over Hawaiian lava and the 2001 broken scapula harness -- Editor

March Madness 2006 Registration Form "Miles for Smiles"

How far can you ride your bike during the month of March? Davis Bike Club invites you to challenge yourself, set a goal and keep track of your miles. You can start riding at 12:01 am on March 1st and ride your heart out until 11:59:59 pm on March 31. Open to all DBC members. Not a member? Now's the time to join!

All proceeds from this event will be donated toward purchasing bicycle helmets for deserving school children in our area.

Rules: You're on the Honor System. (15 mph for trainers, actual miles for stationary bikes with odometers)

Goals: 125, 250, 500, 750, 1000, 1500 & 2000. (Note: 125 mile category for 1st time MM riders)

Basic Registration	\$20.00	\$20.00
Optional MM jersey	\$35.00 + Basic Registration	\$55.00
Optional MM Banquet	\$15.00 + Basic Registration	\$35.00
Optional Jersey and Banquet	\$50.00 + Basic Registration	\$70.00
Banquet only for your guest	\$15.00	\$15.00

Process:

Mail your entry form by March 1st if you want a jersey to:
(Participants not wanting a jersey must register by March 15th)

Davis Bike Club
P O Box 72944
Davis, CA 95617

Attn: March Madness

Record your mileage On-Line at davisbikeclub.org **strongly encouraged**
or mail on-line log by April 5, 2006

Ride, ride, ride, rain or shine, day and night

Celebrate the event at the March Madness Banquet

Sunday, June 4th, Cantina del Cabo, 139 G St, Davis

Questions: e-mail Barry Bolden, boliverb@dcn.org

Special Categories: Categories winners will be listed on web page; winners receive certificates.

Youngest solo rider	Most miles on a tandem	Male with most miles
Youngest tandem rider	Most miles on single speed	Female with most miles
Oldest rider	Rider living farthest away	

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Phone _____-_____-_____ E-mail: _____

Gender F M

Mileage goal: 125 250 500 750 1000 1500 2000

Basic	\$	\$20.00
+ Optional Jersey \$35.00: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL	\$	_____
+ MM Banquet \$15.00 <input type="checkbox"/> X \$15.00	\$	_____
TOTAL:	\$	_____

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	<table border="0" style="width: 100%;"> <tr> <td style="width: 30%;">Basic Membership.....</td> <td style="width: 10%;"><input type="checkbox"/></td> <td style="width: 30%;">\$20.00 single or</td> <td style="width: 10%;"><input type="checkbox"/></td> <td style="width: 10%;">\$30.00 family</td> <td style="width: 10%;">\$ _____</td> </tr> <tr> <td>Race Team add-on...</td> <td><input type="checkbox"/></td> <td>\$20.00 per racer</td> <td></td> <td></td> <td>\$ _____</td> </tr> <tr> <td colspan="6"> <input type="checkbox"/> Aggie Cycling Team member OR... <input type="checkbox"/> Junior Team member (no Race Team fee required for Aggies or Juniors) </td> </tr> <tr> <td colspan="5" style="text-align: right;">TOTAL AMOUNT DUE</td> <td>\$ _____</td> </tr> </table>	Basic Membership.....	<input type="checkbox"/>	\$20.00 single or	<input type="checkbox"/>	\$30.00 family	\$ _____	Race Team add-on...	<input type="checkbox"/>	\$20.00 per racer			\$ _____	<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					\$ _____
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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

THANK YOU

February 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/mar_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!



When does the bus come to Capay? Susan and Tim are still waiting....



FIRST CLASS



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



Davis Bike Club
610 Third Street
Davis, CA 95616