

# Changing Gears

Newsletter of the Davis Bike Club

April 2006

## Quick Releases

### Membership Meeting

Monday, April 24, 7:00 PM

Davis Waste Removal  
2727 2nd Street

(Please park bikes outside)  
Refreshments & Door Prizes!

### Directors Meeting

Monday, April 10, 7:00 PM

Davis Food Coop Conf. Rm.  
620 G Street

All Members Welcome

### Race Team Meeting

Wednesday, April 5

Davis Library, Blanchard Room

6:30 pm Race Team Board

7:30 pm Race Team

### NEXT Newsletter Submission Deadline

Saturday, April 15

Please email submissions to:

dbcnewsletter@gmail.com

## Welcome New Members

Will Brieger

Steve McCaffrey

Julie Morris

Ron Fader

Tatiana Olea

Gonzalez-Gunhan Family

K.S. McClelland

Mark Williamson

Tonya Fancher & Chris Gaston

Robert Derlet

Paul Mach

Milad Odabqei

Alison Kent & Allan Hollander

Lori Boettner

Kelly Hayes

Julian Wyss

## From the President

By Dan Shadoan

As the leader of the annual Tuesday/Thursday night riding series, I am using the President's column this month to let you know what to expect on these rides:

Welcome to the Tuesday-Thursday night training ride series! It's nice to have you back with us again or welcome, if you are new. We'll be riding every Tuesday and Thursday night until the end of daylight-savings time in the fall. We'll start at 5:00pm, for the first couple of weeks, from the east parking/service lot of Sutter-Davis Hospital on Covell Blvd. First ride of this year happens April 4th. This year marks the 17th consecutive year of the series, although the format and number of riders in the earlier years were quite different. Last year we had groups as large as 70 riders.

The general format includes a 10-mile double pace line warm-up at a social pace (18mph). A 2-3 mile sprint section followed by a re-group and social pace to the next 5-6 mile sprint section followed by another re-group and a social pace to the last 6-7 mile sprint section. The last sprint is followed by a re-group and cool-down ride back to Davis. At the beginning and end of the season this format may be modified due to lack of daylight, but the past few seasons have seen the starting time modified instead. Emphasis is always placed on safety. Last year the accumulated mileage for the series topped 50,000 rider-miles with no serious accidents.

When riding in a group it is very important to ride predictably and smoothly. This skill can be learned quickly and contributes to the safety of the group. To be smooth, avoid sharp braking, quick maneuvers, and quick accelerations or decelerations. To be sure, these may be necessary in an emergency, but an inexperienced rider can be a danger in a group if they ride unsteady in this fashion. Observe experienced riders and note how quiet and still their upper bodies remain while their pedaling continues smooth and constant with practically no pedal coasting.

See From the Prez, Page 2...

## April Meeting Program

By Diane Richter, VP

The April meeting of the Davis Bike Club will be the last one held at Davis Waste Removal. We've been encouraged to find a new place to meet, so, beginning in MAY, we will change not only the meeting place but also the week in which we hold our club meetings. For many years the club meeting was held on the first Monday of the month (unless that is a holiday, at which time the meeting was moved to the second Monday). Those of us who have been in the club for a long time have had difficulty switching our set-points from first Monday to fourth Monday, so now we're going back to the first Monday, starting in May. We will also be meeting in a new location, the Blanchard room at the Davis Public Library on 14th St. This May meeting will be just one week after the April meeting, and will be devoted to the Double Century organization. All rest stop captains, as well as other captains, should come to iron out last minute details, and all members who want to say they "did" the DC, without riding a bike for 200 miles, can come to sign up with the captains for specific jobs. This is a good opportunity to get some volunteer "points" as well as meet lots of fun people you'd never meet otherwise. Oh yeah, there's also a nifty free T-shirt in it for you; the riders have to pay for one of those prizes!

Back to the April meeting; our speaker will be Aaron Abrams of Burger Rehabilitation. Aaron is a physical therapist who will speak about injury prevention, as well as exercises for specific bicycle-related injuries and pains. He's gotten me back on my feet (literally in one case) several times, and is extremely knowledgeable. Come early for socializing and sharing stories of March's aches and pains.



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**From the Prez, from Page 1...**

When riding in a group, focus on being predictable. Predictability is the key to safety. No one wants a surprise from the rider six inches in front of him or her while traveling at over 20 mph. As a group rider, your first responsibility is to yourself, but your next responsibility is to the person directly behind you and to a lesser extent all the following riders. If you overreact because you weren't anticipating you'll have following riders on your back, literally as well as figuratively. If you have to stretch, tie your shoe, rest your butt or stop pedaling for any reason, wait until you are at the back. At the back of the pack you can do anything you want. Just wait until you get back there to do it.

When in front, you are the one that shelters the rest of the riders from the wind. You are the one that has the best view of the road and therefore you must be responsible for announcing road hazards. Warn others by both shouting and pointing to potholes, debris, obstructions and traffic.

Double pace lines are the standard for Tuesday-Thursday nights. We ride in that format for most of the ride excepting the sprint sections. We have adopted a variant style of double pace line that enhances the social flavor of the ride, especially during the earlier part of the season. In the Tuesday-Thursday night variation, two riders are paired and stay at the front for longer periods of time as compared to the pursuit-type of double pace line where speeds are high and single riders rotate after spending a little as 5 seconds at the front. Our version of social double pace line includes the front pair of riders pulling off together

to the same side, the windward side. This affects a narrower group and is intrinsically safer than the type where each front rider pulls off the front to his/her respective side.

When riding a double pace line, always ride so that your handlebars are next to the handlebars of the rider alongside you. Stay in line and don't leave large gaps between your front wheel and the rear wheel of the rider in front of you. When you decide, as a pair, to pull off the front of a pace line never slow down, but always accelerate gently until you are sure that you are clear of the rider behind you.

In a double pace line, pull off the front to the right or left side depending on the wind direction. Always pull off the double pace line into the wind. The front pair of riders pulling off will execute a transition from a double pace line to a single pace line of two riders. These two will slow and be passed by the pack. They will move onto the back of the pack having switched places, that is to say the rider who was on the left of the double pace line will now be on the right. Since they are always on the windward side of the pack they will shelter the pack slightly during this maneuver.

See From the Prez, Page 4...

**March Madness Musings, by Barry Bolden** limbs, beautiful clouds, snow, funnel clouds, other March Madness riders and road spray?

By the time you read this it might be too late to adjust your goals. However, the following is offered anyway.

- **Cheap Eats:** Costco has polish hot dogs for \$1.50 plus tax. No membership required.
- **Recent Live Citing:** Wild Turkey, Deer, Long Horned 4-legged shaggy thing, Ennui, squirrels, various flying creatures, Cows, Horses, Chickens, Sheep, Goats and ???
- **Recent Flattened (or about to be) Fauna:** Skunk, Squirrel, Possum, Beaver, blackbird and ???

What have you all seen besides rain, hail, falling efforts.

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](http://www.mikesbicyclecenter.com) for locations

or take advantage of the Repeat Customer Rewards Program at:



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

Changing Gears is the monthly newsletter of the Davis Bike Club, c/o B&L Bike Shop 610 3rd St., Davis, CA 95616. Find us on the web at [www.davisbikeclub.org](http://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](mailto:dbcmembership@gmail.com), [info@davisbikeclub.org](mailto: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](mailto:dbcnewsletter@gmail.com). Please check front page for deadlines. Submissions may be edited for length.



**Race Team Results  
by Janelle Gunther**

**Race Team Meeting  
by Joan Anton**

Name	Race	Category	Result
Janelle Gunther	Snelling RR	Women Elite 4	30/41
	CVC Kearney Park Circuit Race	Women Elite 3/4	17/24
Edan Levaton	Snelling RR	Jr. 15-16	4th
Karch (Shawn Miller's son)	ABA BMX Silver Dollar Nationals, Reno, NV	01/07/06 7/8 Mixed Open	3rd
		01/07/08 8 Intermediate	3rd
		01/09/06 7/8 Mixed Open	4th
		01/09/06 8 Intermediate	2nd
	Oak Creek BMX Roseville, CA	02/11/06 8/9 Intermediate combined	1st
		02/11/06 9 and under cruiser	1st
		02/26/06 8 intermediate	1st
Mitchell Trux	CVC Tollhouse TT	Elite 2	12th
	CVC Kearney Park Circuit Race	Elite 2	17th
	CVC Tower District Crit	Elite 2	~15th
	UCSB Crit	Men's collegiate A	3rd
	UCSB Road Race	Men's collegiate A	1st
Blake Anton	Snelling RR	Jr. 17-18	1st
	McLane Crit	Jr. 17-18	4th
	McLane Crit	Elite 3	50th
	McLane RR	Elite 3	20th
Matt Morenzoni	Snelling RR	Elite 2	Pack
	McLane RR	Elite 2	Flat
Eduardo Avelar	Valley of the Sun Stage Race - TT	Elite 4	75th
	VOS - RR	Elite 4	76th
	VOS - Crit	Elite 4	79th
	VOS - GC	Elite 4	73rd
Joe Karbowski	Snelling RR	Pro 1/2	Pack
	McLane Crit	Pro 1/2	60 <sup>th</sup> (pack)
Adam Ross	Martinez Crit	Elite 3/4	2nd
	Martinez Crit	Elite 2/3	pack
	McLane Crit	Elite 3	3rd
	JUST UGRADED TO CAT2!		
Eric Zeigler	MTB Challenge #2 Granite Bay 02/19/06	Single speed	7th

At the April 5 meeting of the Davis Bike Club Race Team and Junior Race Team, Marlia Braun will be speaking about racing, training and nutrition. Dr. Braun is a sports nutritionist with the UC Davis Sports Medicine Group. The meeting will start at 7:30 p.m. in the Blanchard Room of the Davis Branch of the Yolo County Public Library, 315 E. 14th Street. All are welcome.

**Junior Racing in Northern California and Nevada**

In 2006, for the seventh consecutive year, the Northern California Nevada Cycling Association is promoting a Junior Point Series for young male and female racers, ages 13-14, 15-16 and 17-18. There is a perpetual trophy engraved with the first place person's name. There are also medals and prizes for the top five riders in each category. Last year the prizes included cash and cool swag from many different bike shops and companies. Some previous sponsors include Art by Opsal--Brian Opsal, ClifBar, Sharkies, Galaxy Granola, CyclingTraining.com, GU Sports, www.LongsCycle.com, Rocknassium, and Voler. Several clubs and teams that are NCNCA members also generously supported this series last year.

For many years, the series was run by a parent of a junior cyclist in the East Bay. In 2005, yours truly, DBC'sers Steve Wick and Joan Anton, volunteered to run the series for two years. It was a challenge to organize everything but Steve and I are used to working together with our own juniors, so things went pretty smoothly. Steve collected data after each point series race and entered it into a work sheet, then had it uploaded to the NCNCA web site. Steve did a great job keeping track of each rider's standings and dealing with parents' and racers' changes and complaints, which usually had nothing to do with us (and more often had to do with race promoters and officials' results). I solicited cash donations and prizes to fund the series, communicated with NCNCA member teams and clubs about donating cash, ordered medals, tracked down trophies, etc. Steve and I assembled prize bags just prior to the final race of the season; last year this was the Golden State Crit in Rancho Cordova. We brought a portable podium to the awards ceremony and it was exciting to hand out 30 prize bags to these hard working teenagers as their reward for racing in the series, and they loved the "booty" and cash.

Steve and I are not only proud of our own 20+ juniors who are out there training and racing, but we are also encouraged by the 130+ juniors who participated in the Junior Point Series last year. The NCNCA has seen a great rise in the overall number of junior racers licensed in Northern California and Nevada. Safety is of utmost importance. We have tried to encourage other teams and clubs to promote junior cycling, donate to the Junior Point Series, arrange for skills clinics to help teach this young cycling population, and develop safe and sound cycling behavior, etiquette and sportsmanship. About 77 junior racers showed up at the Cherry Pie Crit this year, and 80 juniors raced in the Snelling Road Race on February 25. We expect more and more juniors to race as the season progresses. Results are on the ncnc.org web site.

**12/24 Event Coming Up  
by Patsy Inouye**

The Davis 12 Hour and 24 Hour Challenge is holding its 6th race this year on April 8-9, 2006. Its start/finish is at the Winters Community Center. The day loop is 160 miles of the Davis Double Century route, with a night loop of 19.6 miles around the orchards of Winters. Come to see this interesting process. As the riders ride the night loop, volunteers (Big Hint!) write down the time the rider(s) pass the start/finish on a big white board. This is a race to see how many miles a rider or team of riders can do in 12 or 24 hours. There is lots of camaraderie and good times. It has been a great training ride for riders who ride RAAM in the summer. So, riders still have time to register and volunteers still have time to volunteer! See you there.

*From the Prez, from Page 2...*

Executing a complete rotation of double pace line.

-o) -o) -o) -2) ---> Direction of travel  
 -o) -o) o-) -1) ||| (Wind)  
 |||

Rider (2) accelerates slightly more than (1) and pulls ahead of (1).

-o) -o) -o) ---> Direction of travel  
 -o) -o) o-) -1) -2) ||| (Wind)  
 |||

Rider (1) has pulled off behind rider (2).

-o) -o) -o) ---> Direction of travel  
 -o) -o) o-) -1) -2) ||| (Wind)  
 |||

The pair allows the pack to pass.

-o) o-) -o) ---> Direction of travel  
 -o) o-) -o) -1) -2) ||| (Wind)  
 |||

Rider (1) is now on the left as the rotation is completed

-1) o-) -o) -o) ---> Direction of travel  
 -2) o-) -o) -o) ||| (Wind)  
 |||

Tuesday-Thursday night pack size is 8 riders. There are many reasons for picking a smaller pack size, not the least of which is it allows separations between groups for passing cars to move into if there isn't enough distance to safely pass the whole group.

If you've never been in a rotating pace line before, ask loudly what you're supposed to do. Experienced riders are always willing to help you with additional details or local variations in signals.

Ride within your capabilities. Many riders who are "squirrelly" are trying to ride so hard that they cannot properly control their bike. If this occurs while you are holding on to the back of the pack, you are on the wrong ride; build up your strength on slower rides and try again in a month or two.

Often a new rider will try to stay at the front too long, or accelerate and pull too hard when at the front. Generally, one should pull at the same speed as the rider before you. Remember that you will need a bit of energy to re-attach yourself to the end of the pack after your pull. So don't pull until you are completely spent. Don't worry if you cannot spend as much time at the front as the others. Listen to your body and do what you can comfortably do. Let the stronger riders pull the longest if they want. You'll progress. We have 52 nights to ride this year.

**Race Team News**

There's lots of excitement in the air this year. Some new faces have brought a welcome influx of fresh energy and enthusiasm to the Davis Bike Club Race Team. We happily greet new racer and board member Janelle Gunther. She will be collecting race results each month and leading the effort to line up volunteers for the Davis Double in May, Dunlap Time Trial and June, the holiday Crit in July, and Foxy's Fall Century in October. Board member/Cat 2 racer/grad student Jesse Moore has corralled a group of Cat 2 and 3 riders into a strong force to be reckoned with. It was terrific to see more orange and blue at Cherry Pie, Snelling and McLane.

The race team is sorry to receive the resignation of director Dave Taillon. We all wish him well as he is currently working in post-Katrina effected areas in Mississippi. And, of course, that means we're looking for a new race team director, as well as someone to spearhead the July 4 Crit race. Are you good at delegating? Have some extra time to do some emailing? Come to a team meeting and volunteer!

The Junior Race Team is 20+ strong right now. Six of them traveled to Phoenix, AZ for a weekend of racing and solid results at Valley of the Sun in mid-February. Zach Wick swept the three stages in the 13-14 age group and finished 4:03 ahead of his next competitor. Go Zach! Two of our juniors spent a week in mid-March at USA Cycling's invitation-only Spring Training Camp. They learned about the qualification and selection processes for the junior national team that represents the USA racing in Europe in August, participated in some casual rides, and competed in a few time trials against other potential national team members in the rolling hills of dry southwest Texas. Qualification races continue this summer; two of our eligible junior racers, Blake Anton and Joseph Iannarelli, plan to race in Fitchburg, Massachusetts and at Nationals in Pittsburgh in July, in a continuing effort to be selected. What an honor just to participate in the process! At least four other juniors will also be traveling to Nationals.

It is fabulous to have a strong group of developing junior racers, often being led on rides by volunteer parents, Aggies and adult members of the race team. It is hard to explain to teenagers why overnight success in racing is unlikely to happen. A brand new Little League player is unlikely to hit a home run in his first at bat, or even his first game, or even his first season. As some of our more seasoned racers clarify, racing is a learning process. It may take a racer years and years to feel like they have "gotten somewhere." Our young, developing juniors are well on their way! We had 14 juniors race at Snelling Road Race on February 25 and we took first place in all three juniors' categories. Brian Floyd, Tom Kellner and Roland Freund also raced, as well as several Aggies in their DBC kits. Keep the rubber side down, everyone.

**UCD Bike Auction**

The public is invited to attend the biannual University of California, Davis Bicycle Auction on Saturday, April 29, 2006. Nearly 400 bicycles of various types, conditions, and manufacturers will be available for sale to the highest bidders. Mostly "fixer-uppers". Good source of "beater bikes", older cruisers, 10-speeds, 3-speeds, and lower end mountain bikes. The bicycles may be viewed from 8 - 9 a.m. with bidding getting underway at 9 a.m. and lasting until all items are sold.

The auction takes place behind the UC Davis office of Transportation and Parking Services on Extension Center Drive off of Hutchison Drive between Highway 113 and La Rue Road. Directions: Take Interstate 80 towards Davis. Exit Hwy. 113 North and then exit Hutchison Dr., UC Davis. Follow "Auction" signs to parking and auction site. Cash or checks accepted, all items sold "as is, where is". For further information, call the UC Davis Transportation & Parking Services Bicycle Program Coordinator at (530) 752-BIKE (752-2453) or visit <http://www.taps.ucdavis.edu/BICYCLES.HTM>. E-mail: [dltakemotoweerts@ucdavis.edu](mailto:dltakemotoweerts@ucdavis.edu)

**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.



News of DBC  
Jersey Rides & Tours

The Tour Turn

By Bruce Dewey, Touring Director

Now in the midst of March Madness, I've just enjoyed an easy ride out to Winters exchanging greetings with many other cyclists on the road wearing DBC jerseys. I think March Madness is the best thing the club does each year, providing fitness, camaraderie, and a lot of fun for all participants. We owe a big thank-you to Barry Bolden, Dan Shadoan, Bill Roe, John Seabury, and the rest of the March Madness committee for their many hours of work to make this happen. Most of all, we thank the good and generous sponsors who have made possible the considerable philanthropy connected with March Madness. We'll be looking for volunteers to help with fitting all those new helmets for the deserving kids with their bright smiles.

Hey, how about Davis, California being recognized in the March, 2006 Bicycling Magazine as the nation's best small town, meaning under 75,000 population, for bicycling? Portland, Oregon is best overall in their list, while summer tour destination Eugene, Oregon is in second place in its category, 75,000 to 200,000. Bicycling's list is based on

- Cycling friendly statistics, which count bike lanes, bike racks, and other infrastructure
- Bike culture such as clubs, cycling events, number of commuters, and good bike shops
- Climate and geography conducive for riding

as well as opinions gained by surveying various national bike group experts and polling more than 600 readers. It's clear that DBC's dedicated corps of volunteers has been a central factor over the years in providing the synergy that brought yet another bicycling honor to Davis.

I would venture that part of being the best cycling town should include being the safest. Recently, one of our members received a \$160 traffic ticket and a safety lecture for a stop-sign violation on the way to a club ride. This was on a Wednesday morning at a four-way stop intersection three blocks north of campus. Although our member braked, slowed, and checked for other traffic, a police car staked out there went unnoticed. Wouldn't it be far better for bicycle safety if our law enforcement officers would be assigned to watch for automobile drivers running stop signs on low-traffic streets like Montgomery? What about all those bike riders darting around downtown at night with no lights or helmets? Good weather will soon be here. Why not plan on doing some extra bicycling with the club? Our rides and tours are simply the best. For April, we have the three great tours listed in the ride schedule in addition to the 12-24 challenge. There are even two jersey rides to get you out of town. If riding the 12-24 is not your cup of tea, why not volunteer to help at a rest stop?

Two of the three summer DBC tours filled right up at the touring meeting on February 27. The Italian tour, September 16 to October 7, has a short waiting list according to Dan Barcellos, co-captain along with Liese Schadt. This tour flies in and out of Rome, with a chance to visit this city at the beginning and end of the tour. A rail transfer up to Tuscany starts of the tour, which includes places including Pisa, Florence, Siena, and Assisi with mostly two night stops that afford great flexibility. The DBC price of \$3,100 including airfare is a half to a third the cost of a comparable commercial bicycling trip. Our past experience is that most wait-listed members do get to go. Replacements available on a list make for a win-win situation for all involved.

The club's Oregon Coast tour, July 9 to 15, is also full, but there is no waiting list. Chances are excellent that any others who want to go can be accommodated. This tour starts with a train transfer to southern Washington, where we ride along the Columbia out to Astoria. The renowned Pacific Coast bicycle route and a dependable tailwind take us down as far as Newport, where we return inland through Corvallis. A fixed fee of \$325 covers lodging and sag-luggage service. More details are available from Marilyn and me. *See tour description on page 10.*

Our August tour of the San Juan Islands in Washington and the Sannich peninsula of British Columbia still has some room. This year the dates are August 5 through August 12. Our three nights in Sidney, BC are at a neat new place right on the harbor. In response to comments from last year's participants, we now will spend three nights at the bed and breakfast in Friday Harbor. This tour is for everyone, as there are no fixed routes or daily mileages -- just lots and lots of great places to ride and good people to ride with. This tour is runs about \$300, depending on the accommodations you need. You may find out more from Marilyn and me. *See tour description on page 10.* **Volunteers are always welcome to organize and lead rides and tours. It is not too early to start thinking about next year. Ideas? Let me know.**

DBC members who pay registration fees for any of these rides and participate wearing a DBC jersey are eligible for partial reimbursement of their expenses. Within 72 hours after finishing a jersey ride, you need to send an email to [jerseyride@davisbikeclub.org](mailto:jerseyride@davisbikeclub.org) stating your name, the amount you paid, the distance you rode. In October of this year, the funds available for jersey ride support will be rationally distributed to the participants. Continuous club membership for the entire year is required.

## 2006 Jersey Rides

Sat	April 1	Party Pardee
Sat	April 29	Devil Mountain Double
Sun	April 30	Chico Wildflower
Sat	May 6	Wine Country Century
Sun	May 7	Grizzly Peak
Sat	June 3	Sierra Century
Sun	June 4	Sequoia Century
Sat	June 17	Terrible Two
Sat	July 8	Death Ride
Sat	August 5	Marin Century/Mt Tam Double
Sun	August 6	Shasta Summit Century
Sun	August 20	Tour of the Napa Valley
Sat	Sept 16	Knoxville Fall Classic Double

- [www.bikehikers.com](http://www.bikehikers.com)
- [www.diablocyclists.com](http://www.diablocyclists.com)
- [www.chicovelo.com](http://www.chicovelo.com)
- [www.src.com/wcc.html](http://www.src.com/wcc.html)
- [www.grizzlypeakcyclists.org](http://www.grizzlypeakcyclists.org)
- [www.sacwheelmen.org](http://www.sacwheelmen.org)
- [www.westernwheelers.org](http://www.westernwheelers.org)
- [www.src.com](http://www.src.com)
- [www.deathride.com](http://www.deathride.com)
- [www.marincyclists.com](http://www.marincyclists.com)
- [www.shastasummitcentury.com](http://www.shastasummitcentury.com)
- [www.eaglecyclingclub.org](http://www.eaglecyclingclub.org)
- [www.quackcyclists.com](http://www.quackcyclists.com)

# April 2006 Ride Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> Wheelworks/MC RH Phillips Winery Party Pardee
<b>2</b> Sun. Training Nifty Ten-Fifty Putah Creek Café Solano Baking Co Day in Napa	<b>3</b> Early Bird Zamora & More	<b>4</b> Mocha Joe Loop Race Ride	<b>5</b> Solano Bakery Women's Wed. <b>RACE TEAM</b>	<b>6</b> Steady Eddy's Winters Dinner Race Ride	<b>7</b> Early Bird Vacaville Café	<b>8</b> Wheelworks/MC Singles Spin
<b>9</b> Sun. Training	<b>10</b> Early Bird Zamora & More <b>DIRECTORS MTG</b>	<b>11</b> Mocha Joe Loop Race Ride	<b>12</b> Solano Bakery Women's Wed.	<b>13</b> Steady Eddy's Winters Dinner Race Ride	<b>14</b> Early Bird Vacaville Café Start of Foothills Fattire Tour	<b>15</b> Wheelworks/MC Third Saturday <b>NEWSLETTER DEADLINE</b>
<b>16</b> Sun. Training	<b>17</b> Early Bird Zamora & More	<b>18</b> Mocha Joe Loop Race Ride	<b>19</b> Solano Bakery Women's Wed.	<b>20</b> Steady Eddy's Winters Dinner Race Ride	<b>21</b> Early Bird Vacaville Café	<b>22</b> Wheelworks/MC
<b>23</b> Sun. Training Putah Creek Café	<b>24</b> Early Bird Zamora & More <b>MEMBERSHIP MTG</b>	<b>25</b> Mocha Joe Loop Race Ride	<b>26</b> Solano Bakery Women's Wed.	<b>27</b> Steady Eddy's Winters Dinner Race Ride Start of Coast Tour	<b>28</b> Early Bird Vacaville Café	<b>29</b> Wheelworks/MC Devil Mtn DC Back to Vacaville
<b>30</b> Sun. Training Chico Wildflower						

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

# April 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](mailto:boliverb@dcn.org)

Ride to Zamora and enjoy mini mart delights before returning to Davis.

##### TUESDAY >> Mocha Joe's Country Loop

8:30 am start -- T1/P3/35 mi

Gerry Peterson, 756-1254 or

[gnipeter0856@juno.com](mailto:gnipeter0856@juno.com)

9:00 am start -- T1/P4-5/35 mi

Phil Coleman 756-4885 or

[coleman6@pacbell.net](mailto:coleman6@pacbell.net)

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

##### WEDNESDAY >> Solano Baking Company -- Dixon

8:30 am start -- T1/P3/35 mi

Dan & Sharon Cucinotta, 756-1711 or

[scucher@aol.com](mailto:scucher@aol.com)

9:00 am start -- T1/P4-5/39 mi

Phil Coleman, 756-4885 or

[coleman6@pacbell.net](mailto:coleman6@pacbell.net)

South to Dixon past the orchards and fields, then relax at the Solano Baking Company in Dixon.

##### THURSDAY >> Winters - Steady Eddy's

8:30 am start -- T1/P3/30 mi

Gerry Peterson, 756-1254 or

[gnipeter0856@juno.com](mailto:gnipeter0856@juno.com)

9:00 am start -- T1/P4-5/30 mi

Phil Coleman, 756-4885 or

[coleman6@pacbell.net](mailto: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 or

[larryburdick@netzero.net](mailto:larryburdick@netzero.net)

Ride with "The Legend" through the rolling hills to and from Vacaville.

##### Early Bird Special\*

Monday//Friday, 6:15 am

T1/P3/20 mi

Jack Kenward, 753-9329 or

[kenward2@dcn.org](mailto:kenward2@dcn.org)

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

##### Tues/Thurs Race Ride\*

Tues/Thurs, 5:00 pm

T3/P6/38 mi

Dan Shadoan, 219-0177 or

[djshadoan@ucdavis.edu](mailto:djshadoan@ucdavis.edu)

The famous training ride series is now 17 years old! Come out for serious training two nights a week. 8 mile warmup ride, followed by three sprints with regrouping between. Learn proper race technique, group riding, and paceline. Meet at Sutter Davis Hosp, East Side Service Entrance Lot.

##### Women's Wednesdays\*

Wednesdays, 9:00 am

T1/P3-4/20-30 mi

Marilyn Dewey, 753-9188, or

[deweyms@hotmail.com](mailto: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](mailto:pwgrant@ucdavis.edu)

Meet at bike path at Lake and Russell. With winter rapidly approaching it is time to dust off your mufflers 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\*

April 1, Saturday, 10:00 am

T2/P3/45 mi

(no designated ride leader this month, but there will still be a ride)

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

##### Second Saturday Singles Spin

April 8 (2nd Saturday), 9:00 am

T1/P3/ 30-50 mi

Jay Bauer, 753-9894 or

[jaybauer@gmail.com](mailto: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

April 15 (3rd Saturday), 9:00 am

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

David Joshel, 756-7409 or

[davidjoshel@hotmail.com](mailto: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

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

##### Party Pardee\*

April 1, Saturday, 7:00 am

T1-4/P?/ 26/65 mi

no designated ride leader

DBC Jersey Ride. See [sacwheelmen.org](http://sacwheelmen.org) for more information. (Ride registration closed as of 3/15/2006). Within 72 hours after finishing a jersey ride, send an email to [jerseyride@davisbikeclub.org](mailto:jerseyride@davisbikeclub.org) stating your name, the amount you paid, the distance you rode. In October the funds available for jersey ride support will be rationally distributed to the participants. Continuous club membership for the entire year is required.

##### Nifty Ten-Fifty\*

April 2, Sunday, time TBA

T6/P real slow/50 mi

Bill Dunn, [cfcycle@yahoo.com](mailto:cfcycle@yahoo.com)

This is a totally ridiculous ride up some of the steepest climbs in the Berkeley Hills area sponsored by the Santa Rosa Cycling Club. It will gain you 10,000 ft of climbing in 50 miles. If for some crazy reason this interests you, email the Ride Leader and he'll give you more details. See [http://www.srcc.com/cgi\\_bin/alpina.pl](http://www.srcc.com/cgi_bin/alpina.pl). NOT A DBC JERSEY RIDE!

##### Putah Creek Café

April 2, Sunday, 9:30 am

T1/P2-3/ 30 mi

Diane Richter, [bdrichter55@gmail.com](mailto:bdrichter55@gmail.com)

Ride slow or moderately to a great breakfast at Putah Creek Cafe. Afterwards, those who have oats to burn can do a loop around Lake Solano before returning to Davis.

##### A Day in Napa\*

April 2, Sunday, 9:30 am

T3-5/P3/41 mi

Jim & Wendy Homerosky, 297-7455 or

[jhomerosky@aol.com](mailto:jhomerosky@aol.com)

Join Jim & Wendy for a slow-paced, social tour through Napa County. The first half of the ride will offer some challenge (T5) as we bike up Dry Creek Road and Oakville Grade. We'll then drop down to the valley and enjoy a light lunch at the Bouchon Bakery in Yountville. The rest of the ride is a pleasant and easy spin (T3) through the area's many vineyards. We might take in a winery if the group is interested. Call or email for directions and car pool info.

## Changing Gears

## April 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

#### Solano Baking Company

April 2, Sunday, 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.

#### Foothills Fattire Weekend\*

April 14-16, Friday-Sunday, 9:00 am  
T1-5/P1/?? mi  
Robi Pochapin, 750-1787 or  
rpochapin@yahoo.com

This is a tour for advanced mountain bikers (I know you're out there) and will be conducted exclusively off road. Ride singletrack for two days on the South Yuba River Trail, camp two nights@ the BLM South Yuba campground. Easter Sunday drive to Downieville for more of the Sierra's finest singletrack (probable shuttle to Sierra Buttes). Call or email Robi to RSVP and arrange carpool. Ride meets @ the Davis Coop @ 9AM.

#### Putah Creek Café

April 23, Sunday, 9:30 am  
T1/P2-3/30 mi  
Diane Richter, bdrichter55@gmail.com

Ride slow or moderately to a great breakfast at Putah Creek Café. Afterwards, those who have oats to burn can do a loop around Lake Solano before returning to Davis. If you haven't quite gotten out of the March spirit you can extend the breakfast ride and meet the afternoon coffee crowd in Dixon (see below). Eat to Ride, Ride to Eat.

#### Ed Martin Weekday Morning Ride Series Expands Additional Starting Time Begins Tuesday, April 4, 2006 By Gerry Peterson

This long running and very popular ride series will expand by adding an 8:30 AM starting time to the regular routes on Tuesday, Wednesday and Thursday. The new first start group will follow the regular and well-established routes to Mocha Joe's on Tuesday; Solano Baking Company on Wednesday; and Steady Eddy's on Thursday.

The 8:30 AM first start group will adhere to the P 3 ride classification protocols: (1) speed 12 - 16 mph; (2) moderate, conversational pace; (3) solid riders; (4) absolutely no one left behind; (5) riders will regroup at least once and perhaps twice along the various routes. Riders wishing to cycle at a faster pace will continue to start at 9:00 AM and will breeze along at P4 and P5 - 16/21 mph. If necessary and as experience dictates, the first start group will adjust the three routes slightly so as to arrive at the relaxing spots at approximately the same time as the 9:00 AM starters.

All rides and both starting groups will continue to convene at Starbuck's near Davis Sutter Hospital. The first start group commences on Tuesday, April 4 at 8:30 AM and will continue until Thursday, November 30, 2006. The first start rides will operate only from April to November. They will be in winter hibernation during December to March. See the April DBC ride calendar and ride description elsewhere in this month's Changing Gears for the complete listing. Contact any of the listed ride leaders for specific information on any of the rides in the entire Ed Martin Weekday Morning Ride Series.

#### Coast Tour

##### (formerly Santa Barbara Tour)\*

April 27-May 4, Thurs-Thurs, time TBA  
T varied/P3/ 550 mi  
Bob Brouhard, bobbrouhard@sbcglobal.net  
The "Coast Tour" (formerly known as "The Santa Barbara Tour") has been lengthened both in time and distance and designed to accommodate club members who wish to ride all eight days but can only manage a day or two with us. Its route closely follows that of Amtrak's "Coast Starlight" which can be taken to either join the tour, as an exit vehicle or both (see [www.amtrak.com](http://www.amtrak.com)). We will depart Davis on Thursday, 4/27, with an overnite stop in San Francisco. Subsequent consecutive evenings will find us in Santa Cruz, Big Sur, Cambria, Pismo Beach, Solvang, Summerland and on 5/4 in Santa Monica (between 55 and 75 miles each day). The ride has rollers, one or two "Cardiacs" and a couple of "Cantelows" but mostly its flat or has gently rolling hills; and just maybe a big tailwind will greet us as we cruise past Hearst Castle and hundreds of elephant seals. This tour is limited to twelve (12) riders committed to the entire eight (8) days but can accommodate more single or a-couple-of-day riders.

#### Devil Mountain Double Century\*

April 29, Saturday, 5:00 am  
T ugly/P fast/ 200 mi  
no designated ride leader  
DBC Jersey Ride. See <http://quackcyclists.com/Dmd06/Dmd2006.htm> for more information. Within 72 hours after finishing a jersey ride, send an email to [jerseyride@davisbikeclub.org](mailto:jerseyride@davisbikeclub.org) stating your name, the amount you paid, the distance you rode. In October the funds available for jersey ride support will be rationally distributed to the participants. Continuous club membership for the entire year is required. Starts in San Ramon

#### Back to Vacaville

April 29, Saturday, 9:00 am  
T3/P3-4/ 60 mi  
Bruce & Marilyn Dewey, 753-9188 or  
[deweyms@hotmail.com](mailto:deweyms@hotmail.com)

Use legendary roads like Pleasant's Valley for a fun ride down through Solano County to Vacaville. Bring money for a deli stop at good old Diggers.

#### Chico Wildflower\*

April 30, Sunday, 6:00 - 8:00 am  
T 1-5/P ?/ 15, 30, 60, 65, 100 mi  
no designated ride leader  
DBC Jersey Ride. See [chicovelo.org](http://chicovelo.org) for more information. Within 72 hours after finishing a jersey ride, send an email to [jerseyride@davisbikeclub.org](mailto:jerseyride@davisbikeclub.org) stating your name, the amount you paid, the distance you rode. In October the funds available for jersey ride support will be rationally distributed to the participants. Continuous club membership for the entire year is required. Starts at Chico Fairgrounds.

### Volunteers Needed for Double Century on May 20

*The Davis Double will be held on Saturday May 20. This ride would not be possible without all the volunteers. We will need people to work at one of the 10 rest stops, as well as other locations. This is a great opportunity to participate in the major club event of the year, see the DC up close and personal (without having to ride 200 miles), enjoy the camaraderie of other DBCers, and also get a cool t-shirt to add to your collection. For an assignment please contact Stu Bresnick at [hfhstu@omsoft.com](mailto:hfhstu@omsoft.com).*

### Ride to the Wine Country Century by John Whitehead

On Friday May 5, a few of us will be cycling to Santa Rosa for Saturday's Wine Country Century. Betty Jane Polk has agreed to provide outbound SAG support on Friday, and the Huber/Whitehead team will SAG the optional ride back to Davis on Sunday. What else could we call this club-sponsored tour but Cinco de Vino? Italian bicycles are optional. If interested, contact John Whitehead, [jcw@dcn.org](mailto:jcw@dcn.org). The signup for the Wine Country Century is separate from the tour, see [www.srcc.com](http://www.srcc.com).

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



## Night Rider Rides Again, Part 2 by John Whitehead

Part 1 of this article lamented that high tech bicycle lights are fleeting, considering custom rechargeable battery packs that gradually become useless like a particular version of software. In short, the joy of owning the night faded with the realization that we didn't entirely own the light. In my case, these events led up to hatching a scheme for rebuilding a custom 4.5 amp-hour battery pack. The plan was to use ten AA size NiMH (nickel metal hydride) cells rated at 1.2 volts and 2.5 amp-hours each, to obtain 5 amp-hours at 6 volts, in theory better than the original. I had put off dissection of the Smart Battery (TM) for years, for fear of destroying something I had paid good money for and didn't fully understand. Voltmeter measurements on the 3-conductor plug indicated that the third wire was connected in some way to indicate the level of charge. My guess was a resistor in series with a diode on the negative terminal.

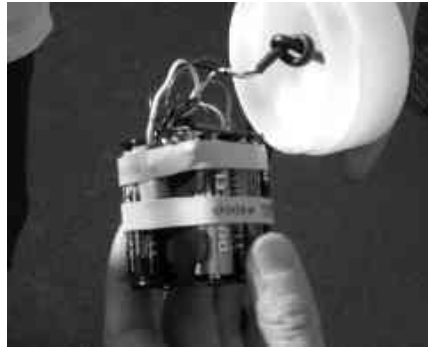
When the time finally came in late January 2006, I got the knife out of the drawer, but successfully pried and pulled the gray plastic off like a sock without cutting it. There they were, 5 large NiMH cells (industrial size 4/3 A, not sold to consumers) labeled 4500 mAh. However, the "resistor and diode" turned out to be a small circuit board having about 10 electronic components, taped to one of the cells. Hmm, what's this little 8-legged microchip, I wondered. The small red wire for the fuel gauge (and perhaps the charger as well) was soldered to a point on the board labeled "data." Poking around with the voltmeter made some unusual blinking sequences appear on the fuel gauge display. Numerous diagnostic codes had apparently been built into the circuitry, beyond the things told to the customer. Digitally speaking, I was in over my head, but reminded myself that all I had to do was preserve and re-use everything but the battery cells themselves.

Doubt about eventual success crept in when the voltmeter probe slipped slightly and a little puff of smoke arose from one of the 3-legged things on the circuit board. Worse moments, however, occur when a decision is required beyond one's understanding. On my hand there was a spot of white goop, which had been between the 8-legged microchip and the battery. I realized it must be thermally conductive grease, which could have been intended to keep the microchip from overheating, or perhaps a battery temperature sensor was contained within the chip. But which?

There were several points that needed soldering, mostly at the ends of the wires that emanated forth from the AA battery holders bought at Radio Shack (a pair for 4 cells each and a pair of singles). After all the loaded

battery holders were dropped into the parmesan cheese container, the lengths of the wires turned out such that the tiny circuit board would not reach to the batteries. For the sake of expediency, I hoped that the 8-legged chip was not a temperature sensor, and simply needed to be attached to something that would cool it. A small chunk of aluminum and 3 zip-ties later, the new battery pack was ready for its first charge.

The red light on the MicroBrute (TM) charger turned green after exactly 4 anxious hours. However, the lamp's fuel gauge, instead of showing 4 green bars indicating "full," merely glowed red. I cautiously ran the light at the low 6-watt setting, anyway. With each passing hour mark, I imagined the thrill in the Edison



lab when the long-life incandescent breakthrough occurred. Light came out for 5.5 hours times 6 watts = 33 watt-hours = 6 volts x 5.5 amp-hours, eureka! The second charging cycle took 4.25 hours, and the digital fuel gauge indicated 100%.

At that point, I abandoned further caution and took it out on the bicycle, in total darkness, only to find that my work wasn't quite finished. Bumps in the road sent the system into power-save mode, 6 watts with the fuel gauge blinking red. It could be restarted again at the full 15 watts, so the likely explanation was a loose connection. The original set of batteries had been spot welded together, but the new AA cells were held between springy battery clips. I also suspected the possibility of poor electrical contact where the battery cable plugs into the side of the lamp housing.

Separately banging the lamp and the battery pack on the kitchen table, then jiggling the cable, while connected and running, made it clear that the NiMH cells were bouncing off the contacts in the battery holders. That resulted in the bright idea to put some foam around the batteries. However, vibration proofing suddenly became the second priority. On the third recharge, something unexpected and unfortunate happened. The charger kept going past 5 hours while I foolishly watched for its light to turn green. The batteries got very hot, warping both the battery holder plastic and the thin container. Droplets of

condensed mist were visible through the clear plastic. Hot substances expand and ultimately vaporize, increasing pressure. Charging a battery is a matter of converting chemicals to a more energetic state. When all the chemicals inside a cell are fully converted, then the laws of thermodynamics require that further energy input be converted into heat. The laws of consumer product safety require that overheated batteries not explode. Hence, there is a tiny built-in safety valve at the top of each cell to relieve the pressure. It turned out that 6 of the 10 cells had oozed liquid out to the absorbent felt pad that surrounds each positive terminal, turning the felt a darker green. A certain seven-year-old declined an invitation to jump on the tandem and ride downtown to buy more battery holders. Thus he instead received a lesson in thermoforming of polyethylene (number 2 plastic to those who recycle). It was simply a matter of dipping the battery holders into boiling water, then twisting and squeezing until they were straight again. I myself received a lesson in thermoforming of polyester (number 1 plastic). The water-bottle-sized cheese container instantly shrank in hot water.

I guessed that the 8-legged microchip was supposed to be sensing battery temperature to turn off the charger. Subsequent steps included installing 6 new AA cells, and reconfiguring the wires so the chip could touch one of the cells. The resulting neat little package of battery holders and circuit board surrounded by rubber bands looked almost professional. However, it did not quite fit through the opening of a second cheese container that had specifically been emptied for the purpose.

Fortunately, another carbo-loading byproduct, steel tomato cans, also fit nicely in water bottle cages (thank goodness for standardization). A can opener leaves an opening equal to the full diameter, so the assemblage of 10 AA cells was easily lowered in. Incidentally, plain canned crushed tomatoes are not bad on pasta if one is in a hurry. It rates at least a 6 out of 10, where 10 represents your favorite inherited recipe and 1 represents catsup.

To be continued...



## Rice Valley Tandem Rally by Chris Lupo

On Sunday February 12, my wife Jennifer and I participated in our first organized tandem event, the Rice Valley Tandem Rally put on by our bike club neighbors to the north, Chico Velo. Our friend and new DBC member John came along (on a single bike), and we chose to ride the ~60 mile option around Sutter Buttes. Though called a tandem rally, single bikes were welcome, and subject to ridicule. I heard lots of interesting terms for single riders including "wheel-sucker", "leech", and my personal favorite, "klinging".



I have to admit I was kind of hoping for a complete tandem geek-fest, full of philosophical discussions with other tandem riders on tandem related issues. Is in-phase pedaling better than out-of-phase? How about independent drive systems? I wanted to see people in matching outfits on quads and triples and bikes with outrageous geometries. I thought there would be at least a few recumbents and maybe even a trike. However, if there were such bikes on the ride, we didn't see them. There were bikes with beautiful paint jobs, to be sure. But every bike we saw was set up just like ours. There were a good number of tandems, but not as many as we had hoped to see. Of the ~180 registered riders, my best guess is that there

were about 40 tandem teams.

It's understandable why the turnout was relatively small. It's quite early in the season, and the weather could have easily been dismal. But the weather was instead remarkable. Well into the 70's by midday with light winds, though we did hear some grumbling. The riding was nothing short of fantastic, with a mostly flat course (good for tandems) with pleasantly twisting country roads with little to no traffic. The almond orchards were in full bloom with their white pedals, and the mustard glowing yellow underneath. All that with the wonderful Buttes always on the right! Kudos to the Chico Velo club, the food was exceptional, though having only one rest stop over that many miles made for hungry people at the end.

I was pleased with the ride in general, but a tandem rally in which less than half of the riders are tandem riders begs the question, where is California's premier tandem event? If the answer to that question is the Rice Valley Tandem Rally, then the DBC has a unique opportunity. Davis has the terrain and the reputation to attract tandem riders (and klingons) from all around the country. Pick a weekend that doesn't interfere with other DBC signature events, but when the weather is still great, say April, or mid to late September. Imagine hundreds of tandems blasting through town and the surrounding countryside. Even people that don't ride will be entertained by a sight like that. To celebrate Davis' recent Platinum level cycling status, the event might be called the Double Platinum Tandem Rally.

I'm musing, sure, and I'll be the first to admit that I'm pretty green when it comes to tandem events. But I think it would be really cool. Then I could get my tandem philosophy fix.



### OREGON COAST TOUR

July 9 -16, 2006. Six days riding, 313 miles or more.

- July 9 Sunday night in Eugene.
- July 10 Early Monday morning Amtrak Cascades commuter to Kelso-Longview, WA. Ride 57 mi to Astoria along both sides of the Columbia River, crossing from Washington to Oregon on the Cathlamet Ferry. Overnight in Astoria.
- July 11 Tuesday: Stop at Ft Clatsop, winter quarters for Lewis and Clark. Also stop at Lewis and Clark salt works in Seaside. 42 miles total. Overnight in Manzanita.
- July 12 Wednesday: Pass Tillamook and follow the Three Capes route (off the main road) along coast to Pacific City. Full Route 62 miles. An easier option is 7 miles shorter. Lodging in Pacific City.
- July 13 Thursday: Ride 50 miles on coast route from Pacific City to Newport, which has the renowned aquarium. There are two very scenic bypasses off the main highway. Lodging in Newport.
- July 14 Friday: Ride 59 miles using some inland back roads to Corvallis for overnight.
- July 15 Saturday morning: Return a very flat 43 miles to Eugene using county roads on the east side of the Willamette River.

Limit is 16 people. Cost for six nights lodging and luggage/sag service \$325. Participants pay their meals besides breakfast, train and ferry fares. Eugene is about a seven-hour drive up I-5. The Amtrak Coast Starlight leaves Davis late Saturday night, arriving midday Sunday in Eugene. The return leaves Eugene late afternoon on Saturday, arriving in Davis early Sunday morning. Trip captains are Bruce and Marilyn Dewey, 530-753-9188 or [deweyms@hotmail.com](mailto:deweyms@hotmail.com)

### SAN JUAN ISLANDS TOUR

August 5 - 12, 2006. Seven days riding, distance varies.

- Aug. 5 Saturday night in Anacortes, WA
- Aug 6-9 Sunday morning ferry to Sidney, BC. Hotel on waterfront near the ferry terminal for Sunday, Monday, and Tuesday evenings. Bike rides will be available to Victoria, Butchart Gardens, Sannich Peninsula, and Saltspring Island.
- Aug 9-12 Afternoon ferry to Friday Harbor, San Juan Island, WA. Hotel 1 block from terminal for Wednesday, Thursday, and Friday evenings. Impromptu bike rides on San Juan Island, Orcas Island, and Lopez Island.

Discounted blocks of rooms for 16 people have been reserved at hotels in Anacortes, WA Sidney, BC, and Friday Harbor, WA. Participants will pay for their own rooms and carry backpacks on the ferries between ports since no sag is needed. Cost of accommodations (breakfast included) and ferries is about \$300 per person, double occupancy. Please contact Bruce and Marilyn Dewey, 530-753-9188 or [deweyms@hotmail.com](mailto:deweyms@hotmail.com) for more details on this tour.

## 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](http://www.DavisBikeClub.org)

<i>Action Type</i>	<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)	
		<b>TOTAL AMOUNT DUE</b>	\$ _____

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

**Changing Gears**

# DBC Member Classifieds & Announcements

THANK YOU

## March Ride Leaders

**JACK KENWARD** • Barry Bolden • Gerry Peterson

PHIL COLEMAN • Dan Shadoan • Larry Burdick

Anne Huber • Terry Monges • David Joshel

Paul Grant • **LINDA PETERSON** • Marilyn Dewey

Dan & Sharon Cucinotta • Rich & Liz Boettner • Steve Macaulay

Michael Tigges • **JOHN WHITEHEAD** • Jim & Wendy Homerosky

JEFF & NANCY HALL • John & Mary Seabury • Jean & Alan Jackman  
John, Anne & Bill • Stu Bresnick

**Don't forget the Changing Gears web photo supplement:**

[http://www.pbase.com/g2\\_steve/apr\\_2006\\_dbc](http://www.pbase.com/g2_steve/apr_2006_dbc)

## A Brief Guide to DBC Online

Website: [www.davisbikeclub.org](http://www.davisbikeclub.org) ←  
 Club email list: [dbc-subscribe@dbclist.org](mailto:dbc-subscribe@dbclist.org)  
 Send to all subscribers: [dbc@dbclist.org](mailto:dbc@dbclist.org)  
 Remove from list: [dbc-unsubscribe@dbclist.org](mailto: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](http://www.davisbikeclub.org)). It is a PDF file (you'll need the free Adobe Acrobat Reader). File size is about 200k, downloadable even if you have slower dialup connection.



**Join a DBC Tour today!**



## 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](mailto:dbcmembership@gmail.com)



**Davis Bike Club  
 610 Third Street  
 Davis, CA 95616**