

Changing Gears

Newsletter of the Davis Bike Club

November 2006

Quick Releases

Membership Meeting

Monday, November 13, 7:00 PM
 Davis Public Library
 Blanchard Room
 315 East 14th Street
 (Please park bikes outside)
 Refreshments & Door Prizes!

Directors Meeting

Monday, November 13, 7:00 PM
 Davis Public Library
 immediately after membership meeting
 All Members Welcome

Race Team

(Board Meeting Only)
 Wednesday, November 1
 Davis Library, Blanchard Room
 6:30 pm Race Team Board

NEXT Newsletter Submission Deadline

Friday, November 17
 Please email submissions to:
 dbcnewsletter@gmail.com

Ride Schedule Submittals

Wednesday, November 15
 dbcridecal@gmail.com

Letter from Home to President Dan by John Whitehead

Dan,

Here is an update on a few club activities since you were called away unexpectedly in late September. I have not heard much detail, other than that a helicopter was sent to meet you, so it must have been something important.



In your absence, preparations for Foxy's Fall Century have continued to go very well. John Hess has done a heckuva job organizing it all. One memorable day that comes to mind is September 30, when a few of us including our Membership Director set out for an impromptu painting of arrows on the road around the mountain. Our Editor brought his camera along, only to find that the lithium battery ceased to function after only two images. No biggie, that made him 100% available to help with the work, and words without pictures can sometimes do justice to a story.

After a train ride to Fairfield and a perfect day for both cycling and marking the back roads, we reached Moscowite. It had not escaped our notice that the 200k brevet was the same day, and indeed we had looked forward to joining the route. In front of the store, a couple of resting riders returning from Pope Valley showed me how to adjust the tube length on my Camelback to avoid neck contortions. It was my first day ever drinking water from my back, owing to my recent discovery that spare cans of spray paint don't rattle in water bottle cages if simply wrapped with a layer of corrugated cardboard.

My first Lee Mitchell sighting of the day occurred shortly thereafter, as I was making a "thru" arrow from CA 121 northbound to CA 128 eastbound, next to fast-moving traffic. Imagine what Lee at first thought when, keeping an eye out for distressed randonneurs, he approached the stop sign along the road that tees into that spot and saw me standing directly ahead, reaching up to hold my bike with one hand, the rest of me bent over toward the road. I had heard the approaching music and just laughed, knowing who it must be, trying to be nonchalant. But I was forced to look up and wave him along when a very loud "Are you all right?" came through the Bike Van's PA system.

See Letter from Home, page 2...

November Meeting Program by Diane Richter, VP

The November meeting of the Davis Bike Club will be on the SECOND Monday of Nov., on the 13th, in the Blanchard Room at the Yolo Public Library. (Unfortunately, they want to set up the room for the Tuesday election, so we can't have it on the usual Monday.) Oh, well, we'll just have to make do. It will be worth it, however, because our speaker will be Dave Stoker, who rode the Race Across America (RAAM) this last June as part of Team Donate Life. He'll let us know what it's like to race, not just ride, over 3000 miles. He's also going to tell us about Team Donate Life, so if you've ever thought about riding for a good cause, this is your chance to get the skinny on what's involved. As an added bonus, we're going to have our very own Lee Mitchell tell us what it's like to crew for someone who is riding RAAM. Lee has also ridden RAAM as part of a team in 2005, so he's experienced the race from both sides of the support van.

The meeting starts at 7:00 pm but come earlier for cookies, coffee and company. The Board of Directors meeting will start at 9:00, so you're more than welcome to stay for that as well.

Welcome New Members

Mark Gunther
 Manuel Gautho
 Lee Millon
 Cathy De Vera
 Darin Salk
 Julie Sly
 Sarah Mills

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Letter from Home, from page 1...

Later on down below Monticello Dam, Walt Little passed us in hot pursuit of Larry Burdick, who we caught up with at Pardehsa Store. From the latter gent, there was some sort of wisecrack about course marking having become a "county job," as he watched 3 people painting one arrow. Foxy's Director John Hess himself showed up at that very moment, stoking Bruce Wilson's tandem. One just never knows who one is going to bump into on the road, eh Dan?

As the day wore on, Steve and Terry mumbled something about an evening engagement and pedaled away, leaving yours truly with several empty spray cans and a longing for home, but also a half-full water supply and a piece of Clif Bar. So I pulled out the reserve paint and kept at it, working my way around Lake Solano (second Lee Mitchell sighting) to the Winters corner. When Lee passed me the third time, his friendly wave indicated that he had figured out what the heck I was doing. That same weekend, I had pedaled south of UC Davis, only to find that some week-old, red, child-labor-applied arrows on the 40-km route to Dixon had literally been paved over with fresh asphalt in just the past few days. Maybe there's a better way. Randall Braun of "Cyclist Route Atlas" fame has schemed up one alternative, see routearrows.com.

In an attempt to update you on other club activities that you've missed, let me switch topics here. The Italy Tour folks have returned happy. In other news, Diane is taking care of tomorrow's October board meeting, despite her claim of trepidation. She has begun to sound the call to organize the nominating committee and collect candidates for next year. If only there was some way to inform more members how much fun it is to be on the Board and meet the people who run the business end of the Davis Bike Club.

As I write this, Tim Bustos, Gerry Peterson, and others are looking back on working yesterday's official start of the City of Davis' "Street Smarts" traffic safety campaign, at which time Jack Kenward was out there somewhere near Elmira painting more arrows. Karen Baker has ordered lunch etc. for a thousand for next week, Steve is looking forward to overseeing its distribution to the rest stop captains, and Keith Vonborstel has organized the course marshals.

Well that covers the small fraction of club activities I'm aware of, except of course that we all look forward to your return. Oh, and Dan, take your time getting back. Especially stay out of helicopters if you can, I've heard they can be dangerous. *(President Dan miraculously showed up at the October 9 DBC Board meeting, but claimed his headache was not related to the agenda -- Editor)*

GREEN SAGS AT FOXY'S FALL

As election season approaches, the mantle of green is donned by candidates, issues, propositions and proposals. Not wishing to be outdone, the esteemed Director of Foxy's Fall Century not only donned this mantle but actually ran it up the flagpole, walked the talk, and pedaled the product. At his direction, we assembled a collection of human powered SAG vehicles to augment our club's support of riders. It was a unique, joyful, and greatly appreciated addition to a fine ride.

With all the fervor of dedicated political functionaries, but with a much more pleasant and rewarding task, Nicole and I threw ourselves into the project. Our tandem was adorned with tool kits, pumps, parts, tires, tubes, extra food, spare water bottles, and an oversized seatpost bag that could easily have

See Green Sag, page 8...

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



Foy's Bike Shop

Mike's Bicycle Centers & Sausalito Cyclery

see www.mikesbicyclecenter.com for locations

or take advantage of the Repeat Customer Rewards Program at:



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

Changing Gears is the monthly newsletter of the Davis Bike Club, c/o B&L Bike Shop 610 3rd St., Davis, CA 95616. Find us on the web at www.davisbikeclub.org. *Changing Gears* is mailed via 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	Category	Place
Kyle Paterson	7/22/06	Livermore Hills NCNCA Road Race Championships	Junior, 15-16	2nd
Kyle Paterson	9/4/06	Giro Di San Francisco	CAT 4	11th
Kyle Paterson	9/9/06	Carrera De San Rafael	Jr. 15-16	2nd
Kyle Paterson	9/13/06	Cat 3 Upgrade!!!		
Kyle Paterson	9/16/06	Mt Tamalpais Hill Climb	Jr. 15-16	9th
Karch Miller		Sacto CX Series -- Race #4	Junior "C"	2nd
Shawn Miller		Sacto CX Series -- Race #4	Mstr 40+ B Men	8th



Images from October membership meeting: 2005 cycling trip to Czech Republic and Hungary

**2006 Foxy Fall Century a Success -- Whew!
by John Hess**

Whew, the 2006 Foxy's is over. Thanks to the efforts of more than 50 volunteers, a rank amateur like me was able to create enough organization to get things done. Over 1200 people pre-registered, and another 135 or so registered in the dark morning hours of October 15. With no-shows, the total attendance was just over 1200. This year, for the first time, hand cyclists joined the group, enjoying the ride; a big thanks to Rick Mason who first broached the subject and later worked to coordinate the details.



Equally big thanks go to the corner marshals pointing the way, rest stop captains feeding folks, registration people, sag/radio guys, Tom Lovering who fed everyone at the end, and the folks who don't get seen on the day of the event: DBC members who RIDE the course and paint arrows on the roads; the overworked newsletter editor who made maps/course directions and a special newsletter for Foxy's AND stepped in to help with food distribution; another DBC member who ordered the food for all the rest stops and start finish line.



I don't have enough room to name all the names, but I know who you are and appreciate all your help. Last, thanks to my wife Katherine, who watched me do all this, and offered advice when I asked her again and again about all sorts of things. Oh – and special thanks to all the RIDERS! Now that I know the process I've signed up for next year. If you have any constructive criticism, let get in touch with me. And so, I'm off to plan for next years Foxy's -- October 20, 2007.

Foxy Fall Century Pictures
Taken by DBC Members



The Tour Turn

By Bruce Dewey, Touring Director



News of DBC
Jersey Rides & Tours



“Veni, Vidi, Vici” succinctly describes our recent DBC tour of Tuscany and Umbria. We came with our own bicycles going from San Francisco, changing planes in Frankfurt, and connecting to Rome. We saw so much it has to be described as scenic overload that resulted in terabytes of pictures. We conquered the hills and Italian menus—and everyone made it back in good shape.

Eighteen DBCers were on the adventure. Dan Barcellos and Liese Schadt were planners and leaders extraordinaire. Dan arranged the Lufthansa group flights with optimal connections and times, and chartered great buses to carry us between Davis and the San Francisco airport as well as between the Rome Airport and our Roman hotel. Liese, already a very experienced Italian traveler, planned the entire ground package. Her selections of places to tour, hotels centrally located in the old towns, and the great cycling roads were outstanding. Liese volunteered a huge amount of time, more than anyone realizes, to plan the details of the tour that made it such a success.



Assisi ahead

Linda Bresnick was our full time sag driver. The Fiat Ducato van we got was somewhat larger than the Volkswagen minivan we’d expected, so there was room for lots of stuff and souvenirs. The centuries-old hill towns where we stayed have extremely narrow, tortuous, one-way streets that made for the worst driving nightmares—exacerbated by the super-sized Fiat van. But Linda got through, every time. In Lucca, she whipped out one of her pre-prepared flash cards that said “I’m lost, please help” (in Italian) with the result that a grumpy policeman was really helpful in getting her to our hotel. And Stu was there to help in some of really rough spots, like backing down a long hill the morning the road was blocked by a painters van that had blown its transmission.

So how was the cycling? For one thing we shared roads with literally hundreds of other serious cyclists out on weekday training rides, especially in the Florence-Lucca area. Going thru the cities was a little messy, with the narrow streets jammed with traffic. Out in the country, we enjoyed quiet back roads with much better pavement than here. The drivers were skillful and courteous. And the terrain—well it was hilly, hilly, hilly. Most of the nights we stayed in hill towns that afforded steep climbs getting there and a fast start the next day. We encountered the world’s finest art collections in museums, buildings that were centuries old. Highlights have to include the Roman ruins, the Vatican, and Florence’s Uffizi Gallery. And in Florence, we ran into with Jim and Donna Skeen. Some of you old-timers may remember Dave Peterson who owned the Wheelworks some years back. Most of our crew stopped to visit of Dave, his wife Alex, and their girls, Thomasina, 5, and Isolde, 4 who are living an “Under the Umbrian Sun” adventure. Their centuries-old house about 25 kilometers southeast of Montepulciano was and continues to be the ultimate fixer-upper. So far, they have installed windows (there hadn’t been any for 100 years), brought in electricity, installed an efficient wood stove, a little plumbing and an outdoor solar shower, and renovated part of the interior space, doing all the work with their own hands. There is much, much still to be done. Dave is considering getting some Italian workers in, but they are not writing another book. Coincidentally, Myke (the Velo City guy) and Zoé Berna, of Winters had also stopped there at the end of their own Italian visit.

You know the saying about riding to eat—eating to ride. Dinners were on the late side for me, since most restaurants open at 7:30. We all enjoyed pizzas with creative ingredients and sorted out how to order primi, secondi, and dolci. You couldn’t go wrong—all food was really great. I liked the local wines much better than Italian wines we’ve gotten over here. House wine—all very good—was only \$2 or \$3 per glass.

The real fun of going on DBC tours is being with all the great people. We had our “überbunnies” and our “slackers.” The two überbunnies were Susan Gishi who led several loop rides in the surrounding countryside on off days, and Dave Dickson who rode over the Todi Mountain while the rest of us ate a big lunch and then went around the base. I’m nominating Lorna Belden as the keenest shopper, Bill Sbarra as the top restaurant scout, and Cid Barcellos as the best tandem stoker. Kudos to Barbara Anderson for the daily “angel” cards and to Katharine Blank for finding the angel guide who got us to all the important venues in the very crowded Vatican. And speaking of angels, Liese has to be the number one angel for all her work in making this a most memorable and fantastic bike tour.



*At the Peterson villa
in LaCosta, Umbria*

The answer to last month’s puzzler is 14.29 mph, the average speed of going 1 mile at 10 mph and 1 mile at 25 mph. The first mile takes 1/10 hr and the second mile takes 1/25 hr for a total of 0.14 hr exactly. Average speed is 2 miles divided by 0.14 hr, 14.29 mph. Our jersey winner, chosen at random is John Whitehead who’ll have to squeeze into a medium, since there are no larges left. Thanks to all who entered.

-----**Changing Gears**-----

November 2006 Ride Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Solano Bakery Women's Wed. Evening Ride	2 Steady Eddy's Winters Dinner Race Ride	3 Early Bird Vacaville Café	4 RH Phillips Winery Winter Long Distance
5 It's a Mystery Giro d'Vino	6 Early Bird Zamora & More	7 Mocha Joe Loop Race Ride	8 Solano Bakery Women's Wed. Evening Ride	9 Steady Eddy's Winters Dinner Race Ride	10 Early Bird Vacaville Café	11 SSS Singles Spin Tandem Ride #21
12 Second Sunday Ride	13 Early Bird Zamora & More MEMBERSHIP & DIRECTORS MTGS	14 Mocha Joe Loop Race Ride	15 Solano Bakery Women's Wed. Evening Ride	16 Steady Eddy's Winters Dinner Race Ride	17 Early Bird Vacaville Café NEWSLETTER DEADLINE	18 Third Saturday
19 It's a Mystery	20 Early Bird Zamora & More	21 Mocha Joe Loop Race Ride	22 Solano Bakery Women's Wed. Evening Ride	23 Steady Eddy's Winters Dinner Race Ride	24 Early Bird Vacaville Café	25
26	27 Early Bird Zamora & More	28 Mocha Joe Loop Race Ride	29 Solano Bakery Women's Wed. Evening Ride	30 Steady Eddy's Winters Dinner Race Ride		

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.

November 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 Memorial 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 returning to Davis.

TUESDAY >> Mocha Joe's Country Loop
8:45 am start -- T1/P3/35 mi
Gerry Peterson, 756-1254 or
gnjpeter0856@juno.com
9:00 am start -- T1/P4-5/35 mi
Phil Coleman 756-4885 or
pkcoleman@comcast.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**
8:45 am start -- T1/P3/35 mi
Dan & Sharon Cucinotta, 756-1711 or
scucher@aol.com
9:00 am start -- T1/P4-5/39 mi
Phil Coleman, 756-4885 or
pkcoleman@comcast.net
South to Dixon past the orchards and fields, then relax at the Solano Baking Company in Dixon.

THURSDAY >> Winters - Steady Eddy's
8:45 am start -- T1/P3/30 mi
Gerry Peterson, 756-1254 or
gnjpeter0856@juno.com
9:00 am start -- T1/P4-5/30 mi
Phil Coleman, 756-4885 or
pkcoleman@comcast.net
Enjoy the scenery along Putah Creek Road before stopping at Steady Eddy's in Winters.

FRIDAY >> Vacaville Heritage Café
8:00 am -- T3/P4-5/60 mi
Larry Burdick, 753-7591 or
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
Meet at Russell Bikepath between Arlington and Lake. Rain does not cancel this ride.

Tues/Thurs Race Ride*

Tues/Thurs, 5:30 pm
T3/P6/38 mi
Dan Shadoan, 219-0177 or
dshadoan@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 Hospital, 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
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.

Midweek Evening Ride

Wednesdays, 4:00 pm
T1/P3-4/10-20 mi
Alan Hill, 792-8300, or
arhill8711@aol.com
Easy ride out and back on various country roads. No one will be dropped. We will be back before dark. Beginners welcome.

Winters Dinner Ride*

Thursdays, 6:00 pm
T1/P3/30 mi
Paul Grant, 756-7813 or
pwgrant@ucdavis-alumni.com
Bring your lights and be sure the battery is fully charged. Come out on this easy-going dinner ride to Winters. Expect friendly conversation. No-one will be left behind!

RH Phillips First Saturday Brunch*

November 4, Saturday, 10:00 am
T2/P3/45 mi
Anne Huber, 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, can generally be found on the RH Phillips website, and will be announced on the DBC listserve. The ride leader may also post it on the DBC listserve. The food plus wine pairing is always delicious, and always just \$10 plus tax (so bring some extra change). But you can bring your own lunch if you wish. Possible earlier start time from Davis (to meet with the Winters crowd) will be announced on the listserve.

Winter Long Distance Series*

November 4, Saturday, 10:00 am
T varies/P3 your choice/65 mi
Amy Rafferty, 666-5468 or
aerafferty@ucdavis.edu
Meet at Mace Blvd Park n'Ride at Road 32A. DBC will host a full series of supported brevets in Spring 2007, and this series is designed to 1) help new and returning brevet riders build their long-distance fitness in time for the March Brevets, and 2) meet new and old friends and share collective wisdom about long-distance cycling. The routes and mileages will be finalized later, but plan for 65 mi in November, 80 mi in December, 100 mi in January, and 200K (125 mi) in February. If riders have different speed preferences, groups will be split out.

Second Sunday Ride*

November 12 (2nd Sunday), 7:45 am
T1-5/P3-4/60 mi
Glenn Mounkes, 220-3513 or
glenmonk@yahoo.com
Meet at Davis Amtrak Station, 840 2nd Street. Ticket costs \$10.00. Take 7:55 am train to Fairfield and ride your own pace back to Davis via Hwys 121, 128 and Cardiac hill. Regroup at Wooden Valley and Berryessa Dam. Optional food stop in Winters.

Third Saturday Ride

November 18 (3rd Saturday), 9:00 am
T1-5/P3-4/ 30/40/55/65 mi
David Joshel, 756-7409 or
davidjoshel@hotmail.com
Winters (30, P3) Lake Solano (40, P3) Cantelow (55, P4) Mix Canyon (65, P4). Optional food stop at Winters. With the multiple distance and pace options available, most riders can find a distance and pace suitable for them.

We are no longer listing the *Somewhat Sporadic Second Saturday Singles Spin (S^6)* and the *Saturday and Sunday Morning Training Rides* because of an executive decision to not list rides that do not have a designated ride leader. We'd be happy to relist them if someone will step forward to assume responsibility for the ride.

Non-Recurring Rides

"It's a Mystery" Ride

November 5, Sunday, 9:00 am
T2/P4/60 mi
Bill Sbarra, bill_sbarra2011@ccio1.com
If you recognize the title of this ride from the movie "Shakespeare in Love", you know it refers to the way everything inexplicably works out. See you there....!

November DBC Rides, Cont'd

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

Non-Recurring Rides

Giro d'Vino Bicycle Wine Tour*

November 5, Sunday, 9:00 am
T1/P your choice/8 - 63 mi
no ride leader

This is NOT a DBC Jersey Ride, but it's one of your humble Ride Calendar Editor's favorite. A leisurely tour through the Woodbridge area of Lodi and environs, with rest stops at area wineries (that's right, wine tasting with the peanut butter and bananas). A great way to spend a fall day. If you buy wine, a sag wagon will deliver it to the start/finish for you. For further information see <http://www.deltavelo.com/content/giro06/giro2006.html>.

Sporadic Second Saturday

Singles Spin

November 11, Saturday, 9:00 am
T1/P3/30-50 mi
John Whitehead, 758-8115 or
jcw@dcn.org

Celebrate simplicity of single speed cycles, either fixed or free. Multiple gears welcome, but please try to select a setting then shun your shifters.

Tandem Ride #21*

November 11, Saturday, 9:00 am
T3/P4/65 mi
John & Mary Seabury, 758-3878 or
jseabury@pacbell.net

A ride for tandem enthusiasts. We'll execute Ride #21 from Davis to Dixon via the bikeway, across Midway and over Gibson Canyon to Pleasants Valley, then Winters (coffee/lunch?) break and home. Not planning to set any records here, just have a nice ride. If this is successful we'll discuss making it a regular ride.



"It's a Mystery" Ride

November 19, Sunday, 9:00 am
T2/P4/60 mi
Bill Sbarra, bill_sbarra2011@ccio1.com

If you recognize the title of this ride from the movie "Shakespeare in Love", you know it refers to the way everything inexplicably works out. See you there....!

This was a day to enjoy, not a day to threaten to sue people because you made foolish decisions with your bicycle. Let's just all recognize that spending over five thousand bucks on a fancy machine doesn't give you any more ability than the fifteen year old on a mountain bike. At least he was more polite when he was tired.

We rolled to the finish, a little hoarse but happy. All in all we had helped a number of riders directly. We had been thanked by many more just for being out there. Through it all we met wonderful folks on bicycles, handcycles, tandems, mountain bikes and those who loved the same. Almost everyone had a terrific day of it. We certainly did. The DBC should be rightfully proud of this event and having human powered SAGs on the course. However, if the budget allows, we may want to consider retaining a singing coach prior to the next event.

Dutifully reported,

Paul "Freedom's Just Another Word For Thank Goodness We Can't Hear That Darned Tandem Team Any More" Guttenberg



*The
Italian Tour
Coming
Soon!*

Green Sag, from page 2...

swallowed Jonah were he to be riding instead of rowing. Three separate SAG signs and a large DBC sign were also affixed to our vehicle. We were weighted down and yet thrilled at the prospect of being prepared to render assistance, encouragement, and humor to our fellow riders. Sadly for them, exposure to my singing voice was also imminent.

Setting out after the fast riders had already departed, we dedicated ourselves to scrupulously searching for stragglers or those who might need assistance. Any rider stopped at the side of the road was subjected to Nicole's wailing like an ambulance siren while I attempted to mimic a French police car's warning. Paris-Brest-Paris is just next year, after all, and it's never too early to practice. I would offer aid, and if the fellow rider had the temerity to decline assistance Nicole would launch into them, demanding that they be helped by us. I thought that putting thumbtacks on the road so that we could help fix flats wasn't quite cricket, but the stoker is always right.

Even before we reached Elmira we stopped and called in a crash. I provided a location, helped by familiarity with the area. Transporting the injured was not something we were prepared to do. When B.O.B. trailers come in a larger format, give us a call. We pitched in with offers of chamois butter, food, bandages, and so forth as those who had accidents or incidents on the

flats required. Our first real repair wasn't until Lyon Road. A seatpost had gone awry. Initially, the cyclist was far too busy dropping parts and cursing to accept our assistance. Nicole simply overwhelmed him while I grabbed tools, parts, and fancy carbon bits. Soon he was grateful, back on the road, and his buddies were awestruck by a tandem SAG.

Distributing food, directions, and encouragement occupied us until the climbs after the Wooden Valley School lunch stop. That stop, Elmira, the water stop near Cherry Glen and Lake Solano were staffed by wonderful volunteers, by the way, who did yeoman's service to the riders. We were blown away by their efforts, as were almost all the riders we talked to. Climbing along with struggling riders brought out the vocal stylings of the DBC Tandem SAG Team. My thought was that thirty seconds of listening to us would spur them over the hill in an attempt to escape. Cats hissed and ran off, enraged at the competition we offered their usual yowling. Amazingly, a number of riders stayed with us. Clearly, they were too exhausted to either hear properly or escape. A few riders approaching hypoglycemic catatonia actually joined in. Somewhere in there, we repaired the tire of a lady wearing a pheasant, handed out more food, and sang every song we knew of Janis Joplin's.

There were a few needy and hopeless individuals. We tried to laugh at them kindly.

Changing Gears

October Winery Ride

By Jean Jackman

Anne Huber, leader-with-smile-extraordinaire headed up the ride to the RH Phillips First Saturday Brunch. We observed miles of fire burned rolling hills of northern Yolo County and then the untouched area at RH Phillips, made beautiful with surrounding vineyards and olive tree groves. The food and wine were tasty. The group conviviality was outstanding. Except for a wind on the way there, the weather was perfect. The road back goes over new territory. Those of us who had not experienced it before were surprised to be on beautiful roads never before experienced.



Big Fix Movie: The Post-Premiere Wrap-Up by Eric Norris

Davis' cycling community turned out in a big way for the September 25 premiere of the Big Fix Movie. About 150 persons filled the Varsity Theater to see the first big-screen showing of the movie, a documentary film about the Big Fix, a cross-country fundraising ride on fixed gear bicycles. The event raised more than \$1,000 for the Histiocytosis Association of America, raising to more than \$320,000 the amount the Big Fix has collected for the charity.



The Big Fix screening was also a reunion of sorts for riders and crew. Support crewmembers came from the East Coast, Missouri, and Southern California to attend the screening, and were joined by four Big Fix riders. Several local bike shops--Velo City, B and L, Ken's Bike and Ski, and Wheelworks--generously donated prizes for the pre- and post-show raffles. Thanks also go out the Varsity Theater for providing the big-screen venue.



Copies of the Big Fix movie will be available for sale soon. Check the Big Fix Blog (<http://bigfix2006.blogspot.com>) for updated info. Histiocytosis is a rare, cancer-like disease the affects children and adults. Its cause and cure are still be researched. More info is available online at <http://www.histio.org>.

Critical Mass in Davis -- are we doing anything? by Russell Reagan

In the last issue of Changing Gears, Paul Guttenberg articulated reasons why (to paraphrase slightly) "Critical Mass events do not have a legitimate place in Davis." In his article, he did recognize a younger crowd "eager to assert the rights of cyclists." He urged DBC members to "participate and guide all those who further cycling in its many forms."

Since then, I have gone to meet with some of the participants of Critical Mass in Davis, who are interested in continuing the event. I asked them if they read Paul's article, and what their response might be. I may be the only member of DBC who has taken such an initiative. I am not sure to what extent DBC as an organization, or its members, are inclined to become actively involved in dialog or outreach to Critical Mass participants. Perhaps such an endeavor would be more of a foray into politics outside the purview of DBC. My interest is not in mounting a "Just Say No" campaign, if you will, against Critical Mass. I wish to find others in the community (from DBC, and perhaps among the Critical Mass participants), who are interested in local political issues of bicycling (the role of the Davis Public Works Department being one of them).

In cities that have made progress in increasing the prevalence of bicycling, much of that progress has been due to traditional political advocacy. Such recent progress is what is lacking now in Davis (despite our historic leadership role). That is a key reason given by Critical Mass participants for holding the event. I don't see myself as the person to start a bike advocacy group in Davis. But I might consider doing so if one or more others wanted to take such an initiative as a team effort. (How many of you would have volunteered for Foxy's if you had to do it all yourself?) If you share my concerns, please e-mail me... russell.reagan@gmail.com.

Lassen Tour Report

by Dave Joshel



Eight riders gathered at the home of sag driver extraordinaire Betty Jane Polk on Friday afternoon, September 15th. Riders included Larry Burdick, Russell Reagan, Jim Sharp, Paul Meredith, Susan Donahue, Alan Hill, Patrick Gaffney, and me. We drove straight thru to Mineral, thru a brief rainstorm, and arrived at the Lodge about 5:30pm. When we arrived and jumped out of the cars, everyone was surprised at how cold it was, about 45 degrees. A fine dinner at the Mineral Lodge restaurant followed. Although the service was a little slow, the quality of the company more than made up for it.

Saturday morning, day one of the ride, was clear and cold. When we left at 8am the temp was about 37 degrees. The first 22 miles to the breakfast stop were brisk. After filling up on pancakes, eggs and coffee at the St Bernard Lodge, we continued on: past Chester and Lake Almanor. Westwood was the next stop where we found Betty Jane at the intersection awaiting us with food and water. The next 22 miles on County road A21 were gently rolling pine forest with almost no traffic except the locals in their pickup trucks loading up on firewood for the coming winter.

At the Bogard Buttes rest stop on Highway 44 (mile 67), we again found Betty Jane awaiting us with sustenance. At 2pm it had finally warmed up enough for me to remove my tights and ride with shorts. For the next 20 miles along Highway 44, Alan Hill and I alternated at the front shielding each other from the wind. At mile 85 we began a five-mile, six percent descent with great views of Lassen and Shasta, down to the intersection of highway 89. That was fun!

After a few more miles, we arrived at the Hat Creek resort to find Jim, Paul, Larry and Patrick enjoying a cold drink in front of the store by the antique gravity gas pumps. The first day's total: 94 miles and 4371 feet of climbing, according to Patrick's altimeter. Shortly after we arrived, Russell met a couple on a 17-day bike trek from the Bay Area to Montana. They had recently endured the heat and cold, and Highway 32 up from Chico with heavy truck traffic and no shoulder.

Every tour must have its awkward moments, and for us it was when we checked in to the Resort. Even though I had contacted the Resort (this term is a stretch) to confirm our bookings and clarify how many rooms and beds we'd need, they messed up. Two rooms only had one bed instead of two, and the Resort (???) had no spare cots or rollaway beds. Luckily, they had a yurt (look it up) with two beds available at a nearby resort that Alan and Larry volunteered to take. I gave them the keys to the sag and they were off to find the yurt. Tour chefs served a home cooked dinner at 7pm: pasta, green salad, and a special dessert baked by my daughter Julia. Alan and Larry, who returned for dinner, were off again to sleep in the yurt. (With a yak?)

Sunday morning again dawned cold, but not quite as cold as Saturday. After a breakfast of fruit, bagels, juice and coffee we began climbing almost immediately upon leaving the resort (???). Most of us quickly shedding some of the clothes we started with. At mile 11 we entered Lassen Park, paid the \$5 fee and continued on after a quick sag stop in the Loomis Museum parking lot.

The next 11 miles we passed thru the Devastated Area (from the 1915 eruption of Lassen Peak). Another quick sag stop, for more snacks including home made cookies, courtesy of daughter Julia. At mile 24 we began the 8-mile ascent to the summit. I started off with Paul Meredith who left me behind after several miles. After at least an hour uphill, we reached the summit of 8511 ft. There I met up with Paul, Alan, Betty Jane, and another cycle tourist who had climbed to the summit from Chico on a fully loaded touring bike. We chatted with him for a while and gave him some of our food.

Alan, Paul and I began the 17-mile descent back to where we started, passing the sulfur vents (trying not to inhale) and hot creeks on the way down. Tour photographer Russell lagged behind everyone, stopping many times for photo ops of the scenery. After the long downhill the air temp had warmed considerably and we joined Jim, Patrick and Larry back at Mineral Lodge and enjoyed the ambiance of the outdoor seating, followed by Susan and Russell. Totals for day two: 49 miles and 4762 feet of climbing.

No flats, no accidents, and no rain made for a successful tour. It was brisk on the two mornings, but everybody (with one exception who will not be named) dressed warmly. We changed and loaded bikes in the cars and left for home, all three tour vehicles arriving simultaneously back at Betty Jane's house. We said our goodbyes and went home. Let's do it again next year!!



Official Use Only

DAVIS BIKE CLUB MEMBERSHIP APPLICATION

Exp: _____
Pd: _____
Check #: _____
Entered: _____



Step 1: Fill out form *completely*.
Step 2: Sign where indicated.
Step 3: 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

Name for mailing label: _____
 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

<p>Action Type</p> <p><input type="checkbox"/> New Member</p> <p><input type="checkbox"/> Renewal</p> <p><input type="checkbox"/> Address Change</p>	<p>Basic Membership, 1 year..... <input type="checkbox"/> \$20.00 single or <input type="checkbox"/> \$30.00 family \$ _____</p> <p>Basic Membership, 3 years..... <input type="checkbox"/> \$50.00 single or <input type="checkbox"/> \$75.00 family _____</p> <p>Basic Membership, 5 years..... <input type="checkbox"/> \$80.00 single or <input type="checkbox"/> \$120.00 family _____</p> <p>Race Team add-on... <input type="checkbox"/> \$20.00 per racer per year \$ _____</p> <p><input type="checkbox"/> Aggie Cycling Team (no race team fee) OR... <input type="checkbox"/> Junior Race Team (no race team fee)</p> <p align="right">TOTAL AMOUNT DUE \$ _____</p>
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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 _____	Racer? <input type="checkbox"/>	Date _____
Name _____	Age _____	Signature _____	Racer? <input type="checkbox"/>	Date _____
Minor's Name _____	Age _____	Parent/Guardian Signature _____	Racer? <input type="checkbox"/>	Date _____
Minor's Name _____	Age _____	Parent/Guardian Signature _____	Racer? <input type="checkbox"/>	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.



Incomplete applications will be returned unprocessed. Please allow up to 6 weeks for processing.



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:

<input type="checkbox"/> Leading local club rides	<input type="checkbox"/> Organizing/leading club tours	<input type="checkbox"/> Serving as a Board Member	<input type="checkbox"/> Other - Contact me for general help
<input type="checkbox"/> March Madness	<input type="checkbox"/> Double Century	<input type="checkbox"/> Foxy's Fall Century	<input type="checkbox"/> Fourth of July Criterium
<input type="checkbox"/> Dunlap Memorial Time Trial			

-----**Changing Gears**-----

DBC Member Classifieds & Announcements

Free -- Act Soon!

Available for all of 2007: the coveted position of Membership Director for the Davis Bike Club. Just a few hours a month of picking up membership forms, entering data into the database, and providing info (newsletter labels, list of new members, number of newsletters to print) to the newsletter editor on a monthly basis. Got a computer? We have the software and a user-friendly database. You will also inherit this great email address, to which your positive response should be sent ASAP: dbcmembership@gmail.com. Hurry -- we need to know your interest by mid-November. Training included. Heck -- maybe even a t-shirt!

👉👉👉👉 **THANK YOU** 👈👈👈👈

October Ride Leaders

Jack Kenward • **Barry Bolden** • Gerry Peterson
 PHIL COLEMAN • Dan Shadoan • Larry Burdick
 Paul Grant • Glenn Mounkes • David Joshel
 John Hess • JIM SHARP

Don't forget the Changing Gears web photo supplement:

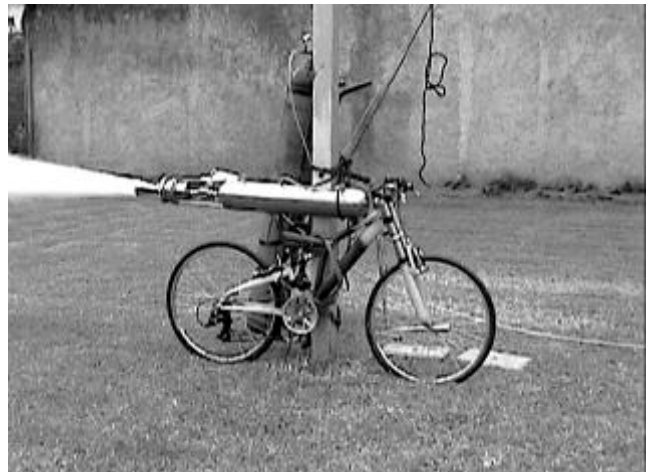
http://www.pbase.com/g2_steve/nov_2006_dbc

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

Our monthly 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). File size is about 200k, downloadable even if you have a dialup connection.



**It ain't rocket science ...
 or is it?
 Guess who submitted this?**

(This card valid only with mailing label & current expiration date)



Davis Bike Club
 Membership Card



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**