

Changing Gears

Newsletter of the *Davis Bike Club*

December 2006

Quick Releases

HOLIDAY PARTY

Monday, December 4, 6:30 PM
Stonegate Country Club

See details in the article on this page

NEXT Newsletter Submission Deadline

Saturday, December 16
Please email submissions to:
dbcnewsletter@gmail.com

Ride Schedule Submittals

Friday, December 15
dbcridecal@gmail.com

Welcome New Members

Lars Cederquist
Bradford Smith
Chesebro Family
Glenn Maclean
Joe Doherty
Christopher Swinehart
Michael Arreguin
Barbara Evoy
Derek Byrne
Alan Rowland
Anthony Gilbert
Joseph Maurer

Prez Sez

by Dan Shadoan



If one looks through the listings of activities and sports available to us in this day and age, a label that is sometimes used to define the environment surrounding the sport is whether or not it is a contact sport. Contact sports are generally left to those who are young and flexible and are also likely to be receiving substantial monetary reward. Many times there are variants of a contact sport designed especially to be safer and less likely to injure the players. Flag football comes to mind as this type of variation.

Thankfully for us avid bike riders, cycling is listed as a non-contact sport, but is it really?

Until recently, I would have argued like most people that cycling is in fact a non-contact sport. You're not acting like a boxer when you're out for a spin. Additionally, you don't line up nose to nose on the road and then charge right into each other at the utterance of a signal from another of us acting like a general.

But wait a minute, there is some contact in cycling. You don't have to ride a bike very long before you begin to feel the contact. You know, the contact of the seat with your rear-end. For some, this contact can be uncomfortable enough to be ride ending. Everyone has a story about their worst experience with their saddle. And what about the other contact points of bike and body. What about the handlebars and pedals. Do your hands ever get sore or perhaps even go to sleep when you ride? Ask just about any avid rider if they've ever experienced the "hot-foot" symptom and you'll be surprised how many have. In fact, you can stop by any local bike shop and find numerous items to buy that help alleviate the contact in cycling. By the number of tried but unused seats in my garage, my experience has dictated that if you're contact points are always hurting you're not spending enough money on new equipment.

Recently, I experienced what I have always thought was the only real contact in our non-contact sport of cycling. While never denying the possibility of asphalt and myself making contact, I have always been beguiled by the sirens of camaraderie, excitement and endorphins enough to shove the reality into the forgotten recesses. Come on now, isn't a modest bit of road rash similar to a "red badge of courage" after all? During this contacting experience the

See Prez, page 2...

➔ DBC Holiday Party By Diane Richter, VP

It's time for the DBC Holiday party! This year it will be held on Dec. 4 at the Stonegate Country Club, on Lake Blvd. It will start at 6:30 p.m., but you can come as early as 5:00 to help our special holiday elves, Betty Jane Polk and Dee and Larry Burdick, set up the decorations and place settings and make the coffee, etc. We will have our usual potluck dinner, with the club providing the main course (probably turkey), and club members should bring a salad, side dish, vegetables, or dessert. Race team members should bring a bread-type food or chips.

We will also have the white elephant gift exchange; when you bring your gift, set it at one of the place settings on one of the tables. If you would like Santa DBC to bring a gift for your child, let Betty Jane know (758-5517 or bjpolk@davis.com); if you bring one for your child, remember to put his or her name on it and set it under the tree when you arrive.

This party is also the business meeting for the club; we will be electing the Board of Directors for next year. (When you hear who all are going to be on the Board, you're really going to wish you'd put your hat in the ring.) We will also hear who will get the Lou Polk award for service to the club. It will be fun for all; see you there!

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Director-at-Large, Foxy's Fall Century

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other contact I remember, in fact, one of the only things I remember, was the pain from gurney hitting the side of the life-flight helicopter when the EMTs loaded me on. As I writhed with pain, I heard the whop, whop, whop of the helicopter blades and suddenly realized, "Oh that's a helicopter sound, I must have crashed."

And now, seven weeks later, I must tell you I've discovered the beyond doubt authentic contact of our sport, or should I say, these are the contacts of our sport. For me, these are the contacts that I will always remember and treasure. These are contacts that held my head while I was lying unconscious on the road, the contacts that ordered a life-flight copter to the scene out of experience and concern, the contacts that made sure all those in the crash were taken care of before anything else was done, the contacts that called my sweetheart and made sure she got to the hospital as quick as possible.

Yes, even more, these are the contacts that called the hospital to check on me when I was unable to speak clearly, the contacts that sent flowers, the contacts that visited me even after I told them to go away, the contacts who helped relieve my sweetheart during her 24/7 vigil, the contacts that sent get-well cards, the contacts that have visited me at home, and yes the contacts who continue to care and be involved with my recovery weeks after the accident.

My immediate family and all of you, my cycling family, are the contact(s) I feel so fortunate and grateful to have! Thank you all for being a special part of my life during the good times and the, hopefully infrequent, not-so-good times!

I am the new disciple of cycling being a contact sport!

Davis Bike Club Board of Directors Slate for 2007 (vote at Holiday Party on December 4)

| | |
|---------------------------|-----------------|
| President | Dan Shadoan |
| Vice President | Diane Richter |
| Treasurer | Stu Bresnick |
| Recording Secretary | Karen Baker |
| Corresponding Secretary | Jackie Boettner |
| Touring Director | Bruce Dewey |
| Quartermaster | Dave Joshel |
| Race Team Director | John Steggall |
| Membership Director | Bruce Winder |
| Safety Director | Phil Coleman |
| Public Relations Director | John Whitehead |
| Philanthropy Director | Steve Kahn |
| Director-at-Large DC | Robin Neuman |
| Director-at-Large Foxy's | John Hess |
| Director-at-Large Ultra | Jim Sharp |
| Newsletter Editor | Steve Macaulay |

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



Who is this mystery fisherman on a University of Florida fishing trip?



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 |
|-----------------|----------|----------------------------|--------------|-------------------|
| Vance Russell | 10/15/06 | Sac Cross Ione | 40+ B's | 4th |
| Vance Russell | 9/4/06 | Sac Cross Granite Bay | 40+ B's | 8th |
| Justin Morejohn | 10/21/06 | Sac Cyclocross Rancho Seco | Men's B - 40 | 3rd |
| Justin Morejohn | 10/28/06 | Sac Cyclocross Negro Bar | Men's B - 40 | 14th (mechanical) |
| Justin Morejohn | 11/4/06 | Sac Cyclocross Granite Bay | Men's B - 40 | 1st |

Paris-Brest-Paris Randonneuring Seminar

Saturday, January 13, 1:30 - 5:30pm. Held at the Davis branch of the Yolo County Public Library located at 315 E 14th Street, Davis, CA 95616.

This four-hour seminar will provide lots of useful information for both new and veteran randonneurs—particularly those aspiring to qualify for, and ride in Paris-Brest-Paris in August. The seminar will be a combination of lecture, slide show, "show & tell" with randonneuring equipment, and audience Q&A. Topics will include effective randonneuring practices and strategies; training; nutrition; clothing, equipment & lighting; qualifying and travel to PBP; and more.

The presenter is Bill Bryant, two-time PBP ancien, Randonneurs USA co-founder and past-president, and long-time brevet rider and organizer. Participants in previous seminars have said the information they received from Bill was a key ingredient in finishing PBP successfully.

The seminar is free, but registration is required to get your name on the roster. Seating is limited, making prior registration is essential. Email Bill Bryant (bill_bryant@prodigy.net) to reserve your place in the class and receive details on starting time and location. For further information look at the seminar website: (<http://pages.prodigy.net/scrandonneurs/seminar.html>).



Another great DBC monthly meeting -- enjoying coffee, cookies and company prior to presentation on 2006 Race Across AMerica (RAAM) and Team Donate Life. More pictures on our monthly web photo supplement: http://www.pbase.com/g2_steve/dec_2006_dbc

Beat the Rush, Volunteer for Foxy's 2007 Now

By John Hess

Now that Foxy's 2006 is done, I've learned what I didn't know last year and would like to request volunteers to help with Registration and Tee shirts. Registration is not that big a deal, we'll contract with an internet place, get the forms set up and then watch the money come rolling in. However, after registration closes is the anticipated trickle of "oh I didn't get registered in time, what can I do?" emails and yes, even phone calls.

In 2007, I don't want to have this pleasure while I'm worried about permits and food and portas and water. If you're computer savvy and willing to help, let's talk. (Registration will also include day of registration, but that's easy, just print forms and collect money.) Tee shirts: I've got an idea for a 2007 tee shirt, but the real works starts when the shirts are ready. 600 tee shirts almost fill a Honda Element. They have to be sorted into prepaid and not prepaid, then given to the volunteers and passed out to prepaid folks. Some coordination between registration is required to generate a list of prepaids AND to get the Tee shirt design onto the registration web page so folks can see it before they buy it. Like registration, the fun begins later. Some folks always forget to pick up their shirt, so you have to mail it to them. And you'll have extra shirts to sell or at the least, find new homes for. Both these positions would preclude actually riding Foxy's.

DBC Helping to Build Habitat for Humanity Houses or If We Help Build It, They Will Come



Larry, when is it your turn to dig?

“They” are the three families who will move into their new single-family homes being built by Habitat for Humanity of Yolo County in the Spring Lake development off Road 102 in Woodland. Habitat houses are built with volunteer labor from the community, and DBC is organizing work groups to assist in the build. In fact, the first DBC volunteers, Larry Burdick and Don Pockrandt, have already helped prepare the foundations. The photo below shows Larry hard at work, supervising Don.



Gee, I think this would work on my bike...

The construction week is Tuesday through Saturday, and workers don't need any specialized talent -- both skilled and unskilled labor are welcome, and a construction supervisor will be on site to direct the work. There are two ways you can volunteer: Barbara Anderson is organizing DBC workdays, when we will have a group of DBCers working at the site. If you're interested please e-mail Barbara at babz@copper.net; if

there are particular days and/or times that would work best for you, let her know that too. More details on the workdays will be forthcoming via the DBC e-mail list. Or, you can volunteer anytime as an individual -- e-mail Judy at: hfhjudy@dcn.org.

DBC treasurer Stu Bresnick is the volunteer Executive Director for HFH-Yolo. He would be happy to answer any questions about the build or about Habitat's work in general: hfyolo@dcn.org, (530) 867-4664.

Contributing to Our Community By Steve Kahn

You are stopped by the road, fixing a tire or just waiting for a friend. Another rider stops to see if you need help. It is a great feeling to have that happen, and a part of our bicycling community that is often taken for granted.

This year, our club members also “stopped beside the road” to help many worthy causes. As a part of DBC's March Madness, our club made helmet donations to children in our local elementary schools.

From our \$4,000.00 philanthropy budget, we contributed to the excellent work being done by local organizations such as Grace in Action, the Winters Healthcare Foundation and Habitat for Humanity, Yolo County. In addition to these groups we contributed to the Berkeley Outdoor Recreation Program (BORP) in order to help retrofit bicycles for people with disabilities. In Oakland, we helped students with a fund raising event for their first school triathlon. Many of those students had never completed such an event, and when it was over, they wrote us to express their thanks.

Local riders also received our support for participating in a number of fund raising events. We sponsored club members who rode in several AIDS rides and in the Big Fix and in BORP's fund-raising ride. Not counting the helmet donations, we have spent almost \$3,000 through October, and we will be contributing to local holiday events that celebrate the spirit of our community.

Every year, the Davis Food Coop sponsors a Christmas Eve dinner at the Veterans Memorial. The meals are free, although contributions can be made at the door. Our club has made a philanthropic donation (\$500) to the event, and club members are invited to attend. We hope to see you there!

Next year, we will continue to make philanthropic donations. If you know of a worthy cause or a group that deserves support, why not call the Philanthropy Director and let them know of the opportunity! The upcoming holiday season is certainly not the only time to think of community and helping others, and it's good to know that year-around, on the road or not, our club is doing what it can to improve the fabric of our community and the lives of others.





The Tour Turn

By Bruce Dewey, Touring Director



Rainy weather is starting, and we're already contemplating possibilities for next season's bicycle touring. Perhaps a wine country ride ending in San Francisco. Maybe the big Paris-Brest-Paris challenge. A scenic ride in the Oregon mountains and down the coast. A camping tour. Commercial tour. Self-contained tour. There are lots of possibilities.

Considering a commercial tour? Bicycles "included" tours often spend more time riding in the support van than riding bicycles. Such tours, with first-class lodging, gourmet meals, and luggage handling will run \$250 to \$350 per day, not including airfare. This is not too much out of line, considering commercial operators have to run a business. Companies that have you bring your own bike are likewise pricey, but at least they attract people who like to ride. I've heard favorable comments about LaCima and Erickson in this genre. Cross-state camping tours with 500 to 1000 riders are fun and inexpensive. Luggage is carried in semis and food is plentiful, but unremarkable.

Two such tours I can personally recommend are the Denver Post's Ride the Rockies and GRABAAWR, the Great Annual Bike Adventure Along the Wisconsin River. The former has some 100-mile days and plenty of elevation gain. The latter starts on the upper Michigan border and follows the course of the Wisconsin river to the Mississippi, covering 500 miles in seven days over surprisingly varied terrain and good back roads.

Self-contained tours require planning, but you can have any level of challenge and luxury you choose. Linda Bernheim's bike tour in eastern Europe, featured in the October membership meeting, is an example of the "open jaws—credit card" format. One good open jaws, self-contained possibility goes from here to Mendocino, then down the coast to San Jose, then back on the Amtrak. Challenges include carrying your clothes (and perhaps camping gear), the fact that you go rain or shine, and the "worry" factor. Such concerns are less with a "hub" tour where you would leave your car and bags some place and ride various loops. Santa Rosa is an example of a good hub for the wine country.

That said, the best tours by far are our club's. You ride with friends, have more fun, and spend half the money compared to a similar commercial tour. DBC volunteers who plan and run our tours make the difference. Remember, no volunteers = no tours. We really need you to share any ideas, comments, expertise, and help to plan and run 2007 DBC tours. I would be especially interested in hearing war stories about commercial tours or individual tours. Now is the time to get started on plans for our mid-January tour coordination meeting.

For the year 2006, we had 43 members who rode and reported jersey rides. The frontrunner was Cliff Hilken who represented DBC in four rides. Six of our members did three rides: Eduardo Avellanda, John T Jones, Steve Kahn, Cary Thompson, Reid Walden, and John Whitehead. Twelve members have two rides: Bruce and Marilyn Dewey, Liz and Rich Boettner, Susan Gishi, Marlene Hansen, Ann Huber, Bill Whitehead, Andy and Eric Zeigler, Jim Sharp, and Eric Senter. Members who did one jersey ride include Jean Jackman, Tim Johnson, Jeff and Sue Kohlhardt, Don Aumann, Stu Bresnick, John Campbell, Dan Crain, Susan Donahue, Kevin Elstob, Paul Grant, Chris Lupo, Steve Macaulay, Paul Meredith, Eric O'Brien, Matthew Pearson, Jennie Phillips, Craig Robertson, Randy Roten, Bill Sbarra, Bruce and Ellen Winder, and Vance Russell and Emma Underwood. Also, someone did the Death Ride, but apparently had only the energy remaining to sign his name as "e." Our jersey ride participants reported paying a total \$3,318.46 in fees for the events. At \$20 per ride, DBC's reimbursement to members totals \$1400 (or \$1420 if we find the identity and address of "e.") Our participation helps area clubs with their philanthropy and advocacy. Our visibility promotes good will for DBC.

Recently, I have heard more rumblings than usual about groups of bicyclists riding on rural roads, ignoring traffic control signs, and impeding automobile traffic. I'm afraid the Davis Bike Club gets the blame for this, even when offending riders are not ours. Here's what happened near Boulder, Colorado a few years ago. After scores of complaints about the bicyclists from rural residents in the area north of Boulder and west of Longmont, the sheriff's deputies set up what might be called a round-up. An intersection with a stop sign where the cyclists always turned right was selected. Straight ahead, a short stretch of road led to a dead end. Just before the pack appeared, the deputies set up wooden barricades at the intersection, channeling the fast-moving cyclists into the dead end. At the same time, a force of officers swept in with cars and motorcycles, corralling the riders and writing tickets for everyone. Hopefully, that won't happen here.

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

December 2006 Ride Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|--|--|
| | | | | | 1 Early Bird Vacaville Café | 2 RH Phillips Winery Southern Crossing |
| 3 Best Cat is Dead Cat It's a Mystery | 4 Early Bird Zamora & More HOLIDAY PARTY | 5 Mocha Joe Loop Evening Ride | 6 Solano Bakery Women's Wed. Evening Ride Coffee & Cantelow | 7 Steady Eddy's Winters Dinner Evening Ride | 8 Early Bird Vacaville Café | 9 SSS Singles Spin Winter Long Distance |
| 10 Second Sunday Ride Tandem Ride #21 | 11 Early Bird Zamora & More | 12 Mocha Joe Loop Evening Ride | 13 Solano Bakery Women's Wed. Evening Ride Round the Mtn | 14 Steady Eddy's Winters Dinner Evening Ride | 15 Early Bird Vacaville Café RIDE SCHEDULE DEADLINE | 16 Third Saturday NEWSLETTER DEADLINE Solstice DC & Century |
| 17 It's a Mystery | 18 Early Bird Zamora & More | 19 Mocha Joe Loop Evening Ride | 20 Solano Bakery Women's Wed. Evening Ride Coffee & Cantelow | 21 Steady Eddy's Winters Dinner Evening Ride | 22 Early Bird Vacaville Café | 23 |
| 24 | 25 Early Bird Zamora & More | 26 Mocha Joe Loop Evening Ride | 27 Solano Bakery Women's Wed. Round the Mtn | 28 Steady Eddy's Winters Dinner Evening Ride | 29 Early Bird Vacaville Café | 30 |
| 31 | | | | | | |

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.

December 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

9:00 am -- T1/P4-5/45 mi
Barry Bolden 297-5123 or
boliverb@dcn.org

Ride to Zamora and enjoy mini mart delights before 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

9:00 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 Evening Ride*

Tues/Thurs, 5:30 pm
T2-5/P5/40-60 mi
Rich & Liz Boettner or
RichLizAlex@aol.com

Come join the big blue tandem and the rest of the night crew for a brisk ride each Tue/Thur night in an effort to stay in some semblance of shape over the winter. On Tuesdays we will be doing an out and back to Pleasants Valley Rd. via Putah Creek - Pace 5, Terrain 1, 40 miles. On Thursdays we will be going over Cantelow and return via Pleasants Valley and Putah Creek - Pace 5, Terrain 3, 55 miles. Call or e-mail if you have questions.

Coffee and Cantelow

December 6 & 20, 9:00 am
T5/P4/60 mi
Bob Brouhard, 758-5646 or
bobbrouhard@sbcglobal.net

9 AM leave for Solano Bakery and after pastry continue west over Cantelow; returning to Davis via Pleasants Valley and Putah Creek Roads thru Winters.

Round the Mountain with Bob and Larry

December 13 & 27, 9:00 am
T5/P4/90 mi
Bob Brouhard, 758-5646 or
bobbrouhard@sbcglobal.net

8 AM leave for Winters then Cardiac before "Round the Mountain" (121 & Wooden Valley) to Valley Cafe at Rockville for lunch before turning at Mankas Corner; returning thru Fairfield then Pleasants Valley, Putah Creek and Winters.

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, 792-8900, 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. This ride will NOT GO on Wednesday 12/27/2006! Happy Holidays.

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*

December 2, Saturday, 10:00 am
T2/P3/45 mi
Karen Baker, karenleighbaker@comcast.net
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 listserv. The ride leader may also post it on the DBC listserv. 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 listserv.

Winter Long Distance Series*

December 9, Saturday, 8:00 am
T4/P3-4/85 mi
Amy Rafferty, 666-5468 or
aerafferty@ucdavis.edu

Stay in shape for spring brevets and March Madness, and meet other long-distance cyclists. Route goes out to Moskowite Corner via Cardiac. Self-supported brevet-style ride with cue sheet but no time limits. Riders can follow the cue sheet and ride on their own or group up and enjoy the company of others. Route and cue sheet can be viewed at <http://www.routeslip.com/map.php?map=14076>. Rain doesn't cancel, but bad weather may shorten route. Meet at Mace Park n'Ride @ Road 32A.

Second Sunday Ride*

December 10 (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 \$11.00. 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

December 16 (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.

More next page ...

Changing Gears

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

Southern Crossing*

December 2, Saturday, 7:00 am
T4+/P3-4/85 mi
Susan Jacobson, 510-339-9612 or
susanjacobson@earthlink.net
Castro Valley BART to SF via Dumbarton Bridge. Meet at Castro Valley BART for an early and prompt 7 am departure. Route is via Palomares to Fremont, across Dumbarton Bridge, through Menlo Park to Woodside. Follows Canada Rd to Skyline, then the Great Hwy to Golden Gate Bridge, on to Embarcadero BART; optional extension to Sausalito will make it ~100 mi. Co-listed with Grizzly Peak cyclists, brevet style riding (self sufficient, no regroup). RAIN CANCELS. Can also join ride @ Fremont Peet's (near Fremont BART) or Woodside Bakery, e-mail for route before ride. Directions from Davis: I80, S 680, W580 exit Strobbridge to Redwood Rd Castro Valley BART, distance ~82 mi, time 1+ hr.

"It's a Mystery" Ride

December 3, Sunday, 9:00 am
T2/P4/60 mi
Bill Sbarra, bill_sbarra2011@cciol.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....!



The Best Cat is a Dead Cat

December 3, Sunday, 9:00 am
T1/P3/30 mi
Larry Burdick, 753-7591 or
larryburdick@netzero.net
We will ride up to Woodland and go down Dead Cat Alley where there are 10 ceramic cats on top of the buildings. We'll see who can find the most of them. Then we will go to Don's Diner and have breakfast. This day is Jim Skeen's 89th birthday and as a special prize, whoever finds the most cats gets to sit with him for breakfast. Larry will be collecting for a present - \$1 each. (Note: this is proof positive of the value of regular exercise. Jim is a regular rider and doesn't look a day over 80).

Sporadic Second Saturday Single

Speed Spin (S⁶)

December 9, 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 select a setting then certainly shun your shifters.

Tandem Ride #21*

December 10, Sunday, 9:00 am
T3/P4/65 mi
John & Mary Seabury, 758-3878 or
jseabury@pacbell.net
We'll try again this month. 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.

Winter Solstice Double Century

December 16 (3rd Saturday)
T4-5/P4-5/199 4:50 A.M.
Co-listed with SRCC, Davis BC, & Western Wheelers. Join Team Bikeaholics for their 10th Annual Winter Solstice Double Century. Route travels from Ken Holloway's house in San Jose through Gilroy, to the Pinnacles and back. Limited support with rest stops every 50 miles. No regroup required. For more complete information check the Team Bikeaholic web site (<http://www.bikeaholics.org/wsdcroute.html>) and to RSVP, please send an e-mail to... Craig Robertson at craig.robertson@sbcglobal.net

Winter Solstice Century

December 16 (3rd Saturday)
T4-5/P3-4/111 - 7:20 AM
If the double sounds too long, you can join us for the middle part of the Double Century. Start and finish at Christmas Hill Park in Gilroy. One rest stop at the midpoint. No regroup required. Information can be found at the Team Bikeaholic web site (<http://www.bikeaholics.org/wsdcroute.html>) Craig Robertson at craig.robertson@sbcglobal.net

"It's a Mystery" Ride

December 17, Sunday, 9:00 am
T2/P4/60 mi
Bill Sbarra, bill_sbarra2011@cciol.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....!

Greetings from Iraq

Hello DBC people -- It is I, Dave Taillon sending you a note and some pictures from Iraq. I have been here since September 11 (how pointed is that, the 5 year anniversary), and will be here a couple more months before I return home. I still see e-mails going around the list serve so it's nice to read about the goings on of the team. I read that cyclocross season is in full swing back there and it's good to hear people out there doing so well. There are plenty of bikes over here but nothing more than you typical Walmart special types. So the best way to stay fit is to run, and run fast when the bombs start going off... No joke, run really fast to a concrete bunker and hope for the best.

It is funny how I see some guys out there doing loop after loop (the best you can get is a 5 mile loop or so), on their 35+ pound bikes but heck they are out there and trying to keep some sort of cycling fitness going. You can easily tell the diehard cyclist from the ones just out spinning their wheels trying to lose a few pounds.

I attached a couple of pictures to show the variety of things here. It's not home but they try their best to keep us comfortable and it sure makes you miss and appreciate home. I hope everyone is out there enjoying their open roads and relaxing a bit after their long racing seasons. Some day you just might see me out on a bike again but I do love running that's for sure. I may even do a marathon here if they can work out the logistics of it all...

Take care and I'll see you all soon.... Dave (More pics in the web supplement -- Editor)





Giro d'Vino Tour

by Katherine Hess

It was a foggy autumn morning as we set out for Lodi. The tandem was loaded into the Element, and we each double-checked that we had four shoes and two helmets. John and I were going to meet some friends, ride our bicycles and – oh, yeah – do a little wine tasting.

The Giro d'Vino is a cooperative effort of the local bicycle clubs and the Lodi winemaker's association.



Proceeds benefit Lodi Cancer Kids, the Lance Armstrong Foundation, and local cycling programs. The riding is easy – Lodi is as flat as Davis is. The course is short. There are opportunities for wine tasting. And best of all, there's a sag truck. Not for the riders, but for the wines.

We rode with our tandem friends Bruce and Jennifer Wilson and Dan and Judy Magaw (those on the Austria trip will remember them). Dan brought his brother and s-i-l, Dave and Jane. Eight people, four bicycles. Two purple Co-motions, a red KHS, and the blue-and-silver Rex.

We had signed up for the 30-mile "Tour" because our pace probably wouldn't allow for the metric century. The ride started at the Michael David winery, which had a super barbeque area and plenty of parking. The sign-in process would have been better if it had been organized by Bruce Dewey, but it was still relatively painless.

It was cold and foggy when we started. After some group confusion over whether we were doing the loop clockwise or counter, we got oriented and rode about ten miles to the first rest stop. It happened to be a winery. We had fruit and cookies, and a few tastes of wine. I think most of us bought a few bottles. A highlight of the ride was the next stop, Harmony Wynelands. When we got there, the proprietor sat down at the old pipe organ and played "Bicycle Built For Two." We bought wine there, too. And it went on throughout the morning and early afternoon.

The route through the vineyards was pretty. The fog burned off about noon. The roads had little traffic. The wines were pretty good, and reasonably priced. We only got a little bit lost, once. No flats! All-in-all, we did about 32 miles in somewhere around six hours. We also visited five or six wineries, tasted some nice wines, and maybe (just maybe) burned off the calories from the post-ride pasta. I expect we'll be back next year.



Thanks to You Too, Tim! Davis Bike Club

I really want to thank the Davis Bike Club for sponsoring my going away party, and especially the members that could make it down to the Cantina del Cabo last night. Moreover, I want to thank DBC as a whole for assisting me with various projects over the last 12 years, including bike rodeos, helmet fittings, and just general support! You guys are awesome - which is why I renewed my membership with the club before I left town yesterday. I'm moving on to the Institute of Transportation Studies at UC Berkeley, but my heart and wheels will always be in Davis - thanks again!

*Sincerely,
Tim Bustos*

Former Bicycle and Pedestrian Coordinator for the City of Davis (sent via email on October 26, 2006)

So How About 2006 ?



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

| | |
|---|---|
| Action Type <input type="checkbox"/> New Member <input type="checkbox"/> Renewal <input type="checkbox"/> Address Change | Basic Membership, 1 year..... <input type="checkbox"/> \$20.00 single or <input type="checkbox"/> \$30.00 family \$ _____ Basic Membership, 3 years..... <input type="checkbox"/> \$50.00 single or <input type="checkbox"/> \$75.00 family _____ Basic Membership, 5 years..... <input type="checkbox"/> \$80.00 single or <input type="checkbox"/> \$120.00 family _____ Race Team add-on... <input type="checkbox"/> \$20.00 per racer per year \$ _____ <input type="checkbox"/> Aggie Cycling Team (no race team fee) OR... <input type="checkbox"/> Junior Race Team (no race team fee) |
| TOTAL AMOUNT DUE \$ _____ | |

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 | | | |

DBC Member Classifieds & Announcements

BIKES FOR SALE

Bianchi Touring bike San Remo model. Top-of-the-line with few miles. For a tall person. Also, Raleigh mountain bike (not tall). Phone Dave at (530) 758-8601, e-mail: suzndave@baytel.com



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.

THANK YOU

November Ride Leaders

Jack Kenward • **Barry Bolden** • Gerry Peterson
 PHIL COLEMAN • Dan Shadoan • Larry Burdick
 Dan and Sharon Cucinotta • Alan Hill • Anne Huber
 Paul Grant • Glenn Mounkes • David Joshel
 Bill Sbarra • AMY RAFFERTY • Steve & Terry Macaulay
 John & Mary Seabury • John Whitehead

Don't forget the Changing Gears web photo supplement:

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



(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