Newsletter of the \mathcal{D} avis \mathcal{E} ike \mathcal{C} lub

January 2007

Quick Releases

Membership Meeting

Monday, January 8, 7:00 PM
Davis Public Library
Blanchard Room
315 East 14th Street
(Please park bikes outside)
Refreshments & Door Prizes!

Directors Meeting

Tuesday, January 9, 7:00 PM Location to be announced via listserv All Members Welcome

Race Team Meeting

Wednesday, January 3
Davis Library, Blanchard Room
6:30 pm Race Team Board
7:30 pm Race Team

NEXT Newsletter Submission Deadline

Thursday, January 18. 7:00 pm (earlier submittals may get priority)
Please email submissions to:
dbcnewsletter@gmail.com

Ride Schedule Submittals

Monday, January 15 dbcridecal@gmail.com

Welcome New Members!

Kuphaldt family
Stille family
Spore family
Fred Schnaars
Bruno Pitton
Kevin Salyer
Thomas Nye
Bob Blyth
Jeff Mischkinsky

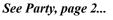
"sulla sua sínístra" ("on your left" in Italian)

Holiday Party a Success!

December 4 once again found DBC members – new and "legendary" – celebrating the end of the year and the holiday season at the Stonegate Country Club. We had the usual array of colorful clothing, colorful food, colorful commentary and a special visit from Santa. Ages of Club members ranged from 5 to 80+, with members representing a full range of diversity: single bikes, tandemistas, recumbents and fixed gear aficionados. VP Diane Richter opened the evening with reflections on a successful year, introduction of award presenters and President Dan.

Bill Bernheim and Mary Jane Polk announced the annual Lou Polk award, given to Club members annual who make those extra efforts. This year the award went to Susan Gishi and Joan Anton for their over-the-top contributions to Club success for many years – Foxy's, Race Team, DC, Club officers, etc. President Dan Shadoan thanked all Club officers for their efforts throughout the year, and each received an engraved pencil holder (which John Whitehead immediately began to tinker with to see if it could be converted into a battery holder). Outgoing Safety Director Paul Guttenberg received a special award from the Club – see John Whitehead's article and photo on page 10. Steve Wick and Joan Anton received a special award for their

tireless contributions to the Junior Race Team. Their efforts and that of our strong Team have turned this into one of the premier bike club teams anywhere. Finally, outgoing Club officers breathed collective sighs of relief as a new Board was elected to work on your behalf during 2007. Our new officers – with many of them continuing from 2006 – are listed on page 2. President Dan





Club volunteers Susan Gishi and Joan Anton

January Membership Meeting by Diane Richter

Here we go, another DBC year full of tours, the Double Century, the Foxy Fall Century, the Fourth of July Criterium races, and who knows what else? Let's start the year by getting together for our first club meeting on Jan. 8 (yes, I know that's the 2nd Monday, but you don't really want to show up for a meeting on New Year's Day, do you?) at 7:00 p.m. in the Blanchard Room at the Yolo County Library on 14th St. The presenter(s) will be none other than our very own Italy touring group, featuring Bill "I'm a real Italian" Sbarra, to show slides and talk about the adventures in Italy this last Fall. It should be a fun show, and maybe will warm our cold January-fog bones by seeing pictures of sunny Tuscany and Umbria. We'll have snacks and coffee before, so come a little early to chat and chomp with your biking buddies.

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Davis Bike Club Officers & Board Members

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Director-at-Large, Foxy's Fall Century

John Hess johnfhess@comcast.net

Director-at-Large, Ultra Cycling **Events**

Jim Sharp, 795-1937 jwsharp@ucdavis.edu

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Steve Macaulay, 753-3048 dbcnewsletter@gmail.com

Party, from page 1...

Shadoan noted that the Club exists due to the efforts of its volunteers, and we continue to put on great events and contribute to the community.

Like those secret fraternal organizations, the DBC has a few secret traditions of its own. For reasons lost to the ages, two framed photos of a prominent DBC member are bestowed by Santa each year. This reporter and his spouse were the recipients of both photos last year, with no idea of why they were so fortunate. The photos were dusted off, gift-wrapped and awarded this year to President Emeritus Barbara Anderson and former VP and all-around volunteer Elinor Olsen. They are equally clueless as to the criteria and meaning of the award, but were suitably thankful. Pictures of all our award winners and the party crowd are on-line at our monthly newsletter photo supplement (see last page of newsletter for link).

Good friends, good food, and another great year of cycling and Davis Bike Club events!

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





DBC Turbo Card a Winner!!

December 9, 2006 email from Glenn Mounkes:

I used the DBC Turbo Card last Thursday on the Steady Eddies ride. I was unable to engage the Turbo on the ride to Winters due to a linkage problem; but after some quick wrenching outside of Steady Eddies I was able to FULLY engage the Turbo on the return trip. To my surprise I found myself blasting past all of my ride companions. I had to disengage the Turbo completely -- "lock it out" to keep from riding off the front of the pack. I will experiment further with the Turbo Card on my next outing...



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.

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



















Race Team Results by Janelle Gunther

Name	Date	Race	Category	Place
Vance Russell	10/21/06	Rancho Seco Cross	35+ A's	2nd, 9th overall
Vance Russell	11/4/06	Granite Beach Cross	40+ B's	8th
Vance Russell	11/18/06	Condon Park Cross	40+ B's	4th
Justin Morejohn	11/14/06	Cat 4 road upgrade		
Justin Morejohn	11/18/06	Sac Cyclocross Grass Valley	Men's B - 40	1st
Justin Morejohn	11/20/06	Cat 3 cyclo-cross upgrade		

Paris-Brest-Paris Seminar by Jim Sharp

January 13, 2007. 1:30pm-5:30 pm. Blanchard Room of the Yolo County Library. 315 E 14th Street, Davis, CA.

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, as seating is limited. Email Bill Bryant (bill_bryant@prodigy.net) to reserve your place in the class.

The following morning, Sunday January 14 there will be an informal 100K Brevet Populare starting from Starbuck's in West Davis, 2038 Lyndell Ter # 102. Start time 9:00am. All riders are welcome; you don't have to be a brevet rider. This will be an opportunity to ask question in an informal setting or simply get in a ride.

MARCH MADNESS NEWS FLASH!

- 1) THERE WILL BE 9 WEEKEND DAYS IN MARCH.
- 2) THERE WILL BE LESS RAIN THIS MARCH.
- 3) MILEAGE RECORDS WILL BE BROKEN.
- 4) CANEMAN WILL BE OFF THE TRAINER AND ON THE ROAD.
- 5) BURDICK WILL CHALLENGE CANEMAN.
- 6) THE JERSEY WILL BE A COLLECTORS ITEM.
- 7) MORE KIDS WILL GET HELMETS.
- 8) THERE WILL BE BIKE PARKING AT THE DAVIS TARGET
- 9) THERE WILL PROBABLY NOT BE ANY BIKE PARKING AT DIXON DOWNS.
- 10) GASOLINE SALES WILL PLUMMET IN MARCH.



How do you do that Spock thing?

Sea Otter Classic Road Bike Tours Sunday, April 15, 2007 Century (100-mile) and 15-mile Options

Sea Otter Classic Road Bike Tours start at daybreak on Sunday, April 15, 2007. Choose from two ride options of different distances. The challenging century route will take you on the scenic back roads of the Monterey and Salinas Valley areas. You will bike along quiet country roads, past manicured vineyards and perfect vistas on your way to terrific downhill into Carmel Valley. Challenge yourself on the infamous Laureles Grade on your return to Laguna Seca!!!

The shorter option will take you throughout the closed roads of Fort Ord. Although short, you will find this tour to be challenging and equally as beautiful.

Included In Your Entry Fee

On either route, riders will enjoy well-appointed rest stops and SAG support, a hearty end-of-ride BBQ, entrance to a **fantastic bicycle consumer expo** and a raffle loaded with prizes.

Top pro athletes and coaches will be riding along offering riding tips to all participants.

Register Online: www.seaotterclassic.com

---Changing Gears-----

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How I Went 4 for 4 During Cyclo-Cross Season By Vance Russell

I actually got to race cyclocross a number of times this fall (as opposed to my meager road season), doing four whole races in the Sacramento Series. My main goal after a two year hiatus from cyclocross was to do some races and get some form back. I'll chalk my hiatus up to my last race at Portland for the national championship when most of the course was under two feet of mud and I was suffering from a chest cold. It was raining, super cold and some idiot crashed in the first 100 meters of the start -- then the mudfest was on. I didn't finish. Anyway...

So I made it to Ione to start out the season this year for a fun course. I ended up dueling an ex-teammate in the top 10 of the pack after going down on a gravelly turn and then dropping my chain on a stair step run up. He passed me, and then it took me a couple of laps to catch him. I passed him after a hill in a short flat section. Not bad for the first race back and not going all out. Teammates Tom Kellner, Rick Parks and Shawn Miller all raced in the 35+ B's that day—very fun.

Next race was Granite Bay— flat and fast, except for the long, gutbusting, sandy runup sections. Tom and I both raced the 35+'s. Tom was on fire. We got to trade pulls and work on catching the leader for a lap or two. I then suffered from a temporary lack of focus and proceeded to loop into a Ceanothus bush (thank goodness it wasn't poison oak), dropping my chain and going down. More chasing proceeded. My ex teammate moved up on me but never passed this time. OK, so I was two for two in a bad way. Justin won the B's! Nice work Justin and Tom placed second. DBC represents!

Rancho Seco—fog, rain, nuclear power plant looms over the grasslands — how could we go wrong there. I jumped into the A's race on this day. The 15 minutes difference in race length and faster start makes a huge difference. This could have been among the most difficult cross races I've done—no straights. Even the pavement had loops and constant turns, which was not fun on a wet day. Plus the B's were warming up on the course the entire race—very distracting. So I slipped, it was raining, it was wet. Damn! 3 for 3 and I'm starting to be glad there weren't too many DBC racers around to notice that I keep having spills so I don't start contending for the crash-meister award.

My final race was at Condon Park in Grass Valley. My wife, parents and friends of my parents were watching. I forgot to oil my pedals after the wet Rancho Seco race and am up with the lead group going into the first barrier on the first lap and my shoe doesn't come out. Ouch! After initial disorientation, hey I'm used to chasing by now, I pass a couple of guys and place ok given the fall. I get to show off my dirty knees to my family! Was awesome to have folks cheering for us. Justin wins the B's again—he's got to move up or be accused of sandbagging. So I'm 4 for 4 for dropped chains and spills but I didn't flat once in any race! That's a miracle. It was a fun season. I'll be back next year.

Treasurer's Report - 2006 Financial Results Look Good by Treasurer Stu Bresnick

We still have few outstanding bills to pay but most of the data is in for 2006 and it looks like we will be close to the budget set by the Board of Directors. We budgeted a total **deficit** for 2006 of \$13,000 and it looks like we will actually have a **net income**. Results through December 12 show a net income of about \$12,000:

2006 Income Budget is \$243,500 vs. actual of \$ 246,072 2006 Expenses budget was \$ 256,500 vs. actual of \$233,489



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The Tour Turn

By Bruce Dewey, Touring Director





It's that time of year: Make New Year's resolutions. Spend those gift cards you got. Fix up your bicycle. Plan a cycling tour for next year. I view New Years resolutions as goals. The PBP brevets and the PBP itself in August might make a really great cycling goal. If you aren't up to that much intensity, how about setting a goal to train for and ride a double century, or two, or three, this year? The training in getting ready is the best part. In any event, make a resolution to do some cycling goal—like riding 2000 miles in March Madness.

Got a gift card? How about getting a new helmet? I recently consulted with some experts—Dan our DBC Decider-in-Chief and Joe the Wheelworker. Both quickly convinced me that everyone should be riding with top-of-the-line helmets. The difference is what's inside. It's true that all helmets sold in this country meet the government's consumer product safety standard. However, helmets are CPSC certified

for one impact. The top-of-the-line helmets have reinforcing fiber inside the foam, while the more basic ones do not. In a big impact, an unreinforced helmet can break in two, while a reinforced one is still there for multiple impacts. While a smaller impact may not cause visible damage, such helmets should be replaced. All plastics deteriorate over time, so replacing your old helmet is also a good idea. It's the best investment you can make for a good future.

These rainy days after Christmas are slow days at our local bike shops. They'll be glad to oil, grease, adjust, and clean your bicycle. New tires and tubes will help you have fewer flats next season.

And cycling tour plans for next year? DBC tours are outstanding values and always a lot of fun. Our Monday, January 8 club meeting will showcase this fall's DBC Italian Tour—Bill Sbarra is certain to win an Oscar for this production. Our meeting on Monday, February 5 will be devoted to touring plans for 2007 where you can talk with the tour captains and do some sign-ups. At this writing I think tours will include Clear Lake, the Central Coast, Nevada City, Cascades-Oregon Coast, San Juan Islands--Sidney BC, the Wine Country, and Mt. Lassen. However, we always can use another tour. Anyone with suggestions should contact me soon, preferably before our tour coordination meeting that is planned in early January.

Hypothetically, here's how a tour comes to be. A couple of DBCers are interested in running a tour to a favorite place. These prospective tour captains have information, bike maps, been there before, etc. and they think it will be a great tour for the club. They contact me and I provide a copy of the DBC tour organization guidelines and talk about it. The captains develop a budget that consists of two parts: Participant's Costs and Fixed Costs. Participant's costs include personal expenses such as accommodations, food, and airline tickets. Fixed costs include items like a sag, printing maps, etc. Normally, the club pays fixed costs from the tour budget, while individuals pay for personal costs. Fixed costs are more-or-less the same regardless of whether there are eight or eighteen people on the tour.

That said, our tours depend on the work of DBC volunteers. We have a great club because many members volunteer their time and talent, leading rides and working on club events. Planning and running tours is also done by volunteers. Sometimes, more people want to go on the tour than can be accommodated. If we think a tour might be super popular, we'll open sign-ups at a club meeting and collect applications with a deposit from those interested. Members who can't attend the meeting can send their deposit to the tour captain. If the tour isn't filled, the captain will publicize the tour in *Changing Gears* and later on the list serve. On the other hand, if a tour has too many people, the captain will keep a waiting list and also try to get more space. Factors that determine priority include being (1) DBC members, (2) active DBC volunteers, and (3) the best fit for available accommodations (e.g. three guys in a room with three twin beds.) This is a judgment call that the trip captain makes. We don't have rigorous rules—we just want to have fun tours for all our members.

"When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking." - Sir Arthur Conan Doyle

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January 2007 Ríde Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Early Bird Zamora & More	2 Mocha Joe Loop Evening Ride	Solano Bakery 3 Women's Wed. Evening Ride Coffee & Cantelow Race Team Mtg	4 Steady Eddy's Winters Dinner Evening Ride	5 Early Bird Vacaville Café	6 RH Phillips Winery Winters Long Distance
7 It's a Mystery	8 Early Bird Zamora & More MEMBERSHIP MTG	9 Mocha Joe Loop Evening Ride BOARD MTG	10 Solano Bakery Women's Wed. Evening Ride Round the Mtn	11 Steady Eddy's Winters Dinner Evening Ride	12 Early Bird Vacaville Café	Singles Spin S ⁷ Bellu Bru Brunch PBP Seminar
14 Second Sunday Ride 100K Brevet It's a Mystery	15 Early Bird Zamora & More RIDE SCHEDULE DEADLINE	16 Mocha Joe Loop Evening Ride	17 Solano Bakery Women's Wed. Evening Ride Coffee & Cantelow	18 Steady Eddy's Winters Dinner Evening Ride NEWSLETTER DEADLINE	19 Early Bird Vacaville Café	20 Third Saturday Atlas Peak
21	22 Early Bird Zamora & More	23 Mocha Joe Loop Evening Ride	24 Solano Bakery Women's Wed. Evening Ride Round the Mtn	25 Steady Eddy's Winters Dinner Evening Ride	26 Early Bird Vacaville Café	27 Winters for Breakfast
28 It's a Mystery	29 Early Bird Zamora & More	30 Mocha Joe Loop Evening Ride	31 Solano Bakery Women's Wed. Evening Ride Coffee & Cantelow			

General Ride Information:

- Helmets are REQUIRED on all Davis Bike Club rides.
- Unless otherwise specified, <u>all rides begin at Starbucks</u> 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, regroups often.
T2	Easy, Gentle Grades	Road 29 at Hwy 113 Overpass	P2	9 - 12	Tourist riding; stops/regroups as needed.
Т3	Rolling Hills	English Hills, Pleasants Valley Road	Р3	12 - 16	Mod; solid riders; regroups @ 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.
Т6	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.

-----Changing Gears-

January 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

WEDNESDAY >> Solano Baking Company

8:45 am start -- T1/P3/35 mi

Dan & Sharon Cucinotta, 756-1711 or

scucher@comcast.net 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

January 3, 17 & 31, 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

January 10 & 24, 8:00 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.

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*

January 6, 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*

January 6, Saturday, 8:00 am T4/P3-4/100 mi

Amy Rafferty, 666-5468 or

aerafferty@ucdavis.edu

Meet at the Mace Park-n-Ride (I-80 at Mace Blvd., also the start location for the DBC spring brevet series). Stay in shape for spring brevets and March Madness, and meet other long-distance cyclists. Route is "around the mountain" in reverse: out to Cantelow, then south to Fairfield where we'll pick up the Foxy's route. Selfsupported 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 will be posted to the DBC email list a few days before the ride. Rain doesn't cancel, but bad weather may shorten route.

Second Sunday Ride*

January 14 (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. Rain in Davis or Fairfield cancels, check the listserve for announcement.

Third Saturday Ride

January 20 (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 ...

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

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

Non-Recurring Rides

Bella Bru Brunch (B³)*

January 13, Saturday, 9:00 am T1/P3-4/65 mi

Bruce & Marilyn Dewey, 753-9188 or deweyms@hotmail.com

Meet at Vet's parking lot and ride over on the causeway and up the American River bike trail to this popular cyclist's mecca. Bring a bike lock and money for a treat. Alternatively, ride the Amtrak and meet the group in front of the railroad museum at 10:00 am. Rain Cancels.

Second Saturday Seemingly Sporadic Single Speed Spin (S⁷)*

January 13, 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 certainly select a setting then shun your shifters. This will start at Vet's Memorial.

"It's a Mystery" Ride

January 14, 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!

Unofficial 100 km Brevet Populare

January 14, Sunday, 8:30 am T3/P3-6/61 mi (100K) Jim Sharp, 795-1937 or jwsharp@ucdavis.edu

The day following the PBP seminar we will host an unofficial Brevet Populare. No controls, no brevet cards. Everyone is welcome; you don't have to be a brevet rider. This will be an opportunity to ask questions about brevets in an informal setting and/ or simply get in a nice ride with friends. Ride starts

PBP Training Series -- Atlas Peak*

January 20, Saturday, 9:00 am T6/P5/90 mi Jim Sharp, 795-1937 or

jwsharp@ucdavis.edu

Start in the Winters municipal parking lot across from the Buckhorn Restaurant. No Sag. Bring sufficient food and water for 50+ miles. Stop at the deli on the corner of Hwy121 and Atlas Peak Rd. Rains cancels.

Winters for Breakfast

January 27, Saturday, 10:00 am T1/P2-3/30 mi

Diane Richter, 707-678-9515 or bdrichter555@gmail.com

Let's ride to Putah Creek Cafe in Winters for a late breakfast or early lunch. Riders who slow for bird-watching, etc. are welcome on this ride. Rain cancels, though.

"It's a Mystery" Ride

January 28, 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!

Tandem Ride

This ride is not yet scheduled since it virtually guaranteed rain the past three months. A ride will likely be announced via the listsery for a Saturday or Sunday. Watch your email o r contact macaulay.steve@gmail.com.





The 43rd Annual Great Western Bicycle Rally is Memorial Day weekend, May 25-28, 2007 at the San Luis Obispo Fairgrounds in the scenic setting of Paso Robles, CA. The Rally is a large, friendly, family-oriented bike event extravaganza and affordable "mini vacation" dedicated to recreational cycling that transforms the Paso Robles fairgrounds and the surrounding countryside into a pedaler's paradise. The Rally is a unique event in that it offers a variety of activities and rides for all levels of cyclists.

Great Western Bicycle Rally Participants Receive:

- Route slips for rides from 10 to 100 Miles
- Shop 'til you drop. 3-day vendor marketplace
- Time trial, hill climb competition and the "Huffy Toss"
- Family activities and kids bicycle roadeo
- Wine and cheese social, BBQ and Cookout
- Bike swap and "Best of Show" competition
- Women's only ride, geo-cache ride, ultra-distance competition
- "How To" clinics
- Goodie bag and Rally Raffle ticket

Participants choose to ride any distance at any time during the Rally and they are supported by a team of dedicated volunteers that help stage the various competitions and social activities. The Paso Robles area is a spectacular place to ride. You'll enjoy scenic cycling on miles of country roads through ranchland, coastal foothills, and vineyards amid countless native oaks.

Cost: \$40/person or \$80/family

Camping: \$12/person/night or \$30/family/per night, showers included

Hotels: There are lots of hotels in the area, but book early!

Want to come for just one day?

New this year is the Great Western Metric and Metric Century Ride on Sunday, May 27. These re supported rides with road support and food rest stops. After the ride enjoy a BBQ and music. Showers and camping are available. Fee to ride: \$40.00/ individual

Online registration: www.greatwesternbicyclerally.com

Brochure request or questions: 1-866-909-4927 Changing Gears-----

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YES VIRGINIA, THERE IS CYCLING OUTSIDE OF DAVIS By Tim Spann, aka Dr. Pistachio

I know many of you don't believe that it's possible, but there feet. I'll wait while you finish laughing. is a cycling world outside of Davis. I'll admit that I was a The ride description boasts that it climbs little skeptical of this a few short months ago myself, but I've every hill in central Florida, including seen the light (the lack of smog helps). As many of you know Buckhill, The Wall, Citrus Tower Hill I finished my PhD in June and quickly fled...I mean and Sugarloaf Mountain. This would be reluctantly left the oasis of Davis to return to Florida. I was a piece of cake. very fortunate to have to choose between two different faculty positions with the University of Florida. Primarily because of I arrived about 7:30 for an 8:00 ride start. the potential for cycling opportunities I chose the position based at the UF Citrus Research and Education Center in Lake Alfred, Florida. I'm located about 50 miles southwest of Orlando, about two hours south of the main campus in Gainesville. But that's enough about that, let's talk cycling.

My first exposure to cycling here was less than stellar. I Googled bike clubs in central Florida and found a group called the Polk Area Bicycle Advocates (PABA) based in my county. They have a ride every Saturday and Sunday morning so I joined them a few weeks ago for a 50 mile ride. The ride started about 25 miles from my house and I wasn't sure of a good route to ride to the start so I drove. I pulled into the parking lot and was greeted by a sea of white hair. No offense to white hair, but this was not the kind attached to an active, sprite, older body. It was closer to a shade of blue that should be slouched behind the wheel of a mid-80s Ford LTD going 35 in the left lane on the interstate. This short 50 miler took five hours to complete and included frequent stops to regroup when someone would yell, "Stop, Barbara's off the back." I'd usually look back as we were stopping to find Barbara was only about 100 yards back, but we stopped anyway. After it was over they all said it was nice to meet me but they didn't expect to see me again. I'm not sure how many of the five agonizing hours had passed before they came to that Up to this point (I arrived here on October 9) I'd been trying to find conclusion, but I'll give them credit for reaching it.

While I looked for a more suitable group to ride with I started riding on my lunch hour. I found a nice 20 mile route around work that was about half flat and half rollers, equal to about what you find along 128 from Pardesha to the bottom of the damn. It was a nice route and I started to make some observations about Florida drivers...they are 1000 times BETTER than any in California. I'm not kidding you. All but about 7 miles of my route was on two-lane roads with no shoulders. Drivers would slow as they approached me from the rear and move completely to the other side of the road to pass me. If there was a small rise coming and their line of sight wasn't clear they'd wait until we got over the rise to go around. On the stretch of road with a shoulder they would still go out into the other lane to pass me. I was dumbfounded to say the least.

My next group riding event was a far different experience from my first. As soon as I learned where I would be moving to and when, I signed up for the Florida Freewheelers' Horrible Hundred century in Clermont on November 19. Clermont is about an hour drive north of me on the west side of Orlando. The terrain in this part of Florida is rolling hills, but how bad can it be, the highest point in Florida is only 345

I checked in and as I walked back to my bike I saw a guy wearing, believe it or not, a Davis Double Century jersey! I rubbed my eyes to make sure I wasn't seeing things. Nope, as sure as the sun was shining and the temperature was far



above what it was in Davis that particular morning, it was real. I walked up to him and told him that I had not expected to see that jersey there. It turns out he had recently relocated from Oakland with his wife who was from Orlando. His name was Scott Lehman in case any of you may have ridden with him. We road the whole ride together and during our conversation I discovered that he shared my opinion of Florida drivers.

There was very little flat on this ride. Picture doing a century on roads like English Hills, with a few Steiger Hill Roads thrown in. It was either up or down the whole day. It was very tough to develop a good rhythm on that type of terrain. The longest climb was a half mile and came at about mile 85. I see myself doing many hill repeats there. By the time it was over we agreed that for a "flat" century it was challenging. I'm told this will be a great training ride for PBP. I invite any of you to come out next November and try it. I have plenty of floor space for you to crash on.

a good route to ride to work. Central Florida has hundreds of lakes, many of which are connected by natural or manmade channels. Because of this many of the smaller side roads don't connect to one another, leaving the main highway, US 17 with no bike lanes, as one of the few roads that connects all the way from where I'm living to work, about 15 miles by car. It made finding a route challenging to say the least. My first attempt was working quite well until I got about two miles from work and found that the map didn't mention that the road I planned to take went through a private golf course and was gated. A 10 mile detour later I finally got to work. My next attempt worked much better and I now have a great 16.5 mile route through mostly residential neighborhoods that I ride most days to work. The drivers continue to be outstanding. Maybe it's because they're not as used to seeing cyclists on the road as California drivers. I don't know, but it sure is nice to not get honked at or brushed by some giant SUV routinely.

If you're ever heading down this way don't be afraid to bring your bike and get in touch with me. I think you'll be pleasantly surprised at how nice the riding is and there's no smog so you can feel free to breathe deep. And I know one other thing; March Madness will be much warmer here. I need to get back out on the road, there's a brevet series starting on January 6. Happy Tailwinds and remember, drink only 100% pure Florida Orange Juice, the best there is!

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

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Thanks to Outgoing Board Members by John Whitehead

With the end of 2006, several people on the DBC board of directors have moved on to other things, and we thank them for their service. They include former Recording Secretary Shannon Still, former Quartermaster John Dixon, and former Membership Director Terry Macaulay. Thanks also to Dave Taillon and Joan Anton who both served as Race Director for greater or lesser amounts of time, ending during 2006, and to Patsy Inouye, who served as Ultra Distance Director for part of 2006.

Last but not least, cycling nut and cockpit occupant Paul Guttenberg has flown the coop and is now Safety
Director emeritus. Paul's 6 years on the board were commemorated at the annual DBC Holiday Party in December. He received the prestigious
DBC DBM RGG (departing board member recognition gag gift). Paul has been the driving force behind the helmet program for school children.
Hence the bronze sculpture shown came with a plastic bottle-cap helmet, complete with foam inserts adjusted for a proper fit.

Volunteers Needed for February 20 Tour of California Race

The Amgen Tour of California, a world-class professional stage race now in its second year, will pass through Davis on Tuesday afternoon, February 20. Our city streets have not seen such a cycling event since the Coors Classic and the Race Across America rolled through town in the 1980's. Mark your 2007 calendars, and plan for a late lunch break if you can't take the afternoon off.

Volunteers are needed as course marshals and to help preside over road closures which are now being planned by the City of Davis Parks and Community Services Department. If you are able to help, plan on being available by about 1:00 pm. For those interested in seeing the 11:00 am start in Santa Rosa, it will be possible to drive back to Davis in time to be part of local history. The city website has a page at http://cityofdavis.org/cmo/bikerace for volunteers, or call 757-5602 or 757-5691. See the race website at http://www.amgentourofcalifornia.com for general information.

Club Goes Balmy

Bob "Blowhard" Brouhard started a listserv discussion of the merits of Bag Balm and where it could be purchased in Davis. 50+ emails later we had accumulated an impressive body of knowledge about this miraculous product, including a link to a Bag Balm cycling organization (http://www.cyclingsite.com/collected_wisdom/insights/tbb.htm) and original DBC member limericks and haiku. Here is some of the latter:

March Madness beckons How can I ride every day? Tool kit has bag balm

Cheese grater saddle OUCH! Bag balm to the rescue Ah, relief, better.

-- Glenn Mounkes

I'm sufficiently lubed with bag balm

so when riding I haven't a qualm with that stuff on my bum no saddle sores come so I ride my bike perfectly calm

-- Adrienne Ruggles

There once was a cyclist from Davis. The secret of Bag Balm he gave us. When we're out for a ride, We apply to our hide, From chafing and sores it will save us.

-- Paul Guttenberg

Skin dry and cracked like bark of palm The saddle hurts, I can't be calm With luck a cow Will show me how To find the shelf where they sell Bag Balm

Does it count as a dairy product?

Some might think to try a psalm Regarding that I have a qualm

But I am a fan Of the cubic green can It's a sure fix, and it's known as Bag Balm

-- John Whitehead

The truth in yer balmy bag is "antiseptic" Petro and lanolin makes it wanna stick If you Googled a search Then your bikes wouldn't lurch If the truth appears quite forensic

-- Bill Dunn

There once was a rider from Yolo Who had plenty sores, you know. After a survey of cows all around Bag Balm was their want hands down. Off to Long's, Costco, etc., to prevent pain down below.

This is udderly silly

-- Barry Bolden

December 2006 Post to Popular Tandem List From Female Stoker

(Reproduced courtesy of Editor)

Saturday morning, while I was goofing off doing the club ride, John was busy riding around with our bike trailer doing errands. One of the errands was to pick up cat litter. We and our cats, unfortunately, seem to be finicky about our cat litter and have to get a particular type from Petco. The stuff from the grocery store, a block away, just won't do. I usually try to stock up whenever I rent a car, but we haven't had a car in a while and we ran out, so John headed over Saturday morning and brought home 110 lbs of cat litter. He said every little hill put him into his lowest gear. Now I'll just point out there might be 30 feet of elevation gain on the route from Petco to home, and his lowest gear is about 14 inches.

I've often joked about my lack of contribution on the tandem, so I just had to ask him, since the 110 lbs of litter plus weight of the trailer has to be close to my weight, if he could tell the difference... He says the cat litter doesn't give him lip.

So for you guys who complain that your partner doesn't pull her weight, John will loan you our trailer and fill it with cat litter and you can gain a new appreciation for how much SHE does contribute.

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Official Use Only	DAVIS BIKE	CLUB MEMBERSHIP APPLIC	ATION
Exp: Pd: Check #: Entered:	Step 1: Step 2: Step 3: DBC M	Fill out form <u>completely.</u> <u>Sign</u> where indicated. Make checks payable to Davis Bike Club and ret embership, c/o B&L Bike Shop, 610 Third St., De	urn completed form to: wis CA 95616
Name for mailing label:		City	
Address:		City E-mail	StateZIP
)	_	If you wish to be added to the DBC email list	olease visit our website www.DavisBikeClub.org
Action New Member	Basic Membership,	1 year \$20.00 single or \$30.00 single or \$75.00 single or \$75.00 single or	amily
Renewal		5 years \$80.00 single or \$120.00 \$20.00 per racer <u>per year</u>	
Address Change		no race team fee) OR	am fee)
		se; parent or guardian signature required d and agree to all of the conditions set forth in the	
Name	Age	_Signature	Racer?
Name	Age	Signature	Racer? Date
Minor's Name	Age	Parent/Guardian Signature	Racer?
Minor's Name	Age	Parent/Guardian Signature	Racer?
loss. The risks include, but are not l people including, but not limited hydration. These risks are not only event. I realize that liability may a	ent is an extreme test of a limited to, those caused by to, participants, volunteer inherent to athletics, but a arise from negligence or ca	person's physical and mental limits and carries with it the terrain, facilities, temperature, weather, condition of athles, spectators, coaches, event officials, and event monitare also present for volunteers. I hereby assume all of the trelessness on the part of the persons or entities being relof their possible liability without fault.	etes, equipment, vehicular traffic, actions of other ors, and/or producers of the event, and lack of risks of participating and/or volunteering in this
I certify that I am physically fit, have	ve sufficiently trained for p	articipation in the event and have not been advised otherw	rise by a qualified medical person.
I acknowledge that this Accident W and that it will govern my actions a		ility (AWRL) form will be used by the event holders, spevents.	onsors and organizers, in which I may participate
successors, and assigns as follows: or actions of any kind which may h directors, officers, employees, volu-	(A) Waive, Release and Di nereafter accrue to me or m unteers, representatives, ar	rticipate in this event, I hereby take action for myself, ischarge from any and all liability for my death, disability traveling to and from this event, THE FOLLOWING End agents, the event holders, event sponsors, event direfrom any and all liabilities or claims made by other indiv	, personal injury, property damage, property theft NTITIES OR PERSONS: Davis Bike Club, their eters, event volunteers; (B) Indemnify and Hold
I hereby consent to receive medical	treatment which may be d	eemed advisable in the event of injury, accident and or ill	ness during this event.
I understand that at this event or rel event holders, producers, sponsors,	, , ,	notographed. I agree to allow my photo, video or film like	ness to be used for any legitimate purpose by the
This AWRL shall be construed broad	adly to provide a release an	d waiver to the maximum extent permissible under application	able law.
I hereby certify that I have read this	s document; and, I understa	and its content.	
	Parent G	uardian Waiver for Minors (Under 18 years old)	
and indemnify each and all of the p	parties referred to above fro	n does hereby represent that he/she is, in fact, acting in sum all liability, loss, cost, claim or damage whatsoever will parties on behalf of the minor and the parent or legal guar	ich may be imposed upon said parties because of
•	<u>H</u> elr	nets are required on all club rides.	
Incomp		e returned unprocessed. Please allow up to 6 w	eeks for processing.
The Davis Bike Club is a volunteer	organization. The club ha	Revised 03-26-2006 s many activities that require member assistance during t	ne year. Your volunteered time helps make these

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

☐ Serving as a Board Member

☐ Fourth of July Criterium

☐ Other - Contact me for general help

Dunlap Memorial Time Trial

projects successful. Please indicate if you would be interested in helping with any of the following club activities and events:

 \square Organizing/leading club tours

☐ Double Century ☐ Foxy's Fall Century

☐ Leading local club rides

☐ March Madness

DBC Member Classifieds & Announcements







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.

UCD Bicycle Users Group By Russell Reagan

This group was formed in December, and will soon incorporate as a student organization. Activities include surveying bike traffic, tracking accidents, attending meetings of University committees that set transportation policy and review new bikeway designs. BUG is also a social group. Anyone who is concerned about bicycling on campus (not just students) may join. Please visit http://daviswiki.org/Bicycle Users Group

Davis bicycle advocacy making a comeback?

Thanks to all of you who attended the joint Bicycle Advisory Committee and Davis City Council meeting on Monday 12/11. There is a growing awareness of unaddressed problems for cyclists in Davis, and the need for improvements.

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December Ride Leaders

Jack Kenward • Barry Bolden • Gerry Peterson PHIL COLEMAN • Warifyn Dewey • Larry Burdick Dan and Sharon Cucinotta • Alan Hill • Karen Baker

Rich & Liz Boettner • Paul Grant • Glenn Mounkes • David Joshel Bill Sbarra • AMY RAFFERTY • Susan Jacobson

John & Mary Seabury • John Whitehead

Don't forget the Changing Gears web photo supplement:

http://www.pbase.com/g2_steve/jan_2007_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.

FIRST CLASS

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Moving? Please let us know!

Our Membership Director will make sure your membership into is updated and that you continue to receive your monthly edition of Changing Gears.

Snail-mail to: dbemembership@gmail.com email to: dbemembership@gmail.com



Davis Bike Club 610 Third Street Davis, CA 95616