

Changing Gears

Newsletter of the Davis Bike Club

February 2007

Quick Releases

Membership Meeting

Monday, February 5, 7:00 PM
 Davis Public Library
 Blanchard Room
 315 East 14th Street
(Please park bikes outside)
 Refreshments & Door Prizes!

Directors Meeting

Monday, February 12, 7:00 PM
 Davis Food Coop Conf. Rm.
 620 G Street
 All Members Welcome

Race Team Meeting

Wednesday, February 14
 Davis Library, Blanchard Room
 6:30 pm Race Team Board
 7:30 pm Race Team

NEXT Newsletter

Submission Deadline

Friday, February 16. 7:00 pm
(earlier submittals may get priority)

Please email submissions to:
 dbcnewsletter@gmail.com

Ride Schedule Submittals

Thursday, February 15
 dbcridecal@gmail.com

Welcome New Members !

Gerd Rosenblatt
 John Hamilton
 David Ingalls
 Carolyn Lewis
 Kieran Noble-Goodman
 Thomas Nye

Prez Sez by Dan Shadoan

On Saturday January 16, ultra distance cyclists from Northern California found themselves the delighted recipients of a wealth of information outlining the procedures, preparation and actual riding of the world famous cycling event, Paris-Brest-Paris. PBP is held once every four years during August as close as possible to a full moon. 2007 is one of those special years and the dates are August 20 - 24. The ride distance is 1200 kilometers and there are time limits at all of the control points along the route which riders must adhere to in order to legally finish the event. The ride format is out and back on approximately the same route with each control point serving double duty

for the thousands of riders going both ways.



Davis Bike Club, along with Santa Cruz Randonneurs, hosted an informational PBP seminar attended by a gathering of well over 100 would-be PBP riders. Bill Bryant, an active ultra distance cyclist, originally from Davis and now from Santa Cruz, led the seminar at the Davis Branch of the Yolo County Library. Bill's credentials and the content of his presentation were both outstanding. Bill's presentation covered a wide range of critical topics with the added flavor coming from one who has completed the ride twice, once in 1983 when barely one hundred USA riders participated, and then again in 1999 when 89 DBC members participated. Most of the enthusiastic attendees were new to randonneuring and PBP, but about 10 percent were "anciens", the French name for previous PBP finishers.

It's clear from the information
See Prez, page 2...

February Membership Meeting by Diane Richter

The February meeting of the Davis Bike Club will be held on Feb. 5 at 7:00 in the Blanchard Room of the Yolo Public Library on 14th St. in Davis. This is the much anticipated tour meeting, and just wait 'til you see the tours available this year! There are some popular repeats, and some new tours that I predict will be great fun. Most tours will require a deposit to hold your place, so bring your checkbook, with checks made out to the Davis Bike Club. You'll need a separate check for each tour.

In addition to tours, we will have available for sale bike clothes and accessories that Ruth Martin has donated to the club in Ed Martin's name. These items are all in very good condition, and will be sold for whatever price you want to pay. All proceeds will go to the Ed Martin Memorial Fund. To add to the fund, if you have bike clothing or small accessories that you don't use anymore, and that are in excellent, clean condition, you can donate them to this sale, for this very worthy cause.

See you at the meeting! Come early for coffee and cookies.

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Prez, from page 1...

presented that DBC has had and continues to have a prominent role in the development of ultra-distance cycling. From the 1983 fledgling beginnings described by Bill to the more organized and systematic efforts of Gerry and Janice Peterson assisted by Larry and Dee Burdick to the well-oil machine created by Daryn Dodge with a host of other DBC'ers the Club can be proud of the international reputation they've gained.

Speaking on behalf of all of the Davis Bike Club, I'd like to thank Bill Bryant and Jim Sharp, both the oldest and the newest purveyors of ultra-distance cycling, for all they've done and continue to do in the name of DBC and PBP.

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

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:



Time for Madness Again

by Barry Bolden



March Madness means it's time to forget the weather and ride your bike morning, noon and night. The full amount of your entry fee goes towards bike helmets and safety programs for kids. It's a win/win situation. You gain fitness, adventure, camaraderie and you save fuel. Kids get free helmets, delivered and fitted by DBC volunteers, and we support bicycle safety.

Applications will be in the March issue of "Changing Gears" (which you should get by February 25 or so), in local bike shops, or at www.davisbikeclub.org. Mileage goals and the prices are the same as last year. Entries must be sent to the club at P. O. Box 72944, Davis, CA 95617, Attention: March Madness. March 1 is the deadline if you want a unique, souvenir jersey. (March 15, if you can stand to be without the jersey.)

Any ride qualifies. So ride with the club, your family, your neighbors, alone, to shop, to church or for a haircut. Give the car a rest. You could even bike to school with the kids. However, be sure to wear your helmet. You don't even have to go outside - trainers and spinning classes qualify.

This year we have the Fourth Annual March Madness Photo Contest. We'll have awards for winners in different categories. 2006 categories included: Best of Show, Landscape, Portrait, Humorous, Action, Bike-Specific, Human Interest and Allegorical. Last year we had over 200 entries. Photos need to be resized to reduce file size (preferably 640 x 480 pixels, jpg format, file size 80-150k), and sent by email to dbcnewsletter@gmail.com (or handed on a CD to the Newsletter Editor if you can catch him!). Prints can be submitted too - we'll scan them and return the originals. Photos MUST be taken during March 2007, and received by April 10. Award winners will be announced in the newsletter and presented at the MM banquet in June.

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.



Introducing the 2007 Elite Race Team

By John Steggall and Mitch Trux

First, a bit of history. For at least the last dozen years, the DBC race team has been a grass roots, community club, with the goal of supporting all ages and categories of racers. Early in the current millennium, the racing scene was dominated (in terms of numbers) by Masters category (age 35 and up) men. Women were still poorly represented in racing but had made some modest gains during the 1990s. Around this time, DBC and the general cycling community was most preoccupied by the dearth of young riders coming up through the ranks. In 2000, the race team committee developed a plan to recruit kids into a juniors program and the DBC Board of Directors added funds to cover the program. We coupled the new juniors team with an effort to bring more UC Davis Aggie racers into the DBC fold after the collegiate season. The Aggies led rides for the juniors and served as mentors.

The DBC juniors program grew slowly in the first few years but really took off when Joan Anton and Steve Wick took the helm. The team stands at 23 kids and is considered the regional powerhouse. The DBC Board of Directors has strongly supported the juniors and the team has been able to secure excellent sponsorship. Along the way, juniors racing in the region have experienced a renaissance -- arguably owing much to DBC's contributions. As the race team realized the success of its juniors program, we began examining other areas where DBC was thinly represented. For many years, DBC had been a great place to get started in racing -- excellent organization and support for developing riders are the club's forte. Many moved up the ranks but typically left for other "elite" clubs when they reached category 2. We found that maintaining an elite (category 1 & 2) team required at least two things -- a critical mass of racers (at least six) and support commitment to cover out-of-region racing. We certainly have enough raw cycling talent in the area with the national champion Aggies to cover the first part. The race team carved out a portion of its budget to support the second requirement. With this in mind, Jesse Moore volunteered to recruit a group of category 2 and promising category 3 riders. Jesse exceeded all expectations by attracting a very strong team, many of them former DBC racers. The elite squad went on to gain significant results in some very prestigious races in 2006.

For 2007, we are expanding upon last year's pilot project. With last year's results in hand Chris Morales and his father Ric, headed up a sponsorship committee which was able to secure about four times more sponsorship than the club has had in the last decade. Jesse Moore has stayed on to coach and the elite squad is now being coordinated by Chris Morales, Stephen Dey, and Tyler Dibble. The DBC Board was impressed with these efforts and has increased the race team budget to further support the 2007 elite team. The elite squad has ambitious plans for the 2007 season. The following is a letter from Mitch Trux, which explains things from an elite team member perspective.

Greetings all! Mitch of the DBC Race Team here--and reporting in order to share my excitement and express my appreciation to you all for your parts in the creation of the new "DBC Elite" division of our club's race team. In case you are not already aware, this past year has involved a number of DBC folk committing many hours of their time and energy in an effort to create something new for our club and its race team. Finally, the "off the bike work" is all but complete and our racers are at full tilt again preparing their engines for a new race season beginning in February. So what's new about it? Well other than the "Elite" name tag, what we have created is our very own semi-professional/developmental cycling team to foster current and future Davis area cycling talents as they attempt to make the leap into cycling's professional ranks.

Again, I can't thank the DBC and all its members enough for providing the support to make this happen, especially now. We all know the image of our sport has been tarnished, and as it fights to rid itself of the problems resulting from drugs and corruption, it will be organizations like ours that help save it. As long as I have known it, our team is best described as a wholesome community of athletes dedicated to bike racing "the right way". Our junior team and our many aspiring college students hold some of cycling's future and the longer they can glean the benefits of our great cycling community, the better. So, without further adieu this year's DBC Elite team will consist of 7 of our fastest and most successful homegrown bike racers. As always, we will have a strong selection of 6 Aggies, 5 of which were members of USA Cycling's 2006 Collegiate National Champions. Lucky number seven is a standout member and recent graduate of our DBC junior team. You won't miss us when you see us, thanks to a tremendous sponsorship campaign we will all be decked out head to toe in matching team apparel riding top of the line pro-level bikes provided by a number of different sponsors with Cannondale and SRAM at the top of the list.

Look for these names in upcoming results and on the winner's podium -

**Stephen Dey
Tyler Dibble
Joe Ianerelli
Zach Kimsey
Chris Morales
Shawn Rosenthal
Mitch Trux**

TREASURER'S FINAL REPORT FOR 2006

Would you trust this man with your money?

Well, it's too late now -- you have been doing just that for the past year.

But, don't worry -- the club's funds are in good hands. As you can see from the photo I am connected to Harvard Business School. No, I did not actually attend Harvard Business School but I do own the hat. It was much less expensive to buy the hat than to actually attend Harvard and the end result is the same -- you get to wear the hat.



Following are financial highlights of 2006:

- Net worth (cash balances) as of 12/31/2006 was \$113,347.
- Net Income was \$3,818 vs. a planned budget deficit of \$13,000.
- Our biggest net income sources were, as usual, the DC and Foxy's rides, which together generated about \$35,000 of net income. We also receive about \$5,000/year interest on our cash reserve.
- Your dues basically pays for the newsletter.
- Our biggest net expense items were:
 - o Race Teams: \$19,750
 - o Touring support & jersey rides: \$8,000
 - o Philanthropy & advocacy: \$7,350
 - o Administration: \$5,500 (not including new bike for Treasurer)

The 2007 budget, as approved by the Board of Directors, is



DBC BUDGET FOR 2007

INCOME

Criterium	\$14,000
DC	\$62,000
Dunlap Time Trial	\$4,500
Foxy's	\$55,000
Interest	\$5,000
March Madness	\$8,000
Membership	\$9,000
Race Team - Jr.	\$7,435
Race Team	\$20,500
Touring Escrow In	\$25,000
Ultra	\$13,000
TOTAL INCOME	\$223,435

EXPENSES

Administration	\$5,000
Advocacy	\$3,000
Criterium	\$12,000
DC	\$45,000
Dues & Subscriptions	\$200
Dunlap TT	\$4,500
Foxy's	\$36,000
Insurance, Liability	\$2,000
March Madness	\$8,000
Membership	\$300
Newsletter	\$10,500
Philanthropy	\$5,000
Race Team - Jr.	\$17,435
Race Team	\$35,500
Tax Preparation	\$500
Touring & Jersey Rides	\$5,500
Touring Escrow Out	\$25,000
Ultra	\$13,000
TOTAL EXPENSES	\$228,435

OVERALL TOTAL **(\$5,000)**

Volunteers Needed for Race on February 20 **By John Whitehead**

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. Let's mark our calendars to take the afternoon off work or school, or at least plan a late lunch break. The route will be Russell Blvd, through downtown, north on F Street, then Covell to Pole Line Road.

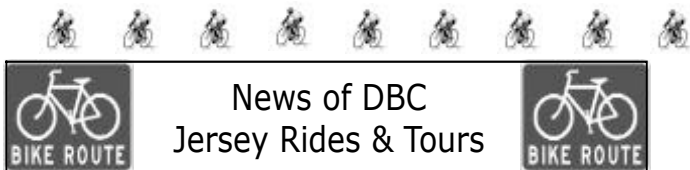
Volunteers are needed as course marshals and to help preside over road closures that are now being planned by the City of Davis. Please note, even if you already signed up as a volunteer on the official race website, it would help to also sign up directly with the City of Davis. If you are able to volunteer, plan on being available by about 1:00 pm. The City of Davis web page for volunteers is <http://cityofdavis.org/cmo/bikerace>, or call the Parks and Community Services Department at 757-5602, or 757-5691, extension 7357 (Bob Bowen).

For general information, see the official race website at <http://www.amgentourofcalifornia.com>.



The Tour Turn

By Bruce Dewey, Touring Director



Our annual touring meeting, Monday, February 5 will be your chance to meet tour captains and to make plans for 2007 DBC tours. Since some details are not known to your faithful columnist at press time, what follows is subject to adjustment. In my descriptions, “challenging, moderate, and mellow” describe my perception of the expected pace and terrain.

Coming first is a challenging 200-mile loop to Clear Lake and back, doing essentially the route of the Davis Double, but overnighing half way. Bob Brouhard is our fearless leader and Lee Mitchell is running SAG on this fast-paced weekend ride, February 10-11.

The week of March 18-24, Marilyn and I are leading a moderate Central Coast Tour with a somewhat different route than in the past. Our six-day tour will cover about 350 miles with overnights in Monterey, Deetjen’s Big Sur, Cambria, Pismo Beach, Solvang, and San Luis Obispo. New for a DBC coast tour, we will ride the Foxen Canyon route, featured in the movie Sideways in addition to some back roads around SLO. We will stay at an eclectic, neat mix of hotels. We will have shared sag driving, with transportation to the start and from the finish on Amtrak.

April 20 through 22 is the challenging sag-supported Sierra Foothills Tour, led again by Bill Sbarra. Friday, the 100 mile route takes us out to the end of the American River bike path and up to Auburn where we stop for lunch. The afternoon route goes more up than down the foothills between Auburn and picturesque Nevada City where we spend two nights. Saturday is free for more riding, or just bumming around this historic mining town. A fun tradition of this tour is Bill’s super spaghetti supper he fixes for all of us Saturday night. The ride back on Sunday is much faster, as you lose all that altitude you gained getting up there.

The week of May 21-24, Robi Pochapin has a great tour based in Moab, Utah. Our hub will be a small bed and breakfast operated by friends of Robi. Planned road bike excursions from Moab include Arches National Monument, Canyonlands National Park, the La Sal mountains, and the historic Dewey bridge over the Colorado River. Robi warns that Moab mountain biking is what he calls “world class.” Before moving to Davis, Robi spent many years as a professional mountain bike tour leader in Moab.

June is a month where century rides, many of which are DBC jersey rides, abound. Our tour of Oregon will be in August to capture the best weather and to combine two separate one-week-long tours for a Pacific Northwest double header. Jennifer Epp and Chris Lupo are leading our 2007 San Juan Islands Tour, August 4-11. The starting and ending point is Anacortes, WA with the Washington State ferries providing transportation between the islands and Canada. No van support is needed, because the hub hotels are right at the ferry ports: Three nights in Friday Harbor, WA and three nights in Sidney-by-the-Sea, BC. Scenic highlights include Victoria, Butchart Gardens, and Mt. Constitution. This repeat, popular tour provides riding opportunities on the island back roads that can be challenging, moderate, mellow, or even on a bus! From Anacortes, it is a half-day drive down to the Portland, OR area where the Columbia Gorge Tour will assemble. Dan and Cid Barcellos are leading this moderate, van-supported tour from August 11 to 18 on a route up through Portland, the Columbia River gorge toward Hood River, around and over Mt. Hood, and down into the Willamette Valley. The Columbia River historic highway showcases hand-built stone work while going by some of America’s greatest waterfalls and the massive Columbia River dams. After Mt. Hood, we head south along the Cascades foothills to Silver Falls, an Oregon State Park that should be a national park.

Right after Labor Day, September 4-8, Stu Bresnick and Steve Kahn are leading a moderate tour through Napa, Sonoma, and Marin counties to San Francisco. This new-for-DBC, sag-supported 5-day route stops overnight in Calistoga, Occidental, Petaluma, and San Francisco. This is America’s most popular bicycle touring area with its hundreds of wineries and great restaurants. We’ll meet bicyclists from all over the world when we stop at the Bovine Bakery in Point Reyes Station.

Our traditional and challenging Lassen Tour will be September 14-16. Dave Joshel will be this year’s leader, and he promises excellent weather. This ever-popular tour makes a high-altitude loop around and over the beautiful Mt. Lassen in northern California, during a quite time of the year.

I need to mention the fine print. Because our tours are underwritten by the club, active DBC members have priority in case more people want to go than can be accommodated. Details on the tour policy adopted by the board can be found at davisbikeclub.org. See you at the meeting.

➔ **See the list of jersey rides on page 8** ←

February 2007 Ride Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Steady Eddy's Winters Dinner Evening Ride	2 Early Bird Vacaville Café	3 RH Phillips Winery Winters Long Distance
4	5 Early Bird Zamora & More MEMBERSHIP MTG	6 Mocha Joe Loop Evening Ride	7 Solano Bakery Women's Wed. Evening Ride Coffee & Cantelow	8 Steady Eddy's Winters Dinner Evening Ride	9 Early Bird Vacaville Café	10 Singles Spin S ⁷ Tour Palm Springs Clear Lake Tour
11 Second Sunday Ride Clear Lake Tour Rice Valley Tandem Rally	12 Early Bird Zamora & More BOARD MTG	13 Mocha Joe Loop Evening Ride	14 Solano Bakery Women's Wed. Evening Ride Round the Mtn Race Team Mtg	15 Steady Eddy's Winters Dinner Evening Ride RIDE SCHEDULE DEADLINE	16 Early Bird Vacaville Café NEWSLETTER DEADLINE	17 Third Saturday
18	19 Early Bird Zamora & More	20 Mocha Joe Loop Evening Ride	21 Solano Bakery Women's Wed. Evening Ride Coffee & Cantelow	22 Steady Eddy's Winters Dinner Evening Ride	23 Early Bird Vacaville Café	24
25	26 Early Bird Zamora & More	27 Mocha Joe Loop Evening Ride	28 Solano Bakery Women's Wed. Evening Ride Round the Mtn			

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, regrouping often.
T2	Easy, Gentle Grades	Road 29 at Hwy 113 Overpass	P2	9 - 12	Tourist riding; stops/regrouping as needed.
T3	Rolling Hills	English Hills, Pleasants Valley Road	P3	12 - 16	Mod; solid riders; regrouping @ 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.

February 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@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

February 7 and 21, 1st & 3rd Wed, 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

February 14 & 28, 2nd & 4th Wed, 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
deweymys@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, 756-3610 or
pwgrant@mac.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*

February 3, Saturday, 10:00 am
T2/P3/45 mi
Anne Huber, 758-8115 or
ahuber@jsanet.com
Meet at the WOODLAND Nugget parking lot. This is a lovely ride through rolling hills of northern Yolo County ending up at RH Phillips winery for their monthly brunch. The meal varies each month, 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*

February 3, Saturday, 8:00 am
T4/P3-4/130-ish mi (~200 clicks)
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 the Pope Valley 200k, an out-and-back format, so riders can shorten their ride if desired by turning home early. 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 will be posted to the DBC e-mail list a few days before the ride. Rain doesn't cancel, but bad weather may shorten route. Sunset is at 5:30 p.m., so lights are strongly recommended. This is the last ride in this series; next month the real brevets start!

Second Sunday Ride*

February 11, 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 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.

Changing Gears

More next page ...

February DBC Rides, Cont'd

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

Third Saturday Ride

February 17, 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.

Tour de Palm Springs*

February 10, Saturday, 7:00-9:30 am
T?/P hakuna matata/5-100 mi
no ride leader
Start in Palm Springs, CA. Combine Palm Springs' famous weather, gorgeous mountain scenery, thousands of bike riders, a charitable cause and you have the Tour de Palm Springs! Entertainment, Celebrities, Food and Fun. Festivities the day before (Friday Feb. 9). More information available at <http://www.tourdepalmsprings.com/info.htm>. This is NOT a DBC Jersey Ride.

Clear Lake Tour

February 10-11, Sat-Sun, 8:00 am
T5/P4/200 mi (100 each day)
Bob Brouhard, (530) 758-5646 or
bobbrouhard@sbcglobal.net
Cardiac, Moskowitz, Butts, Beulah's, Cobb, Skylark Shores and Park Place" on day one and "Clear Lake Oaks, Nice, Lucerne, Resurrection, Guinda, Rumsey and Cache Creek" on day two. Lee Mitchell is our SAG and fair weather is our hope. Ride departs from Sutter-Davis Starbuck's at 8 AM and returns before dark on Sunday. To secure your spot DAVIS BIKE CLUB MEMBERS are asked to mail a \$10 check to cover riders' drinks, snacks and SAG expense; payable to The Davis Bike Club, to Bob Brouhard, 2518 Corona Dr., Davis, CA 95616-0110. Then phone our motel, The Skylark Shores @ (707) 263-6151 or toll free @ (800) 675-6151 to reserve your room (approx. \$90 for double-occupancy but ask for "Davis Bike Club Group Rate" which may be lower). Email if questions. In its ninth year - are you joining us?

Non-Recurring Rides

Second Saturday Seemingly Sporadic

Single Speed Spin (S⁷)

February 10, 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.

Rice Valley Tandem Rally*

February 11, Sunday, 7:00-9:00 am
T1/P?/up to 100K
no ride leader
Meet at the Gridley Memorial Hall, 249 Sycamore Street, Gridley between 0700 and 0900. Light breakfast, three rest stops, and a Mexican dinner. 200 feet of climbing over the 100K ride. Wheelsuckers (single bikes, aka half-bikes) welcome. This ride is sponsored by Chico Velo. More details at <http://www.chicovelo.org/ricevalley.html>. This is NOT a DBC Jersey Ride - at least not this year!

B&L Bike Shop Customer Appreciation February 22

B & L Bike Shop invites all DBC members to B & L's Annual Customer Appreciation Event on February 22. The party starts at 7:00 p.m. with sumptuous food, special pricing, factory reps, lots of drawings for free goodies, assorted beverages, hot deals, special offers, and fun. Raffle tickets will be available to win a limited edition New Belgium Beer Company, Fat Tire cruiser. All raffle proceeds go to The San Francisco Aids Foundation for Aids research.

2007 Jersey Rides By Cary Thompson

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

Date	Ride
Sunday, March 4	Tour of the Unknown Valley
Sunday, April 22	Chico Wildflower
Saturday, April 28	Devil Mountain Double
Saturday, June 2	Sierra Century
Saturday, June 9	Canyon Classic Century
Saturday, June 23	Best of the Bay
Saturday, July 14	Death Ride
Saturday, August 4	Mt. Tam Double and Marin Century
Sunday, August 5	Mt. Shasta Summit Century
Saturday, August 18	Holstein Hundred
Sunday, August 19	Tour of Napa Valley
Saturday, September 15	Auburn Century
Saturday, September 22	Knoxville Double
Saturday, October 6	Grizzly Century


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

Thank You DBC Photographers

By Steve Macaulay



Several years ago, after taking on the newsletter, I started a photo web supplement on a trial basis. We asked people to take pictures on their rides and send them in to be included in the newsletter and posted to a web site. This has turned out to be a great success thanks to all the great photographers in the Club. In addition to getting a lot of people involved, we've seen improvements in the quality of the photos as evidenced by our successful March Madness photo contest.

Here are some statistics for photos taken and submitted during 2006 

This is evidence that we are getting many photos submitted every month and they get a lot of interest. Feel free to browse your past photos at http://www.pbase.com/g2_steve (ignore our family and other photos at this site!). Due to web site limitations we only keep pictures available for the prior 12 months. The rules are very simple: save your pictures in jpg format, reduce photo size to around 640 x 480 pixels and file size of about 100k, and email to dbcnewsletter@gmail.com. If none of this makes sense to you, send an email and we can help. If you have printed pictures, we can scan them and return.

Photo Supplement	No. of Photos	No of Hits
January newsletter	21	259
February newsletter	67	389
March newsletter	28	223
April newsletter	28	731
May newsletter	10	107
June newsletter	26	253
July newsletter	48	539
August newsletter	62	900
September newsletter	60	474
October newsletter	90	865
November newsletter	46	365
December newsletter	40	518
2006 March Madness	202	3605
MM contest winners	19	272
Dr. Pistachio	97	617
July 4 Criterium	51	583
July 2006 Oregon Tour	364	971
Niterider Battery Case	21	1878

Enjoy – and keep those pictures coming! The Fourth Annual March Madness Photo Contest starts March 1.

The Changing Gears Memorial Ride

By Steve Kahn

High in the mountains, above a barren and desolate plain, a father led his son down to the wind-swept square. There they stood before an old monument, a sculpture of men and women on their bikes, bent against the wind, eyes intent, determination etched into their faces. "Do you know who these riders are?" asked the father. The son replied, "No, father, who are they?"

"Years ago," the father said, "the plain below us was wild and haunted by Visigoths and other terrible things. There was only one way we could get our news. An air machine came once a month and dropped copies of a holy missive called "Changing Gears." But, one day, the oil stopped flowing and the air machine no longer came. The world became cold and dark without the oil and the news from "Changing Gears." We were as orphans cast upon the tides of time. Then, a miracle happened! One morning the villagers saw a plume of dust rising from the plain, heading toward our village. At first, they were afraid. "Run away," they cried. "It is the Visigoths intent on pillage." But the old shaman of the village raised her trembling hand and cried, "Fear not what you cannot see, unless it be the common cold!" And the villagers were calmed and waited in silence.

"Soon bicycle riders entered the village. They delivered the copies of "Changing Gears" which were no longer brought by the air machine. Our town rejoiced and thus we were reconnected with the world and with mankind. This monument is dedicated to the riders who saved us." "But why is DBC written on the monument?" The small boy asked. "Nobody knows," replied the father. "Some scholars think DBC stands for "Dedication, Bravery and Conviction." But other scholars claim it stands for "Donuts, Bagels and Coffee."

"What a wondrous story!" the boy cried. "Some day, I shall ride my bike across the plain, even if the Visigoths return. I shall ride like the wind!" The father gazed down proudly at his son and rubbed the boy's head. "You shall ride," he said with tears in his eyes. "You are a brave lad."

To tell the truth, I was that boy. I have never forgotten that day. Although I have trouble riding at the pace of those I hold in high esteem, once a month I will be hosting the Changing Gears Memorial Delivery Ride. Rather than use gas to deliver copies of "Changing Gears" to Woodland and Winters, we will ride to Woodland and deliver copies of Changing Gears; then we will ride to Winters and deliver Changing Gears to Steady Eddy's and VeloCity. T1, Pace 3-4, with nobody left behind. Since dates of publication vary, we will notify DBC members via the list serve. The legend lives on!

Book Review: Hearts of Lions

By John Whitehead

In the Nineteen Sixties and early Seventies we lived in a rural area with fast cars on narrow twisted hilly roads. My siblings and I never ventured farther on bikes than the nearest main road in one direction, and the nearest ferocious dog in the other. My only post-training-wheel bicycle was a used Rudge 1-speed with 24-inch wheels, a coaster brake, fenders, and a Brooks saddle. My sister's bike was bought new but was less fancy, and my brother rode a 3-speed with "hand brakes" borrowed from a cousin. When 10-speed bicycles became the rage circa 1970 and we couldn't hope to afford one, my Dad scoffed at all those gears ("only" 2 chainrings and 5 cogs, for anyone too young to remember). He maintained that real cyclists worked to build muscle strength.

On a number of occasions, we listened to him reminisce about riding a "racing wheel" as an urban teenager circa 1920. It was a hand-me-down from one of his three brothers born in the Nineteenth Century. He described the bicycle as being very lightweight and fragile, built for going fast. On one occasion, he couldn't avoid hitting a curb. The racing wheel was twisted to scrap, and that was that. As far as I know, he may have never ridden another bicycle in his life.

My Dad also told stories about attending multi-day bicycle races at "The Garden," back in the days (pre-1925) when it was located at 26th Street and Madison Avenue in Manhattan, next to Madison Square Park. I wasn't very curious about that, and never remembered any details that he may have offered. After I outgrew the Rudge, I didn't ride a bicycle again until 1982, the year I moved to Davis. A couple years later I noticed a bicycle without brakes on display at Wheelworks, the first track bike that I had ever seen. Gradually it dawned on me that the "racing wheel" was a track bike, a fixed-gear bicycle.

I still have never seen a race at a velodrome, but hearing more about fixed-gear bicycles in recent years piqued my interest. For this recent Christmas I received a used book, Hearts of Lions, The Story of American Bicycle Racing. Peter Nye wrote it in the late Eighties, having been inspired by Greg LeMond's first Tour De France win. At that time the author was lucky enough to interview people who were there in the early days, including one 95-year old gent who had set world records in his youth. The story starts a hundred years before the book was written, when paved roads were rare and derailleur had not been invented.

There was a time of transition when people were fascinated with fast-moving machines, but cars were scarce, airplanes could just barely fly, and rockets were a dream. Racehorses could go faster than bicycles, but not for hours and days. Televised football did not exist, and at first there wasn't even radio to listen to. In cities across the USA and around the world, people attended bicycle races by the thousands and tens of thousands. In Madison Square Garden, teams of two raced from the wee hours of Monday morning until Saturday night. Bands played and dignitaries attended. Special prizes provided an incentive to sprint, scheduled for example at 2:30 am for the late-night theater crowd to complete their evening. One rider per pair had to be on the track at all times, a welcome change from the days before 1898 when 6-day races were ridden by teams of one.

There are a few reasons why I might not have liked the book. I'm the last person you would catch being a sports spectator, and I have trouble with the notion of singling out someone as a hero for doing something a fraction of a percent faster than someone else (people clicked stopwatches to measure 1/5 second accuracy in the early days). On page 31 the author errs in stating that a 104-inch geared bicycle built to go 60 mph behind a train in 1899 traveled only 104 inches per pedal revolution. Yikes, if it weren't for pi, that would require spinning the pedals 10 times per second!

Despite these potential misgivings, I highly recommend the book. Besides biking, it captures a real piece of history and culture that they didn't have time to teach us in school. Included are the struggles of the first professional black athlete against racism. Half of the book helps to revive and complete memories of my Dad's stories. I haven't read the rest yet, but I'm pretty sure it's going to be equally interesting. The story continues today. We'll see you along the race route in Davis on February 20.

"When I see an adult on a bicycle, I do not despair for the future of the human race." - H.G. Wells

"She who succeeds in gaining the mastery of the bicycle will gain the mastery of life." --Frances E. Willard, How I Learned to Ride the Bicycle

Ken's Bike and Ski DBC Appreciation

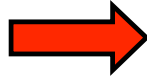
From Feb 1 thru 28 (in preparation for March Madness), all DBC members will receive **20% off Ken's Low Everyday Price** (or **10% off any Sale Price!**) on all **Cycling Clothing, Helmets, Shoes** and/or **Lights** purchased from our stock. And as always, **10% off** all other Regular Price products and services (including bikes!). Plus **an additional 3%** of identified Davis Bike Club member purchases during the month (including snow sport products!) will be **rebated to the Club**.

NOTE: be sure to bring your DBC membership card. It is the mailing label for your newsletter.

Official Use Only

DAVIS BIKE CLUB MEMBERSHIP APPLICATION

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



Step 1: Fill out form *completely*.
Step 2: Sign where indicated.
Step 3: Make checks payable to Davis Bike Club and return completed form to:
 DBC Membership, c/o B&L Bike Shop, 610 Third St., Davis CA 95616

Name for mailing label: _____
 Address: _____ City _____ State _____ ZIP _____
 Telephone (____) _____ - _____ E-mail _____

If you wish to be added to the DBC email list please visit our website www.DavisBikeClub.org

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

ALL adult members must sign release; parent or guardian signature required for members under age 18.

Your signature indicates that you have read, understand and agree to all of the conditions set forth in the Accident Waiver and Release of Liability statement below.

Name _____	Age _____	Signature _____	Racer? <input type="checkbox"/>	Date _____
Name _____	Age _____	Signature _____	Racer? <input type="checkbox"/>	Date _____
Minor's Name _____	Age _____	Parent/Guardian Signature _____	Racer? <input type="checkbox"/>	Date _____
Minor's Name _____	Age _____	Parent/Guardian Signature _____	Racer? <input type="checkbox"/>	Date _____

ACCIDENT WAIVER AND RELEASE OF LIABILITY

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability (AWRL) form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me or my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: Davis Bike Club, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions during this event.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and or illness during this event.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and or assigns.

This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document; and, I understand its content.

Parent Guardian Waiver for Minors (Under 18 years old)

The above signed parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parent or legal guardian.

Helmets are required on all club rides.



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



The Davis Bike Club is a volunteer organization. The club has many activities that require member assistance during the year. Your volunteered time helps make these projects successful. Please indicate if you would be interested in helping with any of the following club activities and events:

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

Changing Gears

DBC Member Classifieds & Announcements



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.

New Year's Resolution from Bike Manufacturer's Web Site

- I resolve to ride more this year
- I resolve to ride a bicycle I really love
- I resolve to ride with people who inspire me
- I resolve to inspire the people I ride with

Cold Ramblings

By John Whitehead

I survived a cold ride on my bicycle
 Then arrived home as not quite an icicle
 The mercury dip
 Now moves me to quip
 When it's perfect for skating out, Why cycle?

👉👉👉👉👉 **THANK YOU** 👈👈👈👈👈

January Ride Leaders

Jack Kenward • **Barry Bolden** • Gerry Peterson
 PHIL COLEMAN • Bruce & Marilyn Dewey • Larry Burdick
 Dan and Sharon Cucinotta • *Alan Hill* • Bob Brouhard
 Rich & Liz Boettner • Paul Grant • Glenn Mounkes • David Joshel
 Bill Sbarra • AMY RAFFERTY • Anne Huber • Jim Sharp
John Whitehead • Diane Richter

Don't forget the Changing Gears web photo supplement:

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

(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
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 Davis, CA 95616