

Changing Gears

Newsletter of the Davis Bike Club

March 2007

Quick Releases

Membership Meeting

Monday, March 5, 7:00 PM

Davis Public Library

Blanchard Room

315 East 14th Street

(Please park bikes outside)

Refreshments & Door Prizes!

Directors Meeting

Monday, March 12, 7:00 PM

Davis Food Coop Conf. Rm.

620 G Street

All Members Welcome

Race Team Meeting

Wednesday, March 7

Davis Library, Blanchard Room

6:30 pm Race Team Board

7:30 pm Race Team

NEXT Newsletter

Submission Deadline

Friday, March 16. 7:00 pm

(earlier submittals may get priority)

Please email submissions to:
dbcnewsletter@gmail.com

Ride Schedule

Submittals

Thursday, March 15

dbcridecal@gmail.com

Welcome New Members !

David Fairman
Damon Le Roy
Kitty Goursolle
Doug Waterman
Jeanine Spence
Tony Magliulo
Larry Curtis
Martin Haase
Pat and Bob Gonzalez
Bill Brier
Jon Li

Prez Sez by Dan Shadoan



What about "Can the Trash"? At what stage in the process is the City administration regarding removal of the hazard of yard and garden debris from bike lanes? As a cyclist, I've been surprised and worse yet, almost dumped by debris piled haphazardly by unaware or non-caring residents. The safety factors for cyclists are obvious, but what to do? How best to keep debris out of the bike lanes or at least eliminate the safety issues. Should the practice of green waste in the streets be disallowed for all residents of the city or just those residents who have bike lanes on their streets? I think not.

As a home owner, I feel I'd rather dodge some debris in the bike lanes than to have to try to containerize all the trimmings and branches and green waste, plus spending more to pay for an additional service from the Davis Waste Removal system. For many residents there are days when they produce multiple 4ft x 4ft piles of branches and limbs. Can you imagine the time involved in sectioning these to fit a container? Do we need to implement yet another expensive process of containerizing all the debris?

Maybe the residents along the bike lanes could synchronize their pruning schedule with the green waste pickup days, so the waste would be on the street for less than a full day.

Maybe the cyclists could synchronize their use of that particular street to all days but trash days. If the waste did happen to be in the bike lanes overnight, maybe the resident could somehow warn cyclist by orange cones placed around the debris. This procedure works well for all types of repair vehicles who need to park in the bike lanes.

In any case, make sure you contact the City administration and give your opinions and possibly solutions to the people that matter.

March Membership Meeting by Diane Richter

The March meeting of the Davis Bike Club will be held on March 5 at 7:00 pm in the Blanchard room of the Yolo County Library on 14th St. We'll have a short business meeting, then we will be shown the movie made of the Big Fix ride across America, which was held last summer to raise money and awareness of a little-known disease, histiocytosis. The whole ride was done on fixed-gear bicycles, thus the title of the ride. I suspect that after watching these folks pedal for more than 3000 miles over hill and dale with just one gear, your efforts for March Madness won't seem so difficult by comparison. You can pretend you're crossing the country, as you pedal down Putah Creek Road for the one hundredth time.

We will also have another session of the Ed Martin Memorial Fund raiser; there are still a few items left from the sale last time, as many people donated more items. (We raised \$174!) You can again bring donations of bike clothing and accessories in very good condition, and again, there will be no prices on the items. You pay whatever you want to pay.

See you on March 5; come early for cookies and conversation. We will try to start the meeting on time, due to the length of the movie.

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

Time for Madness



It's that time of the year again. It's March Bicycle Madness, and we ride for miles. We ride for helmets for local school children. Some of us ride short distances; others ride long. It doesn't matter how far. We just ride. Our miles count for the kids! This year, in addition to individual goals, there is a Club goal of 180,000 miles.

March Madness comes once a year and it's your only chance to ride daily in this event. Household chores, rain, fog, snow, sleet, hail, dogs, wild turkeys, stray cows, flash floods, high winds, earthquakes, gravel roads, mud, and low flying planes should not discourage you. Up to 1000 trainer miles count too. So if the water gets too high, just move your trainer to the next level.

March Bicycle Madness is open to all Davis Bike Club members whose registration form is received at B&L Bike Shop by 6:00 p.m., Wednesday, March 1st, 2007. Applications are included in this newsletter or online at www.davisbikeclub.org/mm/default.php. Your individual goal can be 125, 250, 500, 750, 1,000, 1,500, or 2,000+ miles. Set your goal; get on your bike and ride -- anywhere, any time of day.

1. Decide on your mileage goal. (125 mile for first-timers only)
2. Send in your completed entry form and registration fee.
3. Use your March Bicycle Madness rider log for entering your miles. Also enter your miles on the Davis Bike Club Mileage Tracking site. On-line tracking will be allowed only after we receive your payment. The Web site will give us daily club totals and will be the official log of Club miles. BUT, keep your rider log just in case! If you don't have email and Internet access you will be contacted by phone for an alternative way to record your miles on the Davis Bike Club Mileage Logging Web site.
4. Ride and record your miles on-line.
5. If you do not enter your miles on-line, a completed and signed rider log must be delivered (by mail or in person) to B&L Bike Shop or P.O. Box 72944, Davis CA by 5:00 p.m. on April 5, 2007.
6. Since there are many categories for riders to accumulate miles in, we have provided a very detailed rider log to facilitate your data entry. You may download this Excel spreadsheet on the DBC website.

Remember 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, Allegorical and the very special Blue Squirrel Award. Last year we had many entries. Photos need to be edited 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!).

See you other on the road!

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:



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 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.



It's Bike Advocacy Time again in Davis! by Russell Reagan

On Monday, Feb. 26 (if you are lucky enough to be reading this in time), all are invited to a presentation on 50 years of bicycling in Davis, 7:30 PM at the Varsity Theater on Second Street, downtown Davis; admission is free. One purpose of this event is to launch a new Davis bicycle advocacy organization. The presentation will detail past efforts that created the first bike lanes in North America here in Davis, and led to our present bikeway network. It will also address what needs to be done to reverse the decline in bicycling in Davis during the past several years.

Do Davis bicyclists need to form a new advocacy group? We could also ask ourselves, do Yolo County schoolkids need bike helmets provided by a volunteer organization? Davis has a very extensive system of bike lanes and paths, and won the League of American Bicyclists' platinum award in 2005. Some bike enthusiasts regard Davis as the gold standard (or platinum in this case) bike friendly city, where bike advocacy has no further role to play. Like some Roman aqueducts, will Davis's bike paths still be in use 2000 years from now? Our greenway bike paths are built to last. But to remain fully functioning and well used, a bikeway system needs a sustained commitment by the community to bicycling. Despite the construction of the greenways as part of the expansion of Davis during the past two decades, bike use in Davis has declined; car traffic has increased. The more cars on the streets, the less enjoyable experience it is to get around by bike. And the less comfortable people feel riding bikes, the more they switch to driving cars. Car traffic increases, and it becomes a vicious cycle. We already see this kind of scenario playing out twice a day in traffic jams close to schools when parents drop off and pick up kids.

Concerned citizens initiated efforts in the 1960s that led to Davis's prominence in the bicycling world. But in order to maintain the level of bicycle use of past decades, concerned citizens need to keep at it. Unlike 10 years ago, none of the pro-bicycling mavericks remain in the Davis Public Works Department. The ubiquitous car culture is taking hold. My first involvement with any bicycling group, or bike advocacy, was when I lived in San Francisco in the 1990s. I rode in Critical Mass there, then joined the San Francisco Bicycle Coalition. I volunteered in their office and participated in rides in which we learned about local history, community projects, and bicycling issues. One of these rides organized by SFBC in 2002 was a trip all the way to Davis (by train with our bikes) to tour Davis's extensive bike facilities. Less than two weeks later, I began working at UC Davis off and on, and then I moved to Davis a year after that. I had been participating in San Francisco's Citywide Bike Plan process. During that time and since, San Francisco has steadily extended its bike lane network, filling many big gaps. As I biked around Davis more and studied the bike map, I discovered the gap in Davis's bike network: Fifth Street just west of Pole Line. Now a Davis resident, I knew right then the task before us: to extend the lanes west from Pole Line; fill the gap, and complete our bike network.

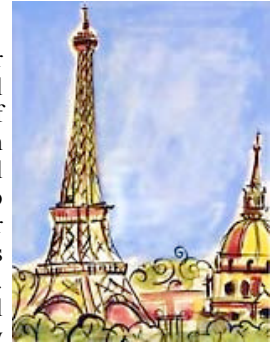
I joined the Davis Bike Club because I wanted to belong to a bicycling group. Although DBC's emphasis is on recreational riding rather than advocacy which I like, it was "the group" to belong to in Davis. At the first DBC meeting I attended, I met another newcomer to Davis, Ted Buehler, a student in Transportation Studies at UC Davis. Ted shared my interest in trains, as well as bikes. Our paths would cross again, but not at any DBC function. One time when I saw him in 2004, Ted told me he was starting a "Bike Church." The opportunity came to advocate for bike lanes on Fifth Street through downtown Davis, shortly after I attended my first DBC meeting. The Old North Davis Neighbors Association put forward a "road diet" proposal* to the City Council. I attended the Council meeting and spoke in favor of it. (And I did the same again in 2005.) Bicycle advocacy was not "happening" in Davis during these recent years. Despite safety problems for pedestrians crossing Fifth Street as it's presently configured, it remains unchanged. But at least things are starting to happen on the advocacy front. Ted Buehler is the one who will be giving the presentation mentioned at the beginning of this article. It is the culmination of his master's thesis work. We are moving ahead with starting the new advocacy group (notwithstanding the views of some that once achieved, bicycling bliss is good for all time).

Now that Davis is becoming more urban, the challenge is to make the central, pre-greenway parts of town more bike friendly. I first toured Davis with a group of San Franciscans looking to Davis as a model for bikeway design. Now we in Davis are looking to large cities like San Francisco, Portland and Amsterdam, which have succeeded in increasing bicycle usage on busy downtown streets. And we look to amenities they have implemented such as guarded bike parking at train stations, better signage to help

See Advocacy, page 4...

Paris-Brest-Paris Travel Seminar

Sunday March 11, 9:00am - 12:00pm. El Cerrito Community Center Council Chambers. 7007 Moeser Lane, El Cerrito, CA 94530.



This three-hour seminar will provide lots of useful information about travel arrangements to and from Paris for Paris-Brest-Paris in August 2007. The seminar will be presented by Claus Claussen of Des Peres Travel (desperestravel.com). Claus has made the bulk of travel arrangements for American randonneurs for many PBPs. He is very experienced, and arranges the details for getting you and your bicycle to a hotel near the start of the event. Generally the flights are charters, and the flight-hotel combination is typically less expensive than you can do as an individual. This is not an advertisement for Claus' services. However, even if you choose to make your own arrangements, it is valuable to hear what he has to say about the travel part of the event.

**Race Team Results
by Amanda Seigle**

Name	Race	Date	Category	placing
Robin Rolles	Cal Aggie Crit	1/20	5	31st
Eric Zeigler	MTB Challenge #1 - Granite Bay	2/4	Expert 40+	8th
Ron Flores	San Bruno	1/1	45+	16th
	Early Bird Crit	1/7	35+ Cat 5	top 10
	Early Bird Crit	1/14	35+ Cat 5	2nd
	Early Bird Crit	1/27	45+ 4/5	12th
E.O'Brien	Cal Aggie Crit	1/20	Master's	43
	Cal Aggie Crit	1/20	Elite 4/5	21
Amanda Seigle	Cal Aggie Crit	1/20	all Women	6th
vance russell	Cal Aggie Crit	1/20	3's	pack
Alex Wick	Cal Aggie Crit	1/20	Juniors	4th
	Cal Aggie Crit	1/20	Elite 3/4	Pack
	Cal Aggie Crit	1/20	Pro/1/2/3	DNF
	Earlybird Crit #5	2/4	Pro/1/2/3	3rd
Zachary Wick	Cal Aggie Crit	1/20	Juniors	2nd
	Cal Aggie Crit	1/20	Elite 3/4	18th
	Cal Aggie Crit	1/20	Pro/1/2/3	DNF
	Earlybird Crit #5	2/4	Pro/1/2/3	Pack
Steve Wick	Cal Aggie Crit	1/20	Elite 3/4	Pack
Andreas Freund	Mt. San Bruno Hillclimb	1/1	Juniors	7
	Cal Aggie Crit	1/20	Juniors	6th
	Early Bird Road race	1/27	Elite 4	4th
Alexander Freund	Mt. San Bruno Hillclimb	1/1	Juniors	17
	Cal Aggie Crit	1/20	Juniors	21
Roland Freund	Mt. San Bruno Hillclimb	1/1	Elite 4	4th
	Early Bird Road race	1/27	Elite 4	6th
Justin Morejohn	San Bruno Hill Climb	1/1	elite 4	2nd
	Early Bird Road race	1/28	elite 4	3rd
Nils Johnson	Cal Aggie Crit	1/20	M35+	10
	Cal Aggie Crit	1/20	Cat 3/4	Pack

Advocacy, from page 3...

cyclists find the best route (e.g. the south Davis undercrossings which many cyclists don't know about), and programs to educate motorists and cyclists on sharing the road. And we look to Davis's proud past of bike advocacy to guide us to a bike-friendlier future! We welcome your ideas and participation. Find out more about us at http://daviswiki.org/Bicycling_Advocacy

* A "road diet" is the reduction of car lanes and the addition of bike lanes. In the proposal for Fifth Street, two car lanes in each direction would be changed to one in each direction with bike lanes, and a middle lane for left turns. Turning cars would no longer block traffic, and thus improve traffic flow.

1967 - 1972: Impressive resume of achievements



**San Juan Islands Tour
by Chris Lupo and Jennifer Epp**

Join us for the DBC San Juan Islands tour this August 4-11. We'll spend one night in Anacortes WA, three nights at Friday Harbor on San Juan Island, three nights at Sidney on Vancouver Island, British Columbia, and one more optional night back in Anacortes. There will be great accommodations, great company, and of course, great cycling. Since this is not a point-to-point tour, people are free to ride as much or as little as they wish. The terrain and scenery promise to be nothing short of epic. There is a ferry to take us between many nearby islands for beautiful cycling choices. We still have a few spots left for singles, couples, or even a triple. Your tour leaders are Chris Lupo and Jennifer Epp. If you'd like to come, or would just like more information, email chris@lupoepp.org or call at (530) 219-3332

**A New Season and New Tactics
By John Licatesi**

With the 2007 racing season starting it is a good time to review and revise. Without getting too philosophical, this is the best time to make changes to racing strategies and training techniques. I would like to make a few suggestions:

1. Most of you jump out in front and do a heck of a lot of work way too early in the race. Be patient. Wait. Look at who the strong riders are in these races. Suck their wheel. Pretend they are on your team and are working for you! Race smart, and don't do all the work ever. Most breaks in the 4/5 races never stay away completely because most racers do not know how to share the work. A break should function like a team time trial - the lead rider is peeling off immediately as the formation stays tight. If the break behaves in anything but this type of work-sharing, it will certainly get reeled-in.

2. Crashing is an inherent part of our sport - unfortunately at some point you will crash or get crashed. Ride head up. Talk up the people to your left and right and let them know you are there - some racers get into these crits and turn their ears off. Make notes of the squirrely riders and make your teammates aware of them. I have lined up at races, noticed a known squirrel in front of me and I moved a couple of guys over. At the whistle and right on queue, the squirrel could not clip in and held up everyone but me because I had sense enough to move. Never yell at the squirrel because they are like a Bot's dot - no one can change them and you simply must try to avoid them or ride over the top of them. You should be doing some low weight/high rep upper body workout once a week the whole year - tone not bulk. I separated my shoulder in 2002. I think if I had been doing this all along, I wouldn't have a funny looking shoulder. Having a strong enough upper body will enable you to bunny hop over that racer in a fetal position who just crashed in front of you that you are just about to hit with your front tire . . .

3. A race is all about conservation of energy. Whether it is a crit or a hilly road course, if you do not have anything in the tank at the end for the sprint it will be the result of you, earlier, having done too much work. Find your favorite gears and ride within them. Pre-hydrate before every ride. You should be doing by yourself once a week some kind of pyramid interval workout. If you do not know what this is or how to do it, please ask - this is the only way to get to that next category. Krietler rollers are an investment that if you are willing to make will literally transform you into a better rider.

4. Learn to know the racers you are racing against. Some of them are actually pretty OK people! These are the people who you will work with in a break. You don't have to be best buddies, but if a competitor tells you at the start that they are feeling pretty good (or sometimes they have this game face that just screams follow my wheel today) you might want to stay close to their wheel.

5. Get to know the courses intimately! I have walked all of my favorite crit courses and I would watch the lines that people would take through the tricky turns. I have never raced a course that I hated twice. If you do not feel safe pre-riding a course, ask for your money back and race it another day.

6. Have fun! If you are not having fun, please take yourself out of the race and figure out where the fun went south. Above all, we are blessed with many experienced racers - ask questions if you can't seem to figure it out. I hope some of this helps.

"The bicycle is the most civilized conveyance known to man. Other forms of transport grow daily more nightmarish. Only the bicycle remains pure in heart."

~Iris Murdoch, *The Red and the Green*



The Tour Turn

By Bruce Dewey, Touring Director



News of DBC
Jersey Rides & Tours



Our annual touring meeting February 5 had an overflow crowd and lots of sign-ups for DBC's 2007 tours. It's good to see such great interest in bicycling touring. Only four club members braved the forecast of unfavorable weather and rode the 200-mile loop to Clear Lake and back, the weekend of February 10-11. Indeed, the first day was rainy but the second was beautiful and clear. All were happy when they returned. Thanks to fearless leader "Big Ring Bob" Brouhard and to jolly "bike-vanner" Lee Mitchell.

March Madness is here again. Kudos to indefatigable Barry Bolden who is repeating as our MM organizer and leader. Thanks also to John Seabury who again brings his expertise as registrar and statistician, and who also works tirelessly month-to-month coordinating the ride calendar. It's neat that Bill Roe is continuing as jersey designer, with 2007's design having even more wow than ever before. Did you know that Daylight Savings Time starts on Sunday, March 11? Most of us get 21 more hours of daylight. Sorry, early birds. The time change coupled with one more weekend day makes a safe bet that March miles will be up.

March 18-24 is our Coast and Solvang Tour with a route that covers some legendary California cycling terrain of serious hills and scenery. We take the route of Stage 4 of the Amgen Tour of California going from Seaside down the Big Sur to San Luis Obispo—but in two days. South of SLO, we ride roads used by the Solvang Century and the TOC Stage 5 time trial. The club price of \$250 covers six nights lodging with double occupancy, four breakfasts, and sag support. Marilyn and I have room for a couple more riders. If interested, you can email us at deweyms@hotmail.com for more information.

Our April 20 through 22 Sierra Foothills Tour, led again by Bill Sbarra is practically full. Contact bill_sbarra49@ccio.com for an update. At press time there was just a little space left on the Moab Tour, May 21-25, led by Robi Pochapin. Out of the Moab hub, mountain biking and road bike possibilities are outstanding, including the Slick Rock Trail, the La Sal Mountains, Arches and Canyonlands National Park. Email rpochapin@yahoo.com for the latest information on this tour.

How about tour possibilities in June and July? It's not too late to join the Aids tour in June, which heads south from San Francisco. We have several weekend jersey rides. There's also the possibility that we can still add a tour if there is sufficient interest.

Jennifer Epp and Chris Lupo have a good turnout for the San Juan Islands Tour, August 4-11. This ever popular tour spends three days on San Juan Island, WA and three days on Vancouver Island, BC. Up there it's easy to hop to the other nearby islands with the convenient ferries. Accommodations in these parts are at a premium during normally-dry August. Be sure to contact Jennifer and Chris at jennifer@lupoapp.org right away if you are interested, as they still hold some space.

The number of members who wish to go on the Columbia Gorge Tour being led by Dan and Cid Barcellos from August 12 to 19 far exceed the original plans. In such cases, the club's tour policy is that we invoke two strategies: (1) Members who are active volunteers get priority on available space. (2) The club attempts to get more accommodations. We quickly discovered that nearly everyone who had signed up at the tour meeting was indeed an active volunteer. Thus, we are working on increasing accommodations and sag support, most likely by having two groups, offset by one day. The route through Portland, the Columbia River gorge toward Hood River, up and around Mt. Hood, and back down into the Willamette Valley is one that Dan led as a camping tour a few years back. It's now evolved into the motel and private bath genre.

Stu Bresnick and Steve Kahn have had a great response for their five-day Wine Country-San Francisco tour, September 4-8. There may a couple of spaces left. Please contact Stu at hfhstu@omsoft.com soon if you are interested. We still have some space in the Lassen Tour September 14-16. This long-popular, challenging tour over Mt. Lassen always attracts a good number of DBC riders. Dave Joshel davidjoshel@hotmail.com is this year's leader.

The club has the fortunate situation where we have lots of members who are going out for club tours. At the same time we have many, many members leading rides, working brevets, marshalling races, running rest stops, and doing many other volunteer jobs. Ride those bikes in March and get in top shape for the tour season ahead.

Foxy Fall Century October 20

Folks, The DBC would like to announce the date for the 2007 Foxy's Fall Century: Saturday Oct 20, 2007, the third Saturday of October, LIKE ALWAYS. Start / Finish at the Veterans' Memorial Center in downtown Davis.

Mark Your Calendars Now!!!!!! By Robin Neuman

The 38th annual Davis Double Century is only months away and your help is needed! The date is Saturday, May 19, 2007. There are several key spots that need to be filled:

1. Post ride check-in,
2. Start/Finish set up coordination and tear down, and
3. Sunday morning clean up.

All of us, the DC Committee and many, many volunteers join together to make this a fantastic event. Please join us and let me know what spot you want. My e mail is roknrobin2@aol.com.

JERSEY RIDES

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

March 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 Ride Around Buttes
4 Tour Unk. Valley breakfast @ PCC Solano Bakery	5 Early Bird Zamora & More MEMBERSHIP MTG	6 Mocha Joe Loop Evening Ride Granite Bay Winters n' back	7 Solano Bakery Women's Wed. Evening Ride Coffee & Cantelow Race Team Mtg	8 Steady Eddy's Winters Dinner Evening Ride	9 Early Bird Vacaville Café	10 Singles Spin S ⁷ Amtrak Suisun 200K brevet
11 Second Sunday Ride breakfast @ PCC	12 Early Bird Zamora & More Pond to pond BOARD MTG	13 Mocha Joe Loop Evening Ride Granite Bay	14 Solano Bakery Women's Wed. Evening Ride Round the Mtn	15 Steady Eddy's Winters Dinner Evening Ride SN Brewery RIDE SCHEDULE DEADLINE	16 Early Bird Vacaville Café SN Brewery NEWSLETTER DEADLINE	17 Third Saturday
18 Tandem to Fairfield	19 Early Bird Zamora & More	20 Mocha Joe Loop Evening Ride Granite Bay	21 Solano Bakery Women's Wed. Evening Ride Coffee & Cantelow	22 Steady Eddy's Winters Dinner Evening Ride	23 Early Bird Vacaville Café	24 300K brevet
25 Three Hour Tour	26 Early Bird Zamora & More	27 Mocha Joe Loop Evening Ride Granite Bay	28 Solano Bakery Women's Wed. Evening Ride Round the Mtn	29 Steady Eddy's Winters Dinner Evening Ride	30 Early Bird Vacaville Café Triple Birthday	31 Last Train Blue Moon

General Ride Information:

- ☛ Helmets are **REQUIRED** on all Davis Bike Club rides.
- ☛ Unless otherwise specified, all rides begin at Starbucks at 2038 Lyndell Terrace, east of Sutter Davis Hospital. Rides starting elsewhere will be noted in the ride description. The ride leader is responsible for coordinating transportation to the starting point, if necessary.
- ☛ Rain is bad. Rain will cancel any ride unless otherwise noted in the ride description. If in doubt, call the ride leader.
- ☛ Announced ride time is the time at which the ride starts. Come early to prep your bike, sign in and get maps or pre-ride instructions.
- ☛ Pace is based on condition of level ground with no wind.

Ride Classifications (Refer to Terrain & Pace ride annotations in ride descriptions)

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

Ride Start Locations:

Starbucks --east of Sutter Davis Hospital (near Hwy 113 and Covell)
 Veteran's Memorial Center -- 203 E. 14th St. (14th & B St.)
 Wheelworks -- 247 F St. (3rd & F St.)
 Sutter Davis Hospital -- 100 yards north of Union 76

South Davis Nugget Market -- Mace Blvd. & Chiles Rd.
 Winters Park n' Ride -- Main St. & Railroad Ave.
 Davis Amtrak Station -- 2nd St, East of G St.
 Auburn Starbucks -- 392 Elm Ave.
 Putah Creek Cafe -- Main St. & Railroad Ave.

March DBC Rides

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

Recurring Rides

Ed Martin Memorial

Weekday Morning Ride Series

MONDAY >> Zamora and More

8:00 am -- T1/P4-5/45 mi
Barry Bolden 297-5123 or
boliverb@dcn.org

Ride to Zamora and enjoy mini mart delights before returning to Davis. On occasion this ride will add 16 miles by going on to Dunnigan.

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
Gerry Peterson, 756-1254 or
gnjpeter0856@juno.com

9:00 am start -- T1/P4-5/39 mi
Phil Coleman, 756-4885 or
pkcoleman@comcast.net

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

THURSDAY >> Winters - Steady Eddy's

8:45 am start -- T1/P3/30 mi
Gerry Peterson, 756-1254 or
gnjpeter0856@juno.com

9:00 am start -- T1/P4-5/30 mi
Phil Coleman, 756-4885 or
pkcoleman@comcast.net

Enjoy the scenery along Putah Creek Road before stopping at Steady Eddy's in Winters.

FRIDAY >> Vacaville Rolling Hills

8:00 am -- T3/P4-5/60 mi
Larry Burdick, 753-7591 or
larryburdick@netzero.net

Ride with "The Legend" through the rolling hills to and from Vacaville. Enjoy the goodies at Vacaville's Heritage Café.

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

March 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

March 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
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, 756-3610 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*

March 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.

Second Sunday Ride*

March 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 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

March 17, 3rd Saturday, 9:00 am
T1-5/P3-4/ 30/40/60/100 mi

David Joshel, 756-7409 or
davidjoshel@hotmail.com

Ride to Winters (30), Lake Solano (40) or Cantelow (60) Optional coffee/food stop at Steady Eddies in Winters. With the multiple options available, most riders can find a distance and pace to suit them. March Madness Special 100 mile option.

Non-Recurring Rides

Ride Around the Buttes*

March 3, Saturday, 7:30 am
T2/P4/42 mi

Steve and Terry Macaulay, 530-753-3048 or
macaulay.steve@gmail.com

This tandem-led ride meets at Vet's Memorial to carpool for a drive to Gray Lodge Wildlife Area, north of the Sutter Buttes. We'll park there and ride around the Buttes on a mostly flat and view-filled ride. Short stop in the town of Sutter for snacks, which you will need to bring along. We will have lunch after the ride at Casa Lupe in Gridley or a restaurant in Yuba City, depending on the group's preferences. Tandem bikes encouraged, all riders and bikes welcome. On a clear day this is an incredibly beautiful ride.

Tour of the Unknown Valley*

March 4, Sunday, 7:00 am
T4-5/P whatever/63, 100 mi
no ride leader

Ride begins at Williams Fire Department. More information at <http://www.chicovelo.org/unknownvalley.html>. This is a DBC Jersey Ride.

Changing Gears

March DBC Rides, Cont'd

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

Non-Recurring Rides

Breakfast at Tiffany's? No, the Putah Creek Café!

March 4, Sunday, 10:00 am
T1/P2-3/30 mi
Diane Richter, bdrichter55@gmail.com
Join Diane on a classic breakfast ride - breakfast at PC Café is served all day, so whenever you get there is fine.

Solano Baking Company

March 4, 11, 18 & 25, Sunday, 1:00 pm
T1/P3/25 mi
March 4: John Whitehead and/or Anne Huber, 758-8115 or jcw@dcn.org
March 11, 18, 25: Jeff and Nancy Hall, 756-1531 or jhall@cal.net
The traditional way to end the weekend in March. Meet at Starbucks, then head down to Dixon for carbs and caffeine. Nobody gets left behind.

Winters - Putah Creek Café

March 5, Monday, 9:00 am
T1/P3/30 mi
Jean Jackman, 530-756-3484 or jljackma@dcn.davis.ca.us
Start at Starbucks, stop at PC Café, return to Starbucks. What more can life offer?

All the Way to Granite Bay*

March 6, 13, 20, 27, Tuesdays, 8:00 am
T1-2/P4-5/100 mi
Cary Thompson, 530-753-0777 or gutterchief@gmail.com
Meet at Mace Park and Ride. A change of scenery from doing laps around the farm. Ride on the American River Bike trail. We will make a pit stop about half way at Bella Bru and then on to Granite Bay for lunch.

Winters n' Back

March 6, Tuesday, 9:00 am
T1/P2/30 mi
Betty Jane Polk, bjpolk@davis.com
A great chance to ride during the week. Come join Betty Jane on a DBC classic.

Amtrak-Suisun-Davis*

March 10, Saturday, 9:00 am
T2/P3/65 mi
Paul Grant, 530-756-3610 or pwgrant@mac.com
Meet at Davis Amtrak. Club will buy one-way ticket to Suisun-Fairfield for club members. Brief stop at the Valley Cafe. Lunch at Digger's Deli in Vacaville, returning to Davis in the afternoon.

200 K Brevet*

March 10, Saturday, 7:00 am
T4-5/P your choice/127 mi
Jim Sharp, 530-795-1937 or jwsharp@ucdavis.edu
Ride starts from the Davis Park&Ride at the northeast corner of Mace Blvd and I-80. This is an official qualifying brevet for Paris-Brest-

Paris 2007. Applications are online at the DBC website. The route map and cue sheet are online at davisbikeclub.org. The route will go west of Davis over Cantelow, through Fairfield, over Mt George, and turns around at the Monticello deli in Napa. Reverse route back. Sag vehicles for emergencies. Rain does not cancel. Specific time limits at controls with a 13.5 hour total time limit.

Seasonally Sporadic Second Saturday Single Speed Spin

March 10, Saturday, 9:00 am
T1/P3/30-50 mi
John Whitehead, 530-758-8115 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.

Breakfast at Tiffany's? No, the Putah Creek Café!

March 11, Sunday, 10:00 am
T1/P2-3/30 mi
Diane Richter, bdrichter55@gmail.com
Join Diane on a classic breakfast ride - breakfast at PC Café is served all day, so whenever you get there is fine.

Pond to Pond*

March 12, Monday, 9:00 am
T1/P3/17 mi
Jean Jackman, 530-756-3484 or jljackma@dcn.davis.ca.us
Meet at North Area Habitat Pond & look at birds. Circle ride, Roads 29, 95, Russell Blvd. Bring binoculars, camera.

Sierra Nevada Brewery

March 15-16, Thurs-Fri, 8:00 am
T1-2/P4-5/116 mi each way
Cary Thompson, 530-753-0777 or gutterchief@gmail.com
Two day mini-tour to Chico. Celebrate an end of half the Madness. Check in at hotel before walking over to Sierra Nevada Brewery for Happy Hour and Dinner. Up on Thursday, return Friday. Contact Ride Leader about making reservations.

Tandeming to Fairfield*

March 18, Sunday, 8:00 am
T3/P4-5/60-70 mi
Steve and Terry Macaulay, 530-753-3048 or macaulay.steve@gmail.com
Ride starts at the end of the Russell Blvd bike trail by Three Palms Nursery. This tandem-led ride takes us from Davis to Fairfield and back on mostly flat terrain. Along the way we will see the top of Steiger Hill, Peet's Coffee (snack/coffee) in Fairfield, all of Pleasants Valley, zip by Winters and through the orchards along Putah Creek Road. Tandem bikes encouraged, all riders and bikes welcome.

300 K Brevet*

March 24, Saturday, 7:00 am
T4-5/P your choice/127 mi
Jim Sharp, 530-795-1937 or jwsharp@ucdavis.edu
Ride starts from the Davis Park&Ride at the northeast corner of Mace Blvd and I-80. This is an official qualifying brevet for Paris-Brest-Paris 2007. Applications are online at the DBC website. The route map and cue sheet are online at davisbikeclub.org. The route will go west of Davis through Pope Valley, with the turn around at the Cobb elementary school. Reverse route back. Sag vehicles for emergencies. Rain does not cancel. Specific time limits at controls with a 20 hour total time limit.

Three Hour Tour

March 25, Sunday, 9:00 am
T1/P4-5/? mi
Sangho Byun, 530-219-0299 or sanghobyun@yahoo.com
Leaving from Starbucks, this ride will focus on getting in as many miles as possible. We'll ride west for 1.5 hours at whatever pace works for the group, then turn around and head back home.

Triple Birthday Celebration*

March 30, Friday, 9:30 am
T2/P3/65 or 96 mi
Jean Jackman, 530-756-3484 or jljackma@dcn.davis.ca.us
Meet at 9:30 AM at Vets Memorial to carpool to Discovery Park, Sacramento. Or, meet at 10, Discovery Park. Help Stu Bresnick, Jean Jackman and Steve Kahn celebrate 196 years of living with an American River Bike Trail relaxed ride and lunch in Old Folsom. Lunch in Old Folsom at cafe. Carpoolers please call Ride Leader to coordinate.

Last Train to Clarksburg*

March 31, Saturday, 9:00 am
T1/P3/60 mi
John & Mary Seabury, 530-758-3878 or jseabury@pacbell.net
Ride leaves from Vet's Memorial. We'll head out the Causeway, head south along the beautiful Rio Sacramento levee, and break at the world-famous Dinky Diner. Probably break on the way back at West Sacramento Nugget. Eat to Ride, Ride to Eat.

Blue Moon Last Chance March Madness Salley*

March 31, Saturday, 10:00 am
T1/P2/30 mi
Scott McDonald, smcdonal@visa.com
This ride is on the fifth Saturday of March, thus the reference to "Blue Moon", and the dreaded last day to get those final miles in before the fourth dimensional door slams shut on March Madness '07. The busy, the desperate and those with real jobs will find this ride of particular interest since it is designed to get one's March Madness mileage pledge met, or

Changing Gears

More next page ...

Non-Recurring Rides

face-savily close to being met, in an interesting and not too strenuous manner while avoiding public shame and ridicule by coming up far short after too optimistic a February pledge. Rain will not cancel due to the fear-of-failure aspects, though the pace may suffer grievously. If everyone behaves, there will be cookies. Basic route: South Nugget to CR32B/A, CR105, CR28H (Le Tour de Trash), CR102 (briefly), CR29, CR95A, Russell (Bikeway) to A to Putah Creek Greenbelt (& Drummond), Mace, relax!

East of the Yolo Bypass by John Whitehead

Options for truckless, carless transportation continue to improve and expand in our neighboring city, the state capital. On the Friday before Christmas, I took my town bike on an eastbound Amtrak Capitol Corridor train. Upon disembarking, it was a treat to see the new light rail tracks right next to the Amtrak platform. There are four departures per hour to Sunrise Blvd, and two of those continue on to Folsom. That may open up new commute options for some folks. For recreational bicycling, it is now easy to experience the full length of the American River Bikeway without cycling the entire round trip. Take your kids, or your in-laws.

On this particular day I was meeting someone for lunch downtown, followed by a bit of holiday shopping. I sought a unique personal gift that could last a lifetime, but not occupy space in a crowded house. If this makes you think of jewelry, well, there is a connection to melting fine metal, but think biking. My purchase was a gift certificate for the recipient to be carefully measured for ideal bicycle dimensions, at a place where they build custom bikes. On the day of my visit, an interesting item being modified in the shop had four bicycle wheels and a seat, but no pedals. It turned out to be a summer trainer for a sled dog team. This publication doesn't encourage plugging business names, but you might want to imagine a member of such a drayage team having a name that rhymes with Tex.

There I was, somewhere near 20th Street and Capitol Avenue, contemplating how to use an extra half hour before my train back to Davis. Ah, the long way back downtown! I rode north to C Street, and turned through the bike path portal arch to the American River. A sign warned that the bridge ahead was closed, but I continued forward with curiosity. A friendly gent who appeared to be a project supervisor was just packing up to depart, and said it was OK. It was a clear, bright day, with a beautiful view of the river. At the opposite end, some workers were just laying down and grading the next-to-last spot of new asphalt, which they let me walk through carefully, bike in the air, just before they rolled it smooth. It turned out that the bridge had been closed for two months for major work, so I might even have been the lucky first cyclist to use the newly refurbished span. My route of course led me through Discovery Park to the Jibboom Street Bridge. The south levee of the American River is newly paved from that spot, east to State Route 160. Named the Two Rivers Trail, this ribbon of pavement will eventually reach the Sac State campus.

It is noteworthy that all the improvements to bicycle transportation infrastructure that I encountered have one thing in common. These projects and many others were pushed forward by a local nonprofit organization, the Sacramento Area Bicycle Advocates (SABA). For example, SABA successfully lobbied RT Metro to let more bicycles on the light rail trains. The aforementioned portal arch near 20th and C Streets was even paid for and built by SABA. While the Davis Bike Club has been one of SABA's financial supporters in recent years, individual memberships are at least as important. The thousand-member mark was just reached, and the next goal is to double that.

In early February, on a whim, I dropped in for my first visit ever to SABA HQ on 12th Street across from the Thai place. Although the weekend was about to begin, SABA Executive Director Walt Seifert and Volunteer Coordinator Larry Robinson were hard at work in their windowless offices full of papers and government planning documents. The modest decor included a few bicycles, a few computers, and a few posters of the famous picture of Einstein riding a bicycle.

The latter gent would feel right at home, but it doesn't take a genius to recognize that good things are happening here. SABA represents bicyclists at pretty much every public meeting (and some less public) having to do with transportation planning and big building projects. For some of you commuters, one ongoing effort is to get a bill passed that will set standards for bike racks and showers at State office buildings. Based on my observations, I think SABA members are getting ten times their money's worth. Take a look at www.sacbike.org sometime.

Ride for Humanity

Registration is now open for the Habitat for Humanity fundraiser ride on Saturday, June 2. Registration brochures are available at local bike shops (soon) or on-line at bikeathon.ucdhabitat.com. Registration cost is \$30 for students, and \$35 for the general public (until May 10 after which, it goes up \$10) and includes a custom t-shirt, rest stops, and snacks. The ride goes from Davis to Winters and back, with a rest stop at the Gazebo in Winters including food and music. All proceeds go the local Habitat affiliate for construction of three houses currently being built. DBC is one of the sponsors of this ride and we hope to see a big DBC turnout!

For more details, visit bikeathon.ucdhabitat.com or e-mail bikeathon@ucdhabitat.com.

March Madness 2007 Registration Form
“Miles for Smiles”

How far can you ride your bike during the month of March? Davis Bike Club invites you to challenge yourself, set a goal and keep track of your miles. You can start riding at 12:01 am on March 1st and ride your heart out until 11:59:59 pm on March 31st. Open to all DBC members. Not a member? Now’s the time to join!

All proceeds from this event will be donated toward purchasing bicycle helmets for deserving school children in Davis and the surrounding area.

Rules: You’re on the Honor System.

(15 mph for trainers, actual miles for stationary bikes with odometers and 1000 miles maximum for any indoor cycling)

Goals: 125, 250, 500, 750, 1000, 1500 & 2000. (Note: 125 mile category for 1st time MM riders)

Basic Registration	\$20.00	\$20.00
Optional MM jersey	\$35.00 + Basic Registration	\$55.00
Optional MM Banquet	\$15.00 + Basic Registration	\$35.00
Optional Jersey and Banquet	\$50.00 + Basic Registration	\$70.00
Banquet only for your guest	\$15.00	\$15.00

Process:

Mail your entry form and check by March 1st if you want a jersey to:
 (Participants not wanting a jersey must register by March 15th)

Davis Bike Club
P O Box 72944
Davis, CA 95617
Attn: March Madness

Record your mileage On-Line at davisbikeclub.org **strongly encouraged**
 or email your paper Excel log by Friday, April 6th, 2007

Ride, ride, ride, rain or shine, day and night

Celebrate the event at the March Madness Banquet
 Sunday, June 3rd, Cantina del Cabo, 139 G St, Davis

Questions: e-mail Barry Bolden, boliverb@dcn.org

Special Categories: Categories winners will be listed on web page; winners receive certificates.

Youngest solo rider	Most miles on a tandem	Male with most miles
Youngest tandem rider	Most miles on single speed	Female with most miles
Oldest rider	Rider living farthest away	

 First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ - _____ - _____ E-mail: _____

Gender F M Age (optional) _____

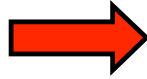
Mileage goal: 125 250 500 750 1000 1500 2000

Basic \$ 20.00
 + **Optional Jersey \$35.00:** S M L XL XXL \$ _____
 + **MM Banquet \$15.00** X \$15.00 \$ _____
TOTAL: \$ _____

Official Use Only

DAVIS BIKE CLUB MEMBERSHIP APPLICATION

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



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

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

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

<p>Action Type</p> <p><input type="checkbox"/> New Member</p> <p><input type="checkbox"/> Renewal</p> <p><input type="checkbox"/> Address Change</p>	<p>Basic Membership, 1 year..... <input type="checkbox"/> \$20.00 single or <input type="checkbox"/> \$30.00 family \$ _____</p> <p>Basic Membership, 3 years..... <input type="checkbox"/> \$50.00 single or <input type="checkbox"/> \$75.00 family _____</p> <p>Basic Membership, 5 years..... <input type="checkbox"/> \$80.00 single or <input type="checkbox"/> \$120.00 family _____</p> <p>Race Team add-on... <input type="checkbox"/> \$20.00 per racer per year \$ _____</p> <p><input type="checkbox"/> Aggie Cycling Team (no race team fee) OR... <input type="checkbox"/> Junior Race Team (no race team fee)</p> <p align="right">TOTAL AMOUNT DUE \$ _____</p>
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ALL adult members must sign release; parent or guardian signature required for members under age 18.

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

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

ACCIDENT WAIVER AND RELEASE OF LIABILITY

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

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

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

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

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

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

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

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

Parent Guardian Waiver for Minors (Under 18 years old)

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

Helmets are required on all club rides.



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



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

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

DBC Member Classifieds & Announcements

FOR SALE

SIDI SHOES with SPD clips, size 43; 1 set bear claw pedals; rear view mirror handle bar mount; 1 set Shimano SPD pedals; 1 set Ritchey SPD dual sided pedals. \$30 for the lot. Gerry Peterson, 756-1254.

THANK YOU

February 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
 AMY RAFFERTY • *Anne Huber* • *John Whitehead*

Don't forget the Changing Gears web photo supplement:

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

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.



Got a better picture than this? Remember to participate in the Fourth Annual March Madness Photo Contest!

(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



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