

Changing Gears

Newsletter of the Davis Bike Club

May 2007

Quick Releases

Membership Meeting

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

Directors Meeting

Monday, May 14, 7:00 PM
 Davis Food Coop Conf. Rm.
 620 G Street
 All Members Welcome

Race Team Meeting

Wednesday, May 2
 Davis Library, Blanchard Room
 6:30 pm Race Team Board
 7:30 pm Race Team

NEXT Newsletter Submission Deadline

Thursday, May 17, 7:00 pm
 (earlier submittals may get priority)

Please email submissions to:
 dbcnewsletter@gmail.com

Ride Schedule Submittals

Tuesday, May 15
 dbcridecal@gmail.com

Welcome New Members !

Frank Vidales	Gretchen Kah Marx
Adam Bridge	John Layer
Karen Patterson	Michael McKenna
Kristine Peterson	Peter Morrissey
Darell Dickey	Kevin Nesbitt
Gwynne Axelrod	Paul Ries
Michael Bayer	Frank Sommers
Mark Boles	Mark Kaufman
Chris Calhoun	Martin Seaney
James Chou	Michael Ferrell
Bret DeWitt	Atac Tuli
Eric Holst	Adam Smith
Laurence Kluck	Lori Albright
Robert Kobliska	

Prez Sez by Dan Shadoan



May is the Davis Bike Club's Double Century month. It's been that way for as long as I can remember, maybe forever. Actually, it's been held on the third Saturday in May for just about forever too. Some things never change and for some of us that's very good. On the other hand, stale is not good, but stale is not an attribute of the Davis Double Century.

I'm personally taking this opportunity to thank all of you for your generosity in volunteering your time to assist in this year's DC. I'm not competing to "be first" in thanking everyone, it's just that this year is a "special" year for the DC and I wanted to be sure everyone knows what we on the Board of Directors have known for some time.

I wanted everyone who has ever volunteered to be aware that this is the last year they, if they choose, will be able to volunteer for the DC under the leadership of Robin Neuman.

Robin is retiring from the position of DC Director. Speaking of change, this will be a big one! Robin has been the leader of the DC for who knows how long, certainly over 20 years. Unfailingly cranking up the engine every January and keeping it oiled, fueled and running smoothly far after the third Saturday in May, Robin has indeed developed the event into what it is today. The nationally known Davis Double Century is the most popular DC in California and has a history second only to the Grand Tour held in southern California by the Los Angeles Wheelmen.

Some 38 years ago, starting out as an event put on by a group of Cal Aggie cyclists, the ride was a primal competition between, not only who could finish, but who could

finish first. The end all goal did not include much support for the rider and assisting the fastest was left mostly to "illegal" private support. Mass starts in the dark were a

See Prez Sez, page 2...

May Membership Meeting by Diane Richter

The May meeting of the Davis Bike Club will be held in the usual place at the usual time (Yolo Public Library, 7:00 p.m.) on the 7th of May. Our speaker will be our own past race team director, Vance Russell, who now is racing against the loss and abuse of our prime farmlands. He will be talking about sustainable farming, and about the types of soils in our area, what kinds of crops grow in the various soil types, and what the heck are those crops, anyway. (Like, what is that really stickly-looking dried-out thing with the thorny-looking flower on top, and why would anyone grow it?!!) This is going to be an interesting and informational meeting, and for those of you who plan to ride the Double Century or work at a rest stop, it will give you something to think about as you pass our beautiful ag fields and orchards. Please arrive a little early to chat and eat cookies.



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Prez Sez, from page 1...

chaotic and rather dangerous de rigeur for the DC. The sounds of steel scraping the pavement and riders swearing and moaning were predictable during the first few miles.

Under Robin's leadership all this changed. The event began to focus on helping riders actually finish the ride. Planning the location and number of rest stops including the types of food and drink available produced a significantly higher finish rate. At long last the DC began to be a ride for everyone, not just a few crazy racer-types.

Speaking not only for the Board of Directors, but also for everyone who has ever worked with Robin on the DC, I'd like to congratulate Robin for making the DC what it is today. But most importantly, I'd like to thank her a thousand times for the tireless effort year after year. The unwavering commitment to the Club first and to the DC second will never be forgotten.

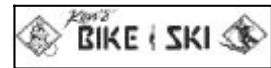
Every rider, every worker, every Club member, every friend will all remember and cherish the time associated with the Davis Double Century because of Robin.

We'll miss her in the Boardroom and especially miss her hand on the tiller of the ship named Davis Double Century. Thanks Robin!



**The Famous Robin Neuman
Davis Double Century Guru**

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



Foy's Bike Shop

Mike's Bicycle Centers & Sausalito Cyclery

see www.mikesbicyclecenter.com for locations

or take advantage of the Repeat Customer Rewards Program at:



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

Changing Gears is the monthly newsletter of the Davis Bike Club, c/o B&L Bike Shop 610 3rd St., Davis, CA 95616. Find us on the web at www.davisbikeclub.org. *Changing Gears* is mailed via first class to all current members. The 'exp.' line on the mailing label 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.



Davis Bike Club's 2007 March Madness Sponsors

Let's give a special thanks to our sponsors who helped make March Madness a reality again this year. Thank you for supporting the helmets for kids!

Ellison, Schneider, and Harris LLP, Attorneys-at-Law

B & L Bike Shop

VeloCity Bicycles, Winters

Tandem Properties

Drs. Blackman and Guerrieri, Optometrists

Cantina del Cabo

Ken's Bike & Ski

Davis Wheelworks

Steady Eddy's Coffee House, Winters

Freewheeler Bicycle Center, Jeff and Kevin Hein

Pyramid Construction, Mr. Chuck Roe

Michael Henry—HealthTouch



CONGRATULATIONS ALL MARCH MADNESS RIDERS!! THANK YOU TO ALL THE SPONSORS!!

The results are in and we are proud that you took time to ride 117,224 miles!!! That's 14,000 more than last year! There were 149 registered riders. This was a record year. Most dry days in Davis recorded history -- 29. Most declined-to-state genders -- 5. Most photos submitted -- 434. Oldest rider -- 81. Youngest rider -- 6. Average age of those submitted -- 53. Fewest number of close encounters with wildlife.

Most number of riders over 2000 miles -- 8. The highest was 2847.55 miles for Muscogee, aka Larry Burdick, one of the founders of the madness. All the 2000+ mile riders will receive a gift certificate for use at a local bike shop.

Larry's routine on week days was to ride north on Pole Line at 7 am to the dump road, east to the sewage ponds, south to the railroad tracks, east to the other side of the causeway, retrace back to Pole Line, east on Rd. 29 to Hy113 frontage, south to Starbucks and hook up with the Ed Martin Weekday Morning Ride Series. After a second breakfast, he would head to lunch at Costco's Hot Dog Diner in Vacaville. Good dogs and a drink for \$1.50 plus tax. His return to Davis was via Pleasants Valley Road, Putah Creek Road and Covell. If there was any daylight left, he would go out to the dump again or circle El Macero until Neighborhood Watch called the sheriff.

See MADNESS, page 4...

Changing Gears

THE MADNESS IS NOT OVER
Sunday June 10th is the date of the March Madness Banquet at the Cantina Del Cabo in Davis. Doors open at 5:30 pm, and dinner begins at 6:30 pm. All attending will receive their jerseys and certificates during the awards ceremony. Tickets for the banquet are available until June 4th. Please contact Ken Bradford (Ken@kensbikeski.com) for information. As always good friends, good food, a song or two and the look forward to March 2008.

MADNESS, from page 3...

Larry was usually drafting Jeff Hall, Don Pockrandt, Cary Thompson and Jim Skeen until it came to the El Macero loops. Those he did on his own, risking being stopped for vagrancy. Larry was also supported by his wife Dee. She fixed the first breakfast and dinner. She also had to wake him up to get out of the LazyBoy and go to bed. There were several other heroes. Ken Johnson was only 45 miles behind and Cycledad (Paul Guttenberg) only 125. Both of those guys have day jobs! Congratulations to all.

Save the date – particularly because it has changed from the original schedule. It's not too late to attend the banquet on **Sunday June 10** at Cantina del Cabo in Davis. Auditions for the talent portion will take place at an undisclosed location in May. In addition to the certificates for all riders, the photo contest winners will be awarded prizes that evening. Don't miss it. The jersey order is in with a small surplus. If you missed ordering, we may have your size.

Special thanks to the great committee:

- Ken Bradford, banquet
- Bruce Dewey, sponsors
- Bill Roe, jerseys
- Nancy Hall, certificates
- Jeff Hall, mailing
- Marilyn Dewey, sponsors
- John Seabury, registration
- Dan Shadoan, webmaster
- Steve Macaulay, helmet storage and publicity

If I forgot anyone...

**Race Team Results
by Amanda Seigle**

Name	Race	Date	Category	Place
aaron abrams	cool mtn bike race	3/11	sport	11th
Alan Rowland	EB Crit	2/4	4	28th
Alan Rowland	Snelling RR	2/24	Mstrs 35plus	3rd
alan rowland	land park	3/17	35+ cat 4	12th
alan rowland	zamora rr	3/18	35+ cat 4	13th
Alan Rowland	foothills rr		Mstrs 35plus	16th
Alexander Freund	Cherry Pie Criterium	2/11	Juniors 13-14	2
Alexander Freund	Cherry Pie Criterium	2/11	Juniors 13-14	2
Alexander Freund	Snelling Road Race	2/24	Juniors 13-14	5
Alexander Freund	Snelling Road Race	2/24	Juniors 13-14	5
Alexander Freund	Merco Downtown Grand Prix	3/3	Juniors 15-16	22
Alexander Freund	Merco Downtown Grand Prix	3/3	Juniors 15-16	22
Amanda Seigle	Merco Foothills Road Race	3/4	W 3/4	5
Amanda Seigle	Merco Downtown Grand Prix	3/4	W 3/4	6
Amanda Seigle	Land Park crit	3/17	men's 4's	back of pack - crash
Amanda Seigle	Land Park crit	3/17	W 1/2/3	2
Amanda Seigle	Indio Grand prix	3/31	W 3/4	3
Amanda Seigle	Indio Grand prix	3/31	W P/1/2/3	28
Amanda Seigle	Garrett Lamire memorial grand prix	4/1	W 3/4	2
Andreas and Roland Freund	Berkeley Bicycle Club Team Time Trial	3/25	Elite 4	2
Andreas Freund	Cherry Pie Criterium	2/11	Juniors 15-16	1
Andreas Freund	Cherry Pie Criterium	2/11	Juniors 15-16	1
Andreas Freund	Snelling Road Race	2/24	Juniors 15-16	3
Andreas Freund	Snelling Road Race	2/24	Juniors 15-16	3
Andreas Freund	Merco Foothills Road Race	3/4	Elite 4	31
Andreas Freund	Merco Foothills Road Race	3/4	Elite 4	31
Andreas Freund	Bariani Road Race	3/18	Elite 4	1
Blake Anton	Red Trolley Crit	2/4	3	pack
Blake Anton	Quad Knopf TT	3/17	3	8th
Blake Anton	Quad Knopf Crit	3/18	3	3rd
Bruno Pitton	Wards Ferry RR	3/31	Elite 4	6th
Cody Tapley	Merco Classic	3/4	jr 15/16	18th
Cody Tapley	land park crit	3/17	jr open	27th
Cody Tapley	barani road	3/18	elite 4	65th
Courtney Gertler	Women's Only Race Day @LA Velodrome	2/17	w4	1st omnium
Courtney Gertler	Snelling RR	2/24	w4	18
Courtney Gertler	Merced Crit	2/25	women	17/1st w4
Craig Robertson	Berkeley Bicycle Club Team Time Trial	3/25	Tandem	1st w/ Jennie Phillips (6 total) 1:32 margin
Dale Tapley	Land Park crit	3/17	elite 5	44th
Dale Tapley	barani road	3/18	elite 5	DNF
Derek Byrne	Cherry Pie	2/11	Elite 5s	29th
Eduardo Avelar	Land Park Crit.	3/17	4	Part of DBC Train wreck
Eduardo Avelar	Zamora Road Race	3/18	4	23rd
Eduardo Avelar	Ward's Ferry Road Race	3/31	4	Forgot my climbing legs
Eduardo Avelar	Tuolumne Crit.	4/1	4	7th
Eric O'Brien	Merco Grand Prix	3/3	Elite 4	pack
Eric O'Brien	Land Park Crit	3/17	Master's 4-5	pack
Eric O'Brien	Land Park Crit	3/17	Elite 4	back of pack - crash
Eric O'Brien	Bariani RR	3/18	Master's 4	pack
Eric Zeigler	Cool MTB Race	3/11	Single Speed 36+	18th
Eric Zeigler	MTB Challenge #3 - Granite Bay	3/18	Single Speed 40+	2nd
Jason Eiserich	Land Park Criterium	3/17	Masters 35+ Cat 4/5	33rd
Jason Eiserich	Bariani Road Race	3/18	Masters 35+ Cat 5	11th
Jason Eiserich	Ronde van Brisbeen - Circuit Race	3/31	Masters 35+ Cat 5	20th
Jason Eiserich	Ronde van Brisbeen - Criterium	4/1	Masters 35+ Cat 5	4th
Kevin McSpadden	Land Park Crit	3/17	55+	4th
Kevin McSpadden	Bariani Road Race	3/18	55+	DNF
Nils Johnson	UCSC RR	3/10	A	20
Nils Johnson	Land Park Crit	3/17	3	Pack
Nils Johnson	Land Park Crit	3/17	M35+ 1/2/3	Pack
Nils Johnson	UCB RR	3/24	A	7
Nils Johnson	UCB Crit	3/25	A	9
Nils Johnson	UNR Crit	3/31	A	5
Nils Johnson	UNR RR	4/1	A	10
Paul Robins	Land Park Crit	3/17	M 35+ 4/5	pack
Roland Freund	Snelling Road Race	2/24	Masters 45+	16
Roland Freund	Snelling Road Race	2/24	Masters 45+	16
Roland Freund	Merco Foothills Road Race	3/4	Elite 4	57
Roland Freund	Merco Foothills Road Race	3/4	Elite 4	57
Vance Russell	Santa Rosa Corp Crit	3/4	3/4	pack



Foxen Valley on recent Coast and Solvang DBC Tour



The Tour Turn

By Bruce Dewey, Touring Director



News of DBC
Jersey Rides & Tours



Several DBCers have asked about the Solvang-Coast Tour in late March. The route from Monterey through the Big Sur past Hearst Castle, on down to San Luis Obispo is probably one of coolest cycling venues anywhere. A caveat is that Route 1 is very busy on weekends and in the summer with the LA-RV crowd. Coffee table books and California scenery calendars are replete with photographs from this area. The Amgen Tour rode this stretch in February. The Solvang area gets crowded on weekends and in the summer due to the movie Sideways. Our small group—seven—planned to share sag driving by a prearranged schedule, but Elinor Olson volunteered to take over several shifts. And she is really good.

Marilyn and I drove the minivan down to Salinas loaded with the bicycles, while the others took the Capitol Corridor train to San Jose and transferred to the Amtrak bus. On the way, we stocked the van at Trader Joes in Danville. Since it was Sunday, our freeway trip was about two hours faster than Amtrak. The group reported the train ride and the bus were just fine. The flat route through Salinas and across the former Fort Ord has wide roads with good shoulders. From Marina, we followed the bike trail winding through the sand dunes along Monterey Bay, soon arriving at the Del Monte Beach Inn. A bed and breakfast operation, this place was really cheap for being in downtown Monterey. It was almost comical to have furniture so old and have nearly everything needing replacement or repair. Don Pockrandt was puzzled that such a place could have passed the fire inspection. The energetic proprietor, Shawn, was much more interested in cooking than housekeeping, baking us a delicious cake for evening and whipping up a really tasty breakfast frittata. He even changed his recipes to be non-dairy at Diane Richter's behest. So, yes, we ate well in Monterey, including the de rigueur seafood dinner at the end of Fisherman's Wharf.

Monday, our small peloton moved out past the Monterey Bay Aquarium, along Asilomar Beach, and down the 17-mile drive to an early lunch in Carmel. After lunch, on Route 1 south, the riders spread out, some making stops to photograph the rugged shore and the signature arch bridges before rolling into Deetjen's Big Sur Lodge. Here, rustic cabins and small lodge buildings stand pretty much unchanged after being built by one man some seventy years ago. The siding, interior walls, the homemade millwork all are made of rough cut redwood from the site. However, Don approved of the sprinkler systems that had been retrofitted to all the buildings. Deetjen's, although pricy for the rooms and the food, is always busy.

Tuesday was one of our longer days—70 miles—with extended up and down hills, but we were helped by the tailwinds from the northwest. Just a few drops of rain, cool temperatures, and overcast skies made for ideal cycling. After some great Kodak moments, including elephant seals, we arrived in old town Cambria. Our innkeeper in Cambria had us park our bicycles in his garage alongside his mint Porsche 911. A nearby restaurant, the Sow's Ear had great early bird dinner specials and super good food. Too bad Jacques Franco opted out of eating here. Perhaps it was the name? The terrain on Wednesday was somewhat more mellow, starting with a stretch down the coast that cut over to Turri and Los Osos Roads toward San Luis Obispo. From San Luis, we took the bike route down to Pismo Beach and where we stayed at the Sea Gypsy Motel with balconies right on the beach. Our group wandered into the center of the Pismo Beach village for unremarkable Italian food with entertainment by a remarkably loud vocalist.

Back on Route 1 Thursday, we took a morning break in Guadalupe, stopping at Rosie's very friendly coffee shop. Just like old Mexico! Going on south, we left Route 1 and turned east into a quiet valley. Just outside of the village of Los Alamos, Marilyn got stung by a bee. It turned out this was the worst thing that happened on the ride—another way of saying there were no flat tires, lost riders, or any other problems at all. The Drum Canyon road which goes south from Los Alamos over a big ridge into the next valley gets my award for having the worst pavement anywhere. However, once on the other side it was smooth sailing to Solvang, a place that Jean Jackman thinks is one of the kitschiest she's seen. Our rooms in Svendsgaard's Danish Lodge were quite good, however. Opting to pass up the touristy eateries in Solvang, we motored up to nearby Los Olivos and had a good dinner at the local café seen in the movie Sideways.

On Friday, we rode north from Solvang into a mild headwind along the length of Foxen Canyon to Santa Maria. After lunch, we stayed inland, taking Corbett Canyon and finishing on the road past the airport into San Luis. After that 75-mile day, we all enjoyed a hearty dinner at the Big Sky Café. Saturday morning, some took a bike ride down toward Lopez Lake, while others visited an interesting museum and the mission. The Amtrak bus left around 1:00 pm, connecting to the train in San Jose. With the bags and bikes in the van, we met the others at the Davis station around 8:30 pm. All in all, this was one of the best central coast trips ever for the good weather, lack of problems, the good routes, the fun lodging, some great food, and a very low cost. Marilyn's bee sting? A red spot for a day or so.



In case you're interested, yes, you can take bikes under those Amtrak buses that go all over California. The friendly drivers say there is always plenty of room. If you plan this, I recommend that you carry a bungee cord or two. When putting your bike under the bus, you may or may not need to take the front wheel off. With your bike upright, just bungee it against one of the bulkheads. Last year, we had something like 18 bikes upright in the three compartments under the chartered bus used on the Oregon Coast Tour. Only one bike was too tall to travel with both wheels on. That said, I'm not sure the Amtrak driver would be so friendly if you showed up with beaucoup bikes.

JERSEY RIDES

Date	Ride
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

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.

May 2007 Ride Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Mocha Joe Loop Race Ride	2 Solano Bakery Women's Wed. Evening Ride Coffee & Cantelow Race Team Mtg	3 Steady Eddy's Winters Dinner Race Ride	4 Early Bird Vacaville Hills 600K Brevet	5 RH Phillips Winery
6 Carrot Cake Burrito Ride	7 Early Bird Zamora & More MEMBERSHIP MTG	8 Mocha Joe Loop Race Ride	9 Solano Bakery Women's Wed. Evening Ride Round the Mtn	10 Steady Eddy's Winters Dinner Race Ride	11 Early Bird Vacaville Hills	12 Singles Spin S ⁷ Beginners Ride
13 Second Sunday Ride	14 Early Bird Zamora & More BOARD MTG	15 Mocha Joe Loop Race Ride RIDE SCHEDULE DEADLINE	16 Solano Bakery Women's Wed. Evening Ride Coffee & Cantelow	17 Steady Eddy's Winters Dinner Race Ride NEWSLETTER DEADLINE	18 Early Bird Vacaville Hills	19 Davis Double Century 
20 Monticello Century	21 Early Bird Zamora & More	22 Mocha Joe Loop Race Ride	23 Solano Bakery Women's Wed. Evening Ride Round the Mtn	24 Steady Eddy's Winters Dinner Race Ride	25 Early Bird Vacaville Hills	26 Lake Solano Loop
27 Beginners Ride	28 Early Bird Zamora & More	29 Mocha Joe Loop Race Ride	30 Solano Bakery Women's Wed. Evening Ride	31 Steady Eddy's Winters Dinner Race Ride		

General Ride Information:

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

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

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

Ride Start Locations:

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

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

May DBC Rides

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

Recurring Rides

Ed Martin Memorial

Weekday Morning Ride Series

MONDAY >> Zamora and More

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

Ride to Zamora and enjoy mini mart delights before returning to Davis. 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.

Tuesday/Thursday Race Ride*

Tu/Th, 6:00 pm
T1/P6/38 mi
Alan Rowland, 916-847-4818 or
alan.rowland@sbcglobal.net

The famous training ride series is now 18 years old! Come out for serious training two nights a week. 8 mile warmup ride, followed by three sprints with regrouping between. Learn proper race technique, group riding, and paceline.

Coffee and Cantelow

May 2 and 16, 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

May 9 & 23, 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, 5:00 pm
T1/P3-4/10-20 mi
Alan Hill, 530-792-8900 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
pwwgrant@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! Starts at Russell and Lake.

RH Phillips First Saturday Brunch*

May 5, 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 may be announced 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

Second Sunday Ride*

May 13, 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.

Non-Recurring Rides

600K Brevet*

May 4, Friday, 7:00 pm
T4-6/P 40 hour time limit/600km
Jim Sharp, 530-795-1937 or
jwsharp@ucdavis.edu

This is the last of the Davis spring brevets. It will go from Davis through the Napa and Alexander Valleys to Ukiah and then almost to the coast via Hwy128. That is half way, then you ride back. Start at Mace Blvd. Park-n-Ride at Mace/32A (by Ikeda). Check-in is 7:00 pm, ride starts at 8:00 pm. 40 hour time limit. See <http://www.davisbikeclub.org/ultra/2007/default.htm> for route map and cue sheets. Good luck, and good luck in Paris!

Carrot Cake Burrito Ride*

May 6, Sunday, 8:15/8:30 am
T4/P3/50 mi
Steve Macaulay, 530-753-3048 or
macaulay.steve@gmail.com

This is another in the irregular series of Carrot Cake rides, ridden on the world famous Via de los Hermanos Burritos (Burrito Brothers Route). Start at Casa Macaulay on Road 95 (email for directions) at 8:15 am, with an alternate start at 8:30 am at the end of the Russell Blvd bike trail in front of Three Palms Nursery. We will ride the Four S Roads, Allendale through the English Hills, over Steiger Hill Road, down Gibson Canyon to the cross road to Pleasants Valley Road, then back to Casa Macaulay via Putah Creek Road. Lemonade and carrot cake (not carrot cake burritos - that's disgusting. Even Dos Coyotes wouldn't try carrot cake burritos -- JS) will be served after the ride. Limited to 12 riders, unless you bring more cake!

More next page ...

Changing Gears

May 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.

Non-Recurring Rides

Seasonally Sporadic Second Saturday Single Speed Spin

May 12, 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.

Beginner's Ride

May 12, Saturday, 9:00 am
T1/P2-3/30 mi
Alan Hill, 530-792-8900 or
arhill8711@aol.com

New to the DBC? Just joined in March? Come on out and ride with some experienced riders out to Winters and back. We will stop for refreshments at Steady Eddy's in Winters before returning along Putah Creek Road. Stronger riders welcome to start with the group, but the Leader will stay with newer riders.

The Davis Double Century*

May 19, Saturday, 5:15-5:45 am
T1-6/P your choice/200 mi
no ride leader

Yes, it's the 2007 Davis Double Century bicycle tour on May 19, organized by the Davis Bike Club. Ride with cyclists from all over the U.S. and Canada on this nationally acclaimed 200 mile, one day cycling event. See <http://davisbikeclub.org/ddc/2007/index.htm> for details. Please volunteer to work at this event and support your club!



Monticello Century*

May 20, Sunday, 6:30 am
T6/P your choice/100 mi
no ride leader

A wonderful route for you to ride after you've worked the DC the day before. Starts in Vacaville, then over Mount George, through the Napa Valley and back to Vacaville via Lake Hennessy, Moskowite, Cardiac and Pleasants Valley Road. Sponsored by Monticello Cycling Club. See <http://www.monticellocycling.org/century/century.html> for more information. NOT A DBC JERSEY RIDE.

Lake Solano Loop

May 26, Saturday, 8:30 am
T1-3/P3/45 mi
Julie Sly, 916-201-2790 or
Juliesly@aol.com

Start at Starbuck's, ride to Winters and around Lake Solano, with a food/rest stop at Steady Eddy's in Winters before returning to Davis. Option for more miles if the group wants to continue up Pleasants Valley Road to Cantelow Road before returning to Winters.

Beginner's Ride

May 27, Sunday, 9:00 am
T1/P2-3/30 mi
Alan Hill, 530-792-8900 or
arhill8711@aol.com

New to the DBC? Just joined in March? Come on out and ride with some experienced riders out to Winters and back. We will stop for refreshments at Steady Eddy's in Winters before returning along Putah Creek Road. Stronger riders welcome to start with the group, but the Leader will stay with newer riders.



Changing Gears

How Important Is It to Know Your Gear Ratio? Why Should You Care?

By "TandemGeek" (from bikeforums.net, 1-25-07 -- reprinted with permission of author)

With the advent of 8 - 10 speed cogsets and multiple chain rings, it's far less important that it was in the past. Thus, if you're happy with the performance of your bike's gearing, there's no need to care. However, it can be somewhat more important for someone using older 5 or 6 speed equipment. You can read A LOT about gearing at Wikipedia: http://en.wikipedia.org/wiki/Bicycle_gearing.

For a somewhat more abridged version, here's my quick & dirty. It's a carry over from the earliest days of the bicycle's evolution. As the velocipede was eclipsed by the "Ordinary" (aka, high-mount, high-wheeler, or pennyfarthing), the cyclist's inseam established the upper limit for maximum diameter of the wheel that could be used. Since the early velocipedes had a 1:1 ratio, the larger the diameter of the wheel the faster a cyclist could go (which was paramount at the time as racing = marketing); or, conversely the harder it would be for tourists and recreational cyclists to climb hills.

Enter the chain drive with its variable primary and final drive gear. Cyclists could now tailor their gearing to match their local riding conditions, touring needs, or optimize for racing -- and in particular on the track. To this day, a very good track bike's component group comes with a wide range of fixed cogs and several different chain rings to allow riders to optimize the gearing for different events or riding styles -- making an understanding of the gear inch development achieved with each different combination pretty important.

Back to bicycle history and technology development. As additional gear options became available via the first flip-flop hubs, followed by internal planetary gear hubs and finally the changeable rear derailleur, racers and "bike geeks" could now tailor their gearing even further by having a 100-inch "big gear" for flat out speed as well as a 30-inch gear for climbing. Obviously, making the jump from one to the other was a pretty dramatic change. Over the years additional final drive gears were continually added to address that problem.

Enter the "bike geeks" who were always looking for something to fiddle with and analyze. Something called half-step gearing became the rage once the front derailleur was developed that allowed use of two different primary drive gears. Now, instead of having a simple, linear gear inch progression from rear sprockets of increased sprocket counts, the changeable primary gears created the ability to sub-divide the once linear progression by alternating the shifting of front and rear derailleurs. The use of a "gear inch table" ensured you didn't end up with duplicate gearing combinations -- heaven forbid that you were discovered to only have a 9 speed instead of a true 10 speed bike, e.g., a gear combination of 39/14 is the same as a 53/19 and so-on.

Now, to ensure that you really understood how all of the gear combinations worked it became vogue to tape a small version of your gear table to the stem of your bicycle so that you could "learn" your gearing as you rode. To this day you'll see them mentioned in most of the really thick (and older) books on cycling, attached to a few bikes, and Sheldon Brown's bicycle gearing calculator will even produce them for you!! (Editor -- check it out right here: <http://sheldonbrown.com/gears>).

However, as mentioned in my short answer, with the advent of cassettes with 8, 9 and now 10 sprockets + triple chain rings, every useful gear range is covered. The only reason to alter what came on a bike is to eliminate the combinations that are of little use; hence, you'll see folks like us who run a 12x27t except on those occasions when we head for the steep stuff and it gets swapped out with an 11x32t. If we were stronger riders or lived where the terrain was even less hilly than North Georgia we'd probably have a 12x25t or 12x23t cassette on our tandem because I happen to like short gearing steps, harkening back to my early days with my 6 and 7 speed straight block, aka "corn cob" freewheels, e.g., 13-14-15-16-17-18. Unless someone is unhappy with the gearing on a bike, there's really no reason to mess with it. Lord knows we've found ourselves with the 12x27t on new rides where we really needed the shorter gears of our 11x32t but, lacking them, we just toughed it out.

If you're doing time trials or other racing events, gear selection can be crucial to replicating or achieving maximum performance. When working through the pain and suffering it's very important to know what size gear you're pushing so there is still good reason for certain cyclists to have these little cheat sheets while training until such time as it becomes second nature or intuitive.

It's also not a bad thing to use with new cyclists who haven't used multi-gear bicycles in the past. Looking at the gearing it's hard to appreciate that the gear combination of 39/14 is the same as a 53/19. Once you see it graphically represented, it finally clicks.

2007 March Madness Photo Contest -- Sample Entries



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

Official Use Only

DAVIS BIKE CLUB MEMBERSHIP APPLICATION

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



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

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

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

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

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

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

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

ACCIDENT WAIVER AND RELEASE OF LIABILITY

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

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

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

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

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

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

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

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

Parent Guardian Waiver for Minors (Under 18 years old)

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

Helmets are required on all club rides.

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

Revised 03-26-2006

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

👉👉👉👉👉👉 **THANK YOU** 👈👈👈👈👈👈

April 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 • *John Whitehead*
Steve & Terry Macaulay • Russell Reagan • Jim Sharp

Don't forget the Changing Gears web photo supplement:

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

New Davis bike and car lanes ???



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



Davis Bike Club
Membership Card

FIRST CLASS

Moving? Please let us know!
Our Membership Director will make sure your membership info is updated and that you continue to receive your monthly edition of *Changing Gears*.
Snail-mail c/o B&L Bike Shop, or send email to: dbcmembership@gmail.com



Davis Bike Club
610 Third Street
Davis, CA 95616