

Changing Gears

Newsletter of the Davis Bike Club

June 2007

Quick Releases

Membership Meeting

Monday, June 4, 7:00 PM
 Davis Public Library
 Blanchard Room
 315 East 14th Street
 (Please park bikes outside)
 Refreshments & Door Prizes!

Directors Meeting

Monday, June 11, 7:00 PM
 Davis Food Coop Conf. Rm.
 620 G Street
 All Members Welcome

Race Team Meeting

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

NEXT Newsletter Submission Deadline

Sunday, June 17, 5:00 pm
 (earlier submittals may get priority)

Please email submissions to:
 dbcnewsletter@gmail.com

Ride Schedule Submittals

Friday, June 15
 dbcridecal@gmail.com

Welcome New Members !

Don Bennett	Thomas Filler
Dominique Blanchard	Kim Freitas
Jeff Boone	Phacharawut "Joe"
Linda Bott	Kanchananakhin
Colin Cameron	Marty Kaplan
Ken Carter	Theresa Lynch
Michael Connolly & family	Anthony Merriett
Michael Crago-Schneider	Kay Ogden
Suzanne Crago-Schneider	Dan Patterson
Max Crago-Schneider	Jim Smith
	John Stauffer
	Kyle Thomas
	Jim Trout

Prez Sez by Dan Shadoan Dan preaching safety, again?!



We all know the stories and many of us have lived them and survived, but you must admit that riding a bicycle on the open road is unique because its the same place populated by traffic, potholes, snarling dogs, wandering ducks and absentminded pedestrians, the last two of which may be one in the same. But from time to time we're our own worst enemy. Inattention and perhaps wanting technique can put us on the pavement as fast as any of the above hazards. We can never be too safe out there so consider the following tips and you'll be less likely to meet an EMT.

Always ride with your head up.

While cruising along, it's tempting to stare at the spinning wheel just in front of you, fixate on your new computer's fancy display, tweak your i-pod or watch where you put your water bottle away. A fleeting downward glance that lasts just a second too long can mean riding into a problem that could easily have been avoided.

Stay focused. The smooth and rhythmic motion of pedaling can have a hypnotic effect. Daydreaming cyclists have crashed into the back of parked cars, wandered far into the traffic lane or unthinkingly ridden off the road into the orchards. Don't let yourself be separated from the harsh real world by the vivid portraits created by your imagination. Keep your head in the game.

Keep your bike in top mechanical condition. Repair or replace faulty parts sooner rather than later. It's a loser's game to extract "just one more ride" out of worn brake pads, a frayed cable, or tires with the casing threads showing or bulging sidewalls. Your best chance against the challenges of the real world is a bicycle with all parts in the best working order possible. Remember, if your bike is making a strange noise, get the noise located and fixed as soon as possible! It's been my experience that a creak or grind or clunk is your bike telling you to "fix me or I'll hurt you for neglecting me."

Be judicious about where you ride. It's every rider's fate to flat. But it's relatively easy to limit the frequency. The best way to avoid punctures is also the easiest: Steer around broken glass, road rubble and potholes. Try to purchase tires with a Kevlar belt under the tread. Kevlar does a good job of stopping nasty things from penetrating. Inspect the tread after every ride for embedded debris. Remember, most punctures are caused by something sticking to the tread and working through during numerous wheel revolutions. This is particularly acute during rainy rides. Replace tires before they become so thin that they're virtually defenseless against pointy things.

June Membership Meeting by Diane Richter

The June meeting of the Davis Bike Club will be held on June 4 in the Blanchard Room of the Yolo Public Library on 14th St. 7:00 p.m. And now for something completely different: remember all those hundreds of photos submitted during March Madness? Who had time to look at all of them on the computer? And some of them were gorgeous, and needed to be seen on the big screen. Well, here's your chance: instead of a speaker, we'll be looking at the good and the great pix, probably a couple hundred of them, that our newsletter editor has gathered onto a PowerPoint presentation. This is your chance to really preview them before the March Madness dinner, which will take place less than a week later. There will be absolutely no hints as to which photos will get awards at the dinner; that's for you to guess. Come a bit early for cookies, coffee and chatting.



Keep up with the passing gas. Tubes are

See Prez Sez, page 2...

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Prez Sez, from page 1...

slightly porous and may lose several pounds of pressure each day. Soft tires slow you down, corner poorly, wear fast, and don't protect your rims against metal-bending impacts and/or "pinch" flats.

Take note where potholes lurk.

Hitting potholes can bend your rims beyond repair. If the break is deep enough, it will send you hurtling over the handlebar when you bury the front wheel and the bike suddenly stops. On your normal routes try to remember and avoid road hazards. Plan your line well in advance to avoid them. Don't expect the road to be in the same condition every day. Potholes have a habit of sprouting up out of nowhere, especially in early spring and during harvest season. Ride around potholes, first checking behind for traffic. Be mindful of riding partners when you change your line. Newly minted potholes present a double hazard—the chasm itself, and the chunks of shattered pavement around it. If the pothole doesn't bend your wheel, the sharp bits of rubble might puncture your tire. Give these highway craters a wide berth.

Railroad track and other slick spots

Unlike most dangers, tracks can't be ridden around. You can suffer an instant crash if your tires slip on the shiny steel rails. Most cyclists know this. Ride with extreme caution and follow these safety tips.

Slow down. Tracks are rough, and even if you don't crash you could get a pinch flat. This happens when you ride into something abrupt, like a rail, and it pinches the tube between the tire and rim, slicing two little holes in the tube. Rise slightly off the saddle. Have equal weight on your hands and feet. Let the bike chatter beneath you. Use your flexed arms and legs as shock absorbers. Cross tracks at a right angle. If the rails are diagonal to the road and you cross them at an angle, your front wheel can be twisted out from under you. A perpendicular passage is essential in the rain. Wet metal tracks are incredibly slippery. The slightest imbalance or abrupt move can send you sprawling.

Painted lines. These can be slippery, especially the wide markings for pedestrian crossings at intersections. The paint fills in the asphalt's texture, producing a surface that's uncertain when dry and deadly when wet. The danger is worse when the paint is new.

Oil slicks. These may be nearly invisible, but you can spot them as darker streaks on a gray pavement. Be real careful in corners. You aren't safe if you ride through oil on the straights. The greased tread might slip in a corner just ahead. If it rains, a small oily patch can grow until it covers the whole lane. Be on the lookout for the telltale multi-colored water. There's no pot of gold at the end of this rainbow, only a black-and-blue meeting with the pavement.

Anything wet. If it's been raining and you come upon *anything* metal in the road (manhole cover, steel-deck bridge, road-repair plate), it's as treacherous as riding on ice. Cross it with the bike absolutely upright. Even a slight lean can cause the wheels to slip. Be very careful of leaves in the fall, or you will. Even if the road is dry, there can be moisture trapped between leaves littering the roadway or bike path. When you see leaves in a corner, slow down and round the bend with your bike upright, not angled.



May 14, 2007

After a three-month cycling season spent trading first place with Stanford almost every weekend, the UC Davis Cal-Aggie Cycling Team edged the Cardinal to win the 2007 Western Collegiate Cycling Conference Team Omnium title by one of the closest margins in Western Conference history. This overall team title includes individual scoring by Men's A, B, and C riders and Women's A and B riders over the course of a 26-race season.

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

Tyler Dibble took second place in the Men's Omnium and Criterium



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.



Santa Rosa Criterium #2, Saturday April 14

By Jason Eiserich

Well. Saturday morning at 5.30 am in Davis, I woke and poked my nose out the front door. The ground was wet and a bit rainy. Reluctantly, I decided to get the bike and gear loaded and start on my way over to Santa Rosa. The weather started looking better on the way over, but just as I neared the course, it started raining pretty hard once again--ughhh. Memories of the Merced crit started surfacing in my mind....what am I doing here! I could be happy and warm in my bed!

Arrived at the course a little less than an hour before the whistle was to blow, registered, and found Chris Bowlus immediately thereafter. He had a quirky

little grin on his face, the kind that almost says "what are we doing here?" By the time we got our gear sorted out and numbers pinned on, I only got about 10 minutes to warm up on the trainer. Chris and I did get two laps on the course before the race started, though.

The whistle blew, I clicked in, and started my way off the front to the first right turn. I kept going and didn't hear anything behind me, so I looked back and realized I was about 50 meters in front of the group, which was going REALLY slow. I thought for a minute that perhaps I had not heard the race instructions from the official that the first lap was to be a 'gentlemen's lap', but the first lap stayed that way.

On the second lap Chris pulled up to me and said something like, "Well, we might as well stay out in front and out of trouble"! Shortly after that, one rider took off and got out front (about 150-200 meters ahead of the group) and stayed there for about half of the race. I think he got bored and slowed down to get back in the pack, where he sat until the final turn to the finish (I believe he ended up winning the race). For most of the race I stayed in about the top 5, and Chris took the lead and did some nice pulls for quite some time.

Most of the race was uneventful, but some laps were faster than others. Coming into the last lap, I got out in front and stayed there until the final right turn to the finish...Going through the turn I had riders coming around me on both sides and the sprint was on. I stood up a bit too late for a strong sprint, and ended up getting 7th. Chris powered in to capture the 8th spot. Congrats to Chris on a stellar performance in his first Crit!!!

Despite the rainy and cold conditions, everybody rode safely (no crashes) and we had a great time! After the race Chris and I went over to my parents' house in Sebastopol for a hot cup of coffee and BLTs—that hit the spot after getting soaked and cold! We recounted the race. My dad got to see me race for the first time, and he really enjoyed it! Particularly since he had the benefit of getting a 'play-by-play' commentary from Derek, who didn't race, but happened to be in Santa Rosa visiting his mom. Thanks Derek for keeping my dad company, and for cheering Chris and I on!

Thoughts During the Master's 4/5 Race, April 15 Santa Cruz Classic Criterium By Eric O'Brien

- The Santa Cruz Mountains are gorgeous. Look at these Victorians along the course!
- I hate this course. I got dropped and swept the last two times I raced here. It's too hilly.
- You're too fat. You drove two hours for nothing. You should be home with your family.
- Wow. I have pretty good legs—on the trainer.
- Am I warming up hard enough? Do I have enough time to roll around the course?
- Just spin, blockhead. And you've ridden the course twice already--what more do you need to know? The start/finish in on a slightly crested hill, which ends in a downhill hairpin right-hand turn that's almost 180 degrees. You remember the long sweeping descent, right-hand turn, slight rise (with speed bump), sharp right, and steep little hill back to the start? Yes? So just spin, blockhead.
- Wow. The Elite 3's FLEW around that corner at least four wide. I'm gonna die for sure, right there.

See Thoughts, page 4...

Perky The Cycling Duck (Anonymous Submittal, but we know who YOU are!)

A strange sight has been reported on the roads of Yolo County this month – some of you may have seen it. A Duck has been seen riding a bicycle! After some investigation, we found it to be true. The Duck is actually "Perky The Cycling Duck". It turns out he is well known (and feared) in the cycling world and, in fact, a song has been written in his honor. The songwriter wishes to remain anonymous (for reasons which will soon become obvious):

PERKY THE CYCLING DUCK Tune –Think "Popeye"

I'M PERKY THE CYCLING DUCK,
I ride through mire and muck,
I sprint to the finish
When I eat my spinach,
I'M PERKY THE CYCLING DUCK!

On hills both long and steep,
I ride without a peep,
I shift to my granny
So I save my fanny
I'M PERKY THE CYCLING DUCK!

If you are on my back
I let out with a loud QUACK
I press on my web feet
And soon you are dead meat
I'M PERKY THE CYCLING DUCK!

As you fade to the rear
You will have learned to fear
That cyclist with feathers
He rides in all weathers
HE'S PERKY THE CYCLING DUCK!

As I ride hill and dale
All other riders pale
I'll pull you like Barry,
I'll drop you like Larry,
I'M PERKY THE CYCLING DUCK!

Now, all you cyclists beware
Of the duck without any hair.
As he flies by your side
With that blood-curdling cry
ON YOUR LEFT!
HE'S PERKY THE CYCLING DUCK.



Thoughts, from page 3...

- Look at those potholes! That's a pinch flat waiting to happen. Did I inflate my tires before I got on the trainer? I can't remember!
- Eat something, blockhead. No, you don't need to get off the trainer for another trip to the porta-potties. Just spin, blockhead.
- Get to the line.
- I hate this stupid course.
- What did the official say? No primes?! I can't hear the instructions over all this chatter; why don't these guys shut up and listen?
- I hate this course.
- Get to the front. Stay out of trouble. There's 55 guys in this race who want nothing more than to kill you and destroy your bike. Get to the front!
- OK, two laps down. Sit here in third. This seems slow.
- Stay in the front and avoid the crashes. This seems slow.
- Here comes the hairpin. Hold your line.
- What the &%*@ is that guy doing? I'm dead I'm dead I'm dead I'm dead I'm dead!
- I'm not dead, but my hips hurts and my knee's bleeding.
- You're not dead. But you're done racing. Good legs and two hour's driving, wasted. Stay at the front but get crashed out anyway.
- I get a free lap? Run back to the pit!
- Free lap free lap free lap free lap. Stupid cleats.
- Here they come, here they come, am I in the big ring? Go go go go go.
- OK, move up. Move up.
- Hold your ^&*@!%^% line!
- Move up move up move up. This seems slow.
- No attacks? I could stay away if I launched something on the descent.
- Are you out of your mind? Draft. Draft.
- Keep spinning up the hill. Good. This doesn't hurt the legs at all.
- Spin, sit. Spin, sit.
- Two laps to go. One big bunch. Let's string it out a little? I wish Alan or Paul or Chris or Fred or Robin were here.
- Last lap. Hold your position. Hold it. Don't give that guy that hole. Take that hole. Don't let him get in front of you.
- Ok, fifth in line. Here's the last hill. Hold it, hold it. hold it. Crest the hill. Not yet. Not yet. Who's going? Who going? Watch that Cal Giant guy on the left. Get his wheel. Get it. Stand. Go go go.
- I'm home I'm home I'm home! Oh no, don't sit up, Cal Giant guy! Get out of my way!
- Go around him! Sprint!
- I love this sport! I love this course. Good race, guys! Did anybody I know see that sprint?
- OK. Cool down. Relax. Third place is good. Pick a better wheel next time. Third is good. These Victorian houses are gorgeous. Look at those mountains!"
- How's my knee? Wow, that's a lot of blood.
- My hip hurts.
- Where's first aid?
- Road rash, some bruises...I'm fine. Didn't even ruin the skin suit.
- Third is good.

**Dead Last at Golden State Criterium
By Fred Schnaars**

My legs hurt! (Thought I'd start this off by whining.) I had ridden hard all week: two race rides, tempo riding Wednesday and Friday, race ride again on Saturday. The questions from the group on Saturday were, "Are you going to race tomorrow?"

"Yep! 45+, you know, the fast group." At the time I would never have thought that I could have a great race by finishing last, but you can! Got to the race early Sunday morning, jumped out of the car, grabbed my gear, watched a few laps of Jason, Derek, and John. Saw/Heard one of their crashes! Just what I needed to see! A Crash... Took off for Lake Natoma, had to be there to watch my youngest daughter's crewing event. It was her last race of the year, I missed the last one, so I couldn't miss this one. If I got back in time, I'd race, if not, I'd cheer! Well, she has had better races-- their boat finished 5th out of 6. I got to talk to her and she was OK with her finish, she wished me good luck, and I was off.

Hard tempo back to the Race. Thinking all those things that you think when you're about to race: "Maybe I'll flat, maybe I'll get lost, maybe I'll

**Race Team Results
by Amanda Seigle**

Name	Race	Date	Category	Place
Alexander Freund	Bariani (Zamora) Road Race	3/18	Elite 4	67
Alexander Freund	Copperopolis Road Race	4/7	Juniors 13-14	6
Amanda Seigle	Sea Otter Classic Circuit Race	4/13	W 3	3rd
Amanda Seigle	Sea Otter Classic Road Race	4/14	W 3	dnf
Amanda Seigle	Santa Cruz Classic Crit	4/15	W 1/2/3	11th
Andreas Freund	Sea Otter Classic Road Race	4/12	Juniors 15-16	6
Andreas Freund	Wente Vineyards Road Race	4/21	Juniors 15-16	1
Bruno Pitton	Prairie City Race Series	4/4	Expert 21-34	5th
Bruno Pitton	Copperopolis RR	4/7	Cat. 4	33rd
Bruno Pitton	Prairie City Race Series	4/11	Expert 21-34	2nd
Bruno Pitton	Prairie City Race Series	4/18	Expert 21-34	2nd
Bruno Pitton	Prairie City Race Series	4/25	Expert 21-34	8th
Chris Morales	Copperopolis Road Race	4/7	P1/1/2/3	31st
Cody Tapley	copperopolis	4/6	jr15-16	dnf
Cody Tapley	santa rosa crit	4/13	jr15-17	3rd
Cody Tapley	wente road race	4/21	jr15-18	dnf
Edan Levaton	Copperopolis	4/7	Jr 15/6	3rd
Edan Levaton	Sea Otter Classic Road Race	4/12	Jr 15/16	7th
Edan Levaton	Sea Otter Classic Circuit Race	4/13	Jr 15/16	5th
Eric O'Brien	Santa Cruz Crit	4/15	masters 35+	3rd
Jason Eiserich	Santa Rosa Corporate Criterium #2	4/14	Elite 5	7th
Jason Eiserich	Wente Vineyards Classic Road Race	4/21	Cat 5	14th
Jason Eiserich	Madera Stage Race - Criterium	4/28	Cat 5	5th
Jason Eiserich	Madera Stage Race - Time Trial	4/28	Cat 5	2nd
Jason Eiserich	Madera Stage Race - Road Race	4/29	Cat 5	4th
Jason Eiserich	Madera Stage Race - Overall	4/29	Cat 5	2nd
Justin Morejohn	Copperopolis Road Race	4/7	Cat 4	6th
Justin Morejohn	Sea Otter Classic Road Race	4/13	Cat 4	2nd
Karch Miller	Land Park Crit	3/17	JR (10-18)	32nd
Karch Miller	Oak Creek BMX	4/5	10 Cruiser	1st
Karch Miller	Oak Creek BMX	4/5	10 Expert	2nd
Karch Miller	Oak Creek BMX	4/13	10 Cruiser	1st
Karch Miller	Oak Creek BMX	4/13	10 Expert	1st
Karch Miller	US BMX Nationals	4/20	open expert 9-10	6th
Karch Miller	US BMX Nationals	4/20	10 expert	10th
Karch Miller	US BMX Nationals	4/21	open expert 9-11	9th
Karch Miller	US BMX Nationals	4/21	10 expert	12th
Karch Miller	Oak Creek BMX	4/29	10 Cruiser	1st
Karch Miller	Oak Creek BMX	4/29	10 Expert	1st
Paul Mach	Copperopolis	4/7	Pro 1 2	6th
Paul Mach	Wente Vineyards RR	4/21	Pro 1 2	4th
Paul Mach	Collegiate Conference RR	4/28	Mens A	2nd
Paul Mach	Collegiate Conference Crit	4/29	Mens A	9th
Paul Robbins	Copperopolis	4/7	M35+ 4/5	15th
Roland Freund	Bariani (Zamora) Road Race	3/18	Elite 4	25
Roland Freund	Copperopolis Road Race	4/7	Masters 45+ Cat 4/5	2
Roland Freund	Sea Otter Classic Road Race	4/12	Masters 50+	12
Roland Freund	Wente Vineyards Road Race	4/21	Masters 45+ Cat 4/5	8



May 13, 2007 – Lawrence, Kansas
The University of California Cal-Aggie Cycling Team completed defense of its 2006 National Collegiate Cycling Championship by taking second place in overall Division I Team Competition this weekend in Lawrence, Kansas.

turn into Starbucks, lets the air out of my tire, and say I got a flat...Why is it pee always wants out right before you race, does it know something?" Got back with 15 minutes to spare... Damn! Grabbed my number, pinned it on my jersey, got it right the first time, the right side and not upside down. OK! We're on the line. The Davis Boys consisted of myself, Alan, Jim, and Spencer. Two on one team, two on others, but all riding friends. We're off...

Our field had 34 riders, and one WIDE course, so it was elbowroom galore. It, as races go. Was fairly straight forward: attacks off the front, sprints for primes, not much else. From our group Jim would attack off the front, and this was nice because it keeps the pace high. At one time I thought he was away, he had four riders, but as he would say, they wouldn't work, and they came back to the group. Next time Spencer went off the front, and I believe he snagged a prime? Lap cards came up 9 to go! Yeh! Now with 5 and counting you start thinking about what it is that you want to do? Stay put, move up, stab your tire, and get that flat you've been wanting, or you tell yourself this is a stage race, and all I have to do is place with the group. Wait a

See Dead Last, page 9...



The Tour Turn

By Chris Lupo



News of DBC
Jersey Rides & Tours



Jennifer and I signed up for the April 20-22 Sierra Foothill tour at the February tour meeting. It would be our first official DBC bike tour, so we were really excited. We rode a lot of training miles to make sure we would be comfortable with a 200-mile weekend. A few weeks into April, we felt ready. Unexpected things happen though. Jennifer got food poisoning late in the week, and the weather forecast for the weekend looked pretty soggy and cold.



We weren't the only ones affected. Between the ominous weather, and some riders not feeling well, there were only nine DBC folks out of a potential twenty that made the ride up to Nevada City on Friday, April 20. Those nine hearty souls were: ride leader Bill Sbarra, Dan Barcellos, Susan Gishi, Barry Bolden, Barbara Anderson, Paul Meredith, Stu Bresnick, Scott Alumbaugh, and myself. We left Davis in cold and cloudy, but dry conditions.



Once in Sacramento, we were treated to a beautiful day, with warm blue skies. We had a great ride up to Folsom, then Auburn, then Nevada City. For anyone that hasn't ridden in the area, the roads between Auburn and Grass Valley are just beautiful. Lots of rolling hills (some quite steep), with great scenery. We stopped for food and drinks at Nimbus Fish Hatchery, Beal's Point, and Ikeda's. There was plenty of food for us. Talk about ride support, we had three vehicles! Linda Bresnick drove the van, Cid Barcellos and Steve Kahn also each drove their cars. Having three vehicles would become important later in the trip.

The Northern Queen Inn where we stayed was delightful, with a pool and spa, comfortable rooms, and walking distance to downtown Nevada City. The group enjoyed a nice Mexican dinner on Friday night. Jennifer, feeling much better that day, even joined us after taking the train and a bus from Davis with her bike.



Saturday was a day off the bike, and people mostly did their own thing around town. Turns out Jennifer has a cousin that works at the Tour of Nevada City bike shop, so we had a little tune-up done and purchased a couple things we had been looking for. Nevada City is easy to walk around in, and has some interesting things to see, both new and old. The downtown area has lots of little shops, restaurants, cafes and coffee shops to keep tourists interested. Saturday evening was the spaghetti feed in Bill's chalet. While it rained steadily outside, we enjoyed great food, company, and entertainment from Steve, who sang and played guitar wonderfully! We all enjoyed the antipasto, spaghetti and garlic bread.

Come Sunday morning, the rain was still falling in Nevada City, so as a group we opted to drive down to Beal's Point. This is where having three vehicles was important. If not for all those cars and racks, we would have had to endure steady rain, temperatures in the upper 30s, and lots of fast winding descents into Auburn. Once at Beal's Point though, the rain had stopped, and six of us opted to ride the rest of the way to Davis. We had another terrific ride on the American River Parkway. With the exception of one small cloudburst near home on the causeway, we had great weather again. For anyone considering this tour in the future, I can only say great things about it. Those interested in seeing all the photos from the tour should check out <http://ride.lupoepp.org> for photos and commentary.

Tour Director's Note

Thanks to Chris for contributing this month's column. At this time, three of the remaining tours are all full. However, the waiting lists are almost empty. If you would like to go on the August tour to the San Juan Islands, please let Chris and Jennifer know. For the Columbia Gorge Tour, please contact Dan Barcellos. If you are interested September's wine country tour to San Francisco, please check with Stu Bresnick. Dave Joshel is leading our traditional September Lassen Tour, where a couple of spaces are still open. Ride safely! Bruce

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.

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 29	Knoxville Double
Saturday, October 6	Grizzly Century

June 2007 Ride Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Early Bird Vacaville Hills	2 Ride for Humanity Sierra Century
3	4 Early Bird Zamora & More MEMBERSHIP MTG	5 Mocha Joe Loop Race Ride	6 Solano Bakery Women's Wed. Coffee & Cantelow Race Team Mtg	7 Steady Eddy's Winters Dinner Race Ride	8 Early Bird Vacaville Hills	9 Singles Spin S ⁷ Canyon Classic
10 Second Sunday Ride March Madness Banquet	11 Early Bird Zamora & More BOARD MTG	12 Mocha Joe Loop Race Ride	13 Solano Bakery Women's Wed.	14 Steady Eddy's Winters Dinner Race Ride	15 Early Bird Vacaville Hills RIDE SCHEDULE DEADLINE	16
17 NEWSLETTER DEADLINE	18 Early Bird Zamora & More	19 Mocha Joe Loop Race Ride	20 Solano Bakery Women's Wed. Coffee & Cantelow	21 Steady Eddy's Winters Dinner Race Ride	22 Early Bird Vacaville Hills	23 Mix Canyon Best of Bay
24	25 Early Bird Zamora & More	26 Mocha Joe Loop Race Ride	27 Solano Bakery Women's Wed.	28 Steady Eddy's Winters Dinner Race Ride	29 Early Bird Vacaville Hills	30 Lake Solano Loop

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.

June 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

7:45 am start -- T1/P3/35 mi

Gerry Peterson, 756-1254 or

gnjpeter0856@juno.com

8:00 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

7:45 am start -- T1/P3/35 mi

Gerry Peterson, 756-1254 or

gnjpeter0856@juno.com

8:00 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

7:45 am start -- T1/P3/30 mi

Gerry Peterson, 756-1254 or

gnjpeter0856@juno.com

8:00 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

June 6 and 20, 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. (Note: at press time, unknown who will lead this ride in view of Bob's injuries. JS)

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.

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! Starts at Russell and Lake.

Second Sunday Ride*

June 10, 2nd Sunday, 7:45 am

T1-5/P3-4/60 mi

Glenn Mounkes, 220-3513 or

glenmonk@yahoo.com

Meet at Davis Amtrak Station, 840 2nd Street. Ticket costs \$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.

3rd Saturday

June 16, Third Saturday, 9:00 am

T1-T5/P3-P4/30/40/60 mi

David Joshel, 530-756-7409 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.

Non-Recurring Rides

Ride for Humanity Bike-a-Thon*

June 2, Saturday, 7:30 am

T1/P whatever/32 mi

Stu Bresnick, hfhstu@omsoft.com

Join us on June 2nd, 2007 to bike in Ride for Humanity, a benefit to support the work of Habitat for Humanity of Yolo County. The thirty-two mile course begins at the Veterans Memorial Center in Davis, loops through Winters and

returns back to Davis. Each registered participant will receive a t-shirt and snacks at the beginning and LUNCH at the half-way point of the Bike-a-Thon. If you don't have a bike, you can rent one! B&L Bike Shop in Davis charges \$15 for a bike rental and has agreed to waive the security fee if you mention Habitat. We will further subsidize the cost by giving you back \$5 from your registration fee if you bring the bike rental receipt on the June 2nd. Ride check-in and T-shirt pick-up will be held 7:30-9am at the Veterans Memorial Center in Davis, where snacks will be served. There will be an extended rest stop at the halfway point in Winters (ice cream from Ben & Jerry's!!). For more information and to register see ride.ucdhabitat.com.

Sierra Century*

June 2, Saturday, 6:00 am

T varies/P whatever/50-100 mi

no ride leader

The Sacramento Wheelmen are introducing a new route for their 32nd annual Sierra Century on Saturday, June 2nd. Come to Calaveras County and experience the two new challenging routes offering lots of climbing and spectacular scenery. There is a 50 mile ride with 5,400' of climbing and the new signature ride, the Sierra Century, has an OMG 12,000' of elevation gain. Come prepared for a great day of cycling! The new Sierra Century is based at Ironstone Vineyards which will provide a continental breakfast and a pasta dinner at the conclusion of your ride. See <http://www.sacwheelmen.org/sc2007/intro.html> for more information, register at http://www.active.com/event_detail.cfm?event_id=1393902. This is a DBC Jersey Ride. Within 72 hours after finishing a jersey ride, send an email to dbcjerseyride@gmail.com stating your name, the amount you paid, the distance you rode. In October the funds available for jersey ride support will be rationally distributed to the participants. Continuous club membership for the entire year is required.

Seasonally Sporadic Second Saturday Single Speed Spin

June 9, 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.

Canyon Classic Century*

June 9, Saturday, 6:00 am

T varies/P whatever/25-102 mi

no ride leader

The Modesto North Rotary Club invites you to participate in the 18th annual CANYON CLASSIC CENTURY. This is a Rotary Charity event. The proceeds benefit the Parent Resource Center (a child abuse prevention program), the Boy's and Girl Scouts of Stanislaus County and other worthy charities. This beautiful summer ride starts in central Patterson and continues through orchards, vineyards, foothills, and canyons of central California. Riders have four (4) rides to choose from. See <http://>

More next page ...

Changing Gears

June 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

www.modestonorthrotary.org/bikeride.htm for additional information. This is a DBC Jersey Ride. Within 72 hours after finishing a jersey ride, send an email to dbejerseyride@gmail.com stating your name, the amount you paid, the distance you rode. In October the funds available for jersey ride support will be rationally distributed to the participants. Continuous club membership for the entire year is required.

March Madness Banquet*

June 10, Sunday, 5:30 pm drinks, 6:30 pm dinner

T 1/P0/0 mi

Ken Bradford, ken@kensbikeski.com

Yes, it's time for the March Madness Banquet! Come join Barry and special Master of Ceremonies ... (aw, you wouldn't want me to give away the surprise, would you?) for an evening of fun, celebration and recognition of all those miles. Tickets at the door \$15 if you have not already preregistered. Cantina Del Cabo.

Mix Canyon

June 23, Saturday, 8:30 am

T6/P3/33 mi

Sangho Byun, 530-219-0299 or sanghobuyn@yahoo.com

From Winters we'll warm up at a leisurely place along Pleasants Valley, arriving at the bottom of Mix Canyon ~9:30. Then everyone can ride at their own pace to the top of Mix (the 4.7 mile climb will probably take 45-70 minutes, and the descent takes about 20 minutes). We should be back to Steady Eddy's by noon. Make sure to check your brake pads before the ride!

Best of the Bay*

June 23, Saturday, 6:00 am

T varies, but steep!/P whatever/108 mi no ride leader

The Cherry City Cyclists Bicycle Club (San Leandro) invites you to the BEST OF THE BAY ride, which follows the same roads ridden in Stage 2 of the 2006 TOUR OF CALIFORNIA. The BOB ride is strictly limited to a maximum of 150 riders - because of the constraints of using BART, and so we can provide the high level of support needed for such an advanced ride. We expect the ride to reach capacity early, thanks to the great reviews from all of last year's riders, so register early to be sure of being one of the BEST OF THE BAY riders. See http://www.cherrycitycyclists.org/bob_main/bob_main.htm for more information. This is a DBC Jersey Ride. Within 72 hours after finishing a jersey ride, send an email to dbejerseyride@gmail.com stating your name, the amount you paid, the distance you rode. In October the funds available for jersey ride support will be rationally distributed to the participants. Continuous club membership for the entire year is required.

Lake Solano Loop

June 30, Saturday, 8:00 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.

Biking Buddy By Jean Jackman

Dear DBCers. Every one of you has a Davis bike story. And I hope that you will contribute yours to Davis Community Scrapbook – a growing collection of over 80 stories, songs, and anecdotes all about Davis. We have different categories which will be presented in performance, in month long displays both at the Yolo Library and Davis Senior Center. We are also developing a web site. And when people click on the bike category, I hope it includes YOUR Davis story. Send your Davis cycle story, or a story in another category, to Jean Jackman -- jljackma@dcn.org (note, no "n" in address) or snail mail to 306 Del Oro Ave., Davis 95616.

We all have stories just waiting to be told. Davis Scrapbook is made possible in part from a City of Davis Arts Contract Grant. Now here is another one of my stories.

One Wednesday morning, I was biking with DBC'ers on the ride to Solano Baking Company in Dixon. I was riding along with a rider I hadn't spoken with before. And since he looked older than me, I asked him how long he had been riding, anticipating some long tales. His answer surprised me: "Well, I hadn't ridden a bicycle for over 60 years and I moved to Davis to live at the University Retirement Center. My son has such a good time on his bike that I thought I might buy one and ride on the paths around here. Eventually I started riding in the streets and joined the club."

That biker is Lee Hershberger. He and his wife moved to Davis in 2001. In 2002 he bought a bike. Last year, he sold me that bike which I use when my regular one is in the shop or as a loaner to visitors. He bought himself a faster and better one. In future rides, we came to find that we share a love for nature photography, similar books and music preferences.

Lee, a retired endocrinologist, is 81 years young. I hope to be like him when I grow up, unafraid to try new things. I have a list over my desk of people who inspire me – and Lee is on that list, right after Molly Ivins and Granny D. (Doris Haddock – who walked across the US at age 89 and 90 to advocate for campaign finance reform). I look forward to rides with a new biking buddy, Lee Hershberger.

Board News

By Karen Baker

One of our new board members, Quartermaster Dave Joshel missed the deadline for the April newsletter, and then I missed the deadline for the May newsletter.... Here is Dave's (self-reported) squib: "I've lived in Davis 21 years; married 22 years to Christine; one child -- Julia-- age 22 UCSD grad. I work for Bio-Rad (8 years) a Bay Area worldwide diagnostics company as a Field Service Engineer. I like road cycling and old lugged steel bikes and like to work on and build bikes."

In case you don't know what a Quartermaster does: he's the guy who keeps the storage facility organized and ready for use by our hard-working volunteers.

In other Board news: our PR specialist, John Whitehead reported that Davis was once again awarded the League of American Bicyclists "Platinum" award (the only city to receive this coveted designation although Sacramento is catching up with its first award in the "Bronze" category). When I ride my bike in other Northern California cities, my appreciation is renewed for our bike lanes and paths... a recent ride in Berkeley was an unpleasant adventure in car-dodging even on the so-called "bike boulevards!"

For those of you anxiously awaiting a new DBC jersey, I am happy to inform you that Bruce Dewey (Tour Director) is busy exploring designers to create our new jersey...stay tuned for more information in next month's column. Keep pedaling!

The 2007 SF 600K

By Paul "Molding, Decaying, and Pedaling" Guttenberg

Given the weather forecast, participation in this final brevet of the San Francisco series was more a desperate plea for psychiatric intervention than it was a three hundred seventy-five mile bike ride. One hundred riders were registered, but only thirty showed up at the start. Of that number, fully twenty-four managed to finish, although many of us pressed the time limit. The storm looming off the coast failed to dampen our spirits, for we are foolish in the extreme and laugh at hardship, with that maniacal laughter reserved for the criminally insane and heads of government, but I repeat myself.

We set out, high and dry at 0900 hours, watching the clouds roll in and harboring illusory hopes that they would dissipate. We made it as far as Petaluma, and just after noon, when the rain could hold off no longer. It did not just rain, it poured. Our National Weather Service had predicted a two day storm, but apparently we were to receive two day's worth in a matter of hours. Headed north, we bundled as best we could and trusted the mechanical preparation of our machines. As our tandem's current mechanic, I could regale you with horror stories of water coming out of pedal bearings post ride, various and sundry other malfunctions, but let our new routine of shifting be your guide to our experience. Getting into the small chainring became an exercise in extreme maneuvering. I did not wish my stoker to have to reach down with her hand and shift it manually again (don't ask, don't imagine, and I still can't believe she did that). By shifting to the small chainring, and having it fail to move from the middle chainring, I discovered I could then shift to a smaller rear cog, immediately upshift, backpedal, and overpressure the chain to drop it onto the small ring. To all those mechanically inclined, yes, there is a new chain and cassette installed. The chain in particular was damaged by this maneuver, but we wanted to finish.

The pouring rain made railroad tracks even more hazardous than usual. I am guilty of scaring those riders behind us, but I signaled aggressively and took a large right to left cut at them to cross them as close to ninety degrees as I could. After all, I was driving for two. Yes, the cars came close, but we made it. Of our group of four, two went down on those tracks, trying to stay to the right. Two more went down in a group behind us. One was hospitalized, but the gal that went down with our group was soon up and riding again, with a broken shoulder it turned out. Randonneurs are a tough lot. Incidentally, she finished the ride before seeking medical attention, and this was just over one hundred miles into the event. Suffice it to say she had a long night, day, and next night as well.

Climbing, shivering, and route finding went on throughout the day. When we began climbing out of Cloverdale to the Anderson Valley we realized we were climbing the mountains into the storm clouds themselves. At least it would be a lot colder. The temperature gradually descended past forty degrees Fahrenheit, but I'm not sure I believe the reports of black ice on the roadway. I don't believe I saw any, but my vision was limited by the stinging cold rain and as my hands had lost most sensitivity I cannot be certain of the bicycle's feel. Eight hours of constant rain and wind was tolerable, but as we wore on toward twelve non-stop hours it started to hurt. The ridge line climbs and descends for twenty miles, and between the rain and cold I was starting to worry. Maintaining my limited ability to control the vehicle decently was going to be an issue. That's when the oncoming car sped toward us. The bow wave of water struck us full on and the tandem instantly lost at least five miles per hour. One of our lights began failing, I had water running down my hood, out my sleeves, and pouring out of every orifice. Try to avoid the mental picture, but I think it is accurate. I recalled a Laundromat from brevets past, and that thought alone kept me pedaling on toward Boonville. Lo and behold, the little liquor store/market/Laundromat was open. Soon we were stripped down, clothing in a drier, warm cups of cocoa in hand. Getting back out into the storm wasn't pleasant, but nothing could stop us now.

As another respite, we struck some storm induced rock fall in the dark, not a mile past a water stop where three kind volunteers from the San Francisco Randonneurs had setup an aid station. It was the only aid station along the entire route, by the way. The flat was not nearly as annoying as the fact that I managed to break both tire levers in half. They were old anyway. Colorful language filled the night as I completed the mechanical task, and a hug from my stoker and wet, sympathetic frozen expressions were exchanged. We remounted, and pushed on to the river mouth and the coast. Somewhere headed north we were able to hear again.

What was this? Had the rain stopped? We examined the sky, and imagined we could see a star. Wait, it was a star, and there was another! Reaching Fort Bragg at around 0100 hours, we were frozen but no longer getting rained on. We ate intensely bizarre early in the morning foodstuffs (note to self: do not mix seaweed salad, blueberry yogurt, and jalapeno cheese focaccio bread ever again) and looked at each other. This was too good to be true. We were exhausted, wet, cold, and the storm had stopped. We just had to keep riding. There was absolutely no wind. A crescent moon hung over the ocean. We could distinctly hear clean lines of surf rolling to the beach. Virtually no motor traffic was present. The road was butter smooth and freshly washed. We rode on through the early morning hours, delirious, happy, and sleep deprived enough to be considered legally drunk.

Arriving at the impromptu aid station at the campground in the redwoods before dawn, we were informed there was a tent available for our use. We needed no urging. We agreed a half hour's rest would be most restorative. My stoker informs me my snoring started approximately fourteen seconds after entering the tent. No sense in wasting time when the opportunity to sleep presents itself. Besides, I had several gallons of water to empty from my sinuses and other cavities. Thirty minutes later, we were getting dressed and out in the dark and cold yet again.

The rising sun brought breaking skies and the promise of fair weather for a change. While it was cold, at least rain and wind were no longer beating down on us. We stopped, we rested, we ate as necessary, and it wasn't until that afternoon that fatigue began to overwhelm us again. In Guerneville we stopped for a bit, and illness reared its ugly head. A few sips of Coke for my stoker, a cup of coffee for me, and soon we were cruising again. Just as in brevets before, in another hour we felt right and kept on pedaling toward the finish. As the sun set, we picked up another rider or two, and led toward our goal together. For a pleasant change, crossing the Golden Gate Bridge was not a death defying experience, and we surrendered our brevet cards happily to the administrator. Then it was off to the Marina District to beg for food at closing restaurants, but that is another long and successful story.

This coming weekend our tandem team is embarking on another 600K. Given our season so far, we dread the thought of going to Paris-Brest-Paris and being faced with reasonable temperatures and dry weather. We're hoping to give riding under benign conditions a try, to see if we can manage.

Dead Last, from page 4...

minute--Jason got 11th all I need is 10th! Do you feel like Robbie McEwen? Well do you, punk? Time to start thinking!

Then, for whatever reason out of nowhere, comes the thought-Sacrificial Lamb! Ya! That's the Ticket. Two laps to go! I ride up along side Alan, tap him, tell him, Alan move up I'm going! Jim was up near front, and I couldn't see Spencer. Back stretch, group slows, I GO! Up front and pullin', now what's cool, is you now have strung out the group, and your TT'n you Ass off, as you come across the Start/Finish line, the Bells going, and the BEST PART your DBC Team Mates are on the side line screaming go FRED! I pulled the group into the next two corners, when you now experience what is called Lactate explosion! Pow! I was done; all I could muster was GO ALAN! It was nice and strange to sit up and just slow pedal to the finish line not knowing the outcome.

How did it feel? Did I win? No! Did I finish last? Yes! But getting the high fives from your teammates as you ride across the Finish line-PRICELESS! I think that was as good as a win. DBC has great guys! Results are posted on NCNCA web site.... Me I'm the last one, and they forgot my name! I emailed them saying HEY! I worked hard for that position! Correct it!

PS After the Race, the Wife called! She was on the way to Auburn to do 50 in the hills. Ouch! Ok, I'm on my way...
Double PS Super Congrats to Alex Wick for his 1st in the Pro 1/2 Race!

Walk-Bike Conference is Coming Here By John Whitehead

The Walk-Bike California 2007 Conference is the latest of several biennial gatherings organized by the California Bicycle Coalition and California Walks. This meeting is all about making California, the USA, and the world more accommodating to walking and bicycling. People who have bicycle-coordinator positions like our friends David Takemoto-Weerts and Tim Bustos will be coming from all over to network and talk about how to do their jobs better. The hundreds of attendees will include transportation professionals, city planners, elected officials, and citizen advocates who are interested in promoting bicycling and walking as respected and practical forms of transportation. Examples of attendees range from state legislators to Caltrans engineers, to health professionals who view pollution-free transportation as increasingly important. The week-long event will include educational sessions and idea-sharing sessions. For the first time, a biennial meeting of the Association of Pedestrian and Bicycle Professionals will be combined with the Walk-Bike Conference.

This year's event will be held in and near Freeborn Hall at UC Davis on September 11-14 (Tuesday through Friday). It is our chance to shine by helping people from across the nation understand how they can repeat what Davis has done for bicycling. The DBC has already sent \$2500 to help sponsor the conference. Would you like to help plan or participate in hosting this event? Would you consider leading or helping to lead a local ride to show off how lucky we are? Would you like to attend the meeting sessions at a reduced rate? Then mark your calendar, and let's talk soon (my contact info is on page 2). Take a look at the website, <http://www.walkbikecalifornia.org>.

NEW DBC EMERGENCY CARD →

Future: hope to add State highway repair number, Yolo Causeway sweeping phone number, Sacramento Police, Sac County Sheriff, maybe Napa also. Road repair for Napa and Sac counties. Am River Trail repair. Maybe phone numbers to report pesticide sprayed on cyclists. Maybe 911 is sometimes best for major crashes that need a helicopter ride to UCDMC?

EMERGENCY CARD

Phone numbers for the road (911 is not always best from cell phones).
 For medical emergencies, use the Fire numbers.
 California Highway Patrol dispatcher: 911 (all 911 cell calls go to CHP)
 Yolo County Sheriff: 530 666-6612 or 8920 non-emergency: 666-8282
 Davis City Police: 530 758-3600 Davis Fire: 756-3400
 UC Davis Police: 530 752-1230 UC Davis Fire: 530 752-1234
 Woodland Police & Fire: 530 666-6612 (same dispatcher as Yolo Sheriff)
 Winters Police: 795-4561 Winters Fire: 666-661 (Yolo dispatcher)
 Solano County Sheriff (dispatcher in Fairfield): 707 421-7090
 Dixon Police & Fire: 707 678-7080
 Vacaville Police: 707 449-5200 Vacaville Fire: 5452 (or 5200)

Yolo County Public Works (road maintenance): 530 666-8032
 Davis Public Works (road repair) 530 757-5686
 Woodland Public Works: 530 661-5962 (or 666-8920 after hours only if dire)
 Winters Public Works: 795-2811 (or 795-4561 after hours only if dire)
 Solano County Transportation (road repair): 707 421-6055
 Dixon Public Works (street repair): 707 678-7030 (or 678-7080 if dire)
 Vacaville Street repair: 707 449-6276

Yolo Animal Control: 530 668-5287 Solano Animal Control: 707 421-7486

DBC Information Desk at B & L

Recently the DBC Information Desk at B & L was updated and reorganized. DBC members can now easily find current newsletters from other area bike clubs, various cycling publications, brochures from many century and specialty rides throughout California, and information from cycling related service providers. Every attempt will be made to keep the information current and orderly.

RAILS to TRAILS CONSERVANCY

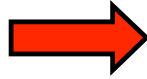
The Rails to Trails Conservancy continues to grow throughout the USA. There are now designated trails in all 50 states and the District of Columbia. At the end of April 2007 there were 1,412 specific trails totaling 13,794 miles. There are also 1,214 additional trails in various stages of project development. When completed the additional trails will add 14,340 miles to the system bringing the entire Rails to Trails system to an astonishing 28,134 miles.

If your summer travel plans include cycling in other states go to www.railstotrails.org and click on "Find a trail." You may find a trail or two along your route and/or near your destination. Perhaps some of the trails, especially those in the Midwest can become a destination adventure.

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** 👈👈👈👈👈

May Ride Leaders

Jack Kenward • **Barry Bolden** • Gerry Peterson
 PHIL COLEMAN • Bruce & Marilyn Dewey • Larry Burdick
Alan Hill • Julie Sly
 Paul Grant • Glenn Mounkes • *John Whitehead*
Steve & Terry Macaulay • Jim Sharp

Don't forget the Changing Gears web photo supplement:

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



The Wild Tomato Bunch

(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