

# Changing Gears

Newsletter of the Davis Bike Club

July 2007

## Quick Releases

### Membership Meeting

Monday, July 2, 7:00 PM  
 Davis Public Library  
 Blanchard Room  
 315 East 14th Street  
*(Please park bikes outside)*  
 Refreshments & Door Prizes!

### Directors Meeting

Monday, July 9, 7:00 PM  
 Davis Food Coop Conf. Rm.  
 620 G Street  
 All Members Welcome

### Race Team Meeting

*(No meeting in July -- next meeting August 1)*

### NEXT Newsletter Submission Deadline

Tuesday, July 17, 7:00 pm  
*(earlier submittals may get priority)*  
 Please email submissions to:  
 dbcnewsletter@gmail.com

### Ride Schedule Submittals

Sunday, July 15  
 dbcridecal@gmail.com

## Welcome New Members !

Peter Jensen & Sonya Hendren

Ron Pagtalonia

Zachary Stelly-Riggs & Sara Hawkes

Marie Christine Vallet & Ludovic Renault

Don Winters

## Prez Sez

by Dan Shadoan



Are we in danger of becoming extinct? Should we make a case to the Feds to be added to the endangered species list?

What are the tell-tale signs and/or causes of population decline: habitat disappearance, competition from other invasive species? Or is it a grander track we're on?

- Natural changes in the environment
- Environmental damage caused by people themselves (inadvertently or not)
- Decline in support from neighbors or trading partners
- Hostile neighbors
- How a society anticipates and reacts to its problems

I'm sure you can name a couple of reasons why the every-day road cyclist should

### July Membership Meeting by Diane Richter

The July 2 meeting of the Davis Bike Club will be in Central Park this month, since we need to have our yearly fix of just desserts! So, bring a dessert of your choice, enough to share with your comrades. The club will supply plates, forks and spoons, and beverages. If your dessert needs a serving utensil to dish it out, bring that along, too. The meeting will start at 7:00. We'll have a short business portion, then dive into the desserts. Once our plates are loaded, we'll split into 2 groups, right along gender lines, out of hearing distance of each other, and repeat a discussion we had many years ago at a club meeting (and which I found very helpful): we will be discussing all those bicycling issues that never get discussed in mixed company. Topics will cover things like "where exactly does the Bag Balm get applied?", and "I can't believe how much my saddle hurts - what works for you guys (or gals)?" This will be an especially useful discussion for the newer riders among us. But it's the experienced riders that have the answers, so you folks should come, too. So bring your questions, favorite problem solutions, and your appetite. See you on July 2 at the picnic area near the north end of Central Park.



be concerned about our decreasing numbers? Maybe our numbers are not decreasing and it's just that the percentage of cyclists is decreasing. Maybe our numbers are increasing and I'm not even aware, but I think I can see the signs of things to come. If present trends continue I predict the eventual decline and perhaps disappearance of the road rider. Let me illuminate a little.

Remember when County Road 102 was newly paved with a wide bike lane and a typical Club training ride

*See Prez Sez, page 2...*

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*Prez Sez, from page 1...*

was to Knights Landing and back. Would you do that today? Is this evidence of habitat disappearance?

Similarly, the Tuesday/Thursday training ride has been re-routed three times over the past 15 years just to accommodate the increased commuter traffic through the county. Is this competition from an invasive species?

Ever had a beer can hurled at you? Is this evidence of hostile neighbors?

Is there a bike lane on SR 16 for even just a few miles where the Casino traffic and cycling traffic have to coexist in a corridor of danger? Is this how a society anticipates and reacts to its problems?

Will we survive as a group of enthusiasts who enjoy the sport, the pleasures of being out-of-doors, the health benefits and the friendly camaraderie? Or will we morph into an aggressive group of scofflaws who take pleasure, on one Friday of every month, in demonstrating our displeasure employing benign anarchy?

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](http://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**

**March Madness Photo Contest Winners -- By Steve Macaulay**

The successful March Madness Banquet on June 10 included announcement of the annual MM Photo Contest winners. The photos will be posted to the newsletter web supplement. Here are the nominees and winners for each category, listed by photo title and photographer:

**Human Interest**

Mickey Mouse, Pinocchio, and Thumper – Cary Thompson  
First March Solano Bakery ride – We don't let him eat like this at home – Anne Huber  
Davis Bicycles – Eric Norris  
**WINNER:** Mickey Mouse, Pinocchio, and Thumper – Cary Thompson

**Bike Specific**

Happy to follow the tandem – Cary Thompson  
Rack 'em Up 1 – Eric Senter  
Foxen Valley, Jean, Marilyn and Bruce – Jean Jackman  
**WINNER:** Rack 'em Up 1 – Eric Senter

**Allegorical**

UC Davis bike parade sets new world record! – Eric Norris  
Shadow Tagger – Mary James  
Winters Bridge – Cary Thompson  
**WINNER:** Shadow Tagger – Mary James

**Action**

Melting Miles – Mary James  
RH Phillips, Road 87 on the way back – Anne Huber  
300K Brevet over I-80 bridge – Barry Bolden  
**WINNER:** RH Phillips, Road 87 on the way back – Anne Huber

*See Photos, page 4...*

*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](http://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](mailto:dbcmembership@gmail.com), [info@davisbikeclub.org](mailto: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](mailto:dbcnewsletter@gmail.com). Please check front page for deadlines. Submissions may be edited for length.



## NorCal AIDS Challenge 2007

by Scott E. Alumbaugh

The NorCal AIDS Challenge ([www.norcalaidchallenge.net](http://www.norcalaidchallenge.net)) is a 4-day, 330-mile fundraising ride. Among its many great features is the local nature of the ride. The funds raised go directly to three AIDS service organizations that serve Davis and other Central Valley communities: C.A.R.E.S., Breaking Barriers, and the AIDS Housing Alliance. Most of the 50 riders this year were from the Davis/Sacramento area (though some come from further away).

And this year, the route was designed by once and future DBC member and NCAC Co-Director Joaquin Feliciano, with significant input from Bob Brouhard and Robin Neumann. So for most DBCers, the route covered familiar territory.

On Day 1 we left from Raley Field (complete with police escort to the causeway) and rode to Calistoga (85 miles) via Highway 128 and Silverado Trail. I was prepared for the hills on the route, but not for the support. There were more support personnel than riders, and as a result, we had fully-supported rest stops every 12 - 20 miles, two roaming bike technicians (one each from B&L Bikes and Bicycle Chef), and full SAG support. And every night of the ride, riders were treated to a free 20-minute massage, chiropractic treatment, and catered meals.



Day 2 was the most difficult: a 95-mile ride from Calistoga to Lakeport via Pope Valley/Butts Canyon Road to Middletown, then Highway 29 to Lower Lake, and along the south shore of Clear Lake to Lakeport. Elevation gain was over 5000', and that proved a little challenging for some riders who got an air-conditioned ride to the lunch stop in Lower Lake. And though we didn't have police escort, we were accompanied by the Sisters of Scota, a Sacramento-based women's motorcycle club, who helped with traffic control throughout the ride.

On Day 3, we circled around the north shore of Clear Lake and headed over Resurrection Hill to Cache Creek Canyon, and 105 miles later, to the Yolo County Fairgrounds in Woodland. Our ride coincided with the DBC Double Century. We didn't know the DC had been re-routed, so it was a little confusing to see riders coming east over the pass that morning. But at the same time, I got to say hi to some folks I met on club rides, which made the climb a little more fun. Day 4 was intentionally short: a flat 50-mile ride from Woodland, to Winters, to Sacramento for a final BBQ before our closing ceremonies at the State Capitol. All in all, we raised over \$150k, and had a great time doing it.

Pictures at [www.flickr.com/search/?q=norcalaidchallenge&w=all](http://www.flickr.com/search/?q=norcalaidchallenge&w=all)  
 Contact Joaquin for more information at [joaquin.feliciano@gmail.com](mailto:joaquin.feliciano@gmail.com)

## RACE TEAM NEWS

### **Dunlap Memorial TT Race Report** **By Chris Morales**

In Northern California, bike races that specialize in time trials use the month of June to hone their skills and test themselves in the "race of truth." Many people use the Davis Bike Club Race Team's Dunlap Time Trial to prepare themselves for the District Time Trial Championships. Those who feel they are ready can go on to compete at the National Time Trial Championships in Pennsylvania.

So far I have competed in both time trials in June. I finished first in the Pro/1/2 Category and 3rd in the Elite men's category at the District championships. I use a power meter to pace my time trial efforts, but I didn't plan for all the variables that the Truckee, CA altitude throws at you at the district championships. I started the time trial expecting to produce the same amount of power I produced at Dunlap the week before, but I almost exhausted myself early in the race. I would like to think I could have ridden fast enough for at least 2nd or maybe even 1st if I had maintained an even pace, so the lesson I learned is to research all of the factors that will effect the effort you can sustain for the duration of any time trial you do. You need to be prepared to deal with wind, altitude, tight turns, climbs, or heat on any given day.

With this knowledge and some added confidence, I'm now headed into another block of training to prepare for the Elite National Time Trial on July 13.

### **Mt. Hood Stage Race** **By Stephen Dey**

The DBC Elite Team's trek to the Mt. Hood Stage Race in Oregon began when we packed Mitch Trux's Subaru up to its dorsal fin—not *quite* to the gills—with a load of bikes and wheels that was more valuable than the car itself. We then made our way up I-5 to Portland where we spent the night. With only a short prologue in the evening of the first day, we took our time getting to Hood River, the home base for the week's festivities.

The drive along the Columbia River Gorge is, for lack of a better term, gorgeous. Needless to say, beautiful landscapes were abundant throughout the week; the prologue was a short, three-mile effort among orchards at the base of Mt. Hood, an isolated, snow-covered volcano. Though our opinions of the TT differed from "short and painful" to "short and

*See Mt. Hood, page 4...*

*Mt. Hood, from page 3...*

painless,” we both put forth solid efforts and finished in the top half of the 150-rider Pro-1-2 field. Afterwards we checked in to our home for the week, a hostel in an old elementary school across the river in Bingen, WA.

Stage 2 was very reminiscent of NorCal racing: hot, rolling golden hills on chip-seal pavement running through infrequent signs of civilization. Since no rider from their squads had won the prologue, none of the big boys from HealthNet, Navigators or Priority Health took control of the stage. The race progressed slowly until we went over the only major climb, and then the pace suddenly accelerated fast enough to halve the field. At the end, Mitch led the first chase group to the line for about 50th place, while I was able to sneak my way up through the bunch at the end for 16th.

By all accounts, Stage 3 was hard--people said that it was one of the hardest days of racing on that course in quite a while. With a lead to regain, HealthNet and Navigators drove the pace on the climb each of the 5 times up, breaking riders off the back left and right. Mitch lasted until the 4th time up. I was able to hang with all but the very front breakaway until the finish, taking 13th place. This day shook up the GC placings quite a bit, bringing me to 20th and Mitch to 63rd.

The time trial on stage 4 was definitely scenic. The course followed the route of the old highway along the Columbia River. With about 5k to go, the course descended through a tunnel, which was the most memorable part. Both Mitch and I finished about 7 minutes behind winner Nathan O’Neil in around 70th place.

With well over 200 miles of racing in our legs and numerous pounds of pasta and French toast in our bellies, we started Stage 5 on a twisty 90 miles around the base of Mt. Hood. Some riders endured a rather disconcerting start since many of them flatted on the descent off the start line. Fortunately, both Mitch and I had good luck in the mechanical department all weekend. After 15 minutes at 40+mph downhill and several miles of being guttered by the entire HealthNet squad, the field started to break up on the rollers into the final climb of the day. We had mixed success matching the surges up the rollers. Mitch found himself in a chase group for the last 15 miles and I chased twice, once successfully making it back to the lead group but coming off for good at 5k to go. Final result: Mitch 62nd, me 34th.

Finally, the crit...60 minutes left.... The big boys drove the pace the whole time, leaving a string of stragglers along the .5mi technical course. After about 15 minutes, my legs called it quits for the week, so I enjoyed watching the race unfold from the sidelines while Mitch held on for dear life. End result: Mitch, top 50, myself, ~80th. Overall in the GC, Mitch held on for 60th, while I ended up 30th.

To summarize the carnage, we rode 300 miles, climbed almost 30,000 ft, started with 150 riders, finished with 83, and suffered a nine-hour drive on Sunday evening so we could make it to work on Monday morning.

**Race Team Results  
by Amanda Seigle**

Name	Race	Date	Category	Place
Adem Smith	SR Corporate Criterium	4/14	4	4
Adem Smith	Cloterium	5/6	4	9
Alan Rowland	Golden State Criterium	5/13	45+	12th
Alan Rowland	Modesto Road Race	5/20	30+ 4/5	1st
Alexander Freund	Cat's Hill Criterium	5/5	Juniors 15-16	6
Alexander Freund	NCNCA Junior District Championship Road Race	5/20	Juniors 13-14	5
Alexander Freund	NCNCA Junior District Championship Criterium	5/26	Juniors 13-14	6
Alexander Freund	Trek Bicycle Store Memorial Day Criterium	5/28	Juniors 13-14	8
Amanda Seigle	Cloterium	5/6	W 3/4	2nd
Amanda Seigle	Collegiate Nationals Road Race	5/12	Women D1	22nd
Amanda Seigle	Collegiate Nationals Criterium	5/13	Women D1	9th
Andreas Freund	Cat's Hill Criterium	5/5	Juniors 15-16	7
Andreas Freund	Berkeley Hills Road Race	5/12	Juniors 15-16	8
Andreas Freund	NCNCA Junior District Championship Road Race	5/20	Juniors 15-16	1
Andreas Freund	Mount Hamilton Road Classic	5/27	Elite 3	29
Andreas Freund	NCNCA Junior District Championship Time Trial	6/3	Juniors 15-16	2
Bruno Pitton	Prairie City Race Series	5/2	Expert Plus	6th
Bruno Pitton	Prairie City Race Series	5/9	Expert Plus	8th
Bruno Pitton	Prairie City Race Series	5/23	Expert Plus	5th
Bruno Pitton	Prairie City Race Series	5/30	Expert Plus	8th
Daniel Stuart	Coolest 24 Hour Hace Against Cancer	5/5	24 hour solo-male	5
David Vuilleumier	Golden State Criterium	5/13	P/1/2	9th
David Vuilleumier	Jr. Crit Champs	5/26	Jr. 17-18	18th
David Vuilleumier	Memorial Day Crit	5/28	Jr. 17-18	3rd
David Vuilleumier	Memorial Day Crit	5/28	P/1/2	Field
Edan Levaton	Cat's Hill Criterium	5/5	Jr 15/16	1st
Edan Levaton	Cats Hill	5/5	Jr 15/16	1st
Edan Levaton	Cloterium	5/6	Jr 15/16	1st
Edan Levaton	Cloterium	5/6	Jr 15/16	1st
Edan Levaton	Berkeley Hills RR	5/12	Jr 15/16	6th
Edan Levaton	Panchoe Pass Road Race	5/20	Jr 15/16	3rd
Edan Levaton	cyclesports Crit	5/26	Jr 15/16	5th
Edan Levaton	Memorial Day Crit	5/28	Jr 15/16	1st
Edan Levaton	Jr. Points series		Jr 15/16	1st
Jason Eiserich	John Ramatici Memorial Cio-terium	5/6	Elite 5	4th
Jason Eiserich	Golden State Criterium	5/13	Elite 5	11th
Judd Van Sickle	Santa Rosa Cloterium	5/6	Mas 30+ 1,2,3	5th
Judd Van Sickle	Santa Rosa Cloterium	5/7	P/1/2	18th
Judd Van Sickle	EMC2/Vellum Crit	6/3	P/1/2	12th
Karch Miller	Oak Creek BMX	4/29	10 Cruiser	1st
Karch Miller	Oak Creek BMX	5/6	10 Expert	2nd
Roland Freund	Berkeley Hills Road Race	5/12	Masters 45+ 1/2/3/4	17
Roland Freund	Panchoe Pass Road Race	5/20	Masters 45+ Cat 4/5	9
Roland Freund	Mount Hamilton Road Classic	5/27	Elite 4	26
Shannon Still	Santa Rosa Corporate Criterium	4/14	4	13
Shannon Still	Santa Rosa Corporate Criterium	4/14	3/4	22
Shannon Still	Santa Cruz Classic Criterium XXIV	4/21	4	13
Shannon Still	John Ramatici Memorial Cio-terium	5/6	4	2
Shannon Still	John Ramatici Memorial Cio-terium	5/6	Masters 30+ 3/4	29
Stan Ling	Trek Bicycle Store Memorial Day Crit	5/28	Elite 4	Pack
Taylor Kuphaldt	Paris-Roubaix	4/15	Juniors	DNF
Taylor Kuphaldt	Cat's Hill Crit	5/5	Juniors	5
Taylor Kuphaldt	Berkeley Hills RR	5/12	Pro/1/2	20
Taylor Kuphaldt	Memorial Day Crit	5/28	Juniors	1
Taylor Kuphaldt	Memorial Day Crit	5/28	Pro/1/2	pack

*Photos, from page 2...*

**Humorous**

Miles for Smiles 5 – Cary Thompson  
 Bozo Tree – Cary Thompson  
 Red Rider – Eric Norris  
WINNER: Red Rider – Eric Norris

**Landscape Without Bikes**

Winding 1 – Ed Henn  
 Coast Bridge – Jean Jackman  
 Daffodils, south entrance, UC Davis – Barbara Anderson  
 Wooden Valley – Dave Dickson  
WINNERS: Coast Bridge – Jean Jackman  
 Daffodils, south entrance, UC Davis – Barbara Anderson

**Blue Squirrel**

Squirrelly rider finishes March Madness early – Cary Thompson  
 Cary Thompson fueling up in Folsom – Scott Alumbaugh  
 And then this was unbelievable – Mary James  
WINNER: Squirrelly rider finishes March Madness early – Cary Thompson

**Portrait**

Pink dogs, pink blossoms – Barbara Anderson  
 Miles for Smiles 4 – Cary Thompson  
 Bill and John on Pierce Ranch Road – Anne Huber  
WINNER: Bill and John on Pierce Ranch Road – Anne Huber

*See Photos, page 8...*



News of DBC  
Jersey Rides & Tours



## The Tour Turn

**How to get to and from Moab Utah in a small car with 4 bikes, 4 adults and little money**  
By Barry Bolden



First send 2 via train to Green River Utah, the closest stop. Then, pick up the 2 and drive an hour to Moab. The other 2 Robi Pochapin and Rob Josephson drove alone from California. Most of the excitement was on the drive. Our heart rates were rapid a couple of times from wildlife sighting and tire anomalies.

Diane Richter and I drove Roger's Honda CRV to Great River with 4 bikes, luggage and camping gear. Roger Willmarth and Carol Smith took the California Zephyr (not) to Green River where we met them about noon on Sunday. The train was only 4 hours late, but we were able to track its progress with 800.USA.RAIL. This gave us time to take in the sights of Green River. There was the John Westly Powell museum, the river, post office, state park, gas stations and 600 motel rooms. The rooms are for the annual melon fest in September, (We couldn't wait.) and river rafters. The Green, as large as the American, flows into the Colorado in Canyonlands National Park.

After loading Carol and Roger into the now fully packed CRV, we headed to Moab and Pioneer Spring B&B. Robi and Rob were waiting for us as we unloaded and relaxed with hosts, Terri and Marc. Their home and Pioneer Spring B&B includes 5 rooms, a pool and artesian well water from a spring on the property. Marc and Terri have travel extensively after leaving Marin County California. This allowed them to collect a wide assortment of interesting stuff.

Marc and Terri got us fueled each morning with whatever we wanted for breakfast as well as a different baked good each day and all the coffee we could drink. Coffee is still legal in Utah. On Tuesday the group split into mountain and road camps. Robi took Carol and Roger over Hurrah Pass while the rest of us loaded the car for Arches National Park.



A flat tire on the car in the parking lot slowed our departure but we were primed to see the arches up close and personal. After climbing the first hill in the car we got on the bikes to see the Windows Area. Along the road were magnificent views of the red rock desert with the snow-capped La Sal Mountains on the horizon. At Windows we put on our hiking shoes and got up close and personal with the arches and trail visitors. Visitors were from Europe, Asia and 10 to 12 states. Many pictures were taken.

Next day we returned to Arches without Robi who wanted more of

the slick rock. He is a former tour guide in the area and knows it like the back of his hand. I started biking at Panorama Point and met the team at the end of the road where we hiked 4 to 6 miles to see Landscape Arch, Double O Arch and great vistas.

Thursday was drive to Canyonlands National Park and bike from the visitor's center to the end of the road. The vistas were otherworldly. The carving of the canyons by the Colorado and Green Rivers was unlike anything except Grand Canyon. Pictures barely capture the vast horizon and deep canyons. The road was gently and great for biking.

Weather was ideal the whole week with mild temps in the mid-60s. Last day was an easy pedal along the Colorado to see historic Native American rock art and modern rock climbers. On the way home, after leaving



Carol in Ray's bar-restaurant in Green River, we headed west on I70 for Delta Utah. Rob left early to secure a campsite in Great Basin National Park for Friday night. Roger and I left Diane at the Border Inn on our way to the campsite. Rob picked her up the next day.

Saturday Roger and I toured the Lehman Caves at Great Basin and drove up to the Wheeler Peak trailhead for a short hike and picture taking. Wheeler Peak, at 13,063 feet, is the second highest peak in Nevada. The Loneliest Road in America, stretched across Nevada, allowed us to spend the last night at Spencer Hot Springs, southeast of Austin. The springs were only lukewarm, but still very refreshing. We pitched a tent in the middle of an ATV track listened to the coyotes.

Wildlife seen included a badger, pronghorn antelope, turkey vultures, coyotes, and swifts. Wild flowers were still in bloom, which made for some great photographs. This area is an outstanding destination for not only biking, but jeep riding, Hummer tours, river floats, hiking and photography. Put it on your to-do-list.

### JERSEY RIDES

Date	Ride
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

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](mailto:dbcjerseyride@gmail.com) stating their name, address, name of jersey ride, mileage ridden and amount paid for registration.

# July 2007 Ride Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Early Bird Zamora & More <b>MEMBERSHIP MTG</b>	3	4 Solano Bakery Women's Wed. Coffee & Cantelow <b>4th of July Criterium</b>	5 Steady Eddy's Winters Dinner Race Ride	6 Early Bird Vacaville Hills	7 RH Phillips Winery
8 Second Sunday Ride Tooti Fruiti Express	9 Early Bird Zamora & More <b>BOARD MTG</b>	10 Mocha Joe Loop Race Ride Bear Valley	11 Solano Bakery Women's Wed. Bear Valley	12 Steady Eddy's Winters Dinner Race Ride Bear Valley	13 Early Bird Vacaville Hills	14 Singles Spin S <sup>7</sup> Death Ride
15 <b>RIDE SCHEDULE DEADLINE</b>	16 Early Bird Zamora & More	17 Mocha Joe Loop Race Ride <b>NEWSLETTER DEADLINE</b>	18 Solano Bakery Women's Wed. Coffee & Cantelow	19 Steady Eddy's Winters Dinner Race Ride	20 Early Bird Vacaville Hills	21 Third Saturday
22 Arroyo Royale	23 Early Bird Zamora & More	24 Mocha Joe Loop Race Ride	25 Solano Bakery Women's Wed.	26 Steady Eddy's Winters Dinner Race Ride	27 Early Bird Vacaville Hills	28
29	30 Early Bird Zamora & More	31 Mocha Joe Loop 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
<b>T1</b>	Flat	Davis to Woodland or Sacramento	<b>P1</b>	10 or less	Relaxed; family & kids, regroup often.
<b>T2</b>	Easy, Gentle Grades	Road 29 at Hwy 113 Overpass	<b>P2</b>	9 - 12	Tourist riding; stops/regroups as needed.
<b>T3</b>	Rolling Hills	English Hills, Pleasants Valley Road	<b>P3</b>	12 - 16	Mod; solid riders; regroup @ 45 min.
<b>T4</b>	Rolling to Mod. Hills	Lake Solano, Monticello Dam	<b>P4</b>	16 - 18	Brisk; exp. riders, no obligation to wait.
<b>T5</b>	Moderate Grades	Cantelow, Cardiac	<b>P5</b>	18 - 21	Fast; strong riders; few stops; no waiting.
<b>T6</b>	Steep, Long Grades	Mount Diablo, Marshall Grade	<b>P6</b>	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.

## July 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](mailto: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](mailto:gnjpeter0856@juno.com)

8:00 am start -- T1/P4-5/35 mi

Phil Coleman 756-4885 or

[pkcoleman@comcast.net](mailto: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](mailto:gnjpeter0856@juno.com)

8:00 am start -- T1/P4-5/39 mi

Phil Coleman, 756-4885 or

[pkcoleman@comcast.net](mailto: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](mailto:gnjpeter0856@juno.com)

8:00 am start -- T1/P4-5/30 mi

Phil Coleman, 756-4885 or

[pkcoleman@comcast.net](mailto: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](mailto: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](mailto: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](mailto: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

July 4 and 18, 1st & 3rd Wed, 9:00 am

T5/P4/60 mi

Bob Brouhard, 758-5646 or

[bobbrouhard@sbcglobal.net](mailto: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

[deweys@hotmail.com](mailto:deweys@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](mailto:pwgrant@mac.com)

Meet on the Russell Blvd. bike path at Lake Blvd. Now that June is behind us, we'll need to remember to bring our lights and be sure the battery is fully charged. Come out on this easy-going dinner ride to Winters. Expect friendly conversation. No-one will be left behind!

###### RH Phillips First Saturday Brunch\*

July 7, First Saturday, 10:00 am

T2/P3/45 mi

Anne Huber, 530-758-8115 or

[ahuber@jsanet.com](mailto:ahuber@jsanet.com)

Meet at the WOODLAND Nugget parking lot. This is a lovely ride through rolling hills of northern Yolo County ending up at RH Phillips winery for their monthly brunch. The meal varies each month, can generally be found on the RH Phillips website, and will be announced on the DBC listserve. The ride leader may also post it on the DBC listserve. The food plus wine pairing is always delicious, and always just \$10 plus tax (so bring some extra change). But you can bring your own lunch if you wish. Possible earlier start time from Davis (to meet with the Winters crowd) will be announced on the listserve. NOTE: the Ride Leader reserves the right to cancel the ride if the weather forecast is for a high of 105F or greater!!

###### Second Sunday REVERSE Ride

July 8, Second Sunday, 7:00 am

T1-5/P3-4/60mi or 100mi

Glenn Mounkes, 530-220-3513 or

[glenmonk@yahoo.com](mailto:glenmonk@yahoo.com)

Meet at Starbucks on Lyndell Terrace at 7:00 am and ride your own pace to Fairfield via Winters, Cardiac, HWYs 128 & 121 (Regroup at Berryessa Dam and Wooden Valley). Then RIDE back to Davis or take Fairfield Amtrak 12:03pm or 1:33pm train to Davis (Ticket Costs \$12.00).

###### 3rd Saturday

July 21, Third Saturday, 9:00 am

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

David Joshel, 530-756-7409 or

[davidjoshel@hotmail.com](mailto: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

#### Davis Fourth of July Criterion Classic\*

July 4, Wednesday, 7:15 am

T1/P6/varies

Robin Rolles, or

[4-july-director@dbc Raceteam.org](mailto:4-july-director@dbc Raceteam.org)

The famous DBC 4th of July Criterion Classic will once again be held in downtown Davis. Come watch class races from newbies to Pro/Elite Men's and Women's races spaced throughout the day. First race at 7:15, kids' fun ride at 12:00. The race always needs volunteers for registration, corner marshal, gopher and a host of other jobs, check the DBC Listserve for details. Race details available at <http://www.dbc Raceteam.org/Events-results/2007/4-july-crit.html>.

#### Tooti Fruiti Express\*

July 8, Sunday, 1:00 pm

T1/P1/6 mi

Gerry Peterson, 530-756-1254 or

[gnjpeter0856@juno.com](mailto:gnjpeter0856@juno.com)

Meet under the solar panels near the swimming pool in Community Park. Distance will be about 6 miles. Flat course. Pace will not exceed 10 MPH. Helmets are required, no exceptions. This will be an intergenerational ride with youngsters and youngsters at heart exploring the entire north Davis greenbelt system. Refreshments will be provided at the conclusion of the ride – again under the solar panels.

## July DBC Rides, Cont'd

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

### Non-Recurring Rides

#### Bear Valley Rides\*

July 10-12, Tues-Thurs

T6/P3-6/30-70 mi

Jim Sharp, 530-795-1937 or

[jwsharp@ucdavis.edu](mailto:jwsharp@ucdavis.edu)

Join Dan and Jim for some riding in the mountains leaving each day from the Bear Valley Lodge on Highway 4 in Alpine County. See one of the most beautiful parts of California. We will start each day from the Bear Valley Lodge. The route of the ride will be decided by the riders the day before the ride; route variations are certainly possible. No SAG. You will make your own reservations at the Bear Valley Lodge. You may come for one or all days. Contact Jim Sharp for details.

#### Death Ride aka

#### "Tour of the California Alps"\*

July 14, Saturday, 5:30 am

T6/P your choice/129 miles

no ride leader

Begins and ends at Turtle Rock Park north of Markleeville, CA. This ride is ugly - five passes, 16,000 vertical feet. If you don't know about this ride you probably shouldn't do it. And anyhow, preregistration is required and is closed. See <http://www.deathride.com/> for additional details. This is a DBC Jersey Ride. Within 72 hours after finishing a jersey ride, send an email to [dbcjerseyride@gmail.com](mailto: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.

### June Second Sunday Ride

By Glenn Mounkes

The Second Sunday Ride (SSR) took a different direction today (June 10). As there were just two of us, Cary Thompson and I, we decided to pedal from Davis to the top of Mix Canyon Road and back. It turns out the ride is only 10 miles longer than the standard SSR route and has about the same elevation gain - packed into 4.7 miles instead of 20. After arriving at the base of Mix, did a quick check of the bike, started the timer in my cycling computer. Kerry shot ahead, out of site while I crawled, and crawled, up to the top in what turned out to be a personal best time. On the way down I was alternating front and back brakes as best as I could (slowing 200+ pounds down a STEEP grade requires a lot of braking). A couple of miles down I stopped to check my brakes/rims and found them hot enough to scorch fingers - Break time. I let things cool down, made sure nothing was falling off the bike and finished the descent.

Next, a long moderate ride back to Davis. Except for: just after passing CR98 on the bike/walk path, my cleat/pedal felt odd so I

#### Seasonally Sporadic Second Saturday

#### Single Speed Spin

July 14, Saturday, 9:00 am

T1/P3/30-50 mi

John Whitehead, 530-758-8115 or

[jcw@dcn.org](mailto: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.

#### Arroyo Royale\*

July 22, Sunday, 1:00 pm

T1/P1/6 mi

Gerry Peterson, 530-756-1254 or

[gnjpeter0856@juno.com](mailto:gnjpeter0856@juno.com)

Meet under the solar panels near the swimming pool in Community Park. Distance will be about 6 miles. Flat course. Pace will not exceed 10 MPH. Helmets are required, no exceptions. The ride will follow a safe route to Arroyo Park and its surrounding bike paths. This fun ride will feature a winning poker hand drawing. Each rider will receive 2 cards at the beginning, an additional card at Arroyo Park and the final two cards at the conclusion. Best hand wins. Refreshments will again be provided at the end of the ride.



*Happy to be on Habitat for Humanity benefit ride!*



#### Photos, from page 4...

#### Best of Show

Wooden Valley - Dave Dickson

Foxen Valley - Jean, Marilyn & Bruce - Jean Jackman

RH Phillips, Road 87 on the way back - Anne Huber

Happy to follow the tandem - Cary Thompson

Daffodils, south entrance, UC Davis - Barbara Anderson

WINNER: RH Phillips, Road 87 on the way back - Anne Huber

unclipped and - the crank

arm dropped to the ground.

Tired but alert, I noticed this

immediately and went back

to retrieve the errant part.

Fortunately the crank arm

bolt had fallen right next to

the crank arm (see photo).

Also fortunately I had my

trusty Topeak multi-tool with

an 8mm hex wrench. A quick fix

and I was on my way,

straight to B&L Bike Shop where (some of you will remember

I had my original bottom bracket replaced after I destroyed it)

the guys wrenched, greased and torqued the bottom bracket

while I waited - Thanks guys.

All things considered, it was a good ride! Preparation met

mishap and we were quickly on our way. My thanks to Cary

for being flexible with the "flight plan." In July the SSR goes

astray again! Details in this issue of Changing Gears.





**Who Me? Yes- you,  
Couldn't be, Then who....  
By Caneman**

OK, me. Yes, I volunteer and I like it. I am a so-so bicyclist with an interest in ultra-cycling. I do it because to me a bicycle is freedom and I enjoy riding. My goal was to ride an event, volunteer for an event. Ride one/work one, I call it. Although Fuzzy (a supreme volunteer and the best Sag Wagon cover/assistance any rider could have) probably has it right when he suggest that every rider, "Ride 10, volunteer 1." That would keep the events well staffed and smoothly functioning, and would still let riders do most often what they like best: riding. Volunteers plan it, organize it, and staff it. We just ride. Volunteers make it happen.

I think we riders (I generously included myself as a "rider" here) take the volunteers for granted. They stand in the cold, the rain, the heat, often without any shelter, any heaters in the cold, or even a fan in the heat. They back us unselfishly. Often they have a loved one riding and in helping their loved one they help us all, but amazingly – often they don't have anyone riding. They are doing it just to support the activity they enjoy. What is surprising is that there are a good number of cycling activity volunteers that aren't even bike riders.

Volunteers have it rougher than riders, although they will not admit it. A rider controls his or her participation and is active throughout the event. The volunteers may be standing around waiting for hours for just one rider to arrive at a check point. Right here let me apologize to those volunteers that have waited for 4 or more hours for me to arrive at a check point or finish, long after the last previous rider (usually with no other rider to follow). Not only did they not complain, they actually cheered and even helped me off my bike, propped me up and put my canes in my hands, loaded my bike and helped me into my car. That meant so much to me after struggling to finish and doing so just 10 minutes before the cut off time.

It is that appreciation for what the volunteers have done for me, and how it made me feel, that has caused me to spend 8 hours at an overnight control point without the first riders arriving. I am only a so-so rider; slower than most and I am just a volunteer, not an outstanding volunteer, just a volunteer (10-15 events this year). I volunteer for UMCA and RUSA events and three local area bike clubs. I have the privilege of working with great volunteers, experienced, dedicated, highly competent, and enjoyable people.

On May 19 of this year, The Davis Bike Club held it Double Century ride. It starts in Davis, goes up into the hills around Lake Berryessa, brushes Clear Lake, then returns down Capay Valley and back to Davis. It is a beautiful ride. Every refreshment stop is planned. Sag Wagon

support is provided. Communications are established to keep track of all riders at ALL points of the course. The California Highway Patrol provides course assistance. If anything can be done to make it a great ride for the nearly 1,000 participants—the bike club does it. It's outstanding.

After all the planning, after all schedules were set, deliveries coordinated, staffing (volunteers) assigned, the David Double began. After the Davis Double began, with riders on course, a wildland fire blocked the route near the Lake Berryessa dam. The road was closed.

Now what? Without missing a beat the course was adapted, reversed and the Davis Double continued as an "Out and Back" with a little extra climbing added at the half way point: Cobb Mtn. and Resurrection climb. Nearly a hundred miles of rest/ refreshment stops, all the staff (Volunteers), and equipment on the scheduled first half of the course were moved. Some merged with already scheduled R/R stops; others took up new locations to assist the riders on the adapted course. All deliveries were moved as needed, staff reassigned, tables, shade covers, chairs, food, liquid refreshments, and all the support, including Sag Wagons and communications, were moved and adapted as necessary, and the course was remarked (arrows on pavement and marshals at the turns) to show the adapted course way---WHILE THE RIDERS WERE ON THE COURSE, AND WITH NO INTERRUPTION TO THE RIDERS.

Within the individual R/R stops volunteers were in constant motion, doing whatever had to be done, and with very little communication about who would do what. The Resurrection R/R was moved TWICE: Once to become an "outbound" R/R stop at the "Oasis" (a closed restaurant) then back to Resurrection to become an "inbound" R/R stop. It was a beautiful thing to see. The riders were grateful and expressed it. The volunteers like that. The riders were also mostly very well mannered: You have no idea how much the polite "Please," "Thank you," and little expressions of gratitude for the service are appreciated by the volunteers. The enjoyment and pleasure of the riders is a major motivation force among volunteers and if you don't express it, they don't know it and the volunteer's experience is less rewarding.

Why do others volunteer? I have listed a few reasons volunteers gave me for their volunteerism. Specific quotes are credited to those that gave their name. When that same expression was also given by anonymous volunteers, "& Anon." is added after the name. In their own words they volunteer because:

"I like to be part of something bigger than myself, and I like to think that I am responsible

for that which I enjoy. I love acknowledgement, knowing that others value my contribution. Ripple effects perpetuate a fantastically long way." Peter Hewitt & Anon.

"Why? I like to help riders, others feel the same. Some riders need a floor pump, water, a tube, sometimes a wheel and once in a long while (Devil Mt. DC) a whole bike!! Sometimes they need a kick in the butt, a pat on the back, and sometimes a call to 911. Have had too many of those in 20 years of sagging and crewing. Very good feeling of satisfaction when a rider finishes a hard ride. The rider that finishes the Davis DC in 18 hours suffers a lot more than the 9 hour rider, you betcha. And stuck it out. I really admire that !!!"

"Best rewards? When somebody says 'thank you' for a tube, a tire the right size, ice water, batteries, etc."

"Had a RAAM rider say to me once, on a brevet, 'Lee, I never need you but I am sure glad you are out here'. 2, 3, & 4: Lee "Fuzzy" Mitchell, & Anon (3. Frequently mentioned). 'Volunteering s a good way to find like-minded people in every new town and to get quickly connected in a new place.'

"I volunteer for 'enlightened self-interest." "I volunteer for the warm, fuzzy feeling I get when even one person says 'thanks' or 'great job' to me." 5, 6 & 7: Karen Baker, & Anon. (6 & 7).

"I volunteer for the awesome positive feedback I get from the riders and other club members."

"Volunteering to be on the Board of Directors is a little more about altruism. After being in the club for more than a decade, it was just about taking my turn at doing some of the less visible work" 8 & 9: Diane Richter, & Anon (8. Frequently mentioned so keep those kind word and appreciative expressions coming).

And what made Amy's day (Captain of the Resurrection R/R stop of the "Burning David Double")? Her words: "Two different riders said something along the lines of "I bet it was great to finally try out the 'Plan B' that you've clearly had in place all these years." And, "Two other riders told me that our people had obviously been up "all night" drawing up the revised route and plan and that we were lucky to have found out about the road closure so early." (If they only knew everything was done during the DC – while they were riding!)

Kind words mean much to volunteers. Give them freely and with meaning, as the service the volunteers provide to you is given. Treat our volunteers kindly. Let's keep them. Without out volunteers, we'd have no events to ride! Pedal, Pedal, Pedal...AND THANK THE VOLUNTEERS.

To the 1959 tune of Charlie Brown, by the Coasters, with my apologies.

**Team Spongebob Fleche Velo**  
**By Paul Guttenberg**

Team Spongebob Squarepants may have been more aptly named than intended, as the early planning stages were dictated by an organizational clarity inherent to brainless invertebrates. As the event developed and the team coalesced, new challenges gave the team's captain the opportunity to build on this early success and continue its promise. We had riders from Moorpark in Southern California, Ventura, Paso Robles, Sacramento, Los Angeles, and pretty much up and down the California coast and inland. Some had never ridden a tandem together before, and a couple had never seen their bicycles before.

Keeping in spirit, the pre-ride dinner consisted of pasta, salad, bread, and sushi. We had beer, wine, conversation, and an utter disregard for the nuances of a two hundred fifty-mile ride the next morning. After all, what were the odds that such a disparate group could possibly come together and succeed in a team fleche event? The captain made disorganized fun, and delicious food, the highest priority.

Due to circumstances beyond our control, our start time was moved up two hours earlier at the last minute. Considering most of the group was sleeping at the Davis hub of fleche events, this was not a serious problem. We handled it with aplomb, and despite our token fixed gear rider (we were four tandems and one fixed gear, don't suppose for a second that lack of cohesiveness failed to find yet a new niche) getting lost enroute, we were on the road in good order. Feeling obligated, the team captain and his stoker led a decent pace across the flatlands to our first food stop, an hour into the ride. No sense in passing up great coffee and homemade pastries. This sufficed as our team meeting and get together. We determined that we were a good group, had varying abilities, but all possessed a love of cycling and a dedication to success. Team Spongebob's captain was heartened to hear this exchange, and only an hour into the event knew that success was assured. Little did the captain know what was waiting ahead.

One stoker, six foot four and suffering from poison oak, looked like he had no knees. His captain, not a small fellow, had never ridden with him before. The tandem

was a bit smallish for the stoker, to say the least, and so he adapted a hand position putting both palms together and pressing down on the stem/bar interface. Between the skin infection, the swelling, the scabs, and the interesting noises the tandem made during climbs, they made a fascinating example of determination triumphing over reality.

We surmounted the classic climb over Cardiac, then through Wragg Canyon, and took a brief stop at Moskowite Corners. Rolling again shortly, we stopped for adjustments and actual cement restroom facilities along Lake Hennessey. Then it was on to St. Helena and the Model Bakery. If you have never been there, you owe it to yourself to go at least once in your life. Not only do they treat cyclists as actual human beings, they practically fawn on us. We stuffed more coffee and baked goods down our gullets, and when the fresh pizza came out of the oven who could resist? True to our organizational demeanor, we made it two blocks before our next rest stop. We were an unusual team.

Cruel taskmaster that the team captain was, we pushed on finally, and made it to Jimtown for olive tapenade. Then it was on to Cloverdale for our control and a stop at the market. Ice cream, treats, and other goodies were purchased and consumed in preparation for dinner. One does not ride 250 miles on good vibes alone! Shortly we were off, at our captain's insistence, for Guerneville and an Italian dinner to die for. At a table next to us was seated a party of four that thought that nine tired, sweaty, obnoxious cyclists were an intrusion. Suffice it to say that both the restaurant staff and ourselves made things clear. In fact, our service was excellent, and we were provided with multiple receipts for brevet credit after I explained the event to the manager. They wished us bon route, and off we were into the night – for another two blocks. Organizationally challenged as we were, that's how long it took for us to realize we needed a restroom and another cup of coffee.

Much later, we finally began riding again, only to stop in four miles for more light adjustments and personal care. This was getting silly. At this rate, we would make Easter morning in San Francisco in

2008! Much joking, prodding, and riding followed, putting our team back on some sort of track. Along the coast and through the night we rode, doing our best to stay together as a group but at times falling apart. Going back and forth along the riders, the lead tandem attempted to keep everyone joined up and in good spirits.

Navigation required the use of a highway, and many of those involved decried continuing along that road. Knowing that an alternate route was possible, but not knowing where it lay, Team Spongebob's Captain squarely set off into the unknown in hopes of blazing a new trail through northern Marin County. Between the use of maps, darkness, and the medieval arts only known to nine sleep-deprived cyclists acting in unison, we somehow managed to tie together walking paths, bike paths, roads, side streets, and other mostly paved facilities to find our way to succor at two in the morning. What awaited us was incredible. The team captain's sister-in-law had laid out a bounteous feast, with warm pasta, macaroni and cheese, juices, coffee, desserts, and too much to be described here. We ate like starving farm animals yet again, we slept, we woke up and ate some more. Then we were on our bikes to face the toughest climb of our journey. Leading our brave group up this climb, Team Spongebob's captain was rewarded at the foot of the climb with the sound of his stoker's cell phone ringing. He asked if we should stop, but received no response. Instead, the click click of her shoes unclipping rang loudly in his ears as he stood to climb.

"Hello? How are you?" The captain laid his weight into the pedals as he felt his stoker's feet on the bars behind him. "That's wonderful. I am so happy to hear from you!" The captain's breathing became labored, as the stoker continued her conversation. The grade approached eighteen percent.

"I'm on a bike ride. It's a beautiful morning."

Unable to speak, the captain began panting rhythmically as he attempted to stand and continue the tandem's forward motion. The grade grew to twenty percent. "Oh no, the fifteenth won't work. How about the twenty-first?"

Here is where the captain's heart rate

*See Fleche, last page...*

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](http://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)
<b>TOTAL AMOUNT DUE</b> \$ _____	

**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?  Date \_\_\_\_\_  
 Name \_\_\_\_\_ Age \_\_\_\_\_ Signature \_\_\_\_\_ Racer?  Date \_\_\_\_\_  
 Minor's Name \_\_\_\_\_ Age \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_ Racer?  Date \_\_\_\_\_  
 Minor's Name \_\_\_\_\_ Age \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_ Racer?  Date \_\_\_\_\_

**ACCIDENT WAIVER AND RELEASE OF LIABILITY**

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

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

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

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

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

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

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

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

**Parent Guardian Waiver for Minors (Under 18 years old)**

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

**Helmets are required on all club rides.**



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



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

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

# DBC Member Classifieds & Announcements

👉👉👉👉👉 **THANK YOU** 👈👈👈👈👈

## June Ride Leaders

Jack Kenward • **Barry Bolden** • Gerry Peterson  
 PHIL COLEMAN • Marilyn Dewey • Larry Burdick  
*Alan Rowland • Julie Sly • David Joshel*  
 Paul Grant • Glenn Mounkes • *John Whitehead*  
*Stu Bresnick • Sangho Byun*

**Don't forget the Changing Gears web photo supplement:**

[http://www.pbase.com/g2\\_steve/july\\_2007\\_dbc](http://www.pbase.com/g2_steve/july_2007_dbc)

*Fleche, from page 10...*

monitor emitted one long beep and then stopped. The fog over his eyes prevented him from seeing more than a foot ahead, but that gave him plenty of time to maneuver considering their speed. Standing, pulling, pushing, somehow the tandem continued up the grade as the stoker continued her conversation, relaxed and chatting up Wolf Grade.

As we neared the summit, the conversation concluded. Finally sitting in the saddle again, Team Spongebob's captain calculated the distance to the nearest emergency room as his stoker hung up and asked, "Should I clip in now?" "No, don't bother, just stay on the saddle" was the answer as the short downhill run began. Thank goodness the brake pads were worn out, it was sweet justice. Somehow we kept it together until Sausalito, dawn, espresso and baklava. We had a grand time watching the sunrise, as the captain filled out pages of French paperwork and we prepared to finish our fleche. Riding into Kezar stadium, we all finished together. We were happy, we were tired, we were still a team. That was no small accomplishment in itself, and all deserve accolades for making it happen.



Our monthly ride schedule is available on the DBC web site ([www.davisbikeclub.org](http://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.



### A Brief Guide to DBC Online

Website: [www.davisbikeclub.org](http://www.davisbikeclub.org)  
 Club email list: [dbc-subscribe@dbclist.org](mailto:dbc-subscribe@dbclist.org)  
 Send to all subscribers: [dbc@dbclist.org](mailto:dbc@dbclist.org)  
 Remove from list: [dbc-unsubscribe@dbclist.org](mailto: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.



**Quote of the month: "Some ride to win, some ride to lose, others ride to work, I ride for fun. How about you?"**

(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](mailto:dbcmembership@gmail.com)



**Davis Bike Club  
 610 Third Street  
 Davis, CA 95616**