

Changing Gears

Newsletter of the Davis Bike Club

August 2007

Quick Releases

Membership Meeting

Monday, August 6, 7:00 PM
Davis Public Library
Blanchard Room
315 East 14th Street
(Please park bikes outside)
Refreshments & Door Prizes!

Directors Meeting

Monday, August 13, 7:00 PM
Davis Food Coop Conf. Rm.
620 G Street
All Members Welcome

Race Team Meeting

Wednesday, August 1
Davis Library, Blanchard Room
6:30 pm Race Team Board
7:30 pm Race Team

NEXT Newsletter Submission Deadline

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

Ride Schedule Submittals

Wednesday, August 15
dbcridecal@gmail.com

Welcome New Members !

Dennis Anderson

Samer Alassaad

Doug Scougle

Prez Sez by Dan Shadoan



What an enormous pleasure it is to acclaim the incomparable success of the DBC Race Team's Fourth of July Criterium. Changes to the race format regarding event scheduling produced a significantly better spectator experience this year. Robin Rolles, new as the event director this year, and his crew did a superb job with the organizational aspects and kept the day filled with exciting, crowd-pleasing racing. Robin's enthusiasm and energy are apparent and even now his plans for next year are designed to produce an even higher caliber event. There should be plenty of accolades passed out to the DBC Race Team and all the additional stalwart DBC members who volunteered to help out for the day.

August Membership Meeting by Diane Richter

Calling all bird watchers: our August DBC meeting will feature none other than our own Allison Kent, who will be educating us on the hundreds of types of birds one may see while bicycling in our area. You can't tell the difference between a red-tail hawk and a Swainson's hawk? Allison can, and she'll tell you how. You didn't think we have bluebirds around here? You'll be surprised at how many species live in or visit this neck of the woods. So come to the August 6 meeting, at 7:00 pm in the Blanchard room of the Yolo Library on 14th St. and enjoy this sure-to-be fascinating presentation. Come early if you want to chat and eat cookies.



I'd also like to announce that this will be my last year as vice president, so the position will be open next year. If you've ever thought, "Gee, why don't they ever have so-and-so speak?" or "it would be interesting to hear about such-and-such", now's your opportunity to hop in there and make it happen. The duties of the vice president are spelled out in the by-laws, which are posted on the DBC website; they primarily consist of getting speakers for meetings, running the meetings, bringing cookies, etc., and reserving the Blanchard room for monthly meetings and the Stonegate Country Club room for the December meeting. Occasionally, the VP runs the Board of Directors meeting if the prez isn't there. I can help with the speakers, if anyone wants to go for it, but isn't too sure about that part of it. Let me know if you have any questions.

Your faithful VP for a few more months, Diane

Next, as another indication of the many facets of DBC, we all can't help but be proud of the ultra-distance contingent. Jim Sharp, as the DBC's ultra-distance director, put together a challenging, yet achievable, set of qualification brevets for riders planning participation in Paris-Brest-Paris this year. Over 630 American riders are planning to make the trip to PBP this August. Of those, 153 are from California and 49 of the California riders are going to PBP listing DBC as their "Home Club". DBC is second only to the Seattle International Randonneurs Club as having the most ultra-distance riders listed with the Randonneurs, USA, which is a national organization for

See Prez Sez, page 2...

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Prez Sez, from page 1...

ultra-distance riders.

Congratulations to Jim and all his many DBC volunteers who helped get the following DBC members ready for the ride of a lifetime, PBP 2007.

DBC wishes the best of luck to the members listed in the table below as they travel to PBP in August!

Special note:

Within our midst is the "unsinkable" Lois Springsteen. Lois is the only woman in the USA with four successful PBP's to her credit. With the successful completion of the 2007 PBP, Lois elevates her domination of the ultra-distance women from the USA. Congratulations to Lois! Additionally, two of the four USA women with 3 PBP's also hail from DBC, Kim Freitas and Ann Lincoln. Look for Amy Rafferty and Peggy Rex to come home with three PBP's this year as well.

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**

Don Bennett	Lawrence Kluck	Steve Rex
Mark Boles	Kenneth Knutson	Peggy Rex
Chris Browder	Albert Kong	Craig Robertson
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David Burns	Aaron Mason	Kevin Salyer
Donald Cartwright	Tim Mason	Ken Shoemaker
James Chou	Lee Millon	Lois Springsteen
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Robert Heather	Richard Moon	Michael Tigges
Peter Hewitt	Peter Morrissey	Joel Voelz
Kenneth Holloway	David Neff	Laurie Wainwright
Ray Holzworth	Eric Norris	Douglas Wainwright
Timothy Houck	Michael O'Connell	Reid Walden
Michael Hrast	James Pavlichek	Wayne Woodside
Susan Jacobsen	Jerry Phelps	Timothy Woudenberg
Cheryl Johnson	Massimilia Poletto	James Yee
	Amy Rafferty	



Some of June and July's great sunflowers (photo by Scott Alumbaugh)

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.



Race Essay By Eric O'Brien

Chris and Shannon are guys who frequent my regular training rides, and I often secretly use them as benchmarks. They're guys who climb a little better than I do and have a bit more kick at the end of a race. They both accelerate up to a sprint faster than I can. They're not like the Adam Switters and Stephen Deys of the world—guys who can (and do) drop me on any terrain at any time—but still, they're guys who are better and faster than I am, but not so much better and faster that they demoralize me and destroy my hopes of someday getting seriously fast.

After my teammates and I finished 1-2-3-4 at the Western Collegiate Cycling Conference championship criterium, I thought I was pretty hot stuff. I trained really, really hard for the race and managed to stay healthy for the last month of the season. And despite choking during the team time trial and road race the day before, I came into the criterium on Sunday feeling very confident and focused. After we swept the podium, I was elated.

That euphoria lasted a week, one glorious week of winning sprints, climbing better than the other Clydesdales, sticking early escapes. Did I race at all? No, of course not. That would've been smart, and I'm not often accused of being smart. Instead of spending all that good form in races, I just blew up a race ride and blasted up a hill climb training session. Then I took a couple of weeks to rest and recover.



Garrett Peck, Jim Wingert, Eric O'Brien, and Shannon Still on the podium of the Western Collegiate Cycling Conference Men's B Championship Criterium

When I came back from my rest, I was surprised by my abrupt and immediate return to mortality. The same guys who always climbed better again flew past me on the hills, while different guys rode me off their wheels on the flats. I went from feeling superhuman to very average, all in about 9 days. Now that summer's here, I'm back to racing in the middle of the pack, never able to explode up the sides and hammer down the final straightaway to the finish. I just don't have the legs for it. I did in May, but not in June or July. And that's why I love and hate this stupidly beautiful sport: I know that if I put in the training and spend the sweat and make the sacrifice, I'll find that the peak is always waiting.

But I also know just how fleeting it can be.

Tennyson's poetic evocation of Ulysses saw his life as a boundless series of unseen possibilities:

"Yet all experience is an arch where through
Gleams that untravelled world, whose margin fades
For ever and for ever when I move"

I can relate to that. As long as I keep turning the pedals over, who knows what I might discover about myself? Maybe the next peak will be higher. Longer. Faster? If my fall to earth has taught me anything, it's this: as long as I throw my leg over a bike every now and again, I'll never stop learning.

Now if I could just figure out how to beat Chris or Shannon up the stupid hill....



Vacaville Grand Prix Criterium Race Report – 01 July 2007 Masters 35+ Cat 4/5 Race By Jason Eiserich

Following the Sierra Nevada/Specialized Criterium in Folsom a few weeks back, where our Masters Team worked to 'help' Fast Freddie (Fred Schnaars) get on the podium, the DBC Masters Race Team ventured the other direction down the road to the Vacaville Grand Prix Crit in numbers other clubs only dream about. We all arrived early for our 8:50 am race, and talked strategy. Who would ATTACK first?! Who would COVER attacks by other teams?! Who would BLOCK other riders when our attacks went out?! Who would we LEAD OUT as our sprinters to the finish?! A plan was sorted, and we made our way to the start en masse. We were 10 strong at the start line, proudly showing those DBC colors and eagerly awaiting the shrill sound of the start whistle. Grouped up together at the start line, taking our last deep breaths, we all visualized the ways each of us could contribute to THE TEAM over the 16 laps of the 1.1 mile 8-turn course, which included THE HILL on each lap.

The start whistle sounded, and we were off! WELL, not without incident! Before we even crossed the start line, we had a 'CRASH!' A fella from another team missed his pedal when trying to clip in and went down just to the left of me, and took one guy with him (ugghh)! WOW, a crash before we even started! Hopefully this wasn't in the cards for the rest of the RACE! A little nerve-racking (none of us DBCer's involved), but we were off. First lap fairly mellow, testing out the corners, the climb, and the descent. The next lap went faster, and soon thereafter a guy got anxious and jumped off the front. Within no time, he had about a 10 second solo gap on the pack, but that was not all that long-lived. He CRASHED while in his solo break! DOHHH! He took a corner too close and ended up on the sidewalk, his bottles out of the cages on the course and his bike on the curb. Sadly to say, he was finished for the day (but I think he was OK). A couple laps later, an orange and blue kit went off the front, and when I say off the front, I mean this guy went way out front, and fast! We all asked, is that one of US, or just an imposter in a blue and orange kit? YES, we all agreed, it was DBC, but who was it? Not a large enough guy to be one of our BIG GUYS Chris or Derek or Eric.

Ron? Paul? Once we all agreed that it was a DBCer up front, we mounted a strong BLOCK several riders wide, and a couple deep at the front of the peleton! WOW! Did we ever slow down the pack!! Robin shouted to me to 'MOVE RIGHT'. I did, and that helped to WALL up front to block the peleton by all of us DBCers. Kinda like the 'V' that birds make when flying high in the sky, but instead of aerodynamic advantage, we sat up and just CRUISED. I think we slowed things down to a crawl to about 21-22 mph. Enough to allow our mysterious solo DBCer to get 'OUT OF SIGHT! We knew it was DBC, but still who? With 10 of us in the race, it was difficult to assess.

We knew we were onto something wicked when a few of the racers behind us starting vocalizing after a while of sitting in at a comfy pace. 'Hey, the DBC guys are XXXXXXXX (Editor censorship!) BLOCKING!', 'We need to get around these guys' said one racer. I stood up out of the saddle at that point to stretch the legs, raised my fanny and thought, KMA! YOU BET WE ARE BLOCKING FOR OUR MAN OUT FRONT!

Unfortunately, we let our DBC guy get off the front solo (too bad we didn't have 2-3 guys positioned to join him at that point), and his break was relatively early on in the race. As we spun our way up the hill once again (2-3 laps later), we started to get a glimpse of our DBC racer out front. At almost the crest of the hill, I viewed the mighty calf muscles on the DBC rider, and the blonde hair flowing out the back of his helmet. NO MISTAKE, I now knew then who it was! It was FRED! The guy who RACED the 60+ mile, brutal terrain LEESVILLE ROAD RACE the day before! I thought, 'This guy is an ANIMAL!' Well, we already knew that! As I passed him, I looked over in awe. 'Great riding Fred!' was about all I could muster out of my spit-filled crusty mouth at that point. Despite his unbelievable solo TT effort out front for several laps (and mucho prime prizes! I think he got 3 of the 7 primes during the race), he calmly said 'THANKS!'

As the race progressed, several of us DBC Masters went to the front of the pack attacking to keep the pace high to push the rest of the competition to work hard and chase, so our sprinters would be rested and in fine form to get to the finish and land on the podium. After some time at the front for a couple of laps, and a little

See Grand Prix, page 4...

Grand Prix, from page 3...

recovery, I was feeling good, and chased after a 3-man breakaway. As I went forward, I was inspired by a shout from Eric: "Go get em!"

I caught up to the breakaway, but couldn't do much once I was there and I knew I was starting to run out of steam. With about 5 laps to go, Ron Flores came up on my side and asked 'how do you feel?' I'm not sure how I responded exactly, but I don't think it was all that enthusiastic, something more along the lines of 'OK....', my legs were starting to mount a protest at that point. We had planned to do a break about that time. He powered forward up the climb and got towards the front, as I drifted back a bit, somewhat knackered after being at the front for a while. About the same time, I saw Chris and Eric moving up and they looked strong. I thought, RIGHT ON, our sprinters are moving up and getting ready for the KILL! A little later, out of the corner of my eye I saw the blue and orange once again. I looked up, and there was FRED moving past me very fast. He was going to the front AGAIN! I tried my best to catch him and stay on his wheel. That man MOVES EFFORTLESSLY THROUGH THE PACK! I did catch his wheel this time, but that was about all I could muster, I wasn't going to be able to help lead him out. Last lap, we knew we had to stay up front through the last turns if we were to be in contention of finishing well. Couldn't do it...I dropped back into the swirling blender of riders in the pack. Ron, Paul and Fred were in a great position at the front working together to lead the peleton in first, second, and third wheel. Eric was up near them at that point as well. Surging up the hill one final time, the sprint was on down the descent, and into the final turns. Our top finish was once again by Fred with 11th place. Kudos to FRED and to the TEAM for all of our efforts!

What a great race, and a great course. The course had just about everything in it...many turns (some of them reasonably technical), a climb, a descent. A great crit course, and I can't wait to do it again next year with the DBC Masters TEAM! Although we weren't able to get any of our guys on the podium this time around, we raced hard, worked well as a TEAM, and I think all of us had a BLAST! Not to mention the Anchors and Sierras at the end of the race wrap up provided by Robin! That is what racing on a TEAM is all about! It's the fun, the excitement, and the camaraderie of racing together! I look forward to racing with the DBC Masters TEAM the rest of this year and years to come! What a great group of guys! Thanks for all the FUN! The only downside was that we MISSED Steve Nowicki, as he had to attend to family affairs somewhere in the DEEP SOUTH.



Ron Flores, Paul Robins, Eric O'Brien, Fred Schnaars, Robin Rolles, Jason Eiserich, and Chris Bowlus after the Vacaville Grand Prix.

**Cougar Mountain Criterium, July 11, 2007
Ron Flores**

Well, my field of 45+ 4/5 was only 11 strong, so the race directors asked us to race with the 45+ 1/2/3s as well as one junior who was the sole entrant in his category. We took off en mass to be scored separately. The course was simple and dominated by a long back straight into a headwind blowing about 25-30 mph. There was a little curve for the last third of the straight which made the left side favored. After rounding a long right-hand sweeper, we flew downwind, clicking up into our biggest gears, then dove into a left turn with a bump in the middle and a few hay bales on the outside, and finally a right-hander leading to a small dash to the start/finish line.

To no one's surprise, there was a break almost immediately, with

**Race Team Results
by Amanda Seigle**

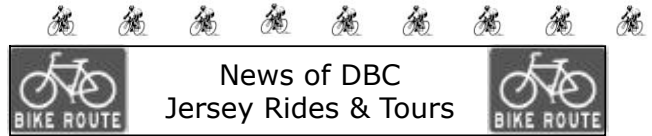
Name	Race	Date	Category	Place
Kevin McSpadden	Specialized/Sierra Nevada Criterium	6/16	mstr 45/55	33
Alexander Freund	NCNCA Junior District Championship Time Trial	6/3	Juniors 13-14	3
Alexander Freund	Gold Nugget Junior Stage Race, Stage 1	6/22	Juniors 13-14	2
Alexander Freund	Gold Nugget Junior Stage Race, Stage 4	6/22	Juniors 13-14	3
Alexander Freund	Gold Nugget Junior Stage Race, Stage 2	6/23	Juniors 13-14	3
Alexander Freund	Gold Nugget Junior Stage Race, Stage 3	6/23	Juniors 13-14	3
Alexander Freund	Gold Nugget Junior Stage Race, overall	08/22 to 08/24	Juniors 13-14	3
Amanda Seigle	Wednesday night track racing	6/20	men's C1	10th
Amanda Seigle	Friday night track racing	6/22	Men's 3/4	pack
Amanda Seigle	Friday night track racing	6/29	Men's 3/4	pack
Andreas Freund	Pescadero Road Race	6/9	Elite 3	16
Andreas Freund	Gold Nugget Junior Stage Race, Stage 1	6/22	Juniors 15-16	2
Andreas Freund	Gold Nugget Junior Stage Race, Stage 2	6/23	Juniors 15-16	1
Andreas Freund	Gold Nugget Junior Stage Race, Stage 3	6/23	Juniors 15-16	1
Andreas Freund	Gold Nugget Junior Stage Race, Stage 4	6/23	Juniors 15-16	1
Andreas Freund	Gold Nugget Junior Stage Race, overall	08/22 to 08/24	Juniors 15-16	1
Blake Anton	Track Racing	6/9	B omnium	7th
Blake Anton	Davis 4th of July	7/4	Elite 3	Pack
Cody Tapley	cats hill classicjr15-18	5/4		22nd
Cody Tapley	berkeley hills rjr 15-16	5/11	jr 15-16	dnf
Cody Tapley	jr crit champ	5/25	jr 15-16	17th
Cody Tapley	DUNLAP TT	6/2	JR 15 16	10TH
Cody Tapley	nevada city	6/16	jr 15-16	6th
Dan Sweet	EMC2/Vellum Cycles Crit	6/2	P/1/2	44th
Dan Sweet	Pescadero RR	6/8	Elite 2	5th
Dan Sweet	Downtown Truckee Crit	6/14	P/1/2	42nd
Dan Sweet	Tour of Nevada City	6/16	P/1/2	27th
Dan Sweet	-Oregon Trail RR	6/21	P/1/2	32nd
Dan Sweet	-Pleasant Valley ITT	6/22	P/1/2	28th
Dan Sweet	-Gold Rush Criterium	6/22	P/1/2	64th
Dan Sweet	-Dooley Mountain RR	6/23	P/1/2	47th
Dan Sweet	Leesville Gap RR	6/29	P/1/2	8th
Dan Sweet	Cal Aggie Crit	1/19	P/1/2	36th
Dan Sweet	Copperopolis RR	4/6	P/1/2	25th
Dan Sweet	Berkeley Hills RR	5/11	P/1/2	33rd
Dan Sweet	Mt. Hamilton RR	5/26	P/1/2	27th
Dan Sweet	Elkhorn Classic Stage Race	6/21		
Dan Sweet	-Overall Classification	6/23	P/1/2	31st
Eduardo Avelar	Napa Dirt Valley Classic	4/22	Sport	30th
Eduardo Avelar	Berkeley Hills Road Race	5/12	4	31st
Eduardo Avelar	Modesto Crit	5/19	4/5	Pack
Eduardo Avelar	Modesto Road Race	5/19	Masters 30+ 4/5	Pack
Eduardo Avelar	Modesto Road Race	5/20	Masters 30+ 4/5	11th
Gregory Gambetta	Cal Aggie Criterium	1/20	3/4	9th
Gregory Gambetta	Cal Aggie Criterium	1/20	P1/2/3	29th
Gregory Gambetta	Cherry Pie Criterium	2/11	3	25th
Gregory Gambetta	Pine Flat Road Race	2/18	3	8th
Gregory Gambetta	Snelling Road Race	2/24	3	23rd
Gregory Gambetta	Mierco Foothills Road Race	3/4	3	4th
Gregory Gambetta	CVC-Belmont Piedra ITT	3/10	3	5th
Gregory Gambetta	Land Park Criterium	3/17	3	Pack
Gregory Gambetta	Bariani Road Race	3/18	3	12th
Gregory Gambetta	Orosi Road Race	3/24	3	3rd
Gregory Gambetta	Wards Ferry Road Race	3/31	3	11th
Gregory Gambetta	Copperopolis	4/7	3	flat
Gregory Gambetta	Sea Otter Circuit Race	4/13	3	crash
Gregory Gambetta	Sea Otter Road Race	4/14	3	6th
Gregory Gambetta	Wente Vineyards Road Race	4/21	3	27th
Gregory Gambetta	Tour of the Gila-Stage 1	5/2	3	22nd
Gregory Gambetta	Tour of the Gila-Stage 2	5/3	3	29th
Gregory Gambetta	Tour of the Gila-Stage 3	5/4	3	19th
Gregory Gambetta	Tour of the Gila-Stage 4	5/5	3	38th
Gregory Gambetta	Tour of the Gila-Stage 5	5/6	3	32nd
Gregory Gambetta	Tour of the Gila- Final GC	5/6	3	23rd
Gregory Gambetta	Mt. Hamilton Road Race	5/27	3	19th
Gregory Gambetta	Dunlap ITT	6/3	3	2nd
Gregory Gambetta	Pescadero Road Race	6/9	3	14th
Jason Eiserich	Dunlap Memorial Time Trial	6/3	Mstr 35+ Cat 4/5	14th
Jason Eiserich	Specialized/Sierra Nevada Criterium	6/16	Mstr 35+ Cat 4/5	Pack
Nils Johnson	Elkhorn: Richland RR	6/22	3	46
Nils Johnson	Elkhorn: Time Trial	6/23	3	53
Nils Johnson	Elkhorn: Gold Rush Crit	6/23	3	31
Nils Johnson	Elkhorn: Dooley Mtn. RR	6/24	3	2
Nils Johnson	Elkhorn: General Classification	6/24	3	22
Parker Childress	Specialized/Sierra Nevada Crit	6/16	4	39
Robin Rolles	Folsom crit	6/16	mstr 35+4/5	43rd
Robin Rolles	Vacaville Gran Prix	7/1	mstr 35+4/5	33rd
Roland Freund	Dunlap Time Trial	6/3	Elite 4	4
Roland Freund	Pescadero Road Race	6/9	Masters 45+	9
Taylor Kuphaldt	Dunlap TT (dist. Champs)	6/3	Juniors 17-18	1

three of the 1/2/3s gapping the rest of us. It took me a lap to realize it, but they also took one of my 4s with them! I went to the front of my group and found the remaining 1/2/3 guy there, trying to organize a rotation. With the wind blowing down the back stretch, no one wanted to work. Finally, I enlisted the aid of my buddy Leon (some of you know him as my crusty ole boss) who would have to do in place of a teammate. So Leon, the 1/2/3 and I started a three-man rotation, pulling the rest of the field, none of whom ventured anywhere near the front. Wimps. Anyway, I got a kick out of hearing my name and hometown called out over the loudspeakers every once in a while, which reverberated clear across the track. Halfway through the race, Leon jumped. He had maybe twenty yards on us at the start/finish line, so I gave it everything I had to break away and join him. We had the whole slobber-snot thing going on, feeling pretty good about ourselves, a nice gap on the field, and that was just about the time we turned back into the wind. No, we're talking tsunami here! I heard dogs and small

See Cougar Mtn, page 8...



Cycle Utah By Jean Jackman



Whoooooee! June 2-8, Alan and I enjoyed Cycle Utah - biking through Zion, Bryce and Cedar Breaks, a 279-mile loop trip with an average of 46 miles per day. It was a winner put on by Adventure Cycling Association. I have never experienced such beautiful scenery in one week – and such variation in landscape and temperature extremes.

Imagine biking up 4500 feet of elevation in 100-degree heat and then 2 days later, biking in a snowstorm with 30-40 mph winds. We camped out in our little half-dome backpacker tent, which stays toasty inside. But outside, it got so cold that Alan's bike froze up and he had to put it in the sun to be able to turn the cranks. This was truly an adventure. We climbed 15,000+ feet in 6 days. On our hardest 61-mile day, we climbed to 10,500 feet, essentially a 39-mile hill. I was really sucking air and sometimes would just get off and walk.

The trip leader was Tom Radley, a charismatic person who has led that same trip 15 times before and is so inspiring that he attracts the same staff each time. The route planning, camping arrangements, food, map meetings, road markings, tips for recreation, humor were all excellent. I hope to sign on for another trip with him. Over half of the 73 riders had already been on his trips. Riders came from 3 countries and all over the US. There was much camaraderie, encouragement, and inspiration.



At the closing ceremonies, I was awarded a hat and the dubious distinction of being the oldest woman cyclist. Alan was one of the three oldest men. This was a supported tour. It was amazing to see our colony of tents in the morning and in one hour; everyone was packed, had eaten breakfast and was on the road. Many inspiringly organized and experienced folks.

We were happy that we spent several days hiking in Zion before the ride. We did a thrilling hike to Angels Landing, a razor back mountain overlook. The path is only 34 inches wide at times with drops of 1000 feet on either side. We also hiked in the middle of the Virgin River at a place called the Narrows where the high canyons get narrower and narrower the farther you go back. These are no ordinary canyons. They are beautiful red, black, pink, white - like layered cakes with boulders and weird shaped rocks, precariously balancing all around

On the drive south, we stopped for an afternoon and evening at Las Vegas..... Well, I don't need to do that again. What an outrageous display of opulence, waste, water use, etc. YUCK! We also did a tour of the Hoover Dam, which was pretty fascinating as you descend 580 feet down and learn about how they had to re-channel the Colorado River while building the dam. Pretty amazing engineering for the 1930's. The old time movies showed real devil-may-care action. Over 100 men died at the site and many others as a result of site problems.

To learn about the organization, get a free copy of their excellent magazine, find out about tours and maps - or shop, go to: <http://www.adv-cycling.org/> or just google adventure cycle. We are satisfied members.

JERSEY RIDES

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.

Date	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

August 2007 Ride Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Solano Bakery Women's Wed. Coffee & Cantelow RACE TEAM MTG	2 Steady Eddy's Winters Dinner Race Ride	3 Early Bird Vacaville Hills	4 RH Phillips Winery Raging Waters Marin/Mt. Tam
5 Mt. Shasta Century	6 Early Bird Zamora & More MEMBERSHIP MTG	7 Mocha Joe Loop Race Ride	8 Solano Bakery Women's Wed.	9 Steady Eddy's Winters Dinner Race Ride	10 Early Bird Vacaville Hills	11 Singles Spin S ⁷ Raging Waters
12 Second Sunday Reverse Ride	13 Early Bird Zamora & More BOARD MTG	14 Mocha Joe Loop Race Ride	15 Solano Bakery Women's Wed. Coffee & Cantelow RIDE SCHEDULE DEADLINE	16 Steady Eddy's Winters Dinner Race Ride	17 Early Bird Vacaville Hills NEWSLETTER DEADLINE	18 Third Saturday Holstein Hundred PBP Warmup
19 Tour of Napa Valley	20 Early Bird Zamora & More	21 Mocha Joe Loop Race Ride	22 Solano Bakery Women's Wed.	23 Steady Eddy's Winters Dinner Race Ride	24 Early Bird Vacaville Hills	25 Lake Solano Loop
26 State Fair Hit & Run	27 Early Bird Zamora & More	28 Mocha Joe Loop Race Ride	29 Solano Bakery Women's Wed.	30 Steady Eddy's Winters Dinner Race Ride	31 Early Bird Vacaville Hills	

General Ride Information:

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

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

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

Ride Start Locations:

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

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

August 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

August 1 and 15, 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
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

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*

August 4, First Saturday, 10:00 am
T2/P3/45 mi

Anne Huber, 530-758-8115 or
ahuber@jsanet.com

Meet at the WOODLAND Nugget parking lot. This is a lovely ride through rolling hills of northern Yolo County ending up at RH Phillips winery for their monthly brunch. The meal varies each month, can generally be found on the RH Phillips website, and will be announced on the DBC listserv. The ride leader may also post it on the DBC listserv. The food plus wine pairing is always delicious. Price has recently risen to \$13 including tax. 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 listserv. 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

August 12, Second Sunday, 7:00 am
T1-5/P3-4/60mi or 100mi

Glenn Mounkes, 530-220-3513 or
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

August 18, 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

Raging Waters*

August 4 & 11, Saturday, 9:00 am
T1/P2/20-30 mi

Sonya Hendren, 530-792-7286 or
ruler_catan@yahoo.com

Meet at the Oak Tree in Central Park, corner of 4th and C St. We'll ride over the Causeway, through West Sacramento, and take the American River Bike Path to Raging Waters waterslide park at the Cal Expo. After spending the day at the park, we'll take the same route back. Option for a couple people (based on bike-rack space) to take Yolobus back to Davis. Bring sunscreen, swimsuit, and money for admission (\$29.99), locker rental (\$7) and food.

Marin Century/Mt. Tam Double*

August 4, Saturday, 5:00 am (Double),
6:00-7:00 am (Century)

T6/P whatever/Up to 200 mi
No ride leader

The Marin Cyclist Bike Club invites you to participate in the ultimate Northern California Classic Marin Century, The Mt Tam Century, the Mt Tam Double and other endurance rides sponsored by The Marin Cyclists. The rides will start and finish at Valencito Middle School, 50 Nova Albion Way in San Rafael, CA. From the rolling hills, to Mt Tam, to the Coast and back, there really is no better way to enjoy this part of No. California than on this well supported, group ride. This is a DBC Jersey Ride. Within 72 hours after finishing a jersey ride, send an email to

Changing Gears

More next page ...

August 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

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.

Mt. Shasta Summit Century*

August 5, Sunday, unknown time

T6/P whatever/Up to 100 mi

No ride leader

Ride starts in Mt. Shasta, CA. There's no ride quite like the Mt. Shasta Summit Century. Challenging climbs. Breathtaking views. Lightly trafficked, rural roads. Held in the stunning alpine environment surrounding 14,162' Mount Shasta, the Mount Shasta Summit Century is an endless parade of breathtaking views – and a challenging set of climbs. See <http://www.shastasummitcentury.com/> for more details. 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.

Holstein Hundred*

August 18, Saturday, 6:30 am

T3-4/P whatever/up to 100 mi

No ride leader

Ride starts in Tomales, CA. A benefit ride for the wonderful work of West Marin Senior Services. Purely rural route, winding through stunning scenery of West Marin and Southern Sonoma Counties. Homemade, delicious lunch and goodies throughout the day. Note: This ride is one of your humble Ride Calendar Coordinator's favorites. See <http://www.wmss.org/holstein/Default.aspx> for details. 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.

www.wmss.org/holstein/Default.aspx for details. 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.

Warmup Ride for PBP*

August 18, Saturday, 9:30 am

T3/P4/40-60 mi

Craig Robertson, Craig.Robertson@idt.com

Yes, DBC'ers, this one is for real. It just goes to show you the effort that the Club puts into giving you a varied Ride Calendar each month - truly, something for everyone. Meet outside the Hotel Gril Campanile. We will ride out the PBP route to Gambais before returning to the start. Others will turn around before or after. On the way back, we'll stop for lunch somewhere along the way.

Tour of Napa Valley*

August 19, Sunday, 8:00 am

T3-5/P whatever/Up to 100 mi

No ride leader

A lovely set of rides through some of the most beautiful (and most expensive) country in the US of A. Choose from rides from 30-100 miles. Meet at the Yountville Veterans Home. See <http://www.eaglecyclingclub.org/tour.htm> for more information. 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.

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

August 25, 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.

State Fair Hit & Run*

August 26, Sunday, 8:30 am

T1-3/P3/48 mi

John Whitehead, 530-758-8115 or

jcw@dcn.org

Meet at Veterans Memorial Center. Experience valet parking at the State Fair, courtesy of the Sacramento Area Bicycle Advocates. We will visit the art exhibit etc., then escape before it's hot and crowded. Bring \$10 for fair admission, and money for lunch at Panera Bread.



Cougar Mtn, from page 4...

children had to be nailed down just so they wouldn't blow away. That's what I heard, anyway. Well, Leon and I shrugged and twisted our grimaces into grins, and were soon thereafter swallowed up by the pack.

Things stayed like that until the last lap, with four away, Leon, the 1/2/3 guy and I rotating up front of the pack. I knew the sprint would start somewhere on the last windward straight, and sure enough, three guys launched on the favored side while I was stuck out on the right. After the race, Leon told me that at that point he jumped on my wheel, realized he wasn't going to factor into the finish, picked out one of the lazy bastards who wouldn't pull through during the race, and pretty much rode him into the barriers. No crashes, but it created a nice gap so that there weren't too many guys chasing me from behind.

At that point we were flying downwind on the front straight with that tight corner coming up quick, fighting common sense which was screaming, "Hit the brakes, you idiot!" Four of us shot wide, then dove inside. Me and one other guy hit the bump and were launched into the hay bales! Well, almost. We came so close that straw flew free. But it put us out front, and after a hard fought last dash, that was how we finished: I got second in the field sprint, third overall. Leon got sixth. They had a real climb-the-steps podium and medal presentation afterward—announcer on the PA included—which was pretty cool.

READ THIS!

Lassen Park Tour 2007

By Dave Joshel

A two day tour of Cascade Region of Northern California ending with a climb to the summit of the road on Mt Lassen at 8500 feet and a 17 mile descent. Club will provide sag, sag food and several meals. 143 miles total, approximately 9500 feet of climbing. Sept 14-16 --- for more details contact: Dave Joshel, davidjoshel@hotmail.com

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

March Madness Adult Helmets Have Found a Home at BORP! By Karen L. Baker

As many of you March Madness mavens know, a few cartons of large-size helmets have been languishing in Steve "Editor Extraordinaire" Macaulay's barn for many moons. Too big to fit the elementary school children who participate in the MM program, these helmets were simply gathering dust.

The DBC needed to find a home for the helmets and BORP (Bay Outreach and Recreation Program) needed some new large helmets for its cycling program. For those of you unfamiliar with BORP, here are a few facts: 175 disabled riders are served by BORP, assisted by 145 volunteers. Specially designed bikes, including hand cycles, tandems, and trikes are available to disabled riders. There is an amazing array of different designs for different needs. BORP holds rides for beginner through advanced cyclists all over the Bay area in addition to a weekly Saturday ride out of the "Bike House" in Berkeley from early spring until the winter rains. It also sponsors all sorts of other athletic programs including wheelchair basketball, power soccer, and quad rugby.

Here's how BORP makes a difference: (quoted from BORP's latest newsletter): "In the last decade, virtually every single high school athlete in the BORP youth program has graduated from high school and the vast majority are pursuing higher education, working or both. (Federal statistics show that 28% of high school students with disabilities drop out before graduation)."



Oscar and his new helmet.
Photo credit: (C) Scot Goodman

I think the March Madness helmets have found a good home. Thanks to all the MM riders and sponsors who made this donation to BORP possible and thanks to Steve for storing the helmets for the DBC! And a special thank you to Don Ellis who miraculously fit every dusty helmet into his car and delivered them to BORP just in time for the 2007 "Revolution" kick off party.

(To get a good look at all the different kinds of bikes and cyclists: check out this movie from last year's big fundraising ride, "The Revolution": <http://homepage.mac.com/dandominy/BORP/iMovieTheater85.html>)

(Editor's note: Thanks also to Gerry Peterson and many others for their tireless volunteering for our helmet program!)

Photos from the Fourth of July Criterium



**Treasurer's Report –
Mid-2007
By Stu Bresnick**



This photo says it all -- we have been hard at work using all means at our disposal to keep the DBC Treasury as full as possible. It has paid off. As you can see from the 6-month summary, the financial state of the Club is very sound and our actual income and expenses for the year so far have met or exceeded our budgeted projections.

As usual, the big money-maker has been the DC, which has will clear about \$22,000, after all expenses are included. The Criterium expenses and income will not be complete until the end of July. If you have any questions please contact me at: hfhstu@omsoft.com.

DBC Financial report Through 7/6/07		
Category	Actual to 7/6/07	2007 Budget
INCOME		
Criterium Income	\$7,260	\$14,000
DBC Clothing Income	\$180	\$0
DC Income	\$64,768	\$62,000
DunlapTime Trial Income	\$4,190	\$4,500
Ed Martin Donations	\$214	\$0
Foxy's Income	\$517	\$55,000
Interest Income	\$2,440	\$5,000
March Madness Inc	\$11,009	\$8,000
Membership Income	\$8,900	\$9,000
Race Team - Jr. Income	\$8,093	\$7,435
Race Team Income	\$17,449	\$20,500
Touring Escrow In	\$13,855	\$25,000
Ultra Income	\$24,411	\$13,000
TOTAL INCOME	\$163,285	\$223,435
EXPENSES		
Acct'g, Legal & Prof Fees	\$300	\$0
Administration	\$1,821	\$5,000
Advocacy	\$2,500	\$3,000
Criterium Expense	\$11,903	\$12,000
DC	\$39,321	\$45,000
Dues and Subscriptions	\$0	\$200
Dunlap TT	\$2,165	\$4,500
Foxy's	\$434	\$36,000
Insurance, Liability	\$1,000	\$2,000
March Madness	\$9,468	\$8,000
Membership	\$0	\$300
Newsletter	\$5,701	\$10,500
Philanthropy	\$1,500	\$5,000
Race Team - Jr. Expense	\$12,365	\$17,435
Race Team Expense	\$19,600	\$35,500
Tax Preparation	\$350	\$500
Tax, Business	(\$3)	\$0
Touring & Jersey Rides	\$371	\$5,500
Touring Escrow Out	\$4,562	\$25,000
Ultra	\$15,082	\$13,000
TOTAL EXPENSES	\$128,442	\$228,435
NET INCOME	\$34,843	(\$5,000)



**Walk-Bike Conference at UC Davis
September 11-14**

Hundreds of visitors will converge on Freeborn Hall during the second week of September for a combined event - a development seminar for bicycle and pedestrian professionals and a conference for all those interested in the growth and development of bicycling and walking modes of transportation in California. Davis and Northern California are at the cutting edge, and yet here as elsewhere, significant physical, cultural, and legal barriers remain. Whether your interest is engineering, planning, public health, research, livable communities, safety, legislation or transportation reform, this event is the place to share professional work, network with colleagues, and meet those who are funding and creating an exciting movement that is changing the way Californians and Americans live and travel.

Sponsors: Association of Bicycle and Pedestrian Professionals & California Bicycle Coalition, in association with California Walks. The Davis Bike Club has contributed financially, and expects to receive a small number of free passes to attend this event.

Where: UC Davis, Memorial Union, Freeborn Hall.
When: Tuesday, Sept. 11 (kickoff event only) through Friday, Sept. 14, 2007. Post-conference mobile tours on Saturday, Sept. 15.

- Highlights:
- o Courses on facility design, planning, education, public outreach, and accessibility in the U.S. and other countries
 - o Plenary sessions featuring nationally known speakers
 - o Panel sessions on bicycle facilities, pedestrian facilities, education and outreach, health, and politics, advocacy and culture
 - o 3 minute success stories
 - o Mobile workshops - both bicycle and walking tours throughout the week
 - o Networking opportunities
 - o Bicycle film festival at the Varsity, Tuesday through Friday evenings*
 - o A panel discussion with the Davis Bicycle System Pioneers*
 - o A Wednesday Farmer's Market party featuring community recognition of the Davis Bicycle System Pioneers*
 - o An Antique Bicycles Exhibit*

*open to the public, without conference registration

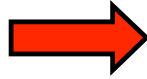
More Information and Registration: <http://www.walkbikecalifornia.org/index-new.htm>

Conference attendees have the option of staying an extra day for local bicycling and walking tours, which DBC is helping to host. See the Mobile Tours link on the website. On Saturday September 15, John Whitehead and Tim Bustos will lead a ride from Davis to Sacramento, to connect with a guided tour of the American River Bikeway, also being organized for conference participants. The ride is open to DBC members and will be listed in the September ride calendar.

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

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

Name _____ Age _____ Signature _____ Racer? 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

Changing Gears

DBC Member Classifieds & Announcements

👏👏👏👏👏 **THANK YOU** 👏👏👏👏👏

July Ride Leaders

Jack Kenward • **Barry Bolden** • Gerry Peterson
 PHIL COLEMAN • Marilyn Dewey • Larry Burdick
Alan Rowland • Anne Huber • David Joshel
 Paul Grant • Glenn Mounkes • *John Whitehead*
Steve & Terry Macaulay • Jim Sharp • Scott Allenbaugh

Don't forget the Changing Gears web photo supplement:

http://www.pbase.com/g2_steve/aug_2007_dbc

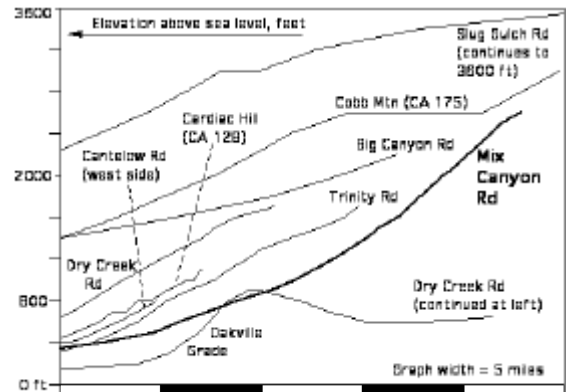
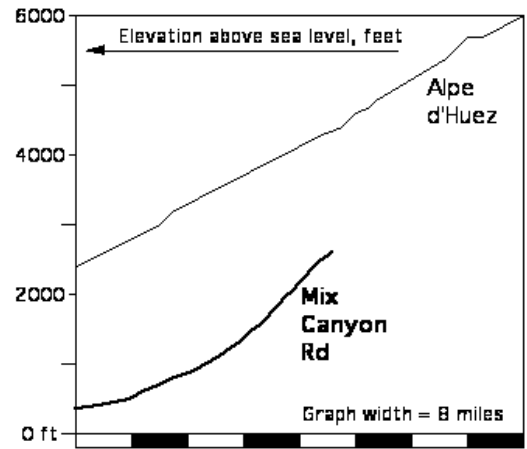


Our monthly ride schedule is available on the DBC web site (www.davisbikeclub.org). It is a PDF file (you'll need the free Adobe Acrobat Reader). File size is about 200k, downloadable even if you have a dialup connection.



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.



No Match for Mix? by John Whitehead (from USGS maps)

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

Davis Bike Club
Membership Card



FIRST CLASS

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



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