

Changing Gears

Newsletter of the *Davis Bike Club*

September 2007

Quick Releases

Membership Meeting

Monday, September 10, 7:00 PM
 Davis Public Library
 Blanchard Room
 315 East 14th Street
(Please park bikes outside)
 Refreshments & Door Prizes!

Directors Meeting

Tuesday, September 11, 7:00 PM
 President Dan Shadoan's house
 All Members Welcome

Race Team Meeting

Wednesday, September 5
 Davis Library, Blanchard Room
 6:30 pm Race Team Board
 7:30 pm Race Team

NEXT Newsletter

Submission Deadline

Monday, September 17, 7:00 pm
(earlier submittals may get priority)

Please email submissions to:
 dbcnewsletter@gmail.com

Ride Schedule Submittals

Saturday, September 15
 dbcridecal@gmail.com

Welcome New Members !

Karl Wurzbach

Piper Gianola

Janus Pfeiff

Daniel Ziegler

Bruce Wolk

Breaking News!

(DBC jerseys)

New Davis Bike Club jerseys are promised to be delivered just in time for the membership meeting, September 10! Designed by Bill Roe, the new jerseys feature a silver, white, red, and black design. Club and race team jerseys will match for 2008-2010, with race team jerseys having sponsor logos. Club jerseys have no sponsor logos.

New for club jerseys is the availability of men's club and women's cuts, in the size range from small to XX large. There will also be a choice of full length or hidden zippers. At this meeting, the jerseys will be priced at cost, the exact amount to be announced later. Be there to get the best fit, best choice, and best price.

September Membership Meeting by Diane Richter

The September 2007 meeting of the Davis Bike Club will be on the SECOND Monday of the month, on the 10th, due to the holiday on the first Monday. It will be in the Blanchard Room of the Yolo Co. Library, at 7:00.



It seems like recently we've had more than our share of accidents on the road, and there have been discussions on the DBC list regarding the best way to care for road rash, etc. To further our education in this area, our speaker will be Dr. Jack Berger, who, you may remember, weighed in on the road-rash discussion as one who is the first to see many of the accident victims when they come to the emergency room. He will be suggesting some small items we can carry on our bikes in case of an accident, as well as the current guidelines for CPR, care of head/neck injuries, and he even promises to bring some "show and tell" items. He didn't say what they would be, but you have to admit, it's intriguing. So come to the meeting to see, and to hear this informative talk. Bring your questions. Come early for cookies and coffee.

Davis Bicycle Auction October 6

By David Takemoto-Weerts
 UC Davis Bicycle Program
 Coordinator

The public is invited to attend the biannual University of California, Davis Bicycle Auction on Saturday, October 6, 2007. Over 400 bicycles will be available for sale to the highest bidder. The bicycles may be viewed from 8 - 9 a.m. with bidding getting underway at 9 a.m. and lasting until all items are sold.

The auction takes place in the new West Entry Parking Structure at the intersection of Hutchison Drive and Dairy Road. Take Interstate 80 towards Davis, exit Hwy. 113 North, exit Hutchison Drive UC Davis. Follow "Bike Auction" signs to parking structure. Bicycles of many sizes, types and conditions are available for sale. Most are "fixer-uppers". Purchases may be made with cash or check. For further information, call the UC Davis Transportation & Parking Services Bicycle Program Coordinator at (530) 752-BIKE (752-2453) or visit <http://www.taps.ucdavis.edu/bicycle/general/auction.html>.

In this issue...

Walk-Bike Conference, San Juan Tour photos	2
Race Team News 2007 Foxy Fall Century	3
Race Team Results Next Davis Bike Plan	4
The Tour Turn, Jersey Rides & Tours	5
Ride calendar / descriptions	6-8
Preserve your chain, etc. Tips for happy riding	9
Tips, cont'd. More on 2007 Foxy's (Oct 20 !)	10
DBC membership application	11
Web photo supplement, ride leader thanks, bike quotes	12

Davis Bike Club Officers & Board Members

President

Dan Shadoan, 756-9266
djshadoan@ucdavis.edu

Vice President

Diane Richter, 707-678-9515
bdrichter55@gmail.com

Treasurer

Stu Bresnick
hfhstu@omsoft.com

Recording Secretary

Karen Baker
karenleighbaker@comcast.net

Corresponding Secretary

Jackie Boettner
misty_fjord@msn.com

Tour Director

Bruce Dewey, 753-9188
bdewey@dewspring.com

Ride Calendar Coordinator

John Seabury, 758-3878
dbcridecal@gmail.com

Quartermaster

David Joshel, 756-7409
davidjoshel@hotmail.com

Race Team Director

John Steggall, 759-9665
steggall@dcn.org

Membership Director

Bruce Winder
dbcmembership@gmail.com

Safety Director

Phil Coleman, 756-4885
pkcoleman@comcast.net

Public Relations

John Whitehead, 758-8115
jcw@dcn.davis.ca.us

Philanthropy

Steve Kahn
patsteve@pacbell.net

Director-at-Large, Double Century

Robin Neuman
roknrobin2@aol.com

Director-at-Large, Foxy's Fall Century

John Hess
johnfhess@comcast.net

Director-at-Large, Ultra Cycling Events

Jim Sharp, 795-1937
jwsharp@ucdavis.edu

Newsletter Editor

Steve Macaulay, 753-3048
dbcnewsletter@gmail.com

Walk-Bike Conference Has Arrived

As Changing Gears goes to press, final preparations are being made for the Walk-Bike Conference, to be held in Davis on September 11-15. As a sponsor of this event, DBC welcomes conference attendees to our bicycling mecca. Club members wishing to volunteer at the conference should contact Nancy Mathison at nmathison@lgc.org, or 916-448-1198 x330. Assistance is needed at the registration table and for valet bicycle parking at multiple locations in Davis. In addition, anyone who can consider being on-call Friday morning or part of Saturday, in case SAG support is needed for one of the local tours, contact Jim Antone at jantone@ysaqmd.org, or 530-757-3653.

Visit www.walkbikecalifornia.org for conference details.

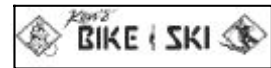


On Orcas Island. Barry (back), Jennifer and Bruce.



Tandems riding on the Lochside Trail on Vancouver Island

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



Standing on the lookout tower atop Mt. Constitution: Barry, Jennifer, Chris, Alan and Scott.

Photos from Scott Alumbaugh, San Juan Islands tour (article on page 5).

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 TEAM NEWS

In-Flight Time-Trial Thoughts from the Esparto TT By Chris Bowlus

Ten seconds.....Five..four..three..two..one..GO! Push, push. Go. Go. Head down, peddle (pedal?), pedal. Wow, I'm catching those guys up there pretty fast. Hope I'm not going to burn out.

OK, over the overpass. No odometer on this nice Fuji Aloha CF-1 loaner from (place your ad here) Precision Bikes in Vacaville. Let's see, it's an 18 mile course, Robin Rolles said it's about 2 miles to the finish from here on the way back. So, 18 minus 2 is....wait...the course isn't a simple out and back.

Forget the math, just keep pushing. Finally, there's a sign. 10 miles to go! Keep pushing. Pass a few guys. Catch the guy that started right in front of me on the flats. Turn around. He catches me on the hills. WHO PUTS HILLS ON A TT COURSE!?

Catch my breath at the top of the hill, take a drink, power down the hill and pass the guy back. Three miles to go. Let it all out. No one in front of you - don't let up--you're racing the clock. WHAT THE HELL?! Who is that guy passing me?! Number 191? Let's see, I'm 188. 191 minus 188 is 3. 3 times 30 is 90 seconds. This guy started 1:30 behind me and is passing me?!? Crap, if I can still do math I'm not pushing hard enough. Don't let that guy get any more of a gap.

Finish! 44:44.4 Good enough for 5th in the 35+ 4/5. Less than 20 second out from 2nd - if only I had a disc wheel, aero helmet, skin suit, shoe covers and shaved arms!

2007 Foxy Fall Century Coming October 20! by John Hess

The Club-sponsored century, named in honor of Ed (Foxy Grandpa) Delano, is coming up on Saturday, October 20, 2007. You can sign up on line right here:

http://www.active.com/event_detail.cfm?event_id=1463329

If you're not interested in riding any of the course, there's plenty of volunteer work available to ensure the event goes off smoothly. Help at a rest stop, be a corner marshal, drive sag along the course, help at the start/finish line, there are plenty of opportunities to help. Contact me at johnfhess@comcast.net and we'll work out something to fit your interests and time schedule.



Timpani Criterium Race Report Jason Eiserich

A Masters 35+ 4/5 category was not offered at this race, so Robin Rolles, Steve Nowicki and I signed up for the Elite 4 race. Aggie Cyclists Bill Vanderbilt and Ben Fineman entered this race as well. A full field of 100 pre-registered for the race, but we only started with 93. At least for me, that was a BIG field! Especially given the course.

I drove down with Steve in the early AM. Robin joined us in Santa Clara with Lee and his daughter. We arrived early enough to actually WALK the course together with Tim 'Shirpa' from Wheelworks who was also in the race. At the first turn, we all said, "Wow! Look at that tree branch and bushes coming out into the course! Stay away from that!" The second corner looked pretty smooth, and a long straight followed after that...what is all that SAND doing on the course? Is that a 'bunker'? The third turn was very narrow, but the fourth corner seemed OK and led onto a straightaway onto the finish down a wide street...except for the big gravel trucks parked on each side of the road!!!!

After everybody got to the start line I realized how mixed the field was; heaps of Masters and Elites all in one race. I think the age range must have been from 16-50+.

The start of the second lap began the excitement! The first corner's tree and bushes took out several racers in a big pile-up. Steve and I were in the clear, but Robin got caught up behind the crash and had to do double-time effort to catch up with the lead group. On the next lap we saw a few racers walking back towards the start lines with bikes over their shoulders.

This course is NOT meant for fields of 100, especially in a CAT 4 race. Each time around the course riders were forced out of the confines of the course, but luckily the course was only marked by orange cones and not concrete curbs!! I saw lots of cones going down and flying into the air. I myself was forced off the course on two occasions and also managed to avoid lots of water bottles being dropped on the course as well, but I'm not sure why? It was a pretty crazy race....

Round and round the course we went for 45 minutes. The excitement really got going when the lap cards showed 3 laps to go. The 80+ riders left in the race at that time all felt the need to get to the FRONT, us DBC Masters included, sort of. Robin made a break towards the front on the outside, I moved up as well, and I think Steve did the same. It got pretty crazy in the last couple of laps, so we three DBC Masters just kind of figured we would sit up and not worry about our placing, but just finishing right-side-up....and we did. We all finished the race in the pack....but that was just fine for us! I think all three of us finished in the 30-40th spot.

The moral of the story.....ummmm....well, I don't think I'll be doing an Elite 4 race with 100 participants again. We all agreed that it was the sketchiest race we had ever done.

**Writing Davis's Next Bike Plan
By Russell Reagan**

Several civic-minded bicyclists in Davis have been busy helping to decide and devise the next improvements in our bike network. In order to receive funding for many bike-related projects, cities are required to draft a Bike Plan. The Bike Plan includes various programs to be run by the City related to bicycling, not just capital projects.

Most of Davis's off-street bike network, including underpasses and greenbelt paths, were envisioned around 20 years ago. The Davis Bike Plan of 1991 laid the groundwork for much of what has been built since then. The 2001 Bike Plan contained general guidelines for bike improvements, but no ambitious infrastructure plans. Consequently, few bike projects have been built recently.

Now renewed interest has brought about a new push for needed improvements and programs. The Bicycle Advisory Commission (BAC) launched efforts to draft a new Bike Plan late last year. Ken Celli, a daily bike commuter to Sacramento, was motivated to act due to hazards he faces riding between south Davis and the Causeway. He advocated for the construction of a connector ramp between the Pelz bike bridge over I-80 and the little-used Route 40 bike path along I-80 between Olive Drive and Road 105. If the project is included in the Bike Plan, it can become eligible for funding.

Eight months later, and efforts to draft the Plan stalled. The city still had not replaced Tim Bustos, the Bicycle and Pedestrian Coordinator who left the City last fall. Tim's replacement was expected to be on board to bring the Plan to fruition. Ken realized that at the rate things were going, key funding deadlines would be missed. At the July BAC meeting, an idea was hatched to jump-start the process. Members of the public, organized by the five-month-old Davis Bicycles! advocacy group, would write the Bike Plan. Davis Bicycles!, unlike the BAC, would be unfettered by regulations requiring advance notification of meetings and other red tape that threatened to drag the process out.

The July 23 meeting of Davis Bicycles! was a lively affair, with Ken Celli as our motivational speaker urging all of us to select and write a section of the Bike Plan that we were enthused about. We got our tailwind, and we now have a 63-page draft document, about to be reviewed by the BAC at the time of this writing. Thanks to everyone who helped. We are still working on adding to, and revising the document. You can learn more at <http://davisbicycles.org/bikeplan.html>

**Race Team Results
by Amanda Seigle**

Name	Race	Date	Category	Place
(July 2007 results)				
Adem Smith	Davis 4th of July Crit	7/4	elite 3	pack
Alexander Freund	USA Cycling Road Nationals - Time Trial	7/13	Juniors 13-14	21
Amanda Seigle	4th of July crit	7/4	w 1/2/3	19
Andreas Freund	USA Cycling Road Nationals - Time Trial	7/13	Juniors 15-16	35
Andreas Freund	USA Cycling Road Nationals - Road Race	7/14	Juniors 15-16	20
Cody Tapley	vacaville GP	7/1	elite 4	dnf
Cody Tapley	4th july crit	7/3	elite 4	dnf
Cody Tapley	4th july crit	7/3	15-16	8th
Judd Van Sickle	EMC 2/ Vellum Criterium	6/3	P/1/2	12
Judd Van Sickle	Tour de Nez Truckee	6/15	P/1/2	DNF
Judd Van Sickle	Tour de Nez-Reno	6/16	Mas 30+	DNF
Judd Van Sickle	Tour de Nez-Reno	6/16	P/1/2	DNF
Judd Van Sickle	Pacific State Bank Grand Prix	6/23	P/1/2	pack
Judd Van Sickle	Vacaville Gran Prix	7/1	P/1/2	DNF
Judd Van Sickle	Davis 4th of July Crit	7/4	P/1/2	22
Judd Van Sickle	Carrera de San Rafael	7/7	P/1/2	DNF/Retired
Niils Johnson	4th of July Crit	7/4	elite 3	5
Niils Johnson	Cascade Classic ITT	7/13	elite 3	37
Niils Johnson	Cascade Classic Crit	7/13	elite 3	9
Niils Johnson	Cascade Classic Road Race	7/14	elite 3	8
Niils Johnson	Cascade Classic Circuit Race	7/15	elite 3	11
Niils Johnson	Cascade Classic GC	7/15	elite 3	14
Paul Robins	Vacaville Gran Prix	7/1	masters 4/5	31
Paul Robins	Davis July 4 Crit	7/4	elite 5	13
Roland Freund	NCNCA Masters Road Race Championships	7/28	Masters 50-54	14
Stephen Dey	Vacaville Gran Prix (Criterium)	7/1	P/1/2	22
Stephen Dey	Carrera De San Rafael (Criterium)	7/7	P/1/2	20
Stephen Dey	USA Cycling National Festival Pres by Cal Giant (Road Race)	7/12	P/1/2	27
Stephen Dey	USA Cycling National Festival Pres by Cal Giant (Individual Time Trial)	7/13	P/1/2	25
Stephen Dey	The International Tour de 'Toona (Team Time Trial)	7/23	P/1/2	92
Stephen Dey	The International Tour de 'Toona (Road Race)	7/24	P/1/2	174
Stephen Dey	The International Tour de 'Toona (Road Race)	7/25	P/1/2	121
Stephen Dey	The International Tour de 'Toona (Road Race)	7/26	P/1/2	DNS
Stephen Dey	The International Tour de 'Toona - Points Race (Road Race)	7/27	P/1/2	6
Stephen Dey	The International Tour de 'Toona - Points Race (Road Race)	7/28	P/1/2	17
Stephen Dey	The International Tour de 'Toona - Points Race (Criterium)	7/29	P/1/2	15
August 2007 results)				
Cody Tapley	patterson pass	8/10	15/16	3rd
Amanda Seigle	Elite Track Nationals Qualifiers	8/11		
Amanda Seigle	500m TT	8/11	women	8th
Amanda Seigle	Keirin	8/11	women	5th
Amanda Seigle	Points Race	8/11	women	4th
Amanda Seigle	Team sprint	8/11	women	3rd
Amanda Seigle	Match Sprints	8/12	women	2nd



Our Friday Harbor digs does not allow bikes in the rooms. So we all locked up in a small courtyard in front. (Scott Alumbaugh, San Juan Islands tour)

The Tour Turn

San Juan Islands and Vancouver Island Tour

By Jennifer Epp and Chris Lupo



On Saturday August 4, our tour group met in Anacortes WA. It was a “hub” style tour with the group doing day rides from a centralized location, allowing flexibility for individuals to ride as much or as little as they liked. We didn’t use a Sag vehicle, but walked from each of the ferry stops to our hotels with our bikes and luggage. There were 14 riders and two non-riders. We had four couples on tandems and the remainder on single bikes (a.k.a. half bikes). We left our cars at the hotel for the week and rode to the ferry station. The ferry took us to Friday Harbor on San Juan Island where we would stay for three nights.

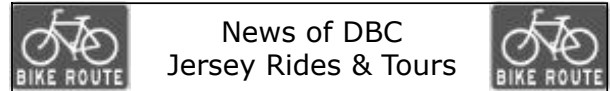
The first day, part of our group circumnavigated the island, while the rest explored the southern tip. Highlights included a camel sighting (didn’t know those were native), wine tasting (it was happy hour somewhere), jelly fish sighting, a lavender farm (the ice cream smelled better than it tasted), alpacas, and some historical sites. The island has rolling hills and beautiful scenery. The Inn had nice patio areas where the group could relax in the evening, enjoy snacks and beverages, and make plans for the next day.

The second day, most folks took the ferry to Shaw Island and then Lopez Island for riding, and others went sea kayaking. The riding group enjoyed salmon-mango tacos and quiet roads on the sparsely populated Shaw Island (only four miles across) and the beautiful sights on Lopez Island. The kayakers were treated to a whale free excursion that included bald eagles, seals and jelly fish. Rumor has it that the DBC tour here the past few years has yet to see an Orca besides all the signs and photos around the islands.

The third day the group again split into riders and kayakers. The riders went to Orcas Island, which has Mt. Constitution, the highest point on the San Juan Islands. Three single bike riders and one tandem rode all the way to the top, which was shrouded in mist, and quite chilly at 2409’. The rest of the riders enjoyed the scenic back roads and quaint beach towns on the island. We found some of the best food of the trip at a small place named The Kitchen which was recommended to us by the county health inspector that we met on the ferry (that’s always a good recommendation)!

Day four was our last day in the U.S., and some of us enjoyed a short ride to the southern portion of the island that had great views of the other islands. Later that afternoon, all of us boarded the ferry to Sidney on Vancouver Island in Canada. We enjoyed dinner and walking around the town before retiring for the evening.

The next day a large group of us rode the bike path from Sidney to Victoria, which was about 25 km. We were surprised to find that some of the path was not paved, but all the bikes managed it without any problems. We stumbled across a little café adjacent to the bike path that had amazing cinnamon buns and coffee. The quote of the day from Scott was “I’ve never been on a ride where I burned so few calories.” Good thing he resisted the large cinnamon rolls! Then we explored downtown Victoria. The three



tandem couples were able to store our bikes securely at a local bike shop that provides the service for a few dollars. Some of the group enjoyed high tea, while the rest enjoyed a brew-pub with some delicious local beers. We did some window shopping and checked out an open air market. That evening back in Sidney, everyone walked around the local farmer’s market that occurred adjacent to our hotel.

Some of us enjoyed the ride (or was it the cinnamon rolls) to Victoria so much that we did it again the next day, with additional miles on the northern part of the peninsula before a loop through Victoria and a beachfront route back to Sidney. It’s amazing to be able to circumnavigate an entire peninsula in one day. Highlights included a bald eagle sighting and some quiet, wooded, beautiful roads with magnificent ocean vistas. We even stopped to snack on some wild blackberries that were growing like weeds all over the island. On the way back up the bike path, we stopped to admire some very large pigs and colorful chickens. This would be our largest mile day at 60 miles. Another part of our group enjoyed the highlands area that was hilly and forested and discovered a great pottery workshop. All the islands had self serve stands in quiet places selling things including cut lavender, berries and other flowers. After the hilly San Juan Islands, the group enjoyed the less hill Vancouver Island.

On our final day on the island, the two of us rode by ourselves to Butchart Gardens. We spent almost three hours walking amongst the perfectly manicured lawns and flower beds. We’ve never seen so many types of flowers in bloom. We both enjoyed the “monkey puzzle tree” and agree that more plants should be named after monkeys! We left Sidney by ferry that evening (Lisa spotted an otter and Kazu learned how to play “go fish”) and returned to

See Tour, page 8...

JERSEY RIDES

Date	Ride
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 stating their name, address, name of jersey ride, mileage ridden and amount paid for registration.

September 2007 Ride Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Early Bird Zamora & More	4 Mocha Joe Loop Race Ride SF/Wine Country Tour Sept 4-8	5 Solano Bakery Women's Wed. Coffee & Cantelow RACE TEAM MTG	6 Steady Eddy's Winters Dinner Race Ride	7 Early Bird Vacaville Hills	1 RH Phillips Winery Coffee & Roll 8 Singles Spin ^{S7} Coffee & Roll
9 Second Sunday Reverse Ride	10 Early Bird Zamora & More MEMBERSHIP MTG	11 Mocha Joe Loop Race Ride BOARD MTG	12 Solano Bakery Women's Wed.	13 Steady Eddy's Winters Dinner Race Ride	14 Early Bird Vacaville Hills Lassen Tour Sept 14-16	15 RIDE SCHEDULE DEADLINE Third Saturday Leisurely Delta Auburn Century Walk-Bike Tour Coffee & Roll
16	17 Early Bird Zamora & More NEWSLETTER DEADLINE	18 Mocha Joe Loop Race Ride	19 Solano Bakery Women's Wed. Coffee & Cantelow	20 Steady Eddy's Winters Dinner Race Ride	21 Early Bird Vacaville Hills	22 Coffee & Roll Tandem Toot Lake Solano Loop
23	24 Early Bird Zamora & More	25 Mocha Joe Loop Race Ride	26 Solano Bakery Women's Wed.	27 Steady Eddy's Winters Dinner Race Ride	28 Early Bird Vacaville Hills	29 Coffee & Roll Knoxville Double
30 Fifth Sunday Ride Foxy Mark the Course						

General Ride Information:

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

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

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

Ride Start Locations:

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

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

September 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

September 5 and 19, 1st & 3rd Wed, 9:00 am

T5/P4/60 mi

Bob Brouhard, 758-5646 or

bobbrouhard@sbcglobal.net

9 AM leave for Solano Bakery and after pastry continue west over Cantelow; returning to Davis via Pleasants Valley and Putah Creek Roads thru Winters. (Note: at press time, unknown who will lead this ride in view of Bob's injuries. JS)

Women's Wednesdays*

Wednesdays, 9:00 am

T1/P3-4/20-30 mi

Marilyn Dewey, 753-9188, or

deweyms@hotmail.com

Meet in front of Wheelworks, 3rd and F Streets, for an easy 1 to 2 hour ride to improve skills and fitness in a low-key, fun environment.

Winters Dinner Ride*

Thursdays, 6:00 pm

T1/P3/30 mi

Paul Grant, 756-3610 or

pwgrant@mac.com

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*

September 1, First Saturday, 10:00 am

T2/P3/45 mi

Julie Sly, 916-201-2790 or

juliesly@aol.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!!

Saturday Coffee and a Roll

Saturdays, 7:00 am

T1/P4-5/30 mi

Scott Alumbaugh, or

sea@seadogdesigns.com

A Saturday morning quick out and back to Steady Eddy's in Winters, ending at Davis Farmer's Market. Start at Lyndell Terrace Starbucks. Ride Leader may have occasional absences, so if he hasn't shown up by 7:15, the ride proceeds.

Second Sunday Ride*

September 9, Second Sunday, 7:00 am

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

Glenn Mounkes, 220-3513 or

glenmonk@yahoo.com

Meet at Davis Amtrak station, 840 2nd Street. Ticket costs \$12.00. Take 7:55 am train to Fairfield and ride your own pace back to Davis via Hwys 121, 128 and Cardiac hill. Regroup at Wooden Valley and Berryessa Dam. Optional food stop in Winters. Rain in Davis or Fairfield cancels, check the listserv for announcement.

3rd Saturday

September 15, Third Saturday, 9:00 am

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

Ride leader TBA

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. Special for September: a mystery celebrity ride leader!

Non-Recurring Rides

Seasonally Sporadic Second Saturday Single Speed Spin (in September!)

September 8, Saturday, 9:00 am

T1/P3/30-50 mi

John Whitehead, 530-758-8115 or

jcw@dcn.org

Celebrate simplicity of single speed cycles, either fixed or free. Multiple gears welcome, but certainly select a setting then shun your shifters.

Lassen Park Tour 2007*

September 14-16, Fri-Sun, 2:00 pm

T2-4/P whatever/143 mi

David Joshel, 530-756-7409 or

davidjoshel@hotmail.com

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. Approximately 9500 feet of climbing. See DBC Listserv for details and call Ride Leader.

September 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

Walk-Bike Conference Mobile Tour*

September 15, Saturday, 7:45 am
T1/P2-3/30-50 mi

John Whitehead, 530-758-8115 or
jew@dcn.org

Join John and Tim Bustos as we show off our Sacramento bicycle commute route to attendees of the Walk-Bike Conference (<http://www.walkbikecalifornia.org>). Meet and talk with transportation planners on the way to a bakery stop in Old Sacramento. Option to also join a short tour of the American River Parkway. This ride starts at the Davis Train station, Second and H Streets downtown.

Auburn Century*

September 15, Saturday
T4-6/P whatever/40-126 mi
no ride leader

Start in Auburn. Billed as "The Wildest Ride in the West", this assortment of tours will challenge your hill-climbing ability. Optional time trial of 1.75 mi @ 13.5% average grade. See <http://www.auburncentury.com/index.html> 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.

Leisurely Delta Loop*

September 15, Saturday, 10:00 am
T1/P2/30 mi

Dutch Martinich, 530-756-8234 or
dutchm@dcn.org

Meet in Walnut Grove at 10am just across from the west side of the drawbridge. This

will be a leisurely-paced ride from Walnut Grove along the levee roads, across islands and on ferries to Rio Vista (home of the Bass Festival!). We'll return on the other side of the river via Isleton. We can then have lunch, if you wish, at one of the local rustic restaurants. Email Ride Leader if you wish to carpool, as a passenger or driver. I can take one person.

Knoxville Fall Classic Double Century*

September 22, Saturday
T3-5/P whatever/201 mi
no ride leader

A nice double century through local hills familiar to many of DBC's riders. Limited to 225 riders. See <http://quackcyclists.com/Kx07/KnoxvilleDC2007.htm> 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.

Lake Solano Loop

September 22, 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.

Tandem Toot*

September 22, Saturday, 7:30 am
T1-3/P4-P5/42 mi

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

Leave from Vet's Memorial at 7:30 am to carpool to Gray Lodge Wildlife Area. This tandem-led ride will circumnavigate the smallest mountain range in California, the beautiful Sutter Buttes. Bring snacks for a short break in beautiful downtown Sutter. We'll have a late lunch after the ride at a sandwich shop in Yuba City.

Foxy Mark the Course*

September 30, Sunday, 7:45 am
T5/P3/65 mi

John Whitehead, 530-758-8115 or
jew@dcn.org

We will ride the 7:55 train to Fairfield, stop for a snack, then paint Foxy arrows around the mountain to Lake Solano. Expect frequent stops and a long day. Optional late lunch in Winters. Meet at the Davis train station with picture i.d. and \$12 for a train ticket.

Fifth Sunday Ride

September 30, Sunday, 7:00 am
T1-5/P3-4/100 mi

Glenn Mounkes, 530-220-3513 or
glenmonk@yahoo.com

This ride follows the 2005 Foxy's Fall Century route to Fairfield and back to Davis via Hwys 121, 128 and Cardiac hill. Optional food stops along the way. Frequent regroupings. Rain in Davis or Fairfield cancels, check the listserv for announcements.

Tour, from page 5...

Anacortes WA to spend one more night before heading back to Davis. It was a very relaxing trip with cool weather, good food, great company and scenic cycling. Our tandem clocked 217 miles for the trip. Some folks rode more, some less.

Riders and non-riders alike enjoyed seeing the local sights and sites on each of the islands. Besides us, the group included Scott, Lisa and Kazu Alumbaugh, Dominique Blanchard, Barry Bolden, John and Katherine Hess, Alan Hill, Ted Hoffman and Carol Smith, Bruce and Ellen Winder and Bruce and Jennifer Wilson. We would like to thank everyone in the group for making our first tour leading experience so terrific. Without exception, everyone in the group had a great attitude and really made for good traveling companions. Thanks for all the memories! For more photos you can visit: ride.lupoopp.org



Preserving Your Chain, Cassette and Pulleys

The following article from the current issue of RoadBikeRider.com Newsletter may prove of interest if you want longer chain, cassette and pulley life, and saving money in the process.

Q: My bike has a 9-speed drive train. I'm wondering how many cogs at either end of the cassette I should avoid when in the opposite chain ring. For example, when I'm on the big ring and shifting towards larger cogs, where should I stop? I've heard conflicting advice. -- Dan D.

The Unc Answers: Cross-chaining, like cross-dressing, happens all the time, Dan-O, but it's not really recommended behavior. One involves metal, gears and chains; the other, chiffon, lace, shaved legs and spiked heels. (I'm just guessing here. No . . . really!) Neither should be attempted without adult supervision.

If you are running double chain rings with that 9-speed cogset, and you are on the big ring, it's kosher to run up to the # 3 cog (the biggest cog being # 1 and the smallest being # 9).

If you're on the small ring, it's cool to run down to # 7, provided you can "trim" the front derailleur to stop the chain from rubbing it, and provided the chain doesn't tinkle against the big ring. That's for normal riding. If you're racing, all bets are off. In your delirium you can do whatever it takes as long as it doesn't make you crash.

If you are running triple chain rings, the idea is to run the chain nearly straight to the cassette.

---When on the small inside chain ring, use the 3 or 4 largest cogs.

---When on the middle ring, run # 8 up to # 2, occasionally # 1 in a pinch. But if #1 isn't low enough, you'll have to shift to the small ring and your chain will drop onto the bottom bracket shell about half the time (unless you have a chain watcher). Prevent this by making your shift to the small ring before you're up on the largest cog.

---When on the big chain ring, it's okay to run from # 9 up to # 3 regularly, and # 2 occasionally.

The bottom line is that a 27-speed bike is actually a 19-speed but is even better as a 17-speed.

With either chain ring setup, never run the small ring/smallest cog combo or the big ring/biggest cog combo, or I will hunt you down and hurt you. You are asking for trouble if you don't run the chain relatively straight. Those "crossover" combos put the chain at the max angle and cause excessive cog, chain and pulley wear.

The whole purpose of multiple gears is to give you what you need and do it with a good chain line. This results in less wear on your equipment, less noise and maximum efficiency. There isn't always the "right gear" for the job. Sometimes, it has to be

your legs that make the difference. Don't be afraid to push a little harder or spin a little faster to prevent cross-chaining. It'll make you a better and stronger rider.

Note: I know quite a few of you are now running 10-speed systems. The same rules apply: no cross-chaining, run the chain pretty straight on triples, and so on. All you have to do is factor in that one extra cog. If you're also using a compact crank, you'll find that you will stay on the big chain ring a lot more, crossing up to #3 cog, and will use the small ring for climbing like you would on a triple.

TIPS FOR HAPPY RIDING
From the Rivendell Bicycle Works catalog
(If you want one, call them at 925 933 7304)
Submitted by Dutch Martinich

Learn right away that the front brake is the most effective one, and to never lock the front wheel in dirt.

Learn how far you can lean over without scraping a pedal.

Learn to keep the inside pedal UP when you corner, and learn to ride safely in all conditions. Signal your approach to pedestrians, especially if they're old, and a bell is better than "On your left!" If no bell, try clacking your brake levers. If all you got is "On your left!" that's fine.

At least one ride in 10, go without your sunglasses and gloves.

Sometime next month, put some double-sided cheap-style pedals on a good bike and ride in non-cycling garb.

Carry an extra tube you can donate to somebody with a flat tire and just a repair kit.

If you're a guy, don't try to be a mentor to every female cyclist you meet.

Don't ride in shoes you can't walk through an antique shop in.

Don't wear clothing that makes your sweat stink even more.

Don't think you'll go faster in a significant way if you and your bike become more aerodynamic.

Put a \$20 bill inside your seat post or handlebar and hold it there, somehow.

Don't ride until you're confident you can fix a flat.

If you ride more than one bike, have a set of bring-along tools for each one.

Learn how to remove your rear wheel (put the chain onto the small cog, etc.).

If you ride in a group, bring food for you and somebody who forgot to.

See Tips, page 10...

Tips, from page 9...

Go for a one-hour ride underdressed sometime, because it's good to be really cold on a bike every now and then.

Never blame your bike or your health or anything else if you're the last one up the hill or in to the rest stop.

If your brake hoods are black, wrap your bars with a different color tape.

Never let your chain squeak.

If you pass another rider going up a hill, say more than "Hi," but if it's a woman and you aren't, don't assume she wants to chit-chat. If you're a woman and it's a guy, you can chit-chat all you like.

If you see another rider approaching you from the rear, trying to catch you, let it happen. Fun is more important than fast.

Don't put any cyclist up on a pedestal, except Lon and Freddie.

Sometimes, bring normal food on your ride.

Shoot photos on your rides and give them away.

Feel comfortable mixing high tech and low tech, old and new parts and technologies, and don't apologize to anybody for it.

Compliment other people's bikes, especially if they're new.

Buy the cheapest helmet that fits well.

Try seersucker shirts for hot weather riding, and long-sleeved ones are best.

Don't underestimate fig bars.

If you get a new widget and like it, don't "swear by it."

Don't always shop by price and never ask for discounts at your local bike shop.

Every time you go into a bike shop, spend at least \$2, and if you ask a question and get good advice, spend \$5 (get a cable).

If you buy a rack, don't ask for free installation.

Don't assume your bike shop is making money.

Ride only when you feel like it.

If you know a fast new rider, don't say, "You really ought to race..."

If you see a stocky woman rider, don't suggest she race track.

Have at least one bike you feel comfortable riding in a downpour.

Ride in weather that keeps other cyclists indoors.

Never keep track of your pedaling cadence.

If you have a normal loop or ride, count the number of times you shift on it; then the next time you ride it, cut that in half and see if it makes any difference.

Learn to ride no-hands and to hop over obstacles, but not

simultaneously.

Never hit a pedestrian.

In traffic, be visible and predictable.

If you have several bikes, set them up with different equipment...but always ride the saddle you like best.

Don't try to keep up with faster descenders if you're not comfortable descending.

Never apologize for buying something that's not quite pro quality by saying, "I'm not going to race or anything."

If you buy a stock bike, do something to it that makes it the only one exactly like it in the world.

Don't think it's important to match front and rear hubs or rims.

If you borrow somebody else's bike, for a short test or a long ride, say something nice about it.

Always bring a pump.

Build at least one wheel.

Wear out something.

Don't ever describe any bike, no matter how inexpensive or dilapidated, as "a piece of crap."

If you get a fancy bike assembled by somebody else, allow them a scrape or two, especially if the bike is really expensive.



Saturday, October 20. See DBC web site for details, or sign up at

http://www.active.com/event_detail.cfm?event_id=1463329

Want to volunteer? Contact John Hess: johnfhess@comcast.net

Official Use Only

DAVIS BIKE CLUB MEMBERSHIP APPLICATION

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



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

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

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

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

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

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

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

ACCIDENT WAIVER AND RELEASE OF LIABILITY

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

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

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

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

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

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

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

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

Parent Guardian Waiver for Minors (Under 18 years old)

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

Helmets are required on all club rides.



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



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

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

-----**Changing Gears**-----

DBC Member Classifieds & Announcements

👉👉👉👉👉 **THANK YOU** 👈👈👈👈👈

August Ride Leaders

Jack Kenward • **Barry Bolden** • Gerry Peterson
 PHIL COLEMAN • Marilyn Dewey • Larry Burdick
Alan Rowland • Anne Huber • David Joshel
 Paul Grant • Glenn Mounkes • *Craig Robertson*
Sonya Hendren • *Julie Sly* • *Scott Allenbaugh* • John Whitehead



Don't forget the Changing Gears web photo supplement:

http://www.pbase.com/g2_steve/sept_2007_dbc



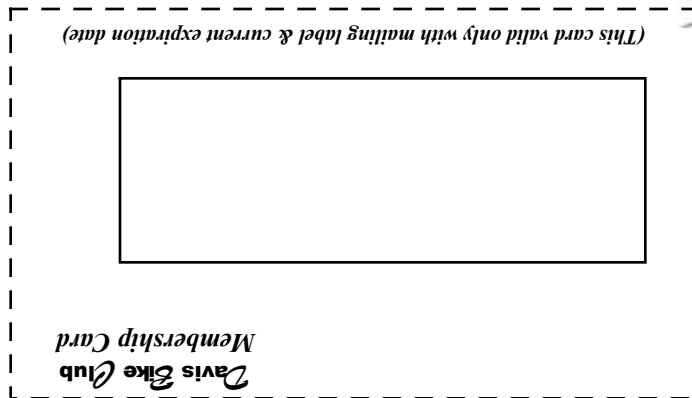
After your first day of cycling, one dream is inevitable. A memory of motion lingers in the muscles of your legs, and round and round they seem to go. You ride through Dreamland on wonderful dream bicycles that change and grow. ~H.G. Wells, *The Wheels of Chance*

Think of bicycles as rideable art that can just about save the world. -Grant Petersen

 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.



FIRST CLASS

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



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