

Meetings

Membership Meeting

Monday, Oct 1 @ 7:00pm

Davis Public Library
 Blanchard Room
 315 East 14th Street

Please park bikes outside.
 Refreshments & door prizes!

Directors Meeting

Monday, Oct 8 @ 7:00pm

Davis Food Coop
 Conference Room
 620 G Street

All members welcome

Race Team Meeting

No Race Team meeting in October.

Race Team Board meeting date and location TBD.

Welcome New Members!

- Georgene Redmann
- Zach Ronneberg
- Kate & Jeff Shasky
- Jason Snovel
- James Wellington
- Lisa Williams
- Tanya Wilson
- James Wingert
- Scott Wong
- Nicole Woolle



Davis Bike Club

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www.davisbikeclub.org

Paris-Brest-Paris: In The Beginning

by *Peter Hewitt, #6924*

[Note: This the first in a series of articles about Paris-Brest-Paris 2007]

PBP MAY BE THE SINGLE BEST EVENT for the average Ashley to represent her country, and it begins the moment one signs up for it. It becomes part of one's future, and it requires an enormous amount of preparation for those who wish to thrive and avoid suffering. The local French people celebrate its participants, giving them what is likely their best experience of belonging on the road. As a Northern California rider who cycles among aggressive drivers, the experience of belonging on the road is increasingly rare. No small wonder: fifty bicycles were on my flight out of San Francisco to Paris.

The night before my 5am start, I was awake in bed with jet lag and heard the fireworks every fifteen minutes marking the staggered starts of the 10pm riders as they began westward for Brest. My focus on getting to sleep was unprecedented. *I hear rain. They are getting rained on.* What pleasures await, I did not wonder.

Ride day. I was last to retrieve my bike from the hotel's storage room. After days of looking for a spot in which to place my bike, the sight of my bicycle standing alone gave me fearful pause.. missing my start time would be unforgivable. Wasting no time., I rode 3 km to the start and felt relief upon seeing a crush of riders.

Northern California riders Peter Burnett and Eric Norris were present on their fixed-gear bikes. There is always someone doing something tougher. Allez. "J'espere que je vais gagner!" "I hope I win!" I bantered as we started to roll and felt satisfaction upon hearing a few others chuckle as they repeated my words.

My greatest concern was remaining uninjured during the first kilometers with high rider density, excitement, and anxiety. Prevalent cautious riding brought considerable relief, though I did see one dramatic



Sleepless in Paris – 10pm starters gather as the 8pm starters, in the background, are just leaving. Little did they know – rain awaited.

single-rider crash. Sympathy.

Within 15 km, we were riding into the country on narrow roads in gently rolling fields. Riding free of pain, fatigue, and motor vehicles, we were living our dreams. The riders formed a long train, making progress much easier. I admire those with the courage to stop early in the ride and risk losing the train. I detest stopping for my own mechanical shortcomings, such as a flat tire. But within a minute after I stopped, the flip side of fear appeared as courage and freedom, two of the greatest products of this type of event. Riding solo is so much better than it seems when I'm riding with others. Many aspects of life seem overly undesirable when viewed from a privileged position.

An amusing and predictable silence reliably pervades the start of cycling events. It is so quiet that most any speaking is public speaking. Do riders worry they will appear foolish? (Ya think?!) Yet the silence increases the tension, forming a cycle. How many of us have enjoyed listening to Rich Boettner during a DBC ride? He keeps the pedaling light with his wit. Wanting to contribute, I, too, try chatting, or even singing (and yes, even writing). Foolish? C'est ma vie. 🚴

Changing Gears is the monthly newsletter of the Davis Bike Club. It is mailed via first class to all current members. Past editions are available online at www.davisbikeclub.org/Newsletters/pdf.

Subscriptions

Direct questions regarding subscriptions to the membership director at dbcmembership@gmail.com, info@davisbikeclub.org, or via the Davis Bike Club Hotline, 530.756.0186.

Change of Address

Moving? Please let us know via snail-mail c/o B&L Bike Shop, or email to dbcmembership@gmail.com

Contributions

Contributions are welcome. Please send to dbcnewsletter@gmail.com. Submissions are due by the 15th of the month prior to publication.

Article Guidelines

Articles should be 750 words or shorter. All submissions are subject to editing for grammar, style, and length. Early submittals get priority.

Photo Guidelines

Photographs should be in electronic form and be print resolution – i.e., 300dpi and measure 200 pixels (minimum) on the largest side. Please also provide a caption to explain the picture.

Monthly Ride Schedule

Submissions are due by the 15th of the month prior to publication. Please email submissions to dbcridecal@gmail.com. Ride schedules are available online at www.davisbikeclub.org/RideSchedules/PDF.

Ride Calendar Coordinator

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Photo Supplement

www.pbase.com/g2_steve/oct_2007_dbc



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October Membership Meeting

by *Diane Richter*

THE OCTOBER 2007 MEETING of the DBC will be held on October 1 at 7:00pm in the Blanchard Room of the Yolo Public Library (which now has a new name, but this old dog will take some time to learn new names). Instead of a single speaker, we are going to hear tales from the long hard road of Paris-Brest-Paris, *aka* PBP, from a few of those stalwart members of the club who qualified for PBP by riding insane amounts of distance in carefully regulated times, and then went to France to attempt the gold standard of ultradistance rides. Four years ago, we heard some amazing tales, along with some amusing ones, and I'm looking forward to more of the same this year. We will also be able to see some of the ride via Eric Norris's excellent photographs. Come a bit early to socialize and eat cookies. ☺



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Letter from the Editor

by *Steve Macaulay*

I WILL BE stepping down as Changing Gears editor at the end of this year, after 4-1/2 years of mistakes, typos, photos, serious articles, poetry/limericks, sometimes inappropriate remarks (with the best of intentions), and lots of fun. The campaign season is underway, and Scott Alumbaugh (of Davis's Bike Talk radio and podcast fame) has put his hat in the ring.

While others are probably lining up to run for this DBC Board position, I'm plugging Scott as my current favorite. I offered to have Scott showcase his talents by producing this October issue of Changing Gears. You will see some changes, both in appearance and content (he even promises to check spelling, particularly after I misspelled his name in the September issue). Scott offers a fresh approach, with more changes in the hopper. If you like what you see, vote for Scott (*shameless plug*). If you don't, run for Newsletter Editor at the annual party/meeting in December. ☺



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Walk-Bike Conference a Smashing Success

by John Whitehead

I DIDN'T REALLY KNOW WHAT TO EXPECT, but I had promised to deliver some copies of our September newsletter to the "literature table" at the Walk-Bike California 2007 Conference. On Wednesday, September 17, I biked to UC Davis' Freeborn Hall at 7 am without breakfast, just a couple marginally chewable Clif Bars from my collection. I offered to help, and was soon hard at work making name badges behind the registration table. Mine said "Volunteer," but more importantly, "Sponsor: DBC" as well, in recognition of the Davis Bike Club's \$2500 support check. Our logo appeared on the main podium along with other major sponsors such as Caltrans.

The hundreds of attendees from across the USA included professional transportation planners and engineers, all of whom networked and shared their experiences and future plans for improving bicycle transportation infrastructure. The many breakout sessions offered information that ranged from engineering to politics.

For example, David Levinger of the Mobility Education Foundation (www.mobilityeducation.org) presented an inspiring story of his efforts to integrate both bicycle awareness and riding skills into regular Driver Education classes near Seattle. He wants to expand nationwide, and no doubt he met people who can help do that. In the afternoon, I learned a lot about bridge construction experiences for California bicycle paths, both northern (Folsom & Roseville) and southern (Ventura County).

All the big names were there, from local to national. On Wednesday night, our own Davis bike lane pioneers had a panel discussion led by Ted Buehler, the instigator of DavisBicycles! On Thursday morning John Berg, Chair of the Davis Bicycle Advisory Commission, took time off from meetings to wear the badge-making hat for late arrivals. Tim Bustos, former City of Davis Bicycle Coordinator, led a tour of our local facilities, along with David Takemoto-Weerts, who holds the equivalent post at UC Davis. It was fun to assist a bit in showing the visitors around, and I learned a lot also. Later on Wednesday, I became aware of the presence of Andy Clarke, Executive Director of the League of American Bicyclists. I had met him on his previous visit to Davis in 2005, to bestow the LAB platinum-level Bicycle Friendly City




Award.

While the value of bike-friendly roads may be obvious to us, the professionals do the research and collect data to prove that tax dollars should be spent to make the world more bikeable. A study of a new paved trail in Nebraska determined that its effective annual cost was \$98 per newly active cyclist, which interestingly is dwarfed by \$400 typical health care costs for inactive people (www.activelivingresearch.org).

On Friday morning, the conference moved from Freeborn to the Social Sciences Lecture Hall for the grand finale. Dr. Richard Jackson (M.D.) of UC Berkeley, former director of the Centers for Disease Control, found a way to include humor in his presentation about our serious national epidemic of obesity, while showing graphs published in the New England Journal of Medicine. The next speaker, Wil Kempton is a runner, who admits to having some envy for lean-and-mean bicycle commuters, but most importantly is pro-bicycling when he sits at the Caltrans Director desk.

Jim Oberstar of Minnesota, Chair of the Transportation Committee in the U.S. House of Representatives, received a standing ovation before he said a word. His speech offered insight into both the legislative process and his own enthusiasm for bicycling – 50 miles a week is not bad considering either his age or his Congressman's schedule alone. He explained how he had become connected with the League circa 1990, and why requiring an official bicycling coordinator in each state government had been a key step. The conference was officially closed by Deb Hubsmith of the Marin County Bicycle Coalition, who is also a national leader for Safe Routes to School (a phrase credited to Oberstar).

Afterward, I had a chance to meet SABA president Lea Brooks, and thanked her and others for all their hard work on behalf of those who mostly just like to ride. On Saturday, I led a tour of the Davis-to-Sacramento bike commute route, with Tim Bustos. We met up with Ed Cox, who showed visitors some bike facility progress being made from his perspective as the City of Sacramento's bike czar. 

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Making the Rounds in Oregon

by *Barbara Anderson*

REMEMBER SINGING ROUNDS, where one group begins the song, the next group joins in a bit later, and all finish together? Think “Row, Row, Row Your Boat” or “Freres Jacques.” This year’s Columbia River Gorge tour was a bicycling “round.” So many DBC members wanted to come along that one group became two, with each group following the same route, seeing the same sights, staying in the same motels, and (mostly) eating in the same places, all of us ending up in the same place on the same day.

All of this logistical magic was made possible by tour leader Dan Barcellos, whose meticulous planning included not only scoping out our route, but personally checking out each and every motel, hotel, and eating establishment we stayed at or ate in along the way. So when we descended en masse on that swell restaurant in Hood River, the hostess didn’t turn pale and wonder where she was going to seat us all, but led us to our already waiting table.

Group One, led by Dan and Cid on their tandem, started cycling in Silverton on Monday, Aug. 13, and headed to Portland, stopping at a dahlia farm to admire the astonishing array of shapes, sizes, and colors. The next day took us along the mighty Columbia River to Cascade Locks. Dinner that night was at the



Oregon Tour, Group 1


Multnomah Falls Lodge, and after admiring the falls, we returned to our motel for celebratory cake, courtesy of Susan Gishi’s birthday. After a tour of Bonneville Dam that included a

DBC demo of how water makes electricity and a visit to the fish hatchery, Day Three took us to windy Hood River, and on Day Four we began our ascent up the slopes of Mt. Hood. Most of us pedaled (wheezed) on past the road leading to Timberline Lodge, but not Dave Joshel, Alan Hill, and the aforementioned Susan Gishi, who climbed up into the frigid air and down again, meeting up with the rest at our motel in Welches. On our last day, we were riding to Woodburn when Susan hit a rock and crashed, breaking her clavicle and causing all of us to ride even more carefully than we had been. On Saturday, we took a beautiful 7-mile hike past ten waterfalls in Silver Falls State Park.

Group Two, led by Bruce and Marilyn Dewey, began its tour on Aug. 13 with that hike, then followed in Group One’s tracks, ending up back in Woodburn on Saturday, where we enjoyed the motel’s hot tub and a combined-group Mexican dinner, toasting our leaders and our fabulous SAG drivers: Bob and Pat Gonzalez and Dee Burdick for Group One, and Jan Dickson and Galia Franco for Group Two.



Oregon Tour, Group 2

Thank you, Dan, for a great tour! 

[Note: See more pictures from the 2007 Oregon Columbia Gorge Tour at www.pbase.com/g2_steve/sept_2007 dbc]

Stu and Steve’s Excellent Adventure Tour (aka “Tour de Bakery”)

by *Steve Kahn*

STUART BRESNICK SAT IN SILHOUETTE atop the ridge, looking back over his shoulder at the small dots working their way up Cardiac. He squinted in the harsh light, his weathered face etched with intricate lines which told the stories of 1,000 rides. He was the ride leader, concerned with the welfare of those who rode with him. As his assistant, I could not help but admire his dedication to those he led. In profile, he reminded me of a cross between Ulysses S. Grant and Santa Claus.

This was our first day out, riding from Davis to Calistoga, followed by the sag donated by Milt and Lorna Blackman. We had stopped in Winters at Lester Farms Bakery for our first bakery break. I surveyed our group. We seemed like a flock of birds flying from field to field in search of food. Only, in our

case, we were not searching for seed and grubs but for lemon bars, maple bars, old fashioned donuts and espresso. In all, we were 15 riders, including two tandems, whose crews’ obvious purpose was to break the land speed record recently set at the Bonneville Salt Flat.

We rode up past the dam, up Cardiac and regrouped at Moscowite. When everyone was accounted for, we proceeded to



*Ride leader, Stu Bresnick
... in front of a bakery*

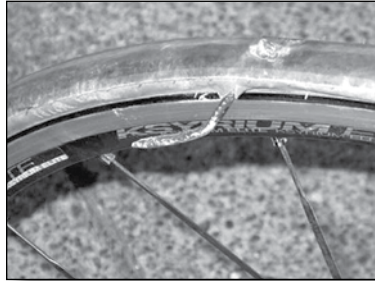
Lake Hennessey for a sumptuous lunch which even included Wonder Bread and mayo. Obviously, no expense had been spared. It was getting hot. We moved on quickly toward Calistoga.

The first day was not without incident. One of our riders picked up a nail on the Silverado Trail, completely destroying her tire. We all wondered how she managed to stay upright since she was riding a carbon frame with very narrow clearance for tires . . . great riding on her part. Just about the time this was happening, the sag pulled into the motel and under a large arbor. Unfortunately, my bike was on top of the sag. The arbor cross beam skinned the top of the bike's seat, leaving a wonderful view of the padding. Since my wife was joining me, she brought another saddle from Davis.

In Calistoga, while looking for a tire, we found a great bike shop – the Calistoga Bike Shop on Lincoln Avenue. The owner dropped everything to help us and even called several other bike shops to help find another part that was causing some problems. If you are ever in Calistoga, stop in and say hello.

The next morning after breakfast, we rode on through idyllic wine country to the Healdsburg Creamery & Bakery (bakery stop #2). We then rode part of the reverse route of the Wine Country Century, through Alexander Valley, past the Hop Kiln Winery to regroup at the Korbel Winery where we had a picnic lunch from the van, supplemented by Korbel's very nice deli. We still had plenty of Wonder Bread and mayo. A light wind was blowing in from the Sonoma Coast as we rode along the Russian River and up the hill to Occidental. We stayed at Negri's Hotel and ate at Negri's restaurant. Some riders napped and others lounged by the pool.

The next day, following breakfast, we rode down from Occidental to Monte Rio and along the Russian River to Duncan's Mills. The descending tandems had generated such heat due to their speed that the pavement had softened in places making passage almost impossible. We stopped at the Gold Coast Coffee Shop in Duncan's Mills (bakery stop #3). We were beginning to resemble seals feasting in preparation for a long sea voyage. Our club jerseys now resembled tight race team jerseys. We sat in the sun and told stories and laughed and then rode down toward Highway 1. At the junction of River Road and Highway 1, the sag had pulled over, waiting for riders and was causing an obvious hazard. Karen was driving and, while waiting, had propped her dainty red-painted toenails



*Monica's tire –
Would Kevlar have helped?*



*Steve Kahn's
new saddle design*

out the window while listening to Mick Jagger on her iPod. It was a particularly disturbing sight to see these apparently dismembered feet bobbing up and down, and a number of cars nearly swerved into the Russian River.

The ride down the coast was beautiful with the wind quartering into our backs, the sun warm and the air filled with the sound of surf and birds. We stopped at the Valley Ford Diner for lunch. The wind had strengthened at Valley Ford and we were treated to the pungent odor of bovine herds and galaxies of flies that quickly found their way inside the sag, deciding to make it their new home. We pushed on to Petaluma where we stayed at the Quality Inn. Shortly after our arrival, the motel visitors were treated to the sight of Steve and Terry Macaulay sprinting across the parking lot in their shorts and jerseys and jumping joyously into the pool, bound to hold up the august reputation of the bike club. Later, a group of us convened for dinner and soon were laughing so hard that tears were running down our cheeks.

The following morning we rode out of Petaluma toward Point Reyes Station. We came to a steep hill which rose before us like a wall. The summit was hidden in the clouds. Stu had not requested sherpas to help us over the hill. We made the ascent solo and without oxygen, a first in the annals of bicycling, and then dropped down to the Cheese Factory. We proceeded to Point Reyes and the Bovine Café (bakery stop #4). It was cool and sunny in Point Reyes. We rode out of Point Reyes to Olema and then along a great bike path through Samuel P. Taylor State Park to Emporio Rulli in Larkspur for lunch. We then proceeded toward the Larkspur Ferry.

We missed the bike trail to the ferry, and Steve Kahn, with the pioneering spirit that drove the Donner party to their doom, decided to guide his group through the 101 cloverleaf at rush hour (take the bike path next time!). We rode the ferry to San Francisco and followed the Embarcadero around to the Presidio and up to our motel in the Marina. On Saturday, we made our way home via trains, the sag and rides offered by friends. And so we ended another great DBC trip.

There were only two complaints about the ride: the first was that the motels did not have turndown service with chocolates on the pillows; the second was that the ends of the toilet paper rolls had not been creased into those elegant chevrons. Wait until next year! ☹

[Note: See more than 100 pictures from the 2007 Wine Country Tour at www.pbse.com/g2_steve/2007_wine_country/]



Sittin' on the bench in Healdsburg



OCTOBER 2007 RIDE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 • Early Bird • Zamora and More <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">Membership Meeting</div>	2 • Mocha Joe Loop • Race Ride	3 • Solano Bakery • Women's Wednesday	4 • Steady Eddy's • Winters Dinner • Race Ride	5 • Early Bird • Vacaville Hills	6 • Grizzly Century Bicycle Rally • RH Phillips First Saturday Brunch • Coffee and a Roll
7	8 • Early Bird • Zamora and More <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">Board Meeting</div>	9 • Mocha Joe Loop • Race Ride	10 • Solano Bakery • Women's Wednesday	11 • Steady Eddy's • Winters Dinner • Race Ride	12 • Early Bird • Vacaville Hills	13 • Coffee and a Roll
14 • Second Sunday Ride	15 • Early Bird • Zamora and More <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">Newsletter and Ride Schedule Deadline</div>	16 • Mocha Joe Loop • Race Ride	17 • Solano Bakery • Women's Wednesday	18 • Steady Eddy's • Winters Dinner • Race Ride	19 • Early Bird • Vacaville Hills	20 • Foxy's Fall Century
21 • Frank and Phil Ride	22 • Early Bird • Zamora and More	23 • Mocha Joe Loop • Race Ride	24 • Solano Bakery • Women's Wednesday	25 • Steady Eddy's • Winters Dinner • Race Ride	26 • Early Bird • Vacaville Hills	27 • Coffee and a Roll
28	29 • Early Bird • Zamora and More	30 • Mocha Joe Loop • Race Ride	31 • Solano Bakery • Women's Wednesday	Nov. 1 • Steady Eddy's • Winters Dinner • Race Ride	Nov. 2 • Early Bird • Vacaville Hills	Nov. 3 • RH Phillips First Saturday Brunch • Coffee and a Roll

Ride Classifications *(refer to terrain (T) and pace (P) ride notations 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 and 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	Moderate; solid riders; regroup @ 45 min.
T4	Rolling to mod. hills	Lake Solano; Monticello Dam	P4	16 - 18	Brisk; experienced 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.

General Ride Information

- **Helmets are required** on all Davis Bike Club rides.
- **All rides begin at Starbucks** (2038 Lyndell Terrace, east of Sutter Davis Hospital) unless otherwise specified. 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, and will cancel any ride** unless otherwise noted in the ride description. If in doubt, contact 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 Start Locations

Davis Locations

- **Starbucks**
East of Sutter Davis Hospital
(near Hwy 113 and Covell)
- **Davis Amtrak Station**
2nd Street, east of G Street
- **South Davis Nugget Market**
Mace Boulevard & Chiles Road
- **Sutter Davis Hospital**
100 yards north of Union 76
- **Veterans' Memorial Center**
203 E. 14th Street (14th & B Street)
- **Wheelworks**
247 F St. (3rd & F Street)

Out of Town Locations

- **Putah Creek Cafe**
Main Street & Railroad Avenue, Winters
- **Winters Park n' Ride**
Main Street and Railroad Avenue, Winters
- **Woodland Nugget**
168 Court Street, Woodland
- **Auburn Starbucks**
392 Elm Avenue, Auburn

October 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

8:00am ~ T1/P4-5 ~ 45 miles
Barry Bolden 530.297.5123 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

7:45am ~ T1/P3 ~ 35 miles
Gerry Peterson, 530.756.1254 or
gnjpeter0856@juno.com

8:00am ~ T1/P4-5 ~ 39 miles
Phil Coleman 530.756.4885 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

7:45am ~ T1/P3 ~ 35 miles
Gerry Peterson, 530.756.1254 or
gnjpeter0856@juno.com

8:00am ~ T1/P4-5 ~ 39 miles
Phil Coleman 530.756.4885 or
pkcoleman@comcast.net

South to Dixon past the orchards and fields, then relax at the Solano Baking Company in Dixon.

Thursday

Steady Eddy's, Winters

7:45am ~ T1/P3 ~ 30 miles
Gerry Peterson, 756.1254 or
gnjpeter0856@juno.com

8:00am ~ T1/P4-5 ~ 34 miles
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

8:00am ~ T3/P4-5 ~ 60 miles
Larry Burdick, 530.753.7591 or
larryburdick@netzero.net

Ride with "The Legend" through the rolling hills to and from Vacaville. Enjoy the goodies at Vacaville's Heritage Café.

Weekly/Bi-weekly

Early Bird Special*

Monday and Friday
6:15am ~ T1/P3 ~ 20 miles
Jack Kenward, 530.753.9329 or
kenward2@dcn.org

Meet on the Russell Bike path between Arlington and Lake. Rain does not cancel this ride.

Tuesday/Thursday Race Ride*

Tuesday and Thursday
5:30pm ~ T1/P6 ~ 38 miles
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. Eight mile warmup ride, followed by two sprints with regrouping between. Learn proper race technique, group riding, and paceline.

Women's Wednesdays*

Wednesday
9:00am ~ T1/P3-4 ~ 20-30 miles
Marilyn Dewey, 530.753.9188 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*

Thursday
6:00pm ~ T1/P3 ~ 30 miles
Paul Grant, 530.756.7813 or
pwgrant@ucdavis-alumni.com

Meet on the Russell Boulevard bike path at Lake Boulevard. 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!

Coffee and a Roll

Saturday
7:00am ~ T1/P4-5 ~ 35 miles
Scott Alumbaugh, 530.204.8481 or
sea@seadogdesigns.com

A Saturday morning quick out and back to Steady Eddy's in Winters, ending at Davis Farmer's Market. Ride leader may have occasional absences, so if he hasn't shown up by 7:05, the ride proceeds. (Note: No ride October 20th due to Foxy's Fall Century.)

Monthly

RH Phillips First Saturday Brunch*

Saturday, October 6
10:00am ~ T2/P3 ~ 45 miles
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, and can generally be found on the RH Phillips website (although the website has changed recently, and Humble Ride Calendar Coordinator couldn't find the menu the last time he looked). 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.

Second Sunday Ride*

Sunday, October 14
8:00am ~ T1-5/P3-4 ~ 60 or 100 miles
Glenn Mounkes, 530.220.3513 or
glenmonk@yahoo.com

Ride your own pace to Fairfield via Winters, Cardiac, HWYs 128 & 121 (regroup at Berryessa Dam and Wooden Valley). Lunch in scenic Suisun, then ride back to Davis or take Amtrak 12:03, 1:33 or 3:03 pm train (ticket costs \$12.00). Check DBC listserv for announcements.

Third Saturday Ride

*Cancelled due to Foxy's Fall Century.
Consider volunteering!*



October DBC Rides (cont.)

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.

Jersey Rides

Davis Bike Club partially reimburses members who participate in designated Jersey Rides (see list below). To apply, send an email within 72 hours after finishing a Jersey Ride to dbcjerseyride@gmail.com stating:

- your name and address
- name of the jersey ride
- mileage ridden
- amount paid for registration

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.



Upcoming Jersey Rides

- **Grizzly Century**
Saturday, October 6

Non-Recurring Rides

Grizzly Century Bicycle Rally*

Saturday, October 6
7:00am ~ T-hilly/P-your choice ~ 24 - 80+ miles
559.877.2218 x3156 or
grizzlycentury@yahoo.com

Ride starts in North Fork, the exact center of California. Part of the North Fork Fall Festival, the Griz is a ride along the Sierra Vista Scenic Byway, through the Sierra National Forest. Excellent views! Proceeds go toward promotion of, and improvements to, the Sierra Vista Scenic Byway and for improvements in and around the mountain town of North Fork. 600 rider limit. Various ride options available. See www.grizzlycentury.org and the signup page, <https://www.signmeup.com/site/reg/register.aspx?fid=NJ2VFK7>, for additional information. This is a DBC Jersey Ride (see sidebar, *Jersey Rides*).


Foxy's Fall Century*

Saturday, October 20
7:00am ~ T1-5/P-your choice ~ 50K, 100K, 100mi
JohnFHess@comcast.net

The premier century ride in the known universe - DBC's Foxy's Fall Century! The ride has returned to Vet's Memorial Center. Come ride with us and with our guests (register at www.active.com/event_detail.cfm?event_id=1463329). Better yet, volunteer to help on the ride. See www.davisbikeclub.org/foxys/2007/index.htm for more details.

Frankie & Phil Ride*

Sunday, October 21
8:30am ~ T1-3/P-your choice ~ 28/40/60 miles
Larry & Yvonne Robinson, 916.483.3390 or
pinkdog@softcom.net

Ride meets at the AR Parkway Volunteer Center, corner of Wm. Pond Park and Arden Way (5700 Arden Way), Sacramento. Join Larry and Yvonne on a multiclub ride with the Wheelmen, the Bike Hikers, and several other local invited clubs. In tribute to Frankie Kincannon and Phil Vargas, there will be the dedication of two benches at the new Parkway Volunteer Center. We will gather, enjoy refreshments, tour the new center, native garden site, and artistic new bike racks donated by the Wheelmen and Bike Hikers, before taking off for the ride. (Parking costs \$4; annual park pass is \$40.) Wear club jerseys for photo op. Short ride explores bike trail upstream toward Folsom, with a courtyard break at LaBou; medium route continues to coffee in Granite Bay; and longer option takes you to the Loomis countryside. (Note: This is *not* a DBC Jersey Ride.) 



Steal This Shirt!

Volunteer to work Foxy's Fall Century, and get a free t-shirt.

See the DBC web site for details, or contact John Hess at JohnFHess@comcast.net

Collegiate Track Nationals

RIDERS WHO ARE MEMBERS of both the Davis Bike Club Race team and UC Davis Cal Aggie Cycling Team have been busy preparing for Track Championships at the state and national level this month.

The Aggies competed in the Collegiate Track National Championships September 14-16 at the San Diego Velodrome, taking a bronze medal in the Italian Pursuit, a fifth-place podium spot in the Women's Points Race, and a coveted gold medal in the Men's Points Race.

The Italian pursuit consists of a team of two to six riders with at least one female, with a female rider required to lead for at least two laps. The teams' times were used to set up seeding into medal rounds which kicked-off the evening session. Once again, the talented host team was assured a podium spot with the fastest qualifying time. UC San Diego, which sent the maximum six riders to the line, would have to face another talented squad from the opposite coast, Penn State University. With only five riders against UCSD's



Italian Pursuit

six, PSU seemed to be at a bit of a disadvantage. The race was neck and neck, however, until around the third lap, when a flat tire forced the Tritons' final rider, Stephen Skory (La Jolla, CA), to complete two solo laps. Penn State was able to continue their strong ride and took the victory by nearly five seconds as Lauren Shirock (Emmaus, PA), Richard Schenck (Milford, NJ), David Espinoza (Breinningsville, PA.), Rodney Santiago (Allentown, PA) and Chris Ruhl (Quakertown, PA) earned themselves a stars-and-stripes jersey.

"Lauren did a great job for us," said Penn State Head Coach Jim Young. "She had to lead for two laps against two very strong girls and then the men closed it out for us. We knew it was going to be close and that they had six riders, so we went all out."

In the race for the bronze, Marian College looked to run away with the victory in the first few laps. The UC Davis team and Tyler Dibble (Davis, CA) had other ideas however. When the opportunity arose, Courtney Gertler, Amanda Seigle, Eric O'Brien, Shannon Still, and Garrett Peck turned on the gas before Dibble made up the final gap of nearly five seconds to help lead his team to victory and the bronze medal.

The men's points race also began in the morning session with 40 riders taking to the track in two separate 48-lap races. With 20 competitors in each race, the men needed to place among the top 12 to advance. Once the evening's 30-kilometer event was set, 24 of the best in the country squared off in the strategic, endurance challenge. The race was full of



Amanda Seigle and Courtney Gertler on the California State Track Championships Women's Team Sprint Podium

action with a number of breakaways going off the front, but no one was able to escape the group of riders to lap the field. Among others, Jimmy Lingwood (Portland OR/Portland State), Bennet Van Der Genugten (Indianapolis, IN/Marian College), and Alex Boyd (Papillion, NE/Midwestern State) were involved in several different breakaways. But it was Tyler Dibble (Davis, CA/UC Davis) who was able to earn 26 total points on the sprints and take home the national championship. Van Der Genugten, Chris Ruhl (Quakertown, PA/Penn State), Lingwood, and Tyler Ofstad (San Diego, CA/UC San Diego) were close behind, all earning podium spots in this evenly matched race. 🏆



Tyler Dibble, points race winner

Cycling Trivia

Q: When was the first bike race held?

A: *The day the second bicycle was built.*

Benicia Criterium Report

by *Jason Eisenrich*

09 September 2007; Masters 35+ 4/5

FOR THE FIRST TIME IN MY RACING CAREER (1 year ... if you call that a career ... ;-)) I didn't have to get up at the crack of dawn to make my race. The race was to start at 11am! Wooo hooo! I met Robin and Derek down in Benicia at about 9am. It was nippy cold when we first arrived, and the wind was pretty fierce coming off the water front.

We walked the course to get a looksee: four corner rectangular course, about 0.75 miles each lap. One leg flat, one leg uphill (steeper than Vacaville, but a bit shorter; big ring all the way), one leg rollers, and one leg downhill. Finish slight downhill to flat section of about 200-250 meters. Overall pavement quite good, except for one small patch that got a little bumpy, and one corner that was kinda tight.

We all jumped on the trainers and got our sweat on. We each had our own goals for the race, and we talked about how we were going to race this one. Sun started sneaking through the fog layer, and the temperature warmed up enough so we didn't need our arm warmers. Off to the start line! We had 57 men in our race.

First lap was to be a "promenade" (gentlemen's lap) to get a feel for the course. Well, that was the plan anyway. As we got moving down the course, the pace started to pick up, and riders started jockeying for position. Some pretty eager beavers out there this morning! Crossed the start line, bell ringing, and the field dropped the proverbial hammer. For the first couple of laps, it felt like the hammer got dropped on my head. I was mid-pack for a couple of laps. Derek was in the mix, and Robin was in front of me for the first two laps. DBC lookin' good!

After a couple of laps, I started to get anxious, and moved my tail up toward the front (top 5), where I stayed for the majority of the race. A little more into the race, I jumped out front on my own, hoping a few ubers would follow, but I hung out off the front (30-40 meters or so) for a couple of laps. Nobody wanted to chase me down, or come up to help. The wind was pretty fierce on two sections, and I felt that I couldn't do this one solo! So, I eased up on the pace and let the peloton reel me in. Stayed at the front though; I guess everybody figured I could pull so *well!* Buggers! A prime lap came up, and I started pushing it. I was in the front, but got caught just before the

line. No second place prime this time! ;-)

About mid race, another prime lap, three guys went for it, and a few of us followed in their draft. Cranked the uphill section, then flew down the backside of the hill into turn three. Whooooaa, those guys are taking that corner really tight and hot! Well, they paid for it! None of the three guys could keep it together, and slid out into the outside curb. Sounded nasty! We powered past them after taking evasive action. A few guys shot by us and the prime lost again, but I didn't really contest this one after the crash. Those crashes always get me all loused up. Spent a few more laps at the front – thought one guy was willing to work with me; we exchanged pulls for a while, but then he slowed, and again, I didn't want to go it alone. With the wind, it was really impossible for me.

Ok, fast forward to final lap. Literally sprint up the hill on the backside of the course. Remembering the Schnaars and Wick "MANTRAS", I really stepped on the gas. Came out of the final turn in 8th place. Stood out of the saddle and stomped on the pedals! The guy in front of me didn't keep accelerating (I think he "popped"), so I cut inward to find a line I could work, passed two guys which got me 6th place. Only about a wheel-length separated me from the next couple of guys. First through third were only a bike length or two in front of me. Robin and Derek held on for 43rd place and 49th place, respectively. They achieved their goals: race hard and stay with the pack. Way to go guys! Now Derek will have to do the Chico races!

A great course, and to answer Steve's question, Yes, it would be a great course to have a full team there next year! I think we could easily get a few of us off the front in a break, and I think it would stick! 🍀

Race Team Results

by *Amanda Seigle*

Name	Race	Date	Category	Place
Kevin McSpadden	Challenge RR	9/1	35+ 4/5	25th
Emily Foxman	Challenge RR	9/1	W 3	1st
Nils Johnson	Challenge RR	9/1	3	dnf (Flat)
Brendan Connors	Challenge RR	9/1	Elite 4	dnf
Amanda Seigle	Elite Track State Championships			
Amanda Seigle	500m TT	9/8	women	9th
Amanda Seigle	Keirin	9/8	women	4th
Amanda Seigle	Points Race	9/8	women	2nd
Amanda Seigle	Team sprint	9/8	women	3rd
Amanda Seigle	Team Pursuit	9/9	women	2nd
Amanda Seigle	Match Sprints	9/9	women	4th
Amanda Seigle	Scratch Race	9/9	women	4th

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

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

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

Name _____ Age _____ Signature _____ Racer? 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:

<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



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Thanks to our Ride Leaders!

- Scott Alumbaugh
- Barry Bolden
- Larry Burdick
- Jack Kenward
- Phil Coleman
- Marilyn Dewey
- Paul Grant
- Jack Kenward
- Glenn Mounkes
- Gerry Peterson
- Alan Rowland
- Julie Sly

Prez Sez


by *Dan Shadoan*

IRECALL THAT FROM 1991 TO 2007, DBC veterans of Paris-Brest-Paris had challenges that normally accompany a 750-mile ride. But this year, the 2007 version of PBP, like the 1987 event, offered more. Weather conditions were reportedly the worst since 1987, including 3 nights of rain and a sometimes-fierce headwind on the outbound leg to Brest.

Expect a rather high DNF rate for 2007. I can't imagine riding through two nights of rain, let alone three. Extra congratulations to those DBC riders who finished. We await your war stories.

A special thank you to Dr. Jack Berger for his enlightening presentation at the last General Club meeting. Jack's experience as a cyclist and physician, highlighted by a huge dose of common sense made for a valuable evening.

It's the time of year when the Club begins to seek new members for the Board of Directors. If you have an interest in being part of the governing body, please relate your interest to a board member. We will have our annual elections at the Christmas party in December.

At the last board meeting, the decision was made to make the previous month's newsletters available on the DBC website. You will find past issues now present at davisbikeclub.org/newsletters/pdf. 



Davis Bike Club
 c/o B&L Bike Shop
 610 3rd Street
 Davis, CA 95616

First Class

Davis Bike Club
Membership Card



(Card only valid with mailing label and current expiration date)