

Meetings

Membership Meeting/ Holiday Party

Monday, Dec 3 @ 6:30pm

Stonegate Country Club
919 Lake Boulevard

Dinner, Santa for the kids, white
elephant gift exchange, and
2008 board elections!

Directors Meeting

Monday, Dec 10 @ 7pm

Davis Food Coop
Conference Room
620 G Street

All members welcome

Race Team Meeting

To be announced

Welcome New Members!

Steve Crosta
Rod Fernandez
Erik Franks
Torey Phillip
Zachary Sawchuk
W. Kevin Wright

Davis Bike Club
DAVIS CALIFORNIA

Davis Bike Club
c/o B&L Bike Shop
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530.756.0186
info@davisbikeclub.org
www.davisbikeclub.org

Contributing to Our Community

by *Steve Kahn*
Philanthropy Director

YOU ARE STOPPED BY THE ROAD, fixing a tire or just waiting for a friend. Another rider stops to see if you need help. It is a great feeling to have that happen, and a part of our bicycling community that is often taken for granted.

This year, our club members also “stopped beside the road” to help many worthy causes. As a part of DBC’s March Madness, our club made helmet donations to children in our local elementary schools.

From the Ed Martin Memorial Fund, we donated \$1,000 to the Berkeley Outdoor Recreation Program for the retrofitting of bicycles for people with disabilities.

From our \$4,000 philanthropy budget, we contributed to the excellent work being done by local organizations such as Grace in Action, the UCD student chapter of Habitat for Humanity, Davis Community Meals, and the Village Bicycle Project, a group that sends bicycles to Ghana for people who have no transportation. We also donated funds from Foxy’s Fall Century to the Yolo Food Bank.

Local riders also received our support for participating in a number of fundraising events. We sponsored club members who rode in several rides, including AIDS/Life-cycle, the Leukemia Society and in BORP’s fundraising ride. Not counting the helmet donations, we have spent over \$3,000 through October, and we will be contributing to local holiday events that celebrate the spirit of our community.



Every year, the Davis Food Coop sponsors a Christmas Eve dinner at the Veterans’ Memorial Center. The meals are free, although contributions can be made at the door. Our club will be making a philanthropic donation to the event, and club members are invited to attend. We hope to see you there!

Next year, we will continue to make philanthropic donations. If you know of a worthy cause or a group that deserves support, why not call the philanthropy director and let him know of the opportunity!

The upcoming holiday season is certainly not the only time to think of community and helping others, and it’s good to know that year-round, on the road or not, our club is doing what it can to improve the fabric of our community and the lives of others. ♻️



Starting with this issue, *Changing Gears* will be printed on 100% post-consumer recycled paper, using soy-based ink, at a local offset press.

Changing Gears is the monthly newsletter of the Davis Bike Club. It is mailed 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, 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 preferably, shorter. All submissions are subject to editing for grammar, style, and length. Early submissions 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.

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

John Seabury
758.3878
dbcridecal@gmail.com

Photo Supplement

gallery.dbcnewsletter.org/v/12_07/




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December Membership Meeting

by **Diane Richter**
Vice President

IT'S PARTY TIME! The December meeting of the DBC will be the holiday party, and will take place on December 3rd at the Stonegate Country Club (919 Lake Boulevard in West Davis). We will have the board elections for next year, and, of course, we will eat! The club will be providing most of the food this year; it's up to you, our members, to provide the desserts. So bring whatever dessert your heart desires, or requires, and a few extra servings to share.

In the tradition of the DBC, Santa will be there to hand out gifts to the kids, so if you want Santa to give your child a gift, bring one with your child's name on it (written in clear letters; Santa's eyes aren't getting any younger, you know). Another tradition we'll observe is the white elephant gift exchange. If you want to participate, bring a gift, preferably bicycle-related.

The party will start at 6:30, and be over by 9:00. See you there! 


Letter from the Acting Editor

by **Scott E. Alumbaugh**

OKAY, SO I LIED. Last month, I wrote that I was going to replace the existing web photo supplement with Picasa. Instead, I set up a web photo gallery of our own at gallery.dbcnewsletter.org. The software – an open source program called Gallery – allows us to restrict access, so only current DBC members registered with the site can post pictures. At the same time, all of us can post to the same gallery; so, for instance, we can all post December pictures in the December gallery.

Thankfully, others have stepped in to help. Susan Gishi is taking care of authorizing registrations, and Chris Lupo, who uses the same software on his own site, has also lent suggestions and programming support.

The only thing we need now is for you to register with the site and start adding photos. The process is simple. You do everything in a browser window. The program will help you locate pictures in your computer, upload and automatically resize them, and allow you to add captions. In other words, all the things Steve Macaulay used to have to do.

So give it a try. If you have any problems, I am happy to help. 

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Thanks and Looking Forward

by **Dan Shadoan**
President


THE YEAR IS WINDING DOWN, and the fall days are making for colorful and nearly temperature-perfect times on the bike. Even though the year is winding down, the club is not. Yes, our major events are over for the year, but there are a lot of exciting things coming for next year. The board meetings are filled with discussions about new plans, and each director seems to have a new twist or new idea for improving the club's support of cycling.

Speaking of directors, I'd like to take this time to thank the search committee for assembling the slate of nominees for next year's board of directors. Bob Brouhard as chair, with help from Larry Burdick, Barry Bolden, Dan Barcellos, and Don Pockrandt,

has compiled the list below for you to vote on at the December club meeting. Thank you Bob, Larry, Barry, Dan and Don!



Congratulations to John Hess and his committee for another very successful Foxy's Fall Century. In particular, I'd like to thank the arrangement for the after-ride food. The DBC Masters Race Team did an outstanding job. At every turn, I overheard similar remarks about how good the end-of-ride meal was this year.

Extra special thanks to Scott Alumbaugh, our new newsletter editor, for stepping in, even before the elections, to carry on Steve Macaulay's unparalleled tradition of (nearly) perfect newsletters. 

Dan Shadoan <i>President</i>	Bruce Winder <i>Membership Director</i>
Karen Baker <i>Vice President</i>	Phil Coleman <i>Safety Director</i>
Stu Bresnick <i>Treasurer</i>	John Whitehead <i>Public Relations Director</i>
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Jackie Boettner <i>Corresponding Secretary</i>	Robin Neuman <i>Director-at-Large, Double Century</i>
Dave Joshel <i>Quartermaster</i>	John Hess <i>Director-at-Large, Foxy's Fall Century</i>
Bruce Dewey <i>Tour Director</i>	Paul Guttenberg <i>Director-at-Large, Ultra Cycling Events</i>
Robin Rolles <i>Race Team Director</i>	Scott Alumbaugh <i>Newsletter Editor</i>

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If you have multiple email accounts, use your subscription address to unsubscribe or send messages to the list.

Club Discounts

Flash your DBC membership card for a discount at these local and Bay Area bike shops ...



Foy's Bike Shop



... or take advantage of the Repeat Customer Rewards program at



The bicycle is just as good company as most husbands and, when it gets old and shabby, a woman can dispose of it and get a new one without shocking the entire community.

Ann Strong

Open Letter to the Davis Bike Club

by *Mitch Trux*

DEAR MEMBERS OF THE DAVIS BIKE CLUB, I just wanted to thank you all personally for the support that has been provided for me as a young cyclist on the club's race team the past three years. It's important for me to do so because I have recently decided to race for another team in 2008 and wouldn't feel right about the move without first expressing my sincere gratitude to DBC.

By way of explanation, I should start by writing that my entire road cycling career has taken place under DBC's wing.

I moved to Davis for the first time about five years ago planning to attend UC Davis. Needing a job, I was hired on at B&L Bike Shop, where I met a co-worker and club member Jack Kenward. I had a long history of mountain biking but had never ridden the road, but Jack's obvious passion for the open road and his general knowledge of road cycling peaked my interest in the sport and found me trading my mountain rig for my first road bike. Before meeting Jack I had no idea who Fausto Coppi or Mario Cipollini were; I barely knew anything about Greg Lemond or Lance Armstrong. But in Kenward's school of cycling all that changed pretty quickly.

When I first started riding, I borrowed one of B&L's rental bikes and was determined to do the Davis Double that Jack was preparing for himself. Everyone at the bike shop who knew better was fine to let me try, but mostly chuckled at the idea of me finishing it. Some people even placed bets! But I finished the ride and have been able to brag ever since that it was very honestly my 16th day riding a road bike. Oh what a



day! The first 80 miles looked pretty grim, but at that point another rider taught me the art of drafting. I still remember his words: "Suck wheel Mitch, suck wheel!" Let's just say the next 120 miles flew by as it became my personal quest to suck the fastest wheels I could find the entire way home.

I started racing on the University team a short while later and have always raced for DBC whenever I was off the collegiate calendar. It's been an amazing ride. During my second year I was with the Aggies when we won the national championships held in Lawrence, KS. Last year I upgraded to Category 1 early in the year and joined USA Cycling's highest ranks – just 2 years and a month after my first road race. In three years I've raced my bike all over the western states and have pitted myself against the pros on a regular basis. I've raced members of top European teams such as T-Mobile, Discovery Channel, and Gerolsteiner, all in the DBC colors. I even got to race Mario Cipollini when he came out of retirement for a criterium in Las Vegas a couple months ago – my first idol in bike racing.

Anyway, like I said it's been an amazing ride and one I'm not likely to get off of anytime soon. So again, I just want to offer my thanks to folks like Jack, my teammates, and everyone else at DBC. I'll see you all out on the road and the next time I'm rolling through Davis.

Tailwinds to all,
Mitch Trux

Master's Team Wrap-up

by *Eric O'Brien*

THE DAVIS BIKE CLUB MASTER'S RACE TEAM has enjoyed a fine season of racing. This group of mainly Category 4 and 5 racers moved from 26th last year to 9th this year in the Northern California / Nevada Cycling Association's Best All-Around team competition, and DBC Master's racers finished on the podiums at the Santa Cruz Classic, Snelling Road Race, Dunnigan Hills Road race, Suisun Harbor Criterium, Giro di San Francisco, and the Henlyville Road Race. They also managed to feed over 1,200 hungry finishers of the Foxy's Fall Century!

Most importantly, the team showed remarkable improvements in fitness, teamwork, and commitment throughout the year; the majority of the team's placings occurred in the second half of the racing season as new teammates learned how to race together and rookies became veterans. For example, one of the team's newest members who had never raced a bike before


barely finished with the main group in early season races but earned 15 points by the end of the year. Another racer finished the year with 18 points and stands at the threshold of qualifying for his upgrade to Category 3. Another DBC Master made the leap to Category 3 and spent the last part of the season trying to adjust to racing at that level.

The number of DBC Master's racers also nearly doubled by the end of the season; the team's race directors and captains are now receiving calls from riders from all over California who hope to find out how to join such an up-and-coming squad – a testament to the team's open, friendly character and distinct lack of egos. The team is made of genuinely nice guys who enjoy racing together, and, as their race reports frequently remind us, they value group success much more than individual accolades.

The team is made up of two physicians, an associate profes-

sor, three Ph. D candidates at UC Davis, a bike industry sales representative, an insurance company manager, two biologists, a physicist, a teacher, an actor, two retirees, the owner of a tool company, two lawyers, a bike shop manager, and many other professionals. They range from 36 to 50-ish (we've never asked for specifics) and hail from all over California and the United States. The one thing they all share is a passion for bikes, a sense of pride in their community, and the ambition to improve.

Next year the team hopes to finish as one of the top three Master's teams in Northern California and, in the process, help support the Davis Bike Club's mission of supporting cycling in all of its many facets. If you have the desire to improve your fitness or try riding with a number pinned on your back, we would love you to join us. Contact Jason Eiserich jpeiserich@ucdavis.edu or Robin Rolles at robin.rolles@charter.net to find out more.

Until then, we'll see you on the road. 

2007 Race Team Wrap-up

by *John Stegall*
2007 Race Team Director

WITH THE 2007 COMING TO AN END, I'd like to sum up the season and thank everyone for making this a remarkable year for the DBC race team. The team did a tremendous amount of racing – over 700 races in at least 8 states and 3 countries, in every racing discipline: road, cyclocross, mountain, BMX, and track. But the part that stands out for me is the amount of effort teammates put into various club and community activities. The team currently has 84 members, almost all of whom contributed their time to club events – well over 1,000 hours collectively. This figure includes only time spent working on DBC brevets, the DC, Dunlap, 4th of July, and Foxys, and does not include planning the race team's time trial, criterium, or other sundry activities.

This year marked the inaugural season for DBC's new "elite" squad. The elite team was the brainchild of Jesse Moore and marks an attempt to provide support for DBC racing at the highest levels in our region. Jesse left to join the semi-pro Cal-Giant team before the beginning of the season; Stephen Dey, Tyler Dibble, and Chris Morales took on the administration of the squad. Together with their teammates, they raised \$7,500 in cash sponsorship, organized the travel and volunteer activities, and went on to a fantastic race season. At least three of the squad have signed contracts with semi-pro teams for 2008.


The juniors team had another stellar season under the guidance of Steve Wick. With a strong budget from the club and cash sponsors, DBC now has the premier juniors program in the region. The kids traveled extensively, covering races in at least four states. DBC juniors brought home three state championships and took a 6th place finish at nationals. For probably the first time ever, a DBC junior (Alex Wick) won a pro/1/2 event. DBC's Taylor Kuphaldt had the honor of racing in Europe with the U.S. National Team. And finally, the DBC kids volunteered at least 150 hours to various club events.

The race team's own events have become regional classics and favorites among racers. Brian Krall took the helm organizing the Dunlap Time Trial. The race brought in 179 riders and went off without a hitch. Dunlap proceeds of almost \$2,000 were contributed to the DBC juniors account. Robin Rolles and Jason Eiserich put together a landmark 31st Fourth of July Criterium for 2007. The event's 655 racers were the most the club has seen for a weekday since we began keeping attendance

records. The 4th netted more than \$7,000 for DBC, easily a record for the event for at least the last dozen years.

The race team is involved with many other less obvious activities that are very important to the club. Many of these have significant time commitments. The tremendous efforts of teammates made my job much easier. Amanda Seigle did a fantastic job organizing race team volunteer efforts and also compiled the team's race results for the newsletter. Eric O'Brien applied his considerable editing skills, polishing race team articles for the newsletter. Shawn Miller put a lot of effort into coordinating the team's clothing orders and worked with Vance Russell to help design the new club touring jersey.

Vance Russell, Steve Wick, Tyler Dibble, and Jason Eiserich provided excellent club presentations. Alan Rowland was instrumental in leading the Tuesday Thursday "race rides" which are a staple for the area's competitive cyclists. And finally, in a demonstration of the DBC masters squad's organizing prowess, the group took on the Foxys Fall Century dinner job. Lorne Sachs, Kevin McSpadden, Steve Nowicki, John Licatesi, Robin Rolles, and host of other "old guys" planned the menu, cooked and served the food, and cleaned up afterward. The efforts saved DBC approximately \$7,000!

This is just a quick list of race team activities for 2007. I'm sure I forgot to mention many people, but there is not room in this newsletter for an exhaustive accounting. The cooperation and camaraderie of this team is really inspiring. We are certainly poised to launch into a stellar 2008 season! 

Race Team Results

by *Amanda Seigle*

Name	Race	Date	Category	Place
Shawn & Karch Miller	Mt. Diablo Challenge	10/7	Tandem	6th
Shawn Miller	Sac CX #2- Hagan Park	10/14	Masters 35+ B	12th
	Bay Area Super Prestige CX#2 Candlestick Point	10/21	Masters 35+ B	26th
Karch Miller	Bay Area Super Prestige CX#2 Candlestick Point	10/21	Juniors 10-14	6th



DECEMBER 2007 RIDE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 25	Nov 26 • Early Bird Special • Esparto Tailwinds	Nov 27 • Mocha Joe's Country Loop	Nov 28 • Solano Bakery • Women's Wednesday	Nov 29 • Steady Eddy's • Winters Dinner	Nov 30 • Early Bird Special • Vacaville Rolling Hills	1 • RH Phillips First Saturday Brunch • Coffee and a Roll
2 • Marathon to Marathon	3 • Early Bird Special • Esparto Tailwinds <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">Membership Meeting and Holiday Party</div>	4 • Mocha Joe's Country Loop	5 • Solano Bakery • Women's Wednesday	6 • Steady Eddy's • Winters Dinner	7 • Early Bird Special • Vacaville Rolling Hills	8 • Winter Long Distance Ride #2 • S6 Spin • Coffee and a Roll
9 • Second Sunday	10 • Early Bird Special • Esparto Tailwinds <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">Board Meeting</div>	11 • Mocha Joe's Country Loop	12 • Solano Bakery • Women's Wednesday	13 • Steady Eddy's • Winters Dinner	14 • Early Bird Special • Vacaville Rolling Hills	15 • 6 Bs by BB • Third Saturday • Coffee and a Roll <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">Newsletter and Ride Schedule Deadlines</div>
16	17 • Early Bird Special • Esparto Tailwinds	18 • Mocha Joe's Country Loop	19 • Solano Bakery • Women's Wednesday	20 • Steady Eddy's • Winters Dinner	21 • Early Bird Special • Vacaville Rolling Hills	22 • Lake Solano Loop • Winter Solstice Ride • Coffee and a Roll
23/30	24/31 • Early Bird Special • Esparto Tailwinds	25 • Mocha Joe's Country Loop	26 • Solano Bakery • Women's Wednesday	27 • Steady Eddy's • Winters Dinner	28 • Early Bird Special • Vacaville Rolling Hills	29 • 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 & Covell)
- **Davis Amtrak Station**
2nd Street, east of G Street
- **Davis Park n' Ride**
Mace Boulevard & CR 32A
- **Sutter Davis Hospital**
100 yards north of Union 76
- **Veterans' Memorial Center**
203 E. 14th Street (at B Street)
- **Wheelworks**
247 F Street (at 3rd Street)

Out of Town Locations

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

December 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

Mondays

Esparto Tailwinds

9:00am ~ T1/P3-5 ~ 50 miles

Barry Bolden, 297.5123 or
boliverb@dcn.org

Ride north to Esparto, with a stop at the Burger Barn, then downhill and a tailwind home. Experience part of the Double Century route as a bonus.

Tuesdays

Mocha Joe's Country Loop

8:45am ~ T1/P3 ~ 35 miles

Paul Grant, 756.7813 or
pwgrant@ucdavis-alumni.com

9:00am ~ T1/P4-5 ~ 39 miles

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 in South Davis.

Wednesdays

Solano Baking Company

8:45am ~ T1/P3 ~ 35 miles

Dan & Sharon Cucinotta, 756.1711 or
scucher@comcast.net

9:00am ~ T1/P4-5 ~ 39 miles

Phil Coleman, 756.4885 or
pkcoleman@comcast.net

Ride south to Dixon, past orchards and fields, and relax at Solano Baking Company in Dixon before returning to Davis.

Thursdays

Steady Eddy's

8:45am ~ T1/P3 ~ 30 miles

Dan & Sharon Cucinotta, 756.1711 or
scucher@comcast.net

9:00am ~ T1/P4-5 ~ 34 miles

Phil Coleman, 756.4885 or
pkcoleman@comcast.net

Ride along Putah Creek Road, enjoy the atmosphere and conversation at Steady Eddy's in Winters before returning to Davis.

Fridays

Vacaville Rolling Hills

9:00am ~ T3/P5 ~ 60 miles

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.

Weekly/Bi-weekly

Early Bird Special*

Mondays and Fridays

6:15am ~ T1/P3 ~ 20 miles

Jack Kenward, 753.9329 or
kenward2@dcn.org

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

Women's Wednesdays*

Wednesdays

9:00am ~ T1/P3 ~ 20-30 miles

Marilyn Dewey, 753.9188 or
deweyms@hotmail.com

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

Winters Dinner Ride*

Thursdays

6:00pm ~ T1/P3 ~ 30 miles

Paul Grant, 756.7813 or
pwgrant@ucdavis-alumni.com

Meet on the Russell Boulevard bike path at Lake Boulevard. Now that summer 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

Saturdays

7:30am ~ T1/P4-5 ~ 35 miles

Scott Alumbaugh, 204.8481 or
sea@seadogdesigns.com

A Saturday morning quick out and back to Steady Eddy's in Winters, ending at Davis Farmers Market. Ride leader may have occasional absences, so if he hasn't shown up by 7:35, the ride proceeds.

Monthly

RH Phillips First Saturday Brunch*

Saturday, December 1

10:00am ~ T2/P3 ~ 45 miles

Anne Huber, 758.8115 or
ahuber@jsanet.com

Meet at the Woodland Nugget parking lot. This is a lovely ride through rolling hills of northern Yolo County ending up at RH Phillips winery for their monthly brunch. The meal varies each month, and can generally be found on the RH Phillips website. 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 Woodland crowd) will be announced on the listserv.

Second Sunday Ride

Sunday, December 9

8:00am ~ T1-5/P3-4 ~ 60 or 100 miles

Glenn Mounkes, 220.3513 or
glenmonk@yahoo.com

Ride your own pace to Fairfield via Winters, Cardiac, and Highways 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 3:03pm train (ticket costs \$12). Check DBC listserv for announcements.

Third Saturday Ride

Saturday, December 15

9:00am ~ T1-5/P3-4 ~ 30/40/60 miles

David Joshel, 400.0858(c), 756.7409 (h) or
davidjoshel@hotmail.com

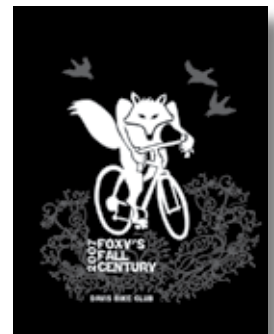
Ride to Winters (30 miles), Lake Solano (40 miles) or Cantelow (60 miles). Optional coffee/food stop at Steady Eddy's in Winters. With the multiple options available, most riders can find a distance and pace to suit them.

Thank You!

Foxy's 2007 was a great success thanks to the efforts of many, many volunteers. Because of YOUR help, the DBC stands out as a first class organization. So whether you helped with early morning check-in, corner marshalling, rest stop help, bicycle sag, finish line food, whatever it was, THANK YOU and I hope to see you next year.

John Hess

Director-at-Large, Foxy's Fall Century



DECEMBER DBC Rides (cont.)

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.

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 of each year, the funds available for Jersey Ride support will be rationally distributed to the participants. Continuous club membership for the entire year is required.



Jersey Ride Results

The members listed below have reported to Cary Thompson that they have participated in one or more area century rides during the 2007 season.

- Barry Bolden
- Linda Bott
- Bill Brier (3 rides)
- Darell Dickey (2 rides)
- Jennifer Epp
- Marlene Hanson
- Cliff Hilken
- Ken Johnson (5 rides)
- John T. Jones
- J H Edmund Lee
- Chris Lupo (4 rides)
- Kevin McSpadden
- Carolyn Regan
- Diane Richter
- Cary Thompson (2 rides)
- Andy Zeigler
- Eric Zeigler

Thanks to everyone for representing DBC!

Bruce Dewey,
Tour Director

Non-Recurring Rides

Marathon to Marathon*

Sunday, December 2
9:30am ~ T1/P3 ~ 26.21875 miles
John Whitehead, 758.8115 or
jcw@dcn.org

Meet at the Park n' Ride lot along Second Street, just east of Mace Boulevard. Experience the finish line excitement at the California International Marathon, and cycle the same distance (round trip) that those folks are running. If you've never biked Davis to Sacramento, this is the shortest club ride that does so, and you don't have to get up early. Weather permitting, this should be a nice, mid-day-ishly warm winter ride.

Winter Long Distance Ride #2

Saturday, December 8
8:00am ~ T-varies/P-your choice ~ 90 miles
Amy Rafferty, 666.5468 or
aerafferty@ucdavis.edu

This month, the Winter Ride Series offers a DBC favorite - Around the Mountain. Last month was an out and back to Moskowite, this month you turn left at Moskowite, take 121 to Wooden Valley, and back to Davis via Pleasants Valley Road. Extra credit for catching Amy on Mix Canyon. For those of you who work Foxy's Fall Century, this ride might feel familiar as the Foxy's Workers' Ride (but you're on your own for breakfast). If riders have different speed preferences, groups will be split out. Show up, ride and call out your best Woodstock imitation of "No Rain, No Rain".

Seasonally Sporadic Second Saturday Single Speed Spin

Saturday, December 8
9:00am ~ T1/P3 ~ 30-50 miles
John Whitehead, 758.8115 or
jcw@dcn.org

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

Bike, Bella Bru, Buy and Bike Back* (6 Bs by BB)

Saturday, December 15
9:00am ~ T1/P3 ~ 32, 36, or 60 miles
Barry Bolden, 297-5123 or
boliverb@dcn.org

Starting at the Park n' Ride lot along Second Street, just east of Mace Boulevard, bike to the American River Parkway Bike Trail with optional destinations of REI/Costco (32 miles), Performance Bicycles (36 miles), and Bella Bru Coffee Shop (60 miles). Combine stocking stuffer shopping and reduce your carbon footprint. Tandems get extra carbon credit. An Amtrak ride to Sacramento can save you some pedaling and still get partial credit. Rain will cancel but not a light drizzle. Bring money and lock. Bella has a discount coupon that expires November 30, but maybe there will be one for December at bellabrucafe.com/carmichael.html.

Lake Solano Loop

Saturday, December 22
9:00am ~ T1-3/P3 ~ 45 miles
Julie Sly, 916.201.2790 or
Juliesly@aol.com

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.

Winter Solstice Ride

Saturday, December 22
1:00pm ~ T1-3/P3-4 ~ 38 miles
David Joshel, 400.0858 (c), 756.7409 (h) or
davidjoshel@hotmail.com

If you've ever been to Santa Barbara for the Summer Solstice Festival, you know you can get your Karma realigned, consult your crystals, and engage in all sorts of illicit pharmacological activity. Well, here's Davis's slightly tamer but ever so much healthier version of communicating with the Earth Mother. Ride into the sunset on the shortest day of the year. Leave for the Lake Solano Loop - a 38 mile, easy P3-4 no-drop ride - at 1pm. The sunset is at 4:49pm on this day, so we should easily make it back to Davis before dark.

The Tour Turn

by *Bruce Dewey*
Tour Director

OUR YEAR IS WINDING UP, and our thoughts are turning to what's ahead. In the immediate future, we have the problems of cold weather and of what to ask from Santa Claus. Here are some tips that worked well for me when I lived up at the North Pole of the lower 48. Start out being semi-cold for the first mile or so. Dressing too warmly makes you sweat and then get really cold because you're wet. On the other hand, if you are too cold, your muscles won't work very well. The solution is to ride with thin layers, and stuffing pieces in your jersey pockets to get it right.



With that in mind, here are some ideas for your winter cycling wardrobe. At the same time, these are great gifts for cyclists.

- Arm and leg warmers (the no-brainers). Get these on the tight side so they don't creep off as you ride.
- A vest is surprisingly warm. Get a thin one that goes into your pocket.
- Thin, tightly woven nylon wind jacket for an outer layer. Test it in the store for pocketability.
- Liner gloves worn under regular cycling gloves. Ski gloves take up too much pocket real estate, and are too warm if the temperature is above freezing.
- Helmet cover, made from thin waterproof-breathable stretch nylon – great for cold and for rain. You could accomplish the same result with a hotel shower cap, but those things are not breathable and they look, well, even worse than the nylon helmet cover.
- A thin head band that covers your ears and forehead. The thin headband plus the helmet cover is all you'll ever need around here. Save the balaclava and the face mask for Wyoming.
- Lycra shoe covers, the kind that look cool for time trials. Don't bother with those heavy neoprene things. Even in sub-zero conditions, you'll get sweaty, cold feet.
- For really cold days, use cyclist's tights and a polar fleece sweater inside your wind jacket. These are not pocket items.
- Heavy wool socks are surprisingly good, if you have room in your cycling shoes. Try taking out the insole if necessary. Hmmm, would anybody take off their socks and put them in jersey pockets?
- Thin, synthetic thermal underwear (polypropylene). Another no-pocket item, but really good on the coldest days.

I must add that my colleagues in Wyoming reminded me that living in Laramie builds character. Or was that it made you a character?

Our club needs help in lining up tours for next season. We will, of course, have some repeats, but new tours are always well received. Some ideas I've heard include a wine country ride ending in San Francisco, a hub-based tour at Mammoth Mountain, a tour that goes through mountains and coast in Oregon, a central California Coast tour, and the big one – a three-week tour of Provence during September. At the same time, we need some interesting local rides to add to our menu of repeated rides to the same places. There are many great possibilities within an hour's drive from here, such as in the East Bay or in Napa County. We will have a tour planning meeting at our place on the evening of January 13, so be sure to let me know if you'd like to help out.

As you can see elsewhere in this month's **Changing Gears** we had 17 members who rode and reported doing a total of 26 Jersey Rides. Last year, we had 43 members who rode 71 rides. Wow, the premier bike club in the platinum city has really slipped! What happened? Are we just staying in Davis because it's so great? One board member thought it was because we ran out of club jerseys; another person noted that we could use more publicity; someone suggested our list was too limited, with some really good events left out. Perhaps some members did the rides but didn't send an email to the jerseymeister because they didn't want the reimbursement. My experience was that many rides seemed to have closed even earlier this year, attesting to the widespread popularity of century rides in Northern California. As you know, John Hess had to close this year's Foxy's Fall Century more than a month in advance. I know Marilyn and I procrastinated too long only to find our two favorite rides closed. The bottom line is that jerseymeister Cary Thompson is looking for ideas to get more DBC riders out next year.

Barry Bolden reminded me that it's already time to get ready for March Madness 2008. This is the tenth year coming up. Mary James, our new leader for this great event, is planning some special surprises for this important anniversary. Meanwhile, plan to cross-train and ride on through the winter.

Please think about helping with your ideas for tours and rides for next year. And don't forget to ask Santa Claus for cold weather riding gear so you can be ready for those big miles in March. ☺

Paris-Brest-Paris: First Sun and the End of the Ride

by **Peter Hewitt**, #6924

[Note: This is the third and final in a series of articles about Paris-Brest-Paris 2007]

ONE HOUR AFTER LEAVING LOUDEAC for Carhaix at 12:45am, a control appeared. “Am I in Carhaix?” I asked at the control. The woman smiled, responding that Carhaix was 42 km ahead. This was a secret control, in Corlay. Seeking sleep, I scanned the hardwood floor of what appeared to be a community center. Sleeping riders were lined up on the floor. I ventured into the middle of the room, which felt oddly exposed. I pulled out the Cliff Bar from my back pocket, put it under my head and woke up 45 minutes later, at 2:25am. I shivered my way onto my bike, knowing that I would soon ride myself warm.

In Carhaix at 5am, I savored my first solid food in 25 hours, macaroni and fish, and then slept for another 45 minutes. I caught a glimpse of my 2005 GRR companion, Ed Kross, at a nearby table, doing likewise. About 200 riders were keeping the cafeteria busy, flowing around unobtrusive sleepers.

At 6:20am, I climbed through the prettiest stretch of road to Brest. I rode with an amusing, helmet-tilted Frenchman. We summited Roc Trevezel, the highest point of the course. Spectators brought life and color to this barren landscape. Down we sped, and across the final 50 km into our first sunshine, and the city of Brest.

In Brest at 10:30am, I bought some chain lube and started east, back to Paris. The controls were concrete ugly. I rode with big Tim of Virginia, with his iPod, up past Sizun. It was getting warm, but clouds, rain and cool air returned once we traversed the Roc.

I got in and out of Carhaix quickly. Here, I saw the last out-bound riders; I also knew that the fastest were already about 60 km from the finish.

One of the biggest surprises of the ride was discovering the beauty of the stretch of 80 km east of Carhaix, which I had passed in the dark the night before. I rode with about six other riders, including a funny Australian. The Australian was invited to join other faster cyclists. His declining reply still brings a smile: “No no! You will throw me in a ditch again!” The company made the afternoon almost pleasant, but for the bumpy road and the burning in the right upper knee cap area.

At Loudeac, I was pleased to see Jenny Phillips and Craig Robertson, intrepid Northern Californian tandem riders. This control was an empty shadow of its former self. I missed Anh Nhi and felt her absence. After an hour, I was into both my third pair of shorts and the final third of the ride. I joined two Frenchmen and enjoyed their company, especially as they convinced me that I could speak French and they were having so much fun themselves. That fun included the only roadside coffee and cake stand I visited.

Soon, though, I was alone again when my left crank arm loosened. I stopped and tightened it, but then it loosened twice as fast each subsequent time. It was now 10:45pm and the 16

km between me and Tinteniac, the next control, seemed to be growing. I expected the whole arm to detach, but it did not.

In Tinteniac, Jean Pierre, the mechanic, asked me if I wanted to know the price of the repair before he started. I still don't know what it is. Leaving my green Serotta, I made instant use of a mattress and a blanket in a quiet room for 5 euros.

Pain on the tops of my feet woke me three and a half hours later, at 3:30am. The pain went away when I took my shoes off, and thankfully did not return. I was soon paying Jean Pierre and riding again. I felt good, and sensed that the ride was all but done. A Frenchman and I rode together. We never stopped and rarely spoke until we reached Fougeres, at km 915, at 6:30am. There, I was delighted to find my friend Ed Kross awake. He gave me 5 euros for a ham and cheese sandwich. That sandwich was the second and last non-powder nutrient for me on the ride. I loved, if not savored, it.


I left Fougeres and was back out under occasionally drizzling skies at first light. An hour later, a rider zoomed by. I caught him on the next hill. He was Johan, from Belgium, and he became my closest companion of PBP. Though he would stop to eat at the controls, he would catch me later, and so we shared several hours on the course.

Rain periodically fell, but the temperature remained comfortable, near the sixties, and wind from our left was moderate at most. On the road to Mortagne, I stopped to apply my pharmacy to my body. Johan reappeared the moment that I got back onto the bike. He seemed weaker, so I led more. We reached Mortagne near 3pm. 150 km remained and it seemed to be but a formality to finish the ride given how fresh I felt.

For a time, I rode with Guy, of France. He had Shermer's Neck, and could not hold his neck up without a brace, so he rode with a brace under his chin. He could not extend his neck enough to get more than a few meter's view ahead. I was acting as his seeing-eye rider, and mistakenly guided him into the back of two cyclists doing on-road repairs. Fortunately, none seemed worse for the crash. Guy was impressively forgiving.

I caught up to Johan again, and he and I finished the last few hours with Norm of Canada. Rain was increasingly frequent, and at times, vigorous. Thick mud puddles lay across the road, continuous with each other. Grit got between my teeth despite my sealed lips. Storm clouds brought stunning darkness briefly, an hour before nightfall. It seemed to hail for a few seconds in the midst of the downpour.

As light in the sky increased, I had the sensation of taxiing a jet down the road through the woods out of Gambais. It seemed as though we might fly. We spent much of the final 7 kilometers waiting at red lights. I finished at 9:32pm. I had read about the anti-climactic finishing experience, so I experienced no disappointment.

Randonneuring is a superb sport, and I feel much gratitude toward all who ride and support it. Bicycle camping in North America is likely my next bicycling goal. Whatever it may be, it will be much more preferable with friends and family. 

Official Use Only

DAVIS BIKE CLUB MEMBERSHIP APPLICATION

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



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

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

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

Action Type <input type="checkbox"/> New Member <input type="checkbox"/> Renewal <input type="checkbox"/> Address Change	Basic Membership, 1 year..... <input type="checkbox"/> \$20.00 single or <input type="checkbox"/> \$30.00 family \$ _____ Basic Membership, 3 years..... <input type="checkbox"/> \$50.00 single or <input type="checkbox"/> \$75.00 family Basic Membership, 5 years..... <input type="checkbox"/> \$80.00 single or <input type="checkbox"/> \$120.00 family Race Team add-on... <input type="checkbox"/> \$20.00 per racer per year \$ _____ <input type="checkbox"/> Aggie Cycling Team (no race team fee) OR... <input type="checkbox"/> Junior Race Team (no race team fee) TOTAL AMOUNT DUE \$ _____
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ALL adult members must sign release; parent or guardian signature required for members under age 18.

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

Name _____ Age _____ Signature _____ Racer? Date _____
 Name _____ Age _____ Signature _____ Racer? Date _____
 Minor's Name _____ Age _____ Parent/Guardian Signature _____ Racer? Date _____
 Minor's Name _____ Age _____ Parent/Guardian Signature _____ Racer? Date _____

ACCIDENT WAIVER AND RELEASE OF LIABILITY

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

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

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

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

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

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

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

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

Parent Guardian Waiver for Minors (Under 18 years old)

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

Helmets are required on all club rides.



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



Revised 03-26-2006

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

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



Changing Gears



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Thanks to our Ride Leaders!


- Scott Alumbaugh
- Barry Bolden
- Larry Burdick
- Phil Coleman
- Dan & Sharon Cucinotta
- Marilyn Dewey
- Paul Grant
- Anne Huber
- David Joshel
- Jack Kenward
- Glenn Mounkes
- Gerry Peterson
- Amy Rafferty
- Juilie Sly
- John Whitehead

Two Approaches to Cycling

by **Barbara Anderson**

1. MAKE SURE YOU HAVE A GOOD, lightweight road bike equipped with moderate- to high-end components. Wear lycra cycling shorts, knee and/or arm warmers, a lightweight, brightly colored vest or jacket, cycling gloves and shoes with cleats that are compatible with your clipless pedals. Ride 20 miles, stop and eat lunch, then ride home. Total: 40 miles.

2. FIND YOUR BIKE. Pump up the tires. Put a rack on the back and attach a pannier-type bag to one side. Put some clothes and other stuff in it and into a couple of large, black garbage bags, which you can also attach to the rack. Put on a sweatshirt and a pair of pants and some shoes. Start riding in Olympia, Wash., sometime around October 1st and head south to San Francisco. Total: 750 miles.

Conclusion: Stop reading all those cycling magazines and just get on your bike and ride. (Disregard if you are older than 25.) 




Stu, Babz, Barbara (Stu's cousin) and husband Dave. Lunch stop, Olema-Tomales-Olema ride, at Tomales Bakery, November 1, 2007.



Kate, riding solo from Olympia, at Tomales Bakery, November 1, 2007.

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

 **Davis Bike Club**
Membership Card

First Class

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