

# Changing Gears

Newsletter of the *Davis Bike Club*

January 2008

## Meetings

### Membership Meeting

Monday, Jan 7 @ 7pm  
Davis Branch Library  
Blanchard Room  
315 E. 14th Street

Please park bikes outside.  
Refreshments & door prizes!

### Directors Meeting

Monday, Jan 14 @ 7pm  
Davis Food Coop  
Conference Room  
620 G Street

All members welcome

### Race Team Meeting

Wednesday, Jan 2  
Davis Branch Library  
Blanchard Room  
315 E. 14th Street

Board meeting @ 6:30pm

Race Team meeting @ 7:30pm

## Welcome New Members!

Leon Basdekas  
Nelson Frink  
Tara Goddard  
Justin Hall  
Scott Hamilton  
Harry Hugel  
Joe Kovacs  
Michael Matiasek  
Alex Nourot family  
James Oliver  
Wesley Riley  
Michael Shearer

**Davis Bike Club**  
DAVIS CALIFORNIA

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

530.756.0186  
[info@davisbikeclub.org](mailto:info@davisbikeclub.org)  
[www.davisbikeclub.org](http://www.davisbikeclub.org)

## Prez Sez

by *Dan Shadoan*  
President


NOTICE IS HEREBY GIVEN: if you missed the annual meeting, a.k.a. DBC Holiday Party, you missed a chance to see Santa, get a great meal, participate in the election of the board of directors for 2008, and you missed receiving a free pair of cycling socks courtesy of the club. Even though our monthly meetings have raffle prizes, we seldom get a chance to reward everyone at a meeting with a prize. The idea was excellent, the season obliging, and the execution by Stu Bresnick perfection. Mine fit perfectly!

I don't know if you cycle in downtown Davis during the lunch or the evening crunch, but if so, you have undoubtedly noticed the work of our safety director, Phil Coleman. The increase in cyclists obeying traffic laws and riding with seemingly increased respect for others is striking when compared with a few months ago. Phil's experience with local government and law enforcement, coupled with his lobbying and letter writing, has without doubt made a significant impact in the core area. Effective implementation by law enforcement of the concepts and procedures proposed by Phil are the foundation of this transformation. We all delight in giving credit where it is due!



Please join me in thanking our retiring board members. Diane Richter steps down from the office of vice president. Steve Macaulay takes a rest as past newsletter editor, Jim Sharp retires as ultra cycling event director, and John Stegall is stepping down as race team director. We'll miss their contributions in the board room, but hopefully will get to see them spend a little more time on the bike.

Now, please join me in welcoming our new board members for 2008: Julie Sly as recording secretary, Robin Rolles as race team director, Paul Guttenberg as ultra director, and Scott Alumbaugh as newsletter editor. Not new on the board, but in a new position, Karen Baker has ascended from recording secretary to vice president.

I look forward to another year working with the governing body of DBC! 

*"Bicycling is a big part of the future. It has to be. There's something wrong with a society that drives a car to work out in a gym."*

Bill Nye, the Science Guy



Changing Gears is printed on 30% 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](http://www.davisbikeclub.org/Newsletters/pdf).

### Subscriptions

Direct questions regarding subscriptions to the membership director at [dbcmembership@gmail.com](mailto:dbcmembership@gmail.com), [info@davisbikeclub.org](mailto:info@davisbikeclub.org), or via the Davis Bike Club Hotline, 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](mailto:dbcmembership@gmail.com).

### Contributions

Contributions are welcome. Please send to [dbcnewsletter@gmail.com](mailto:dbcnewsletter@gmail.com). Submissions are due by the 15<sup>th</sup> 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 15<sup>th</sup> of the month prior to publication. Please email submissions to [dbcridecal@gmail.com](mailto:dbcridecal@gmail.com). Ride schedules are available online at [www.davisbikeclub.org/RideSchedules/pdf](http://www.davisbikeclub.org/RideSchedules/pdf).

### Ride Calendar Coordinator

John Seabury  
758.3878  
[dbcridecal@gmail.com](mailto:dbcridecal@gmail.com)

### Photo Supplement

[gallery.dbcnewsletter.org/v/01\\_07/](http://gallery.dbcnewsletter.org/v/01_07/)



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## January Membership Meeting

by **Karen Baker**  
*Vice President*

SINCE MOVING TO DAVIS over two years ago, I still marvel at things unique to our fair city: the bike lanes, knowing who actually grows my lettuce/apples/pork chops, men with expertly shaved legs, and a bona fide bicycle coordinator!

Come meet Tara Goddard, the new Davis bike/pedestrian coordinator at the January 7 general meeting and learn about the latest bike plan which will set the policy direction for Davis' engineering of bicycle infrastructure. The plan also addresses enforcement of both motor vehicle and bicycle laws, education for new cyclists, and on-going evaluation of programs and projects. As Tara puts it, "Whether you are a longtime experienced cyclist or someone who just hops on your bike to get to the store, the Bikeway Master Plan affects you."

This is our chance to give her the DBC "perspective." If you would like to review the current plan, go to [www.cityofdavis.org/story/?story=BikePlan\\_Drft](http://www.cityofdavis.org/story/?story=BikePlan_Drft) and check it out before the meeting.

Also, as the 2008 VP for the club, I would like to hear your suggestions and ideas about



speakers for our general meetings (I've already contacted Levi Leipheimer, but I guess he is really busy since I haven't heard back...). Please email me at [karenleighbaker@comcast.net](mailto:karenleighbaker@comcast.net) with your ideas! I look forward to hearing from you. ☺

### Club Officers

**President**  
Dan Shadoan  
756.9266  
[djshadoan@ucdavis.edu](mailto:djshadoan@ucdavis.edu)

**Vice President**  
Karen Baker  
[karenleighbaker@comcast.net](mailto:karenleighbaker@comcast.net)

**Treasurer**  
Stu Bresnick  
[hfhstu@omsoft.com](mailto:hfhstu@omsoft.com)

**Recording Secretary**  
Julie Sly  
916.201.2790  
[Juliesly@aol.com](mailto:Juliesly@aol.com)

**Corresponding Secretary**  
Jackie Boettner  
[misty\\_fjord@msn.com](mailto:misty_fjord@msn.com)

**Quartermaster**  
David Joshel  
756.7409 (h), 717.5133 (c)  
[davidjoshel@hotmail.com](mailto:davidjoshel@hotmail.com)

### Club Board Members

**Tour Director**  
Bruce Dewey  
753.9188  
[bruced@dewspring.com](mailto:bruced@dewspring.com)

**Race Team Director**  
Robin Rolles  
669.7956  
[Robin.Rolles@charter.net](mailto:Robin.Rolles@charter.net)

**Membership Director**  
Bruce Winder  
[dbcmembership@gmail.com](mailto:dbcmembership@gmail.com)

**Safety Director**  
Phil Coleman  
756.4885  
[pkcoleman@comcast.net](mailto:pkcoleman@comcast.net)

**Public Relations Director**  
John Whitehead  
758.8115  
[jcw@dcn.davis.ca.us](mailto:jcw@dcn.davis.ca.us)

**Philanthropy Director**  
Steve Kahn  
[patsteve@pacbell.net](mailto:patsteve@pacbell.net)

**Director-at-Large, Double Century**  
Robin Neuman  
[roknrobin2@aol.com](mailto:roknrobin2@aol.com)

**Director-at-Large, Foxy's Fall Century**  
John Hess  
[johnfhess@comcast.net](mailto:johnfhess@comcast.net)

**Director-at-Large, Ultra Cycling Events**  
Paul Guttenberg  
297.5942  
[cycledad@juno.com](mailto:cycledad@juno.com)

**Newsletter Editor**  
Scott E. Alumbaugh  
204.8481  
[dbcnewsletter@gmail.com](mailto:dbcnewsletter@gmail.com)

## Davis Bicycles! Lobbies for Improvements

by *Russell Reagan and Ted Buehler*

**N**OW ALMOST A YEAR since its founding, Davis Bicycles! has worked with the City of Davis to make bicycle facility upgrades, and has begun working with Yolo County as well on safety improvements along the county roads.

On October 16 the League of American Bicyclists presented the renewal of its Platinum Bike Friendly City award to the City Council. During the same meeting, Davis Bicycles! addressed the council on continuing the good work to move ahead with further improvements to bike facilities. These comments were well received.

The following morning before dawn, Francisco "Willie" Lopez, a longtime bicycle commuter, was hit and killed by a car on Road 99 south of Woodland. In response to this tragedy, Davis Bicycles! helped organize a letter-writing campaign and other activities to advocate for safety improvements on Yolo County roads. In a coordinated effort, Davis Bicycles! and



*Anne, Bill, and John Whitehead at the memorial for Willie Lopez along Road 99 on November 3. The slight bend in the road visible in the photo may have been a factor in the collision.*

Davis Bike Club members wrote emails, and seven cyclists went to the Yolo County Supervisors' meeting on November 6 to ask the county for three specific improvements: (1) provide better maintenance, (2) designate and improve the bicycle thoroughfares

without bike lanes, and (3) ensure that all bike lanes meet the state's minimum standard (four feet). The supervisors were sympathetic to our requests, and within a month the bike lanes on Road 99 had been somewhat improved and new "Share the Road" signs had been installed.


In December the county applied for funds to complete the Woodland-Davis bike route to add bike lanes on Road 99 south to Road 29, then over to Road 99D to the Davis city limits. There is a chance that this could be completed some time in 2008. While it's unfortunate that it took a death to get this project fast-tracked, speedy improvements are the appropriate response. To support this proposal, contact your county supervisors from their website ([www.yolocounty.org](http://www.yolocounty.org)) or West Sacramento Mayor and Yolo Transportation District chair Chris Cabaldon ([christopherc@cityofwestsacramento.org](mailto:christopherc@cityofwestsacramento.org)). Davis Bicycles! welcomes the participation of DBC members, and continues to work with DBC safety director Phil Coleman on these improvements.

Concurrently, Davis Bicycles! is pursuing "100 small fixes." Bicycling in Davis declined steadily from 1980 to 2000. In

the past five years, car driving within Davis has shot up. To counter this trend, Davis Bicycles! challenged the city to fix 100 small problems. We gathered comments about specific problems in the city with a map, thumbtacks and notecards at the Farmers Market where people could tell us what they didn't like about riding in Davis. From these comments, we compiled a list of 200 requests. We have asked that the city make 100 of the easiest, most feasible repairs by spring. The list can be found at [www.davisbicycles.org](http://www.davisbicycles.org). To add to the list, send an email to [info@davisbicycles.org](mailto:info@davisbicycles.org) and to Tara Goddard, recently-hired bicycle and pedestrian coordinator for the City of Davis, at [tgoddard@cityofdavis.org](mailto:tgoddard@cityofdavis.org).

Davis Bicycles! also has been tracking funding issues for larger capital projects. The Bicycle Advisory Commission recommended that Public Works apply for state funds for four bicycle projects this year:

1. Connection to the U.S. 40 Bike Path from the Pelz or Pole Line bridge to provide better connections to the causeway while avoiding Mace Boulevard and narrow county roads
2. Connection across the railroad tracks from Olive Drive to downtown
3. Bikestation (staffed bike parking) at the Amtrak Station
4. Bicycle Museum and Resource Center

Unfortunately, funding from outside sources looks doubtful for this year. Davis will still benefit from this round of funding, as Yolo County is funding the Davis-Woodland bike route from these sources. 

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### 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



## Masters Race Team New Year Training Tips

by *Eric O'Brien*

**I**N THE SPIRIT OF THE RECENT HOLIDAY SEASON OF GIVING, here are some training tips from DBC Masters racers. Enjoy!

When riding low intensity miles, work on form and efficiency:

- When road allows, ride on the white line to promote steering from the hips and smooth spinning.
- If your elbows are locked, causing numbness or pain in your hands, apply a slight bend at the elbows in order to transfer some upper-body weight onto the tops of your legs. You will see a noticeable speed increase, so shift up one cog in the back.

Kevin McSpadden

When I'm on a ride, I always carry a pair of rubber medical gloves in my seat bag so my hands stay clean when I have to mess with the chain to fix a flat. I also sometimes carry an old ankle length sock as a rag. People laugh sometimes, but they're pretty happy to put broken, greasy chains in my old sock instead of the back pocket of a nice DBC kit.

Derek Byrne

1. When competing in long or ultra-long endurance events, carry an extra pair of shoes (in the drop bag or with support crew) one-half size larger to compensate for inevitable foot swelling. Or start with larger shoes and extra socks and shed socks as the miles pile up.
2. If you would like a whole annual training plan focused around specific events (based on Joe Friel's training bible), sign up for a free trial of [TrainingPeaks.com](http://TrainingPeaks.com) and let the Virtual Coach feature design one for you. All features are accessible for seven days.

Lee Millon

My training strategy is pretty simple. I commute between Davis and downtown Sacramento every weekday, all year long. On average, I miss one day per month. This provides 175 miles/week of base mileage, which is sufficient for a criterium-only race schedule. I have found that I need to get in at least one long ride per week, i.e., over 50 miles, to be competitive in road races.

John Steggall

Don't waste all that hard earned power by letting your "core" be substandard. A strong core is the fulcrum for power transmission through your back and into your cranks via your legs. Remember, as a bike racer you are like a formula-one car with a goal of tremendous power transmission and low weight. Like an F1 car, that lightweight chassis needs to be strong and stiff to resist torque and power loss.



*Davis Bike Club Masters Race Team  
December training ride.*

If your abs and/or back are weak you will fatigue more quickly (at best) and perhaps even have back problems that put you off the bike. Off-season is a great time to get a leg up on core fitness using the gym, pilates, yoga, or some combination thereof. In season, a couple of days of core work will maintain the strength that is required to put all that hard earned fitness to use.

Shawn Miller

One word, four letters: YOGA. It speeds recovery; focuses breathing; and improves balance, core strength and flexibility. I like Rodney Yee's Yoga Conditioning for Athletes DVD (from Gaia).

Kevin Wright

Really go easy on your recovery/easy days so you are rested enough to go hard enough on your hard days.

Stan Ling

The Power Bar training tips page: [www.powerbar.com/NutritionResource/TrainingTips](http://www.powerbar.com/NutritionResource/TrainingTips)

Your body and brain don't perform at their best under constant pressure, and a day without exercise can be just the break you need to keep your performance moving in the right direction. Most athletes benefit from taking one complete day of rest every seven to ten days on top of other recovery activities like easy, low-intensity exercise sessions. Days off are even more important for novice athletes – like first-year cyclists, triathletes, and runners – who should take at least two days of rest every seven to ten days.

Steve Long

1. Practice doesn't make perfect; perfect practice makes perfect! If you want to race fast, train fast!
2. Sign up for DBC March Madness! A perfect way to continue building your early season base, help you set

training goals, and at the same time help the DBC make a great contribution to the community (helmets for kids!).

3. When it's rainy and wet, lower your tire pressure a bit ... especially if you are going fast through turns and descending! If you normally run your tires at 110-120 psi, try dropping them to 80-90 psi, which increases grip and traction on those slippery wet turns! You will be glad that you did. (Take it from a guy who crashed out on a slick rainy crit course turn at high speed with 120 psi inflated tires!).
4. Ever had that feeling in a hard training ride or race when you think that you just can't take it anymore? Try diverting your mind from the pain by singing your favorite nursery rhyme, speaking in that foreign language that you haven't spoken since high school, or just counting the fence posts or yellow painted lines on the road as they pass you by. These all take your mind off of the sting in your muscles and ease your breathing.

Jason Eisenrich

I have a tip that is based on recent research that looks at high intensity work in the off-season. The full link is [www.pezcyclingnews.com/?pg=fullstory&id=5521&status=True](http://www.pezcyclingnews.com/?pg=fullstory&id=5521&status=True).

Don't be afraid to push the gas pedal in the off-season ... if you train to go slow, you will race to go slow. If you have only a short amount of time to ride, intensity is the way to go to build strength and aerobic capacity for the upcoming season.

Steve Nowicki

Always negatively split your training rides: the second half should be a harder effort than the first half. An oldie but a goodie

Leon Basdekas

I use an aerowire to avoid having to attach aerobars and pads when I include time trial training on my routine training rides. I like it so much I'm thinking about doing my next TT with it instead of the aerobars. It consists of a wire attached to the handlebars just below the brake hoods and loops out forward and up a little. You have to try various lengths to get the right position to make sure it prevents you from slipping forward while also allowing upward torque to counteract the downward force of your legs on the pedals. I sometimes add a 3-inch wide piece of pipe insulation for padding on the top of the bars where my forearms rest when I'm going to be doing more TT training. I enclose the wire in 1/4" drip irrigation tubing to pad it. I also use the aero position to relieve hand numbness, ride into a headwind, or catch back to the pack. I don't use the aerowire when riding in a group, except occasionally when I'm doing extended pulling out front. I keep it on all the time now, and it's barely noticeable as it sort of blends in with the brake cables.

Nelson Frink

Get a fixie and ride it. I have a rear wheel with two sides: 14 and 16. So with 39 in front I can spin or I can really travel, but all you really need is one cog; most people get a 39 x 15.

Will Brieger

Try the track. Racing on the velodrome has taught me volumes about drafting and spinning.


Since I'm trying to lose a little weight this winter, I use the online Fit Day food tracking software to manage my daily caloric intake. I try to eat about 250-500 fewer calories than I burn each day. However, the software overestimates the amount of calories that I burn while riding, so I have to be careful not to overeat on weekend days when I do longer rides.

Eric O'Brien

1. Nutrition: Remember to drink even if it's cold, as you can still get dehydrated. A 1% loss in hydration can result in a 5% drop in performance. I like to use an electrolyte replacement like Gatorade or Enervit. Stay away from protein, you can't absorb it during exercise anyway.
2. Training: Think you need to do lots of long slow distance this time of year? You will be a great long and slow rider. You have to add the specificity to your training in order to build on your weakness.
3. Overall fitness/engine building: Spend as much time as you can in your ME (medium endurance) zone. The term "medium endurance" is a bit misleading; my ME zone is a HR of 151 to 161, or 241 to 293 watts, so it's an effort for sure. I spend as much time in my ME zone as possible. Here are some ME workouts I really like :

- ME workout to build fitness:
  - ◆ 20 minutes warmup
  - ◆ 6X repeats: 8 minutes at ME / 2 minutes recovery
  - ◆ 20-40 minutes at tempo ( 140 HR )
- ME workout / pyramid: ( no rest between sets ):
  - ◆ 20 minutes at HR below 120
  - ◆ 10 minutes at HR 120-130
  - ◆ 10 minutes at HR 130-140
  - ◆ 10 minutes at HR 140-150
  - ◆ 20 minutes at HR 150-160
  - ◆ 10 minutes at HR 140-150
  - ◆ 10 minutes at HR 130-140 back home for cool-down
- ME workout, sprint out of ME to simulate race finish:
  - ◆ 20 minutes warmup
  - ◆ 6X repeats: 5:45 minutes at ME / 15 seconds out of the saddle sprint to AT and top speed / 3 minutes recovery
  - ◆ 20 minute cool-down

A cheap HR monitor is all you need to start these workouts. You will get fit!

Alan Rowland 

# JANUARY 2008 RIDE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Dec 30</i>	<i>Dec 31</i> • Early Bird Special • Esparto Tailwinds	<sup>1</sup> • Mocha Joe's Country Loop	<sup>2</sup> • Solano Baking Co. • Women's Wednesday Race Team Meeting	<sup>3</sup> • Steady Eddy's • Winters Dinner	<sup>4</sup> • Early Bird Special • Vacaville Rolling Hills	<sup>5</sup> • RH Phillips First Saturday Brunch • Coffee and a Roll
<sup>6</sup>	<sup>7</sup> • Early Bird Special • Esparto Tailwinds Membership Meeting	<sup>8</sup> • Mocha Joe's Country Loop	<sup>9</sup> • Solano Baking Co. • Women's Wednesday	<sup>10</sup> • Steady Eddy's • Winters Dinner	<sup>11</sup> • Early Bird Special • Vacaville Rolling Hills	<sup>12</sup> • Winter Long Distance Ride #3 • Coffee and a Roll
• Show and Go <sup>13</sup> 2008 Tour Planning Meeting	<sup>14</sup> • Early Bird Special • Esparto Tailwinds Board Meeting	<sup>15</sup> • Mocha Joe's Country Loop Newsletter and Ride Schedule Deadlines	<sup>16</sup> • Solano Baking Co. • Women's Wednesday	<sup>17</sup> • Steady Eddy's • Winters Dinner	<sup>18</sup> • Early Bird Special • Vacaville Rolling Hills	<sup>19</sup> • Third Saturday • Coffee and a Roll
• Anyone's Guess <sup>20</sup>	<sup>21</sup> • Early Bird Special • Esparto Tailwinds	<sup>22</sup> • Mocha Joe's Country Loop	<sup>23</sup> • Solano Baking Co. • Women's Wednesday	<sup>24</sup> • Steady Eddy's • Winters Dinner	<sup>25</sup> • Early Bird Special • Vacaville Rolling Hills	<sup>26</sup> • Lake Solano Loop • Coffee and a Roll
<sup>27</sup>	<sup>28</sup> • Early Bird Special • Esparto Tailwinds	<sup>29</sup> • Mocha Joe's Country Loop	<sup>30</sup> • Solano Baking Co. • Women's Wednesday	<sup>31</sup> • Steady Eddy's • Winters Dinner	<i>Feb 1</i> • Early Bird Special • Vacaville Rolling Hills	<i>Feb 2</i> • 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 Highway 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 Highway 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

# January 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](mailto: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](mailto:pwgrant@ucdavis-alumni.com)

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

Phil Coleman, 756.4885 or  
[pkcoleman@comcast.net](mailto:pkcoleman@comcast.net)

Ride past the fields and orchards to the west and south before enjoying a treat at Mocha Joe's in South Davis.

Wednesdays

#### Solano Baking Company

8:45am ~ T1/P3 ~ 35 miles

Dan & Sharon Cucinotta, 756.1711 or  
[scucher@comcast.net](mailto:scucher@comcast.net)

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

Phil Coleman, 756.4885 or  
[pkcoleman@comcast.net](mailto: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](mailto:scucher@comcast.net)

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

Phil Coleman, 756.4885 or  
[pkcoleman@comcast.net](mailto: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](mailto: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](mailto: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](mailto: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](mailto:pwgrant@ucdavis-alumni.com)

Meet on the Russell Boulevard bike path at Lake Boulevard. 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](mailto: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, January 5

10:00am ~ T2/P3 ~ 45 miles

Anne Huber, 758.8115 or  
[ahuber@jsanet.com](mailto:ahuber@jsanet.com)

Meet at the Woodland Nugget parking lot. This is a lovely ride through rolling hills of northern Yolo County ending up at RH Phillips winery for their monthly brunch. The meal varies each month, 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.

#### Show and Go

Sunday, January 13

8:00am ~ Terrain, Pace, & Distance TBD

Glenn Mounkes, 220.3513 or  
[glenmonk@yahoo.com](mailto:glenmonk@yahoo.com)

This ride varies: route, distance and pace will be determined at the start by the group. The ride leader will lobby for wind and/or hills.

#### Third Saturday Ride

Saturday, January 19

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

David Joshel, 717.5133 (c), 756.7409 (h) or  
[davidjoshel@hotmail.com](mailto: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.

## For all you RH Phillips fans, here's what's on the menu for Saturday, January 5:

"January's First Saturday Food and Wine Pairing on January 5th where we will feature Cabernet Braised Short Ribs with Gorgonzola Polenta and Mixed-Herb Gremolata with a hearty glass of Toasted Head Cabernet Sauvignon. Drool! \$12.00 per person. 11:30 a.m. until 2:00 p.m. or we run out of food."

Enjoy! What was that saying? Something about ride to eat ...

# JANUARY 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](mailto: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 Jersey Rides for 2008 will be decided at the January 13 tour planning meeting (see next page).

## Non-Recurring Rides

### Winter Long Distance Ride #3

Saturday, January 12  
8:00am ~ T-varies/P-your choice ~ 110 miles  
Amy Rafferty, 666.5468 or  
[aerafferty@ucdavis.edu](mailto:aerafferty@ucdavis.edu)

This month the Winter Ride Series is an "Atlas Peak Assault" (or if you prefer, "Pet Sematary"). It is an Atlas Peak out-and-back. Out to Winters and Moscowite via Highway 128, Highway 121 through Wildcat Canyon and over Mt. George into Napa, then up Atlas Peak Road, a seven-mile climb with beautiful views and a pet cemetery. Lunch at the Monticello Deli at the intersection of Highway 121 and Atlas Peak Road. Return by the same route. Folks who don't want to do the whole ride are welcome to start with the bunch and turn around at any point. Sunset is at 5:04pm, and this is a challenging route, so lights are recommended.

### Anyone's Guess Ride

Sunday, January 20  
9:00am ~ T?/P3 ~ ? miles  
John Whitehead, 758.8115 or  
[jcw@dcn.org](mailto:jcw@dcn.org)

A year from today a new president will be inaugurated. As is true for this namesake ride, it's too early to predict details as *Changing Gears* goes to press.

### Lake Solano Loop

Saturday, January 26  
9:00am ~ T1-3/P3 ~ 45 miles  
Julie Sly, 916.201.2790 or  
[Juliesly@aol.com](mailto: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.



If you missed getting socks at the holiday party, don't despair. You can still get a free Davis Bike Club Turbo Card. Stick it in your spokes and smile!

## Clear Lake Tour

- March 15-16
- Motel
- Group meal Saturday night
- Sag stops
- March Madness miles!
- Details in February and March newsletters
- In a hurry, email [LeeBikeVan@aol.com](mailto:LeeBikeVan@aol.com)





## The Tour Turn

by **Bruce Dewey**  
**Tour Director**

**H**ERE WE ARE. Year 2007 is history. Thanks are certainly in order for the many DBCers who led tours and rides throughout 2007. While there have been many, many volunteers who led our more than a hundred DBC rides and tours, I propose special recognition for Gerry Peterson. Here is a true leader who stepped up and organized several rides for that considerable number of DBC members who enjoy the ambiance and companionship of others while riding at an unhurried pace. In addition to setting up the schedule for the Ed Martin weekday rides, Gerry helped organize last summer's well-attended ice-cream rides. Kids of all ages, parents, and grandparents discovered some of the bike paths around Davis, finishing with a treat at a local ice cream shop. Gerry has also been very active helping with DBC's helmet fitting program for deserving young cyclists.

Yes, we have a lot to do to get ready for 2008. Already, I've heard from several of you about tour ideas, some already planned, some in the nucleation phase.

- Lee Mitchell has volunteered to take over the Clear Lake tour from Bob Brouhard (see sidebar). Moving to mid-March for more participation, this two-day tour more or less follows the route of the Davis Double Century with about 100 miles each day. Now you can add 200 March Madness miles in a fun and challenging weekend with Lee's incomparable sag support to boot.
- Our trusty club treasurer Stu Bresnick has been pursuing your devoted tour director to cook up something for Oregon again. So, we are working on a spectacular ride for mid-July that will tour the east side of the Cascades, Bend, McKenzie Pass, and traverse Lane County all the way to the coast and back to eclectic Eugene.
- Paul Meredith is especially familiar with cycling around the Mammoth Lakes area here in California. In early August, Paul is planning a hub-based tour for the club that will take in the fabulous mountains and deserts of this remote area of California.

- Also, many of you know that in September, Marilyn and I scouted southern France for a potential club tour. Consequently, Terry Macaulay, Bill Sbarra, Susan Gishi, Diane Richter, Marilyn, and I have been discussing a September, 2008 DBC tour. Our plans are to fly Air France nonstop between San Francisco and Paris, to use a chartered bus between Paris and Avignon, and to cycle a loop around the mountainous parts of Provence. Plans call for two nights in most places, similar to the club's popular 2006 tour of Tuscany and Umbria led by Lisa Schadt and Dan Barcellos. In September, Provence is generally warm and sunny.
- I have heard from Harvey Cain that he has been in contact with an excellent Vietnamese bike tour leader for a bike tour in February, 2009. Harvey reports that bike tourism, food, and lodging are surprisingly good in this country.

Several others have mentioned touring the wine country, the foothills, and the coastal region. We will have some repeats and some new tours would be welcome to round out the schedule. Interested? Check out the written tour planning guidelines that you can download from the club website ([www.davisbikeclub.org/ClubDocuments/Tours/planning\\_guide.pdf](http://www.davisbikeclub.org/ClubDocuments/Tours/planning_guide.pdf)) and be sure to contact me in advance of the January meeting so we can talk about it.

Yes, all members interested in helping with DBC tours are invited to the annual tour planning meeting on January 13. Please telephone (753.9188) or email ([bruced@dewspring.com](mailto:bruced@dewspring.com)) for details on time and place. At that meeting, in addition to working on the tour calendar, we will plan the 2008 Jersey Ride program.

The general club meeting on Monday, February 4 will feature the 2008 club tours. Leaders will be presenting their tours and answering questions. Sign-ups start at that meeting, although one or two of the California tours may open earlier. Watch the DBC listserv for the latest information. ☺



### Special Meeting

#### 2008 Tour Meeting

Sunday, Jan 13

Time and place TBD

All members interested in helping with DBC tours are invited to the annual tour planning meeting on January 13. Please contact Bruce Dewey by phone (753.9188) or email ([bruced@dewspring.com](mailto:bruced@dewspring.com)) for details on time and place. At that meeting, in addition to working on the tour calendar, participants will plan the 2008 Jersey Ride program.

## Marathon Urban Cycling Adventure

by John Whitehead

**I**N DECEMBER, I OFFERED TO LEAD A RIDE called *Marathon to Marathon*. The ride description only offered that we would bike to see the finish line excitement at the California International Marathon ([www.runcim.org](http://www.runcim.org)).

It was not surprising that no one showed up on a cold cloudy morning to cycle the causeway into a headwind, with the expectation of turning around by the Capitol for a return ride along the noisy Interstate.

Freed from ride leader obligations, I began my adventure. It didn't take long for the sun to come out, and the day warmed quickly. As it turned out, the ride offered many pleasant surprises.

The first surprise was that West Capitol Avenue has gone the way of Chiles Road in Davis, i.e., it's no longer straight and continuous. Past City Hall, just west of the narrow railroad undercrossing, new pavement curving to the right becomes Garden Street, where a left turn is necessary to remain on West Capitol. Garden Street led me through another brand new intersection with Tower Bridge Gateway, the former piece of freeway that had remained from the late 1960s when Interstate 80 traffic was funneled onto Capitol Mall.

My left turn onto Ball Park Lane took me counterclockwise around Raley Field to reach the Tower Bridge. I "road-tested" the new wide outrigger sidewalk, which is nice but not ideal for serious bicycle transportation.

The marathon finish line was surrounded by a cheering crowd, and the display clock showed three and a half hours had elapsed since the 7am start. The serious athletes were long gone, but a heavy stream of runners was pouring in. Turning north on Eighth Street then east on L Street, I followed the route in reverse for a few blocks to escape the thick of the crowd.

All kinds of people were either running or watching from the sidelines. Bib numbers ranged from two digits to the

seven thousands! It was quite a spectacle, and I came to realize that the running route, closed to cars, was essentially open for urban adventure cycling. Imagine a miles-long street fair without vendor booths. Numerous bicyclists were going in both directions as I proceeded east along L Street to Alhambra Boulevard, and then J Street.

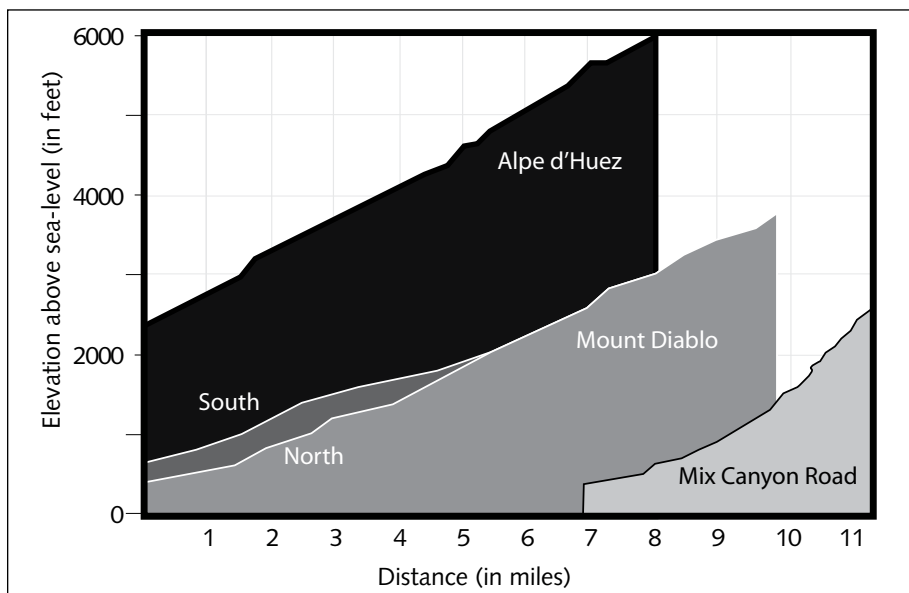
Roadside musicians, every mile or so, ranged from brass bands to fiddle groups to rock bands. In between, they were supplemented by powerful audio systems run by seemingly self-appointed disk jockeys. Also at roughly one-mile intervals, the obligatory trampled paper cups covered the pavement near each aid station.

One cyclist downtown had told me of a warning from the police, so I made sure to steer clear of runners and officials while maintaining a pace too slow to be hazardous. In addition to seeing more smiling law enforcement officers than ever before at one event, I nodded to members of the California National Guard who had done the necessary closures of many of the side streets.

Out near Sac State, it was a new experience for me to bicycle the freeway-like section of J Street that goes beneath Elvas Avenue and the railroad. Runners used the westbound lanes, while the eastbound side was available for cyclists, spectators, and official vehicles. The same was true of the H Street bridge and Fair Oaks Boulevard. Wow, no cars, and no exhaust to breathe on a crisp sunny day!

In front of a fast-food place a few miles later, I declared myself to have reached suburbia and headed back toward the river. It was easy to find the American River Parkway, then zoom downtown to catch the noon train back to Davis.

With any luck, this urban adventure will be on the DBC ride calendar next December. Alternatively, cross training anyone? Relay teams are accepted. ☺



Davis and Sacramento may be flat, but hills are not impossible to find. Well beyond the city limits of the *Marathon to Marathon* urban cycling adventure, Mount Diablo offers an excellent California approximation to the slope and distance of Alpe d'Huez. Of course, Diablo's thicker air contains about 10 percent more oxygen. Neither of these can touch Mix Canyon for absolute chain-breaking steepness. Most of us don't typically ride these hills, so here's a point of reference: the west side of Cantelow Road would appear as a mere blip, very similar to the middle mile of Mix, or one eighth of Mt. Diablo's elevation gain.

Official Use Only

# DAVIS BIKE CLUB MEMBERSHIP APPLICATION

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



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

Name for mailing label: \_\_\_\_\_  
 Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 Telephone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ E-mail \_\_\_\_\_

If you wish to be added to the DBC email list please visit our website [www.DavisBikeClub.org](http://www.DavisBikeClub.org)

Action Type	<input type="checkbox"/> New Member	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)	
<b>TOTAL AMOUNT DUE</b>			\$ _____

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

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

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

### ACCIDENT WAIVER AND RELEASE OF LIABILITY

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

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

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

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

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

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

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

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

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

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

### Helmets are required on all club rides.



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



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 Criterion
<input type="checkbox"/> Dunlap Memorial Time Trial			

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Training Tips
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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
- Julie Sly
- John Whitehead

# Mea Culpa

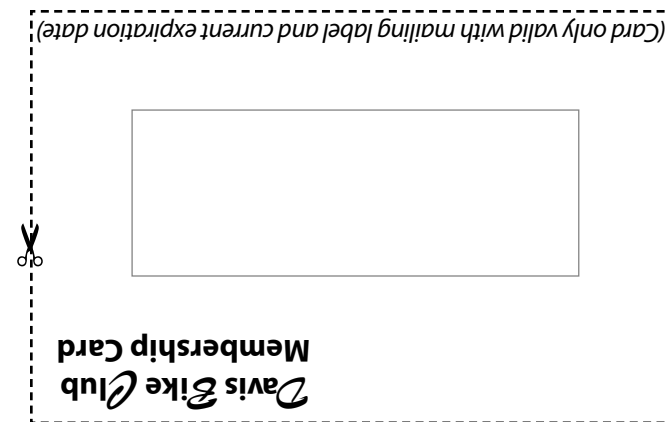
by **Scott E. Alumbaugh**  
**Newsletter Editor**

**O**KAY, SO I LIED AGAIN. Last month, I wrote that the newsletter would be printed on 100% post-consumer recycled paper. Subsequently, I found out that the printer had underestimated the job (quoting a price for 8 pages, rather than 12), and that the cost would be double what we had been paying. So we're sticking with the new printer, but we're going with 30% recycled content.

Speaking of mistakes, I have made a few in each newsletter. Mostly they occur in articles that I edit to fit in the space allotted. For example, in editing Peter Hewitt's third installment of his PBP articles, I elided the fact that his seeing-eye-biker skills were sapped by his concentration on communicating in French with Guy (the rider with Shermer's Neck who could not hold his head up without

a brace, and whom Peter mistakenly guided into the back of two cyclists doing on-road repairs). Now he swears, half-seriously, that he cannot get anyone to ride with him since the December newsletter came out.

All I can say is – well first, I apologize, because I write as well, and I hate when someone hacks up my work. But second, the best way to avoid the issue in the future is for you to edit your own work. At the risk of being redundant (*see* the page 2 sidebar, "Article Guidelines"), **please keep your article under 750 words, preferably shorter**. If it does not fit in the space available, I need to cut it. Given the quick turnaround to cobble this newsletter together, I will not be as careful with the soul of your work as I would like to be. And I will make mistakes. ☹️



## First Class

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