Meetings

Membership Meeting

Monday, Mar 3 @ 7pm Davis Branch Library Blanchard Room 315 E. 14th Street

Please park bikes outside. Refreshments & door prizes!

Board Meeting

Monday, Mar 10 @ 7pm Davis Food Coop Conference Room 620 G Street

All members welcome

Race Team Meeting

Wednesday, Mar 5
Davis Branch Library
Blanchard Room
315 E. 14th Street
Board meeting @ 6:30pm
Race Team meeting @ 7:30pm

Welcome New Members!

Chris Baumann
Manny Carbahol
Don Ellis
Bob Glasgow
Joe Gorry
Joseph Hartman
Robert Lufburrow
Elijah Makus
Sonjia Shelly
Brad and Yibi Smith
Jackie Stephans
Beany Wezelman
Richard and April Willett

Davis Bike Club

Davis Bike Club c/o B&L Bike Shop 610 3rd Street Davis, CA 95616 530.756.0186 info@davisbikeclub.org www.davisbikeclub.org

Prez Sez

by Dan Shadoan President

During the past month, the following letter was delivered to the Davis City Council. It is an acknowledgement of the rekindled efforts on behalf of the "enforcement" part of the basic three "Es" of cycling: education, engineering and enforcement.

Mayor Greenwald and Members of the Davis City Council:

During the past several months, the Davis Bike Club has carefully monitored local government efforts to promote increased bicycle safety. We are especially pleased with the City's efforts to date.

The Police Department assigned a dedicated bike enforcement officer, who patrols for bicycle violations exclusively. The result? Our membership has noted far greater compliance by cyclists to traffic law requirements, particularly at intersections. Local business leaders have expressed similar observations and have appreciated the additional police presence in the downtown area. This program has been so successful and well received by the public that the UCD Police Department has also assigned a bicycle enforcement officer to patrol the campus for violations.

Davis Police Department management has also instituted a policy of "warning citations" for bike equipment violations. Cyclists who fail to equip their bikes with the necessary safety equipment (e.g., lights during evening hours) receive a warning ticket on their first violation. The warning ticket then can be presented to a local participating bike shop, which will give a price discount towards the purchase of the necessary equipment item.

Under the initiative of the UCD Police Department leadership a countywide policy of a traffic school concept is being expanded to bicycle violators. Identical to what is used for automobile violations, eligible bicycle violators may choose to attend a bike safety traffic school in lieu of paying a fine and having the violation recorded on their traffic record.

Contrary to popular sentiment, active cyclists as represented by our membership are especially pleased with increased bicycle enforcement measures. We who frequently bicycle on public streets are just as annoyed as motorists with the behavior of some irresponsible cyclists. They pose a traffic hazard to us as much as to motorists and, additionally, convey a poor public image towards cycling in general. We wish to convey our thanks to all those responsible in the City for these bike safety measures and stand ready to assist and support additional safety measures in the future.

It must be said that, due in large part to Phil Coleman's continued pressure, many of the measures the City and University have re-kindled are measures that he pioneered in the past as chief of police for Davis. We are truly fortunate to have Phil on the board of directors. Additionally, it should be noted that Phil drafted the above letter to the City! Thanks to Phil!



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.

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 <u>dbcmembership@gmail.com</u>.

Contributions

Contributions are welcome. Please send to <u>dbcnewsletter@gmail.com</u>. 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 <u>dbcridecal@gmail.com</u>. Ride schedules are available online at <u>www.davisbikeclub.org/RideSchedules/pdf</u>.

Ride Calendar Coordinator

John Seabury 758.3878 <u>dbcridecal@gmail.com</u>

Photo Supplement

gallery.dbcnewsletter.org

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March Membership Meeting

by Karen Baker Vice President

A RE YOU CONFUSED? Do you ever wonder whether you are eating the right proportion of foods for optimal cycling endurance and speed? Do you really need two power bars just to ride to Winters for a Super Burrito? Would a special diet help you tackle the Davis Double?

Wonder no more: Liz Applegate, Ph.D., Senior Lecturer in the UC Davis Department of Nutrition, will be appearing at our March membership meeting. She is also Director of Sports Nutrition for Intercollegiate Athletics at UC Davis (and the Oakland Raiders nutritionist), and a regular contributor to such media outlets as CNN, ESPN, and the Washington Post.

Dr. Applegate's topic is "The Ultimate Eating Plan for Cyclists," and will cover what type of carbs, protein and fats are best for performance and health. She will also talk about her "secrets" for staying fueled while spending hours in the saddle. There will be time for Q & A, so bring your best questions on nutrition to the meeting.

And, as always, we'll have good cookies (but maybe wait until after the meeting to



decide whether you should have that second or third one), coffee, and fabulous raffle prizes. I hope to see you at the library on March 3 at 7pm!

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Club Board Meeting Minutes are available online at www.davisbikeclub.org/ClubDocuments/Board/Minutes

The Tour Turn

by Bruce Dewey Tour Director

T's TIME FOR THE TENTH ANNUAL MARCH MADNESS, led this year by Mary James. Monica Rudman has been working with caterers to provide a really special banquet for celebration number ten. Bill Roe is again jersey designer, with the 2008 version featuring a year ten motif. March 2008 has five Saturdays and five Sundays, or ten weekend days. John Seabury is in his fifth year as registrar and statistician, and with his five years doing the month-to-month ride calendar, that's a ten. Daylight Savings Time starts on Sunday, March 9—almost the tenth. Oh yes, registration is \$10 and the forms can be downloaded from the DBC website.

This winter, Marilyn and I have been browsing what's out there in commercial bike tours. There are many tour operators with interesting offerings world-wide for serious cyclists. The downside is that such tours are becoming increasingly expensive: \$300 to \$400 a day being the norm, with airfare extra. To us, it's more fun, and certainly more economical, to tour with DBC, and we stay in the same hotels and ride the same roads that commercial tours do. It's my hope that we have enough variety in places visited, ride distances, and dates that all DBCers will find one or more tours that are right for them.

- Lee Mitchell, who pilots the "Bike Van," is organizing this year's Clear Lake Tour, March 15–16. This is a weekend to get 200 March Madness miles riding essentially the route of the Davis Double, but stopping overnight at the half-way point.
- Jennifer Epp and Chris Lupo are leading the Sierra Foothills tour, which will be April 18–20. On Friday, it's about 100 miles with a good elevation gain up to Nevada City. Saturday is an optional day. The return Sunday reverses the elevation gain for an easy trip back to Davis. This year, the group will use the bicycle-friendly Outside Inn, which is just north of the historic downtown of Nevada City.
- The route of this year's Oregon tour will be an exciting, innovative blend of coast and mountains. Led by Stu Bresnick and Steve Kahn, the tour dates are July 26–August 2, with eight riding days. The tour filled up at the February tour meeting and has a short waiting list. Our past experience has been that some people will change plans, so I suggest contacting Stu or Steve if you are interested in this tour.
- One of our new destinations this year is Mammoth Lakes, California for a hub-based tour led by Paul Meredith. During the week of August 3–10, we will trade the hot days of our valley for the warm days and cool evenings at high altitude on the east slope of the Sierra. Rides from Mammoth encompass a diversity of terrain from Tioga Pass and the eastern desert. Mammoth, of course, is a great resort for the whole family.
- Unfortunately, Scott Alumbaugh has had to cancel the Summer Coast Tour.

- Stu and Steve are repeating last year's popular post Labor Day ride now known as "Tour de Bakery." With the dates of September 2–6, the tour goes from Davis through Napa, Sonoma, and Marin Counties to San Francisco. This tour also filled at the tour meeting, but there is a waiting list.
- This year's tour to France, September 6-27 had just the right amount of space for everyone who wanted to go. Our price of \$3200 includes airfare, two- and three-star hotels. breakfasts, some dinners, transfers, and sag service. Our Tour de Provence makes a loop around the mountains and canyons of southern France, including Mont Ventoux. We plan two nights in Paris at the beginning and end of the tour. Please contact us if you are interested, as we have no waiting list.
- Finally, David Joshel is leading the Gold Lakes Tour on a long weekend September 12–15. This is a hub-based tour in the Graeagle area, north of Truckee.
- For fall 2009, Harvey Cain has put us on track for a custom three-week bicycle tour in Vietnam. Stay tuned for more information on this one.

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



Yes, our tours are more fun and much less expensive than commercial tours because you and your DBC friends help plan and lead the tours and because club funds, earned through your volunteer service, provide a small subsidy for tour expenses. The touring program is another great benefit of being active in Davis Bike Club.

The Early Bird Criterium Training Series Report

by Nelson Frink

THEADED DOWN TO FREMONT one early January Sunday **I** morning along with my two sons and another DBC Junior for our first "real" bike race. We attended the pre-race clinic and learned peloton skills and etiquette. The boys then got into the combined junior/adult Cat 5 race along with the instructors who bravely rode along in the races as mentors to facilitate safety. I was pleased to see things going smoothly, when suddenly my 16 year old son Brian rode up, looking half shell-shocked and describing a big crash with 15-20 riders that he just missed. I encouraged him to get back into the pack when it came around, and he and my other son finished in the pack.

Around 60 racers lined up for the masters race, and as I surveyed the group I was comforted to see I wasn't the only guy well past his prime. I practiced the guidelines from the racing tactics book, and worked on the logistics of pack maneuvering and cornering. The thrill of flying along in the pack with an average speed near 26 mph was unbelievable, and I could hardly wait to return the next week.

The following Sunday I returned with my sons, and was thankful there were no crashes. The juniors did well against a wind and the hard-hammering adult Cat 5s, with Brian and another junior in the top ten. The 30 or so racers in the masters race stayed together until things broke loose on the last lap, and the finish was more spread out than the mass sprint the first week.

As I was sitting on my bike in the post-race mentor session, I looked out at the unofficial Cat 1-3 race getting underway and saw DBC Junior Alex Wick driving a 1st-lap breakaway attempt with the peloton strung out behind him and shedding riders like leaves from an overloaded truck on the way to the dump. Just as I was thinking the Juniors had punished the adults enough, Wick and teammate Taylor Kuphaldt attacked again and formed a permanent lead group breakaway of a dozen or so. Subsequent attacks and coverage of attacks by the juniors was the story for the rest of the race, and Kuphaldt joined world track champion Larry Nolan with three laps to go on a breakaway that held until the end. Nolan glued himself to Kuphaldt's wheel and overtook him in the sprint. Wick placed and in the lead group sprint. The domination of the race and 2nd/4th finish for the juniors was an incredible feat to witness. Great photos can be seen on the DBC Junior blog at dbcjuniors. blogspot.com.

I'm definitely getting hooked on this sport, and hoping I can make it to the Early Bird Crits again this Sunday. 🙌

Race Team Results

by Eduardo Avelar

Name	Race Date	Race Name	Category	Place
Aaron Abrams	2/3/2008	TBF MTB #1 Sport		6th
Alexander Freund	1/1/2008	Mt San Bruno Hill Climb	Mt San Bruno Hill Climb Juniors 10-18	
Alexander Freund	1/26/2008	Early Bird Road Race	Early Bird Road Race Juniors	
Alexander Freund	2/10/2008	Cherry Pie Criterium	Juniors 10-14	1st
Andreas Freund	1/1/2008	Mt San Bruno Hill Climb	Juniors 10-18	2nd
Andreas Freund	1/26/2008	Early Bird Road Race	Elite 3	5th
Eric Zeigler	1/20/2008	MTB Kick-Start	Expert 40+	7th
Eric Zeigler	2/3/2008	TBF MTB #1	Expert 40+	4th
Jason Arinno	1/26/2008	Early Bird Road Race	Elite 5	6th
Jason Snovel	2/10/2008	Cherry Pie Crit	Elite 5	8th
Jim Wingert		Boulevard Road Race	Elite 3	7th
Justin Hall	2/10/2008	Cherry Pie Crit.	Elite 5	10th
Mark Hockridge	2/10/2008	Cherry Pie Crit	Elite 5	DNF (Crashed)
Mike Matiasek	2/10/2008	Cherry Pie Crit	Elite 5	9th
Roland Freund	1/1/2008	Mt San Bruno Hill Climb	Masters 45+	6th
Roland Freund	1/26/2008	Early Bird Road Race	Elite 3	12th

Travel to Valley of the Sun Stage Race

by Chris Bowlus

Ow, THAT WAS A LONG DRIVE! Jill and I left Davis at 4:30am, while Steve and Kelly left the day before, Robin and Jas planned a 2am departure, and Will and Derrick a 4am getaway. Down around Stockton I saw a dark BMW with 3 bikes on the roof and just knew it had to be Will. They got a late start and were making up time. They blew by our mini-van and never looked back.

Passing over the hills to Palm Springs we ran into SNOW! It cleared up once we got down into the desert. Just west of Phoenix we stopped at the TT course for a quick look and to shake out the legs. Will and Derrick were already out on the bikes by the time we got there. The course is 12 miles—6 out and 6 back. Despite the description of a flat course on good pavement (crappy chipseal; is this a Velo Promo race?), the first 6 are a steady climb and the 6 back are into a 10-11 mph headwind. Forecast for tomorrow is a chance of rain with similar winds.

I'm starting to wonder why we drove 13 hours to ride bikes in rain and wind—could done that at home.

Hopefully we'll post some good results tomorrow.



Pre-dawn arrival at the course allowed

us to catch a few zzzs in the cars, while Steve

proved his existence to the race organizers via laptop photos of him at the TT, and the

readout from his Powertap. They let him race.

As the sun rose, a few of us rode the trainer,

Valley of the Sun Race Report

CTAGE 2

by DBC Masters Race Team

For the TT, the shade tent came in handy... as a rain shelter! We hastily erected it to keep the trainers dry while we readied for stage 1. Rain in the desert is a beautiful thing, especially when it mostly stopped while our flight raced. A 22km out and back course, which works out to 14.2 miles for Americans. Full leg warmers for some as we clawed our way into the wind on the way out, and cruised back downwind, slightly downhill. Time trialin' like it is supposed to be. Mostly about 20-22mph going out, while coming home, holding 25-30mph was the norm. Chris Bowlus set the DBC standard with a 34 mins and change run, with a 25th placing in our Cat 4 group. Although, his thunder was robbed by Franz [I am not making this up] Hammer, who put three minutes into Chris. Fortunately Franz rode in the 70+ category. A 71 year old crushed all of us! In the 4s, the leader only got 2:50 on Chris. The rest of us came in a minute or two behind Chris and were spread out from 39th to 66th. That is except for Nowicki who apparently was so fast across the line they missed him entirely! Nowhere to be found in the results. More on that in day 2. A ZTeam guy from Napa won it by almost a minute. Tyler Dibble and Taylor Kuphalt took 1st and 3rd in the 2s.

mostly just to stop shivering. The race was 2 ½ loops of a 16 mile triangle with a 2 mile climb, the last 1k being a steep pitch. At the top of the hill on the first lap, Jas and Will, crested side by side, then dove opposite directions for daylight to avoid a crash and rejoin the lead group. Meanwhile, Bowlus flatted at the top, but Robin and Derek towed him back. Nowicki was behind them but gamely fought his way back with the help of strangers. Everyone was back together for the second lap, but not before Derek and Chris watched Robin fight his way through a nasty, bumpy 100 degree 25mph turn and narrowly avoid highsiding as his back end kicked out a good foot or so. As Jas and Will lined up for the second climb, Rolles sidles up—first news that DBC was intact. Second climb was for KOM time bonus, shattering the pack and shelling all DBCers except Will. Bowlus and Jas joined two others to bridge the gap, laying down some serious watts. Robin, Steve, Derek demonstrated that the SSA ratio in this climate still remains skewed heavily in the snot direction.

Heading up the climb to the finish, Will remained at the front showing strong DBC

> representation chasing breaks and even leading out the GC leader—Napa's teamless Lyman (ZTeam). But all that early work took its toll. Jas and Chris gave words of encouragement as they blew past and tried to hang. At the steep pitch the group continued to dissolve. Jas continued strong to the finish as Chris grabbed every wheel he could to tow him to the finish. We all shifted our placings somewhat but as of yet, don't know exactly by how much. While waiting for results, we collaborated on an awesome mixed grill. Looking forward to tomorrow's throwdown at the State Capitol. Finally, temps are supposed to be higher than Davis—and no RAIN!



Bowlus screaming fast!

Race Team Sponsors

The Davis Bike Club Race Team is thankful for the generous contributions of our local sponsors:



www.syntecworld.com



#DeMASIGROUP







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March 2008 Ride Calendar						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 24	Feb 25 • Early Bird Special • Esparto Tailwinds	Feb 26 • Mocha Joe's Country Loop	Feb 27 • Solano Baking Co. • Women's Wednesday	Feb 28 • Steady Eddy's • Winters Dinner	Feb 29 Early Bird Special Vacaville Rolling Hills	RH Phillips First Saturday Brunch Coffee and a Roll Karen and Dean's Ride to Folsom Loopy Loop Re-break the Re- cord Bike Parade
 Winters and More Solano Baking Co. Rebecca's Loop Tour of the Unknown Valley, South 	 Early Bird Special Esparto Tailwinds Membership Meeting	• Mocha Joe's Country Loop • Folsom Lunch	 Solano Baking Co. Women's Wednesday March Madness Hooky Race Team Meeting	• Steady Eddy's • Winters Dinner	7 • Early Bird Special • Vacaville Rolling Hills	Second Saturday Saunter 200K Brevet Coffee and a Roll
 9 Show and Go Solano Baking Co Giro d'Metamucil Tour d'Livermore. 	Early Bird Special Esparto Tailwinds Board Meeting	• Mocha Joe's Country Loop • Folsom Lunch	 Solano Baking Co. Women's Wednesday March Madness Hooky 	Steady Eddy'sWinters Dinner	14 • Early Bird Special • Vacaville Rolling Hills	Third Saturday Coffee and a Roll Clear Lake Tour (Day 1)I Newsletter and Ride Schedule Deadlines
16Solano Baking Co.Clear Lake Tour (Day 2)	• Early Bird Special • Esparto Tailwinds	• Mocha Joe's Country Loop • Folsom Lunch	 Solano Baking Co. Women's Wednesday March Madness Hooky 	20 • Steady Eddy's • Winters Dinner	21 Early Bird Special Vacaville Rolling Hills	• Palomares Climb • Coffee and a Roll
23 Solano Baking Co. Ed Martin Series in a Day	• Early Bird Special • Esparto Tailwinds	• Mocha Joe's Country Loop • Folsom Lunch	 26 Solano Baking Co. Women's Wednesday March Madness Hooky 	• Steady Eddy's • Winters Dinner	28 Early Bird Special Vacaville Rolling Hills	• 300K Brevet • Lake Solano Loop • Upper Cache Creek • Coffee and a Roll
 Winters and More Solano Baking Co. Stu's Annual Birthday Ride Old School Bike Tour of Davis 	 31 Early Bird Special Esparto Tailwinds Weekday Birthday Ride 	Apr 1 • Mocha Joe's Country Loop	Apr 2 • Solano Baking Co. • Women's Wednesday	Apr 3 • Steady Eddy's • Winters Dinner	Apr 49 • Early Bird Special • Vacaville Rolling Hills	 Apr 5 RH Phillips First Saturday Brunch Coffee and a Roll

Ride Calendar Legend

Ride Classifications (refer to terrain (T) and pace (P) ride notations in ride descriptions)					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; regroups 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; regroups @ 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

March 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.

Ed Martin Memorial Weekday Morning Ride Series

Mondays

Espartó Tailwinds

8:00am ~ T1/P3-5 ~ 50 miles Barry Bolden, 297.5123 or boliverb@dcn.org

Ride north to Esparto, with a stop at the Coffee 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@mac.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

8:00am ~ 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.

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Recurring 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.

Weekly/Bi-monthly

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/P4 ≈ 20-30 miles Marilyn Dewey, 753.9188 or deweyms@hotmail.com

Meet in front of Wheelworks, 3rd & F Streets, for an easy 1–2 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@mac.com

Meet on the Russell Boulevard bike path at Lake Boulevard. Remember to bring 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 8:00am ~ 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 8:05, the ride proceeds.

Winters and More

Sundays, March 2 and March 30 9:00am ~ T1/P4 ~ 30+ miles Alan Hill, 792.8900 or ARHILL8711@aol.com

Sunday morning ride to Steady Eddy's, refuel, ride back or go on past Lake Solano with a group. If leader doesn't show by 9:05, select a new leader and ride anyway.

Monthly

RH Phillips First Saturday Brunch*

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 is \$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 listsery.

Second Saturday Saunter*

Saturday, March 8

10:00am ~ T1/P2 ~ 10-30 miles

Dutch Martinich, 756.8234 or

dmartinich@att.net

Meet at Aileen Johnson's bench in front of Veterans' Memorial at 14th and B Streets. This is a ride for people who like to look at the scenery, smell the flowers, and socialize. This is a good ride for those new to cycling, new to the club and would like to know how they would fit in, and for those who just like a leisurely pace. There will be a different ride every month including a local bikeway tour, an architecture tour of old Woodland, perhaps a birding ride, and even a pub ride. Spandex and carbon-fiber not required.

Show and Go

Sunday, March 9 8:00am ~ Terrain, Pace, & Distance TBD Glenn Mounkes, 220.3513 or 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, March 15 9:00am ← T1-5/P3-4 ← 30/40/60 miles David Joshel, 510. 717.5133 (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.

Special Events

Death Valley Century and Double Century*

Saturday, March i

6:00am ~ T varies/P your choice ~ 100/200 miles

No ride leader

Starts and ends in Furnace Creek, CA. Classic southern route past Badwater and over the passes to Shoshone and back. See www.adventurecorps.com/dvspring/ for details. As of February 15 this ride is SOLD OUT. This is a DBC Jersey Ride.

Tour of the Unknown Valley, South*

Sunday, March 2 7:00am ≈ 65/100 miles No ride leader

The century route starts and ends in Willows, CA. A wonderfully diverse route, this ride takes you south along the Sacramento Wildlife Refuge, then westward into the Coast Range where you climb up to Leesville Gap (elev. 1,450'), then ride through Lodoga & Stonyford, Snow Mountain Wilderness, Stony Gorge Reservoir, Elk Creek, then back to Willows. There is also a 65-mile loop beginning and ending in Maxwell. See www.active.com/event_detail.cfm?event_id=1504877 for more information. This is a DBC Jersey Ride.

200K Brevet*

Saturday, March 8 7:00am ← T4/P your choice ← 120 miles No ride leader

Meet at Davis Park n' Ride. Signin begins at 6:00am, mass start promptly at 7:00am. Traditional ride out-and-back to Pope Valley. See davisbikeclub.org/ultra/2008/default.htm for more information.

300K Brevet*

Saturday, March 29 7:00am ≈ T4/P your choice ≈ 190 miles No ride leader

Meet at Davis Park n' Ride. Signin begins at 6:00am, mass start promptly at 7:00am. The 300 km brevet will be an extension of the 200 km route out to a turn-around at Cobb Mountain Elementary School. The extra 100k also adds 1000 feet of climbing. Good warmup for the first half of the Davis Double Century. See davisbikeclub.org/ultra/2008/default.htm for more information.

Weekly

Solano Baking Company

Sundays, March only 1:00pm

T1/P3

30 miles Jeff & Nancy Hall, 756.1531 or jhall@cal.net

The traditional way to end the weekend in March. Meet at Starbucks, then head down to Dixon for carbs and caffeine. Nobody gets left behind.

Folsom Lunch*

Tuesdays, March only 8:00am

T2/P4-5

80 miles

Don Pockrandt, 756.6752 or

pocky@att.net

Meet at the Davis Park n' Ride. Ride over the causeway and along the American River Trail to Folsom and return.

March Madness Hooky*

Wednesdays, March Only 1:00pm

T1-2/P4

40-50 miles Eric Senter, 219.8149 or budzilla1@gmail.com

Ditch work for the afternoon and show your commuter bike some scenery other than the causeway. Ride the American River Trail to Fair Oaks, Folsom, or beyond. Meet on the 10th Street side of the Capitol building in Sacramento. Optional commute home after.

Tours

Clear Lake Tour

Saturday-Sunday, March 15-16 8:00am ~ T5/P your choice ~ 100 miles each day Lee Mitchell, 661.3650 or Leebikevan@aol.com

This ride is essentially the Davis Double Century in two days. Start in Davis, ride around Berryessa, through Pope Valley and Middletown, over Cobb Mountain, and stay overnight in Lakeport. Sunday ride up Resurrection, through the Capay Valley, and home. Contact the ride leader for details.

One-time rides

Karen and Dean's Ride to Folsom*

Saturday, March 1 10:00am ~ T1-2/P3-4 ~ 62 miles Karen Baker, 297.5214 or karenleighbaker@comcast.net

Start off March Madness with a ride for food! We'll meet at Discovery Park (or the die hards can ride across the causeway), ride up the American River Trail to Folsom for lunch at Karen's Bakery Cafe, then return to Discovery Park. Bring entrance fee of \$5.00 for parking at Discovery Park and money for lunch. Rain cancels.

Loopy Loop

Saturday, March 1 1:00pm ← T1/P2-3 ← 20 miles Ted Sommer, 758.6806 or cyclelovers@sbcglobal.net

This mellow ride is designed for the "little wheels" (e.g., kids, recumbents, Bike Fridays), but is open to everyone. "Follow the Leader" and his quirky bike collection through UCD, Old Davis, and Tremont roads, and the Putah Creek bike path, ending at Jamba Juice for fruity smoothies.

Rebecca's Loop*

Sunday, March 2

12:00pm ~ T1-3/P3 ~ 30 miles Diane Richter, <u>bdrichter55@gmail.com</u>

This ride starts in Winters, in the parking lot near Steady Eddy's. We'll ride out Old Winters Road to Allendale Road, meander around Timm Road to Cantelow, and get some gentle hill practice on Gibson Canyon Road. Just before we get to Vacaville, we'll cross over to Pleasants Valley Road and come back to Winters. Bring food and water; there are no food stops on the ride.

Giro d'Metamucil

Sunday, March 9 9:00am \sim T₃/P₃ \sim 60 miles John & Mary Seabury, 758-3878 or jseabury@pacbell.net

OK, here's the oft-scheduled but oft-canceled Old Team Ride. This is a ride for teams with combined "life experience" over 100 years. The definition of "team" is wide—you have to have someone to call your partner at least for the day. Significant other, significant-other-in-development, friend, neighbor from down the street, urban outdoorsman you recruited from the Sacramento Greyhound station, it doesn't matter as long as he/she is "yours" for the day. Tandems welcome but not required. We'll do the Burrito Brothers ride (English Hills, over Steiger Hill, return Pleasants Valley Road with a stop in Winters) at a social pace befitting our dignified age. Let's have fun and give those young DBC members something to look forward to.

Tour d'Livermore*

Sunday, March 9 10:00am ≈ T4/P3 ≈ 50 miles Bruce & Jennifer Wilson, 925.443.6617 or bawjen@comcast.net

Ride begins at Bruce & Jennifer Wilson's house, 2176 Normandy Circle, Livermore. First in a series of rides offered as warmup to the Davis Double Century. This ride visits some local ridge tops with about 1500 feet of climbing. Lunch at Hopyard Ale House, Pleasanton.

Palomares Climb*

Saturday, March 22 9:00am

T5/P3

60 miles
Bruce & Jennifer Wilson, 925.443.6617 or bawjen@comcast.net

Ride begins at Bruce & Jennifer Wilson's house, 2176 Normandy Circle, Livermore. Second in a series of rides offered as warmup to the Davis Double Century. This ride is an out/back with about 2,800 feet climbing that visits two wineries on gorgeous Palomares Road. Lunch at Hopyard Ale House, Pleasanton. If it rains on Saturday the ride will be pushed to Sunday.

Ed Martin Series in a Day

Sunday, March 23 7:00am ~ T1-2/P4 ~ 90 miles Scott Alumbaugh, 204.8481 or sea@seadogdesigns.com

What, you work for a living and can't make the Ed Martin weekday rides? Wondering just what is so great about the Heritage Cafe? Join us for a ride where we hit all the weekday destinations in one day. We'll ride to Esparto (Coffee Hut), Winters (Steady Eddy's—natch!), Vacaville (the legendary Heritage Cafe), Dixon (Solano Baking Company), and South Davis (Mocha Joe's).

Lake Solano Loop

Saturday, March 29 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 and 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.

Changing Gears

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.

Final Final 2007 Budget

[Editor's Note: Last month, the budget was printed incorrectly, leaving pound signs in place of dollar amounts. The correct 2007 budget is printed below.]

-				
DBC 2008 Budget				
	agot			
INCOME	200 000			
Criterium Income	\$20,000			
DBC Clothing Income DC Income	\$3,000			
	\$64,000			
DunlapTime Trial Income	\$4,500 \$60,000			
Foxy's Income Interest Income	\$4,500			
March Madness Inc	\$7,500 \$7,500			
Membership Income	\$1,000 \$11,000			
Race Team - Jr. Income	\$7,500 \$7,500			
Race Team Income	\$20,000			
Touring Escrow In	\$90,000			
Ultra Income	\$17,000			
TOTAL INCOME	\$309,000			
TOTAL INCOME	4000,000			
EXPENSES				
Acct'g, Legal & Prof Fees	\$300			
Administration	\$7,000			
Advocacy	\$3,500			
Criterium Expense	\$18,000			
DBC Clothing Expense	\$3,000			
DC	\$45,000			
Dues and Subscriptions	\$200			
Dunlap TT	\$4,000			
Foxy's	\$36,000			
Insurance, Liability	\$1,000			
March Madness	\$8,000			
Newsletter	\$12,000			
Philanthropy	\$6,000			
Race Team - Jr.Expense	\$17,500			
Race Team Expense	\$41,300			
Tax Preparation	\$400			
Touring & Jersey Rides	\$15,000			
Touring Escrow Out	\$83,600			
Ultra	\$17,000			
TOTAL EXPENSES	\$318,800			
OVERALL TOTAL	(\$9,800)			

Upper Cache Creek*

Saturday, March 29 9:00am ≈ T3/P3-4 ≈ 54 miles Joe Lynch, joelynch@charter.net

Ride starts at Cache Creek Casino. Meet at the open parking lot next to the gas station. A quiet country ride through the glorious Capay Valley and Rumsey Canyon, previewing a portion of the Davis Double, turning around at State Highway 20. Beautiful scenery, low traffic, and limited services, so bring your own snacks for the ride, with lunch at the casino a possibility after. Water and restrooms are available at the Cache Creek parks along the way. Rain cancels.

Stu's Annual Birthday Ride*

Sunday, March 30 9:00/10:00am ~ T2/P3 ~ 65 or 95 miles Stu Bresnick, hfhstu@omsoft.com

Meet in Discovery Park at 10:00 (if you want to carpool from Davis, contact the ride leader; AMTRAK to Sacramento is also an option). We will ride the American River Trail to Old Folsom and have lunch at Karen's Bakery. Riders who want to bike from Davis meet at the Davis Park n' Ride at 9:00.

Old School Bike Tour of Davis

Sunday, March 30
1:00pm ~ T1-3/P2 ~ 15 miles
Steve Macaulay, macaulay.steve@gmail.com

A slow, social ride between Starbucks-by-the-Hospital and Mocha Joe's-by-the-Car Dealers via separated bike trails. Good way to stretch out the kinks from the 300K the day before. But there's a twist—we're celebrating "vintage" bikes. Your bike frame must be 80's or older. And in keeping in the spirit, if you have an old DBC jersey (bubble jersey or earlier), and can still fit into it (uh-oh), then wear that. Photos will be taken. Option for more miles if the group wants.

Weekday Birthday Ride*

Monday, March 31, 9:00/10:00am ~ T2/P3 ~ 65 or 95 miles Jean Jackman, 756.3484 or jljackma@dcn.org

Help Jean Jackman celebrate her birthday. Meet at Discovery Park at 10:00. We will ride the American River Trail to Old Folsom and have lunch at Karen's Bakery. Riders who want to bike from Davis meet at the Davis Park n' Ride at 9:00. If you want to carpool from Davis, meet at Ikeda's parking lot at 9:30. Carpoolers please call Jean to coordinate.

Other rides

Beginner's Ride

March, date TBA
Time, Distance, and Pace, your choice
Jean Jackman, 756.3484 or
jljackma@dcn.org

Have you always wanted to bike to Winters or some other distant place but worried that you are too slow or unsure you can make it? Would you like to bike with someone willing to go your pace and give you a few tips and help you get ready for the trip? Call Jean Jackman by March 8th to arrange your special tour.

Re-break the Record Bike Parade*

Ride starts at Aggie Stadium, corner of Hutchison and LaRue, on the UCD campus. Come help the Aggie Pack regain the Guinness World's Record for longest bicycle parade. The current record is 1901 bicycles, and we're shooting for 5000 this year. The rules as established by Guinness are simple: 1) All participants must be riding a bicycle, which is defined as a two wheeled vehicle powered only by pedaling (sorry no training wheels, unicycles, etc.); 2) All bicycles must travel minimum two mile route and all bicycles must cross the start line (at Aggie Stadium) and the finish line (also near the Pavilion); 3) There should be no significant gaps in the parade and also bikes should not be clumped in large groups.



Ride for Humanity Bike-a-Thon

Habitat for Humanity welcomes the riders of Davis to the 2nd annual Ride for Humanity bike-a-thon! Please help the students of UC Davis H4H fulfill their goal of raising \$150,000 to fund their own home. They will be hosting their bike-a-thon on Sunday, June 1st. Participants will be biking from Davis to Winters on a 32-mile bike ride accompanied with lunch, live entertainment and more! Registration has already begun at www.active.com (search for "habitat davis").

Official Use Only	DAVIS BIKE	CLUB MEMBE	RSHIP APPLICATI	ON	
Exp:	Step 2 Step 3		l <u>y.</u> o Davis Bike Club and return co se Shop, 610 Third St., Davis C.		
Name for mailing label:					
Address:		F_mail	<i></i>		
тегерионе (_	If you wish to b	oe added to the DBC email list please v	risit our website www.DavisBikeClub.org	
Action New Member	Basic Membership, 1 year \$20.00 single or \$30.00 family \$ Basic Membership, 3 years \$50.00 single or \$75.00 family				
☐ Renewal	Basic Membership,	, 5 years \$80.00 si	ngle or \$120.00 famil	ly	
Address Change			Junior Race Team (no race team fee		
			TOTAL AMOUNT	DUE \$	
ALL adult members <u>must</u> 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.					
				Racer?	
Name	Age	Signature		Racer?	
Minor's Name	Age	Parent/Guardian Signatus	re	Racer?	
Minor's Name	Age	Parent/Guardian Signatur	re	Racer?	
loss. The risks include, but are not people including, but not limited hydration. These risks are not only	ent is an extreme test of a limited to, those caused b to, participants, voluntee inherent to athletics, but arise from negligence or c	y terrain, facilities, temperaturers, spectators, coaches, ever are also present for voluntee carelessness on the part of the	al limits and carries with it the potential in the potential in the condition of athletes, equal to officials, and event monitors, and ers. I hereby assume all of the risks of the persons or entities being released,	ntial for death, serious injury and property quipment, vehicular traffic, actions of other ad/or producers of the event, and lack of of participating and/or volunteering in this from dangerous or defective equipment or	
I certify that I am physically fit, ha	ve sufficiently trained for	participation in the event and	have not been advised otherwise by	a qualified medical person.	
I acknowledge that this Accident V and that it will govern my actions a	Vaiver and Release of Lia and responsibilities at said	ability (AWRL) form will be events.	used by the event holders, sponsors	and organizers, in which I may participate	
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	I treatment which may be	deemed advisable in the even	t of injury, accident and or illness du	ring 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	s document; and, I underst	tand its content.			
	Parent (Guardian Waiver for Min	ors (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.					
	<u>Hel</u>	mets are required o	on all club rides.		
Incomplete applications will be returned unprocessed. Please allow up to 6 weeks for processing.					
The Davis Bike Club is a volunteer projects successful. Please indicate				. Your volunteered time helps make these	

Changing Gears March 2008 PAGE 11

 \square Serving as a Board Member

 \square Fourth of July Criterium

 $\hfill \Box$ Other - Contact me for general help

Dunlap Memorial Time Trial

 \square Leading local club rides

☐ March Madness

 $\hfill \square$ Organizing/leading club tours

☐ Foxy's Fall Century

☐ Double Century

Thanks to our Ride Leaders!

- Scott Alumbaugh
- Karen Baker
- Barry Bolden
- Stu Bresnick
- · Larry Burdick
- Phil Coleman
- Dan & Sharon Cucinotta
- Marilyn Dewey
- Paul Grant
- Jeff & Nancy Hall
- Alan Hill
- Anne Huber
- · Jean Jackman
- David Joshel
- Jack Kenward
- Joe Lynch
- Steve Macaulay
- Dutch Martinich
- Glenn Mounkes
- Don Pockrandt
- Diane Richter
- John & Mary Seabury
- Eric Senter
- Julie Sly
- Ted Sommer
- Bruce & Jennifer Wilson

March Madness Photo Contest

by Steve Macaulay

 $oldsymbol{T}$ HIS YEAR IS THE FIFTH ANNUAL March Madness Photo Contest. We'll have awards for winners in different categories:

- Best of Show
- Landscape
- Portrait
- Humorous
- Action
- Bike-Specific
- Human Interest
- Allegorical
- and the very special Blue Squirrel Award (for the quirkiest photo)

Last year we had over 600 entries.



You may submit photos one of two ways:

- 1. Send them to Steve Macaulay. Photos should be edited to reduce file size (preferably 640 x 480 pixels, jpg format, file size 80-150k), and sent by email to macaulay.steve@gmail.com. He will post photos on a regular basis throughout the month in a special section of our online newsletter supplement, gallery. dbcnewsletter.org.
- 2. Post them yourself at gallery.dbcnewsletter.org. If you need any help, contact Scott Alumbaugh at dbcnewsletter@ gmail.com.

Photos must be taken during March 2008, and submitted no later than April 15. Please make sure to include a caption. Let the competition begin!

"Best of Show" photo from the 2007 March Madness Photo Contest. Anne Huber's "RH Phillips, Road 87 on the way back."

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First Class