

June

# Changing Gears

2008



Newsletter of the Davis Bike Club

## Quick Release

### General Club Meeting

Mon, June 9th  
7:00pm

Note the new day!  
**Board Meeting**

Mon, June 1st  
7:00pm

Davis Food Coop  
Board Room

### Newsletter Cutoff

Tue, Jun 17th  
5:00pm

### Race Team General Meeting

Wed, Jun 4th  
7:30pm  
Location: TBA

### Race Team Committee Meeting

Wed, Jun 24th  
6:30pm  
Location: TBA

## Smaller Carbon Footprint

### DBC New Members

Norman Schaefer  
Deane Bistolfo  
Aaron Campbell  
Deb Ford  
Laura Hollis  
Greg Lafferty  
Bruce Patton  
Brian Reeves  
Scott Wienker

## Components

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## 2008 DC Wrap-Up

By Robin Neuman Director Davis Double Century

Last year was the FIRE and this year the SIZZLE! We met the challenge of extremes and predicaments, and we, the DBC members and DC volunteers, have shown that we can make the Double Century a fantastically wonderful successful event under any conditions. To all of this team work, I owe you more "thank yous" than I can express. It has been an incredible experience for me all these years to work with you.

This year's DC Committee was a winner. Thank you to Barbara Anderson, the Czarina of registration, assisted by Susan Gishi, who both toiled with me until the last rider came in. Thank you to Dan Shadoan for taking care of the route, working with the CHP, Cache Creek Casino, and all the counties we rode through. Thank you, Dan, for working with Eric Senter on the map, and marking the course with Tim Johnson. Thank you to David Nishikawa for coordinating the radio and sag support, assisted by the fantastic Yolo County Amateur Radio Club. Thank you to Stu Bresnick for handling all the rest stops, assisted by a great crew of rest stop captains. He also coordinated the Friday, pre-ride pasta dinner with the Habitat for Humanity of Yolo County. Thank you to Marcia Gibbs and Pierre Neu for ordering all the food and organizing the pick up with the rest stop captains. That at times seems like a thankless task at times, and I thank you. Thank you to Jim Sharp for coordinating the corner marshals on the beginning of the course. Thank you to Maria Pederson and Nancy Boyd for recruiting and assigning the first aid workers to each rest stop. Thank you to Lee Milon for organizing all the race team members for numerous tasks, envelope stuffing, gear pick up, food distribution, barricade placement, rest stops, and clean up. Thank you to John Dixon for recruiting the VIPS for traffic control for the returning riders. Thank you to Elinor Olsen who handled the Lunch stop at Lower Lake High School, and providing the life saving ice filled socks!! Thank you to Betty Jane Polk for checking in the returning riders. Thank you Roger McDonald and David Joshel for the delicious Finish line meal. Thank you to Barry Bolden for handling the awful task of clean up. Thank you to Larry Burdick for gear pick up. Thank you to John Seabury for recruiting mechanical support on the course. Thank you to Paul Guttenberg who helped with the Start. Thank you to John Hess for everything! Thank you to Scott Alumbaugh for the original DC design. Thank you to John Steggall and Charlie Turner for driving the sweep truck.

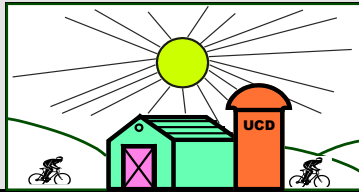
Thank you to Strelitzia Florist, the American Red Cross of Yolo County, Nugget Market, the crew at the Vets' Memorial, and the City of Davis Parks and Recreation.

I know I have forgotten some of you who helped make the DC another memorable year for the riders and for me. There were several of "Day of" volunteers who spent hours with us: Maxine at S/F and Vickie, sagging. Please forgive me if I have omitted your name and help from this list of volunteers.

So, this morning I placed the reservation information with the City of Davis for the use of the Vets for the 2009 Davis Double Century. The DC Coordinator's binder now contains "how to" for Fire and Sizzle years! If I am in town next year, I look forward to seeing you all. It has been an incredible ride for me!!!! Thank you!

Robin Neuman -- DC Coordinator for life!

# HERB CHAIN



Hi, everybody.

It's Herb Chain again. Do you remember this columnist? We last wrote for Changing Gears when our good friend Babz was editor in 2000 and 2001. In each month's issue she would include a vignette or two from our DBC experience. Old timers may recall reading about Anne (Muffy) Balyn-Chain, whom this columnist met and married while Muffy was working at a cheese factory in her native country. ("Balyn" is pronounced like what a baby is doin' when it ain't eatin' or sleepin'; and the nickname "Muffy" is derived from "Little Miss Muffet" because - even though she never sat on a tuffet - Muffy did work in the curds and whey division of the cheese factory. And...She has never liked spiders all that much.)



Anyway ... Not to complain, of course, but since Babz stepped down at the end of aught one, things have not all gone swimmingly for the Chain/Balyn-Chains. The tandem bicycle, upon which we successfully completed the redoubtable Davis Double in year 2000, has been sold to an older,

more affluent DBC couple with whom many of you are familiar. And, lacking employment, we have been forced to give up our humble accommodations in Davis and move in with our brother-in-law LePage (Sticky) Link and our sister Lynnette (Squeaky) Chain-Link in Woodland where our chief form of entertainment is viewing photos posted to the Internet by Mark Adkison and Eric Norris.



But...More from here later, we hope. Dan Shadoan, a Changing Gears editor from our distant past, has retaken the newsletter reins. Not without significant effort, he sought us out and asked if we would submit a few lines to coming issues. The poor guy is apparently desperate. We'll do the best we can.

Herb  
[herbchain@yahoo.com](mailto:herbchain@yahoo.com)

## Editorial

As DBC members, how could we be more delighted to be part of an organization that gives away helmets to underprivileged children in the surrounding areas? A couple of times in the past, I've been able to get away from 8-5 duties to help out a little. In particular, Ann and I had the chance to participate on the day scheduled for helmet delivery to Calistoga Elementary School in Napa Valley. Besides Ann and I the entourage included the new helmet program organizer, Gerry Peterson plus Barry Bolden, Jim Skeen and Tim Johnson.

Upon arrival we all checked in at the office and were given name tags to identify our group as guests and not just random lurkers on campus. The arrangements made beforehand by Gerry Peterson included participation by the principal and several teachers. They had selected a location in front of the school, a beautifully landscaped park-like setting and soon began the parade of kids one grade at a time. First students from the Kindergarten class, then the First grade and so on came to the pick-up spot where over 100 shiny new helmets were neatly arranged on the lawn by size, design and color. You could feel their excitement and wonder as each ran hither and yon around the colorful geometric arrangement, selecting the "just-right" color, size and design and then bringing their choice to one of the "fitters" for pad placement and strap adjustment. Before long word had traveled within the school and other students not on the original list were approaching their respective teachers and requesting helmets. Teachers determined, by

## Editorial

(cont.)

need and possibly some other criteria, which new student qualified and before long we were giving away more helmets than originally planned. When it was all over we had fitted nearly 80 helmets!

What a joyful experience. What a group of polite, well-mannered students. What an organized elementary school staff and principal. I felt we had really made the day for many young and now somewhat safer cyclists.

As current President of DBC, I'm especially proud of the way the "helmet gang" has made a difference for underprivileged kids, not only in the Davis area, but as far away as Napa County and Lake County.

Additionally, I want to acknowledge Gerry Peterson, Barry Bolden and Paul Gutenberg for their commitment to guide this integral part of the March Madness program to such an lofty and worthwhile conclusion for 2008! Check the final numbers in the table prepared by Gerry...

School	District	Helmets
North Davis	Davis	25
Cesar Chavez	Davis	25
Patwin	Davis	20
Willett	Davis	10
Pioneer	Davis	25
Birch Lane	Davis	15
Montgomery	Davis	35
Korematsu	Davis	10
Valley Oak	Davis	60
Holmes J. H.	Davis	6
Beamer	Woodland	55
Maxwell	Woodland	25
Dingle	Woodland	42
Calistoga	Calistoga	64
Waggoner	Winters	97
Whitehead	Woodland	26
Greengate Center	Yolo COE	16
Esparto	Esparto USD	87
<b>18 schools</b>	<b>6 districts</b>	<b>643</b>

By the way...

Does anyone know how much rent we owe Steve and Terry for years and years of helmet storage in their barn...;-)

Thanks to each one of you associated with the helmet program. You all make our Club what it is, the best in the nation!

-Dan

a.k.a. Temp Newsletter Editor.

# Important Meetings and Events

## June General Club Meeting

by Karen Baker

Mark your calendars for the first annual "Popcorn and a Movie" night! Because of the June election, our meeting will be on June 9 at 7 PM in the usual place: the Blanchard Room, Davis Branch/Yolo County Library.

We'll be watching the bicycle movie classic "Breaking Away," the story of a Bloomington, Indiana townie who dreams of becoming a champion cyclist while pretending to be an Italian exchange student. It was a surprise hit that won the 1979 Academy Award for Original Screenplay. Written by Steve Tesich, a cyclist who won the famous Indiana University Little 500, it stars Dennis Christopher and features some great performances from Dennis Quaid and Daniel Stern as his fellow "Cutters," and Barbara Barrie and Paul Dooley as his exasperated parents.

As an added bonus to our usual fabulous raffle, I'll be handing out those colorful DBC socks to anyone who can prove they are a bona fide Hoosier! (birth certificates count, Notre Dame leprechaun tattoos don't). If you are now wondering what a Hoosier is, then you probably aren't eligible!

If you would like to help set up the room, please drop by at 6:30. See you on the 9th!

## Summer Hosting Event / August General Club Meeting

by Stu Bresnick

A group of 31 cyclists from the Bike and Build organization ([www.bikeandbuild.org](http://www.bikeandbuild.org)) is coming through Davis on August 7-8 (Thursday/Friday) at the tail end of their cross-country bike trip to raise funds for affordable housing.

On August 7 they are staying at the UCD Hickey Gym. The Club would like to host a picnic dinner for them on August 7. Karen has decided to make this hospitable event the August general meeting and the Club will provide pizza and drinks. Additionally, DBC members can each bring a small dish to share. Bike and Build is an organization we supported last year.

I will also schedule a ride on August 8 to join them out of Davis on their way to Napa.

## March Madness Banquet

by Bruce Dewey

(Speaking of marking your calendars...ed.)

Sunday, June 8 at Odd Fellows Hall  
415 Second Street, Davis  
Social Hour 6:00 PM  
Dinner Served at 7:00 PM

You are cordially invited to join the festivities with your bike club friends, even if you didn't do much in March. There'll be a silent auction to raise money for the kids' helmet fund. You can pick up your March Madness jersey--extras will be on sale for \$40. A delicious dinner, catered by the Buckhorn, is just \$15 payable at the door. The menu includes fresh garden salad with Bayou Pepper Dill Dressing, Breast of Chicken, Portobello Mushroom Tier, Roasted Seasonal Vegetables, Herb Roasted Potatoes, Fresh-Baked Multi Grain Rolls with Fresh Fruit and Nut Pies for dessert.

## Thanks Scott!

With a mixed emotions, we on the Board of Directors of the DBC are sorry to see our favorite newsletter editor, Scott Alumbaugh take a well-deserved vacation from the Board. We're happy to see him around, still riding his bike, leading rides and designing great logos! Scott set a standard in newsletter production that few can equal.

-Dan

## Davis Bike Club 2008 Officers and Board Members

**Changing Gears** is the monthly newsletter of the Davis Bike Club. The club address is c/o B&L Bike Shop, 610 Third Street, Davis, CA 95616.



**Changing Gears** is mailed First Class to all current members. Your subscription lapses according to the "Issues Remaining" on the mailing label. For questions regarding subscriptions contact the Membership director at [dbcmembership@gmail.com](mailto:dbcmembership@gmail.com) or via the Davis Bike Club Hotline, 916-756-0186.



Contributions to **Changing Gears** may be sent to the editor at the above address or by e-mail to [dbcnewsletter@gmail.com](mailto:dbcnewsletter@gmail.com). Submittals on Mac or PC disks in Microsoft Word are preferred if e-mail is not available. Check front page for deadlines. All submittals are welcome. For additional details regarding submissions contact Dan Shadoan at 530-219-0177.

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# DBC Ride and Event Calendar

June 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Rebecca's Loop 9:30a  Dunlap Time Trial	2 Early Bird Special 6:15a Esparto Tailwinds 8:00a	3 Mocha Joe's Loop 7:45a Mocha Joe's Loop 8:00a	4 Solano Baking Co 7:45a Solano Baking Co 8:00a Women's Weds 9:00a  <u>Race Team Mtg 7:30p</u>	5 Steady Eddy's 7:45a Steady Eddy's 8:00a  Tue/Thu Race Ride 6p Winters Dinner Ride 6p	6 Early Bird Special 6:15a  Vaca Rolling Hills 8:00a	7 Coffee and a Roll 7:00a  RH Phillips Brunch 10am
8 "Show N Go" 8:00a	9 Early Bird Special 6:15a Esparto Tailwinds 8:00a  <u>Club General Mtg 7:00p</u>	10 Mocha Joe's Loop 7:45a Mocha Joe's Loop 8:00a  <u>Board Meeting 7:00p</u>	11 Solano Baking Co 7:45a Solano Baking Co 8:00a Women's Weds 9:00a	12 Steady Eddy's 7:45a Steady Eddy's 8:00a  Tue/Thu Race Ride 6p Winters Dinner Ride 6p	13 Early Bird Special 6:15a  Vaca Rolling Hills 8:00a	14 Coffee and a Roll 7:00a  2nd Sat Saunter 10:00a
15	16 Early Bird Special 6:15a Esparto Tailwinds 8:00a	17 Mocha Joe's Loop 7:45a Mocha Joe's Loop 8:00a  <u>Newsletter Deadline 5:00p</u>	18 Solano Baking Co 7:45a Solano Baking Co 8:00a Women's Weds 9:00a	19 Steady Eddy's 7:45a Steady Eddy's 8:00a  Tue/Thu Race Ride 6p Winters Dinner Ride 6p	20 Early Bird Special 6:15a  Vaca Rolling Hills 8:00a	21 Coffee and a Roll 7:00a  3rd Saturday 9:00a
22	23 Early Bird Special 6:15a Esparto Tailwinds 8:00a	24 Mocha Joe's Loop 7:45a Mocha Joe's Loop 8:00a	25 Solano Baking Co 7:45a Solano Baking Co 8:00a Women's Weds 9:00a	26 Steady Eddy's 7:45a Steady Eddy's 8:00a  Tue/Thu Race Ride 6p Winters Dinner Ride 6p	27 Early Bird Special 6:15a  Vaca Rolling Hills 8:00a	28 Coffee and a Roll 7:00a  <u>Lake Solano Loop 8:00a</u>
29	30 Early Bird Special 6:15a Esparto Tailwinds 8:00a	1 Mocha Joe's Loop 7:45a Mocha Joe's Loop 8:00a	2 Solano Baking Co 7:45a Solano Baking Co 8:00a Women's Weds 9:00a	3 Steady Eddy's 7:45a Steady Eddy's 8:00a  Tue/Thu Race Ride 6p	4 Early Bird Special 6:15a  Vaca Rolling Hills 8:00a	5 Coffee and a Roll 7:00a

## Ride Descriptions

Helmets Required on all rides!

### Non-Recurring Rides

#### Rebecca's Loop\*

June 1, Sunday, 9:30am T1-3/P3/30 mi  
Diane Richter, [bdrichter55@gmail.com](mailto:bdrichter55@gmail.com)

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. This will be a true pace 3 ride, between 12 and 16 mph, mostly around 14 to 15mph. So it's a good one for beginners or those who like to actually see the countryside through which they are riding.

#### Lake Solano Loop

June 28, Saturday, 8:00am  
T1-3/P3/45mi  
Julie Sly, 916-201-2790 or  
[Juliesly@aol.com](mailto:Juliesly@aol.com)

Start at Starbuck's, ride to Winters and around Lake Solano, with a food/rest stop at Steady Eddy's in Winters before returning to Davis. Option for more miles if the group wants to continue up Pleasants Valley Road to Cantelow Road before returning to Winters. Note the hour earlier start time compared to the spring; this is so everyone enjoys themselves before the summer heat gets too oppressive.

### Regularly Recurring Rides

#### RH Phillips First Saturday Brunch\*

June 7, First Saturday, 10:00am T2/P3/45mi  
Anne Huber, 530-758-8115  
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 (although the website has changed recently, and Humble Ride Calendar Coordinator couldn't find the menu the last time he looked). The ride leader may also post it on the DBC listserve. 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 listserve.

# Regularly Recurring Rides

Note: Asterisked (\*) rides have a starting location other than Starbucks. Consult the ride description for start location.

## "Show & Go" Ride June 8

2nd Sunday, 8:00 am T-varies/P-TBD/TBD mi  
Glenn Mounkes, 530-220-3513 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.

## Second Saturday Saunter June 14\*

Second Saturday, 10:00 am T1/P2/10-30 mi  
Dutch Martinich, 530-756-8234

[dmartinich@att.net](mailto:dmartinich@att.net)

Meet at Aileen Johnson's bench in front of Veteran's Memorial at 14th and B Streets. This is a ride for people that like to look at the scenery, smell the flowers, and socialize. This is a good ride for those that are new to cycling, for those that are new to the club and would like to know how they would fit in, and for those that 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.

## 3rd Saturday June 21

3rd Saturday, 9:00 am T1-T5/P3-P4/30/40/60 mi  
David Joshel, 510-717-5133 or

[davidjoshel@hotmail.com](mailto:davidjoshel@hotmail.com)

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

## Saturday Coffee and a Roll

Saturdays, 7:00 am T1/P4-5/30 mi  
Scott Alumbaugh, or [sea@seadogdesigns.com](mailto:sea@seadogdesigns.com)

A Saturday morning quick out and back to Steady Eddy's in Winters, ending at Davis Farmer's Market. Start at Lyndell Terrace Starbucks. Ride Leader may have occasional absences, so if he hasn't shown up by shortly after 7:00, the ride proceeds.

## Esparto Tailwinds

Mondays, 8:00 am T1/P3-5/50 mi  
Barry Bolden, 530-297-5123  
or [boliverb@dcn.org](mailto:boliverb@dcn.org)

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.

## Mocha Joe's Country Loop

Tuesdays, 7:45 am T1/P3/35 mi  
Paul Grant, 530-756-3610 or

[pwgrant@mac.com](mailto:pwgrant@mac.com)

Ride past the fields and orchards to the west and south before enjoying a treat at Mocha Joe's in South Davis. A slightly slower pace than the ride beginning at 8:00.

## Mocha Joe's Country Loop

Tuesdays, 8:00 am T1/P4-P5/39 mi  
Phil Coleman, 530-756-4885 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.

## Women's Wednesdays\*

Wednesdays, 9:00 am T1/P4/20-30mi  
Marilyn Dewey, 530-753-9188 or

[deweyms@hotmail.com](mailto:deweyms@hotmail.com)

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

## Steady Eddy's

Thursdays, 7:45 am T1/P3/30mi  
Gerry Peterson, 530-756-1254 or

[gnpjeter0856@juno.com](mailto:gnpjeter0856@juno.com)

Ride along Putah Creek Road, enjoy the atmosphere and conversation at Steady Eddy's in Winters before returning to Davis. A slightly slower pace than the ride beginning at 8:00

## Steady Eddy's

Thursdays, 8:00 am T1/P4-P5/34 mi  
Phil Coleman, 530-756-4885

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.

## Early Bird Special\*

Mon Fri, 6:15 am T1/P3/20mi  
Jack Kenward, 530-753-9329 or

[kenward2@dcn.org](mailto:kenward2@dcn.org)

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

## Winters Dinner Ride\*

Thursdays, 6:00 pm T1/P3/30mi  
Paul Grant, 530-756-3610 or

[pwgrant@mac.com](mailto:pwgrant@mac.com)

Meet on the Russell Blvd. bike path at Lake Blvd. Now that June is behind us, we'll need to remember to bring our lights and be sure the battery is fully charged. Come out on this easy-going dinner ride to Winters. Expect friendly conversation. No-one will be left behind!

## Vacaville Rolling Hills

Fridays, 8:00 am T3/P5/60mi  
Larry Burdick, 530-753-7591 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 Cafe.

## Solano Baking Company

Wednesdays, 7:45 am T1/P3/35 mi  
Dan & Sharon Cucinotta, 530-756-1711 or

[scucher@comcast.net](mailto:scucher@comcast.net)

Ride south to Dixon past orchards and fields, relax at Solano Baking Company in Dixon before returning to Davis. A slightly slower pace than the ride beginning at 8:00

## Solano Baking Company

Wednesdays, 8:00 am T1/P4-P5/39 mi  
Phil Coleman, 530-756-4885 or

[pkcoleman@comcast.net](mailto:pkcoleman@comcast.net)

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

# Ride Classifications

Refer to T/P/(distance) on each description title

**Unless otherwise specified, all rides begin at the Starbucks, 2038 Lyndell Terrace, across from Sutter Davis Hospital in West Davis.** Rain will cancel any ride. If in doubt, call the ride leader. If you would like to lead a ride, please contact John Seabury, Ride Calendar Master. Location of starting points for rides beginning elsewhere will be stated clearly in the ride description. Coordinated transportation to these starting points, if necessary, will be made by the ride leader.

**Announced ride time is the time at which the ride starts. Come early to sign in and get maps and/or pre-ride instructions.**

### \* Terrain

1. Flat (Davis to Woodland, Sacramento)
2. Easy/Gentle grade (Antioch Bridge)
3. Rolling (Dunnigan Hills, Auburn Road)
4. Moderate/Easy (Solano to Monticello Dam)
5. Moderate grades (Cardiac/Canelow)
6. Steep, long grade (Mt. Diablo, Marshall)

### \* Pace/Speed (on level road)

1. Leisurely/Relaxed (< 10 mph). For families, children, buggers; waits.
2. Tourist (9 to 12 mph). Stops as needed; waits for stragglers.
3. Moderate (12 to 16 mph). Solid riders; regroups every 45 min.
4. Brisk (16-18 mph). Experienced; no obligation to wait.
5. Fast (19-21 mph). Strong riders; few stops; no obligation to wait.
6. Strenuous (21 mph & faster). Very strong riders.

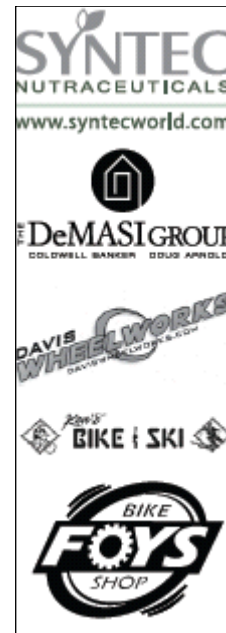
# Race Team News and Events

Submitted by Eduardo Avelar

Race Name	Category	Name	Place
San bruno hill climb	Jr	Cody Tapley	8th
Cherry Pie Crit	jr 15-16	Cody Tapley	28th
Cherry Pie Crit	Jr17-18	Taylor Kuphaldt	2
Cherry Pie Crit	Pro/1/2	Taylor Kuphaldt	15
Snelling Road Race	jr15-16	Cody Tapley	13
Snelling Road Race	Pro/1/2	Taylor Kuphaldt	2
Valley of the Sun TT	2	Taylor Kuphaldt	3
Valley of the Sun RR	2	Taylor Kuphaldt	pack
Valley of the Sun Crit	2	Taylor Kuphaldt	pack
Valley of the Sun GC	2	Taylor Kuphaldt	3
Merco	jr 15-16	Cody Tapley	11
Merco C U	Jr17-18	Taylor Kuphaldt	5
Merco C U	2	Taylor Kuphaldt	pack
Pinole Team TT	Jr	Cody Tapley	2
Land Park Crit	Jr	Cody Tapley	11
Land Park Crit	4	Cody Tapley	pack
Land Park Crit	Masters 4/5	Justin Hall	13
Land Park Crit	Masters Opn	John Steggall	14
Land Park Crit	55+	Kevin McSpadden	7
Land Park Crit	Jr 18	Taylor Kuphaldt	2
Land Park Crit	Pro/1/2	Taylor Kuphaldt	32
martinez classic	Cat 4	Cody Tapley	pack
martinez classic	Jr	Cody Tapley	
martinez classic	Jr	Taylor Kuphaldt	2
martinez classic	Pro/1/2	Taylor Kuphaldt	pack
Get Ready for Summer #1	Group C	John Licatesi	4th Overall
Zamora Road Race	55+	Kevin McSpadden	7
Zamora Road Race	35+ 5's	Tom Clementi	19
Zamora Road Race	35+ 5's	Jim Kuphaldt	2
Zamora Road Race	35+ 4's	John Steggall	6
Zamora Road Race	4	Michael Matiasek	19
Copperopolis Road Race	45+ B	Kevin McSpadden	30
Copperopolis Road Race	4	Michael Matiasek	17
Copperopolis Road Race	Jr13-14	Alexander Freund	6
Copperopolis Road Race	Jr15-16	Andreas Freund	4
Copperopolis Road Race	45+ 1/2/3	Roland Freund	8
Wards Ferry Road Race	4	Michael Matiasek	7
Wards Ferry Road Race	3	Andreas Freund	31
Wente Vineyard RR	Pro/1/2	Taylor Kuphaldt	14
Wente Vineyard RR	jr15-16	Cody Tapley	15
Wente Vineyard RR	jr15-16	Alexander Freund	26
Wente Vineyard RR	55+	Kevin McSpadden	5
Wente Vineyard RR	3	James Wingert	1
Wente Vineyard RR	4	Michael Matiasek	8
Wente Vineyard RR	45+ 4/5	Jim Kuphaldt	9
Wente Vineyard RR	45+ 4/5	Darin Salk	41
Wente Vineyard RR	35+ 5's	Tom Clementi	28
Wente Vineyard RR	35+ 4's	John Steggall	23
Wente Vineyard RR	W4	Marianne Hernandez	10
Berkeley Hills Road Race	Pro/1/2	Taylor Kuphaldt	3
Berkeley Hills Road Race	3	Andreas Freund	6
Berkeley Hills Road Race	4	Michael Matiasek	8
Berkeley Hills Road Race	W4	Marianne Hernandez	22
Berkeley Hills Road Race		Jason Snovel	20
Berkeley Hills Road Race	Jr15-16	AJ	13
Berkeley Hills Road Race	35+ 4's	Jim Kuphaldt	Pack
Sea Otter Circuit Race	3	James Wingert	6
Sea Otter Circuit Race	5	Mark Hockridge	7
Sea Otter Circuit Race	45+ 5's	Jim Kuphaldt	1
Sea Otter Circuit Race	Jr17-18	Taylor Kuphaldt	2
Sea Otter Circuit Race	Jr17-18	Taylor Kuphaldt	1
Sea Otter Circuit Race	45+	Darin Salk	19
Sea Otter Road Race	Pro/1	Taylor Kuphaldt	DNF
Sea Otter Road Race	5	Tom Clementi	DNF
Sea Otter Road Race	3	James Wingert	6
Sea Otter Road Race	45+	Darin Salk	DNF
Sea Otter	Pro/1	Paul Mach	34
Helyer	jr training day	Cody Tapley	

Race Name	Category	Name	Place
Cats Hill Crit.	jr15-16	Cody Tapley	14
Cats Hill Crit.	jr15-16	Andreas Freund	4
Cats Hill Crit.	jr13-14	Alexander Freund	3
San Dimas Stage Race	3	James Wingert	10
San Dimas Stage 1	2	Paul Mach	1
San Dimas Stage 2	2	Paul Mach	8
San Dimas Stage 3	2	Paul Mach	57
San Dimas GC	2	Paul Mach	1
San Dimas KOM	2	Paul Mach	1
San Dimas Stage 1	2	Taylor Kuphaldt	16
San Dimas Stage 2	2	Taylor Kuphaldt	5
San Dimas Stage 3	2	Taylor Kuphaldt	pack
San Dimas GC	2	Taylor Kuphaldt	6
EBC Crit	5	Rod Fernandez	5
EBC Crit	4	Jason Snovel	31
MTB Challenge #3	Single Speed	Eric Zeigler	5
Prairie City MTB #1	Sport 40-49	Tom Clementi	12
Prairie City MTB #2	Sport 40-49	Tom Clementi	21
Prairie City MTB #3	Sport 40-49	Tom Clementi	17
Prairie City MTB #4	Sport 40-49	Tom Clementi	19
Prairie City MTB #5	Sport 40-49	Tom Clementi	18
UC Santa Cruz RR	A	Paul Mach	1
UC Santa Cruz Hill Climb	A	Paul Mach	1
Collegiate Conf. RR		Paul Mach	5
Collegiate Conf. TTT		Paul Mach	1
Collegiate Conf. Crit.		Paul Mach	1
Collegiate Nationals TTT		Paul Mach	1
Collegiate Nationals RR		Paul Mach	2
Collegiate Nationals Crit		Paul Mach	34
Madera Stage Race GC	Jr15-16	AJ	9
Madera Stage Race GC	5	Jason Snovel	5
Madera Stage Race Crit	5	Jason Snovel	6
Madera Stage Race TT	5	Jason Snovel	6
Madera Stage Race RR	5	Jason Snovel	3
Madera Stage Race GC		John Steggall	42
Madera Stage Race Crit		John Steggall	11
Madera Stage Race TT		John Steggall	14
Madera Stage Race RR		John Steggall	48

## Sponsors of the DBC Race Team



## Member contributed

### The DC by the numbers

by Barbara Anderson (aka the Registration Czarina)

When online registration closed on May 10, 636 riders had signed up to ride the 2008 DC. Much to the astonishment of your Registration Czarina, and even after being asked if they were sure they had checked the weather forecast, 19 more chose to register day-of, bringing the registration total to 655 riders (125 fewer than in 2007). Of those original 636 riders, 45 chose to take a pass on the ride, some of them due to illness or family issues, but others apparently not willing to set out in the searing heat.

Total number of starting riders: 610.

But the heat took its toll: 86 riders were sagged back to the finish from various points on the course. They were smart to know when to quit; we had no riders needing to be sent to the hospital for rehydration.

DC riders are always appreciative of the fine support the DBC offers at each and every rest stop. This year, the gratitude was especially heartfelt for the extra care they received—tube socks filled with ice, popsicles at Guinda, hoses directed at overheated heads, lots of V-8 and pickles, a great meal at the finish . . . it's why this club has such an outstanding reputation among cyclists. Thanks, Robin!

### The Tour Turn

by Bruce Dewey

Good weather and some new pavement enhanced our mid-April Foothills Tour up to Nevada City. Our leaders, Chris Lupo and Jennifer Epp with a small contingent inadvertently took more circuitous routes in a couple of places. A few others were faked out by the route sheet's spurious out-and-back on "Foresthill" in Auburn. But the great weather, the nifty Outside Inn, and the fine Saturday party more than made up for the wrong turns.

I first noticed this in Nevada City: Far fewer cars. No waiting in the restaurants. Then, on the recent club ride up Mount Diablo, there were more bikes than cars (!!). As predicted by elementary economics, higher priced gasoline causes lower consumption. Reduced travel helps the environment although many businesses are suffering. Even bike clubs are seeing less revenue, because events like the Grizzly Peak and Davis Double Centuries have had ridership numbers down about 10 per cent from last year.

Just ahead—more DBC bike touring. We have the Oregon Coast and Cascades July 26-August 3, Mammoth Lake August 3-10, Tour de Bakery (wine country) August 26-30, Tour de Provence (France) September 6-27, and Gold Lake (Sierra and Plumas County) September 12-15. While some of these tours may be filled, it doesn't hurt to ask—there might be some last minute changes.

Everyone trains for DBC tours. Your bike must be in good condition too. Please do not show up on our tours with old tires, frayed cables, a dirty chain, out-of-true or cracked wheels, loose nuts and bolts, and other maintenance problems. Davis bike shops are the best places in the world to get your bike checked out and adjusted. On your bike, bring at least an extra inner tube, a frame pump, and a patch kit. Many of us carry small tool kits that include 4-, 5-, and 6-mm hex wrenches, a compact chain breaker, and a spoke wrench. I like tweezers to extract thorns.

For point-to-point tours, we keep the cost down by using minivans for carrying luggage. With twenty or so riders, experience shows that one airline-size carry-on bag for each person more-or-less takes the available space. Therefore, it is not cool to bring a larger suitcase or toss in loose items. It's a no-brainer that if everyone brings big suitcases or throws in loose stuff, there will be a major problem.

Rick Steves makes this classic packing suggestion: Lay out only the items you think you must have on the tour. Next, put half back. That said, here is my list of items not to toss back.

- ID and for France, your passport that expires September 28th or later.
- Credit and ATM Cards. Personal checkbook.
- Bike shorts (2 or 3 pairs) and DBC jerseys (2 or 3.)
- Lightweight bike raincoat (waterproof, breathable) for cool weather and rain.
- Helmet, bike shoes, socks, bike gloves, hotel shower cap (for helmet rain cover.)
- Polar fleece sweater (light weight) for evenings and cool weather cycling.
- Travel-sized toilet articles, medications, glasses, and SPF 45 sunscreen.
- Long pants (not denim), shirts (1 or 2), socks, underwear (no cotton) for après cycling.
- Swim suit, sandals or sneakers (one pair)

On tours, take only fast drying synthetics, nothing cotton, and nothing white. You can wash out things from time to time, either in a coin-laundry or in your hotel sink. With no white items, everything can go in one load in the washing machine.

The best deal for currency is to use ATMs but put as many purchases as possible on your credit card. Fees for ATMs vary somewhat depending on your bank and which ATMs you use. For purchases, credit cards exchange foreign funds at the best rates plus a 1% to 3% premium. Be sure to tell your bankers when and where you'll be traveling, as their fraud protection protocol will flag atypical usage patterns and may freeze your cards. Travelers' checks are inconvenient to cash and incur high fees.

To protect the environment and your bank account, be sure to carpool whenever you drive to jersey rides and DBC tours. Fewer cars on the road are good for nearly everyone—especially cyclists. Remember that the club's income is earned by volunteers who work on century rides, race, and ultra events. It's a win-win situation whenever you volunteer—you make bicycling friends and you help DBC support cycling.

# June Jersey Rides

**(Revised May 19, 2008)**  
**Note: Early registration re-**  
**quired for most rides**

Saturday, May 31  
 Habitat for Humanity Bike-a-  
 thon  
 Davis, CA

Sunday, June 1  
 Sequoia Century  
 Western Wheelers Bicycle Club  
 Palo Alto, CA

Saturday, June 7  
 Sierra Century  
 Sacramento Wheelmen  
 Murphys, CA

Saturday, June 7  
 Eastern Sierra Double Century  
 Planet Ultra  
 Bishop, CA

Saturday, June 14  
 Mile High Century  
 Chester, CA

Saturday, June 14  
 Canyon Classic Century  
 Patterson, CA

Saturday, June 14  
 Support the Parkway  
 American River Parkway Foun-  
 dation and SABA  
 Carmichael, CA

Saturday, June 21  
 Terrible Two  
 Santa Rosa Cycling Club  
 Sebastopol, CA

Saturday, June 21  
 Summer Solstice Century  
 Quincy, CA

Saturday, June 28  
 Grand Tour  
 Los Angeles Wheelmen  
 Malibu, CA

Saturday, June 28  
 Climb to Kaiser  
 Tollhouse Century  
 Millertown Metric  
 Fresno Cycling Club

Clovis, CA

Davis Bike Club will partially reimburse members for participating in designated jersey rides. To apply, send an email within 72 hours after finishing to [dbcjerseyride@gmail.com](mailto:dbcjerseyride@gmail.com) stating your name and address, the name of the jersey ride, the mileage ridden, and the amount you paid to register. In October of each year, the funds available for jersey rides support will be rationally distributed to the participants. Continuous club membership for the entire year is required.

## Classified Ad

### Wanted:

DBC Newsletter Editor. This DBC Board position affords one huge benefits but...No hospitalization...No retirement...No over-time...however plenty of voice regarding newsletter content and a chance to have a

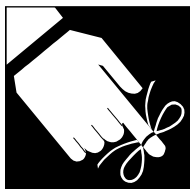
little fun.

No need to apply in person, just apply. Remember, the power of the pen joined with this special editorial position always yields the last say... Old husband's tale...;-)

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

**First Class  
 Postage...**

# Changing Gears



**Don't Forget...**

The General Club Meeting is not on Monday, June 2nd but instead is on Monday June 9th!

*DBC Membership Card*

*Non-expired date and this card signify the above person and/or family is a member in good standing of the Davis Bike Club.*