

Changing Gears

August



Newsletter of the Davis Bike Club

Quick Release

General Club Meeting

Thur, Aug 7th
6:30pm
Davis Central Park
Potluck

Board Meeting

Mon, Aug 11th
7:00pm
Davis Food Coop
Board Room

Newsletter Cutoff

Mon, Aug 18th

Race Team

General Meeting

Wed, Aug 6th
7:30pm
Hallmark Inn

Race Team

Committee Meeting

Wed, Aug 6th
6:30pm
Hallmark Inn

Smaller Carbon Footprint

DBC New Members

Tony Adrignola
John Berg
Naomi Berg
Michele Feikert
Blake Formanek
Aaron Schelegle
Martin Seaney
Brian Halkett
Amanda Nuechterlein

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2008 DBC 4th of July Criterium: A NorCal Classic

by Robin Rolles & Jason Eiserich

Given the months of planning, the magnanimous collaborative support from the DBC Race Team, the DBC general membership, The City of Davis, and the generous contributions from our sponsors (not to mention our family and friends), it was no surprise that the 32nd Annual 4th of July Criterium Classic held in Downtown Davis was a huge success! We thank you all for making this one of the finest 4th of July Criterium events thus far!

At 4:30 AM, the dark quiet streets of downtown Davis came alive with the hustle and bustle of volunteer's eager to get the race course adorned with snow fencing, banners, barricades, and 125+ hay bails. Not to mention the 4 or 5 cars that needed to be towed off the course! John Steggall from the DBC Masters Race Team was on the spot at 4:30 am sharp coordinating the course set up crew. At the same time arrived the 'hay bale angels' from UCD, led by undergraduate student Mr. Sean Hardcastle, to provide delivery of the 125+ hay bails that were to line the course. Steve Long from the DBC Masters Race Team was there to strategically coordinate placement of the hay bales along the course and to deliver all the equipment. For anyone who has attempted to throw around 100+ lb hay bales, you can appreciate what a tough job this is! Once the hay bales were thrown off the back of the trailer and laid out, then comes the task of removing all the loose hay off the course (and there was lots of it!). Amongst all the madness of push brooms a'sweepin, enters Paul Guttenberg RIDING his bike along the course fashionably sporting a back-pack blower moving that extraneous hay off the course and into the gutter! Thanks Paul!

(Continued on page 7)

2008 U.S. Bicycling Hall of Fame Induction Ceremony

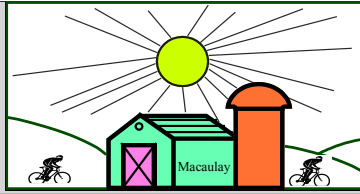
DBC Contributes to Members' Tickets or DBC membership pays off.

The United States Bicycling Hall of Fame has chosen Davis as the site for its 2008 Induction Ceremony. Scheduled to begin at 7:00PM on Sunday, November 2, the Induction Ceremony will be a gala event with past Inductees, present Inductees and members of the United States' cycling elite all gathered at Freeborn Hall on the UC Davis campus. Dress is "black-tie optional." The night's guest speaker is Levi Leipheimer. A pre-event social begins at 6:00PM with "no host" wine and beer. Accompanying the Ceremony is a deluxe, fully catered, table service dinner provided by Il Fornaio. Tickets will be going on sale shortly, but the DBC Board of Directors has decided that the event is worthy of support.

Therefore, the members of the DBC and only the members of the DBC are eligible for a special deal: half off the price of a single ticket purchased at the already discounted table price. What does this mean? A single ticket will cost a current, dues paid, member \$50. The bike club will match the members' contribution to complete the ticket purchase. To get in on this deal, you must notify the DBC Induction Ceremony Ticket Liaison, select a meal (beef, chicken, or vegetarian) AND provide a check made out the DBC for \$50/ticket. John Hess, who has been instrumental in keeping the Board apprised of the progress of both the Bike Museum and the Hall of Fame projects, has volunteered to be the liaison in charge of receiving your requests and your payments for the Il Fornaio dinner. Get your requests and checks to John as soon as possible!

More information about the Hall of Fame, past Inductees and the 2008 inductees can be found online at www.usbhof.org. See press release on last page of this newsletter. Thanks, hope to see you at the event.

HERB CHAIN



Hey, everybody...Have you heard about plans for a new series of trading cards featuring famous Davis Bike Club corner marshals? It's what we are hearing. The cards will be distributed by selected bike shops and bakeries in and around Davis...One each week...Free with a minimum purchase.

This columnist is very excited. As many of you are aware, our initial involvement with the bike club was as a double century corner marshal in the Solano flats, circa 1988. In ensuing years we have been privileged to serve DBC events along with some of the finest corner marshals in history...John Hess, David Takemoto-Weerts, Ellen Winder...The list goes on and on...

What will the trading cards be like? Our imagination is palpitating. We envision an action photo of the late Ed Martin at the left-turn transition from Butts Canyon Road to St. Helena Creek Road at HWY 29 in Middletown...stats and a short bio on the back. Just think what the Gerry Peterson rookie card will be worth in a few years!...at least three Dan Fishbeins and a Peter Hewitt, we would guess. Kevin

McSpadden is one of many great Fourth of July Criterium corner marshals. We anticipate a card showing Kevin slathered in sun screen...commanding attention in his trademark wide-brimmed hat and plaid pants...bravely protecting the peleton from perils of unleashed children and zoned out adults.

Most of all...Diane Richter!...the greatest corner marshal of all time. Our mind's eye sees a photo of Diane shivering in a hooded parka...struggling to manage coffee, a donut, and her orange flag with only two hands. And on the back of her card? Let us conjecture...

"Born in 1971, she began corner marshaling at age 4. In 1984 - in a numbing sub-50 degree morning chill - she recited 'Right turn' and 'Watch out for the gravel' 1,374 times without ever once flubbing her lines. In 2002, she was elected to the Corner Marshal Hall of Fame where her bust will be forever enshrined."

Herb Chain
Journeyman Corner Marshal
Left Turn Specialist

Editorial

By now it should be no secret that the AEG Sports Group, originator and title sponsor for the AMGEN Tour of California, has announced the new route for 2009. The best part is that Davis is no longer just a "passing through" city on the route. We've been selected as a "stage start" location for the second stage of the tour.

This is quite an acknowledgment for the City in general and, I think, for DBC specifically. My reasoning is grounded in a conversation I had with a City employee who had a conversation with an Amgen official in charge of routes. Part of the reason Davis was being considered as a possible start location was the "incredible support" the Davis citizens showed by way of corner marshals, crowd control and efficient road closures. "We knew after the first year, when we came through Davis and all the possible trouble spots were covered and many by flag waving DBC members in orange vests, that our jobs would be easy and our *Super Marshals* could concentrate on other parts of Yolo County," the Amgen official said.

So, you vest-wearing, flag-waving DBC course marshals get a huge fraction of the credit for this next year's Amgen tour officials picking Davis as a start location!

Thank you all!

-Dan, trying to be a "Left Turn Specialist" Shadoan

Member contributed

How wrong can a bike ride go?

by Dan Shadoan

Our long time friend, Bill Bryant was watching the Tour this week and saw Stage 16 and the riders climbing one of the highest passes in Europe, Col de la Bonette-Restefond. I don't know how he did it, but he remembered that Ann and I had crossed that same pass on our tandem in 1999 while on a preparation tour for Paris-Brest-Paris occurring two weeks later. In an email Bill sent this week, he admired our prowess for having conquered the famous mountain pass that was giving the Tour riders such fits.

Thanks for the memories Bill, but here's the real story of our ride...

In the morning at Barcelonette it was a warm and pleasant August day. Skies were clear and I remembered looking at my altimeter and mentioning to Ann the altitude seemed to increase overnight while we were sleeping. Later, I knew what had happened...a storm was on the way and the barometric pressure had dropped a lot in the night.

No matter, we started off with only light windbreakers and very soon took them off as we began the climb and began to sweat a little more.

About halfway up we could see that the weather was moving in. Clouds began to surround us and we felt we should stop and put our jackets back on. Climbing on we felt both the altitude and the chill. We decided to stop and finished the last of our snacks about 2km from the top. It began to rain and we were just barely warm enough as we continued on to the top, but we had no idea what was in store for us on the descent.

Immediately after crossing the saddle that is labeled Col de la Bonnette we determined there was no way we were going to do the little extra out and back around the mountain and we made a hard left to begin the descent. Within the first 100 meters of the descent, both of us were getting cold. We were descending in a heavy rain now with only light wind breakers that were also wet.

Within 500 meters it started to spit snow. The road was wet and the snow was melting a little but not quite enough. A car

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Important Meetings and Events

August General Club Meeting - - Picnic in the Park with Bike and Build

by *Stu Bresnick, Treasurer*

The DBC August meeting will be held 6:30pm, Thursday, August 7 in Central Park. We will be hosting a picnic dinner for the **Bike and Build** group that is staying in Davis that evening. This is a group of 31 college students that is one of 6 groups cycling across the US this summer to help raise money for affordable housing, and help build some houses along the way!

You can read about this group (going from Providence to San Francisco) on the website: www.bikeandbuild.org. Go to the "Providence to San Francisco" route and read the bios of the riders and their blogs of their trip, which started June 2.

DBC will be providing pizza and drinks (non-alcoholic). If you would like to attend please bring a dish to share with 3-4 others. Also, on the following morning, August 8, we will be hosting a bagel and coffee breakfast at the same location before the riders take off for Napa. Check the ride calendar, a ride is scheduled for the following Friday morning to join them on their way to Napa.

Gold Lakes Tour

by *David Joshel*

Itinerary: A three day tour of the Northern High Sierra's and Sierra Valley. Dates: September 12th-15th.

Lodging: 3 nights in cabins in the town of Blairsden. Approximately 1 hour north of Truckee on State route 89.

Food: Cabins have cooking facilities for group breakfasts and dinners.

Travel: Leave Davis Friday evening September 12th, return Monday evening September 15th. Approximately 3.5 hours each way from Davis.

Rides: Sag Van with sag food will be provided. Lunch on road will be provided.

Day 1: Saturday 75 miles approximately 1500 feet of climbing from Blairsden through the Sierra Valley through the towns of Sierraville, Loyalton & Portola.

Day 2: Sunday 56 miles approximately 4500 feet of climbing up Yuba Pass and Gold Lakes road.

Day 3: Monday Optional riding day or hiking in the nearby Gold Lakes High Sierra Region. Return to Davis in the evening.

Cost: Estimate \$300.00 including deposit, all food and lodging based on double occupancy.

Deposit: \$50.00

Limit of 12-14 people.

Contact info: David Joshel

2743 Loyola Drive

Davis, CA 95618 Home 756 7409 Cell 510 717 5133

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 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. 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.

Davis Bike Club 2008 Officers and Board Members

President	Dan Shadoan	530-756-9266	djshadoan@ucdavis.edu
Vice President	Karen Baker	530-297-5214	karenleighbaker@comcast.net
Treasurer	Stuart Bresnick	530-756-0420	hfhstu@omsoft.com
Recording Secretary	Julie Sly	916-201-2790	juliesly@aol.com
Corresponding Secretary	Jackie Boettner	530-753-5159	misty_fjord@msn.com
Quartermaster	David Joshel	530-756-7409	davidjoshel@hotmail.com
Safety Director	Phil Coleman	530-756-4885	pkcoleman@comcast.net
Race Team Director	Robin Rolles	530-383-3187	jcw@dcn.davis.ca.us
Philanthropy Director	Steve Kahn	530-758-4083	patsteve@pacbell.net
Director-at-Large Double Century	Robin Neuman	530-758-1917	roknrobin2@aol.com
Director-at-Large Foxy's Fall Century	John Hess	530-753-2970	johnfhess@comcast.net
Director-at-Large Ultra Cycling Events	Paul Guttenberg	530-297-5942	cycledad@juno.com
Newsletter Editor	Temp Pool	530-219-0177	dbcnewsletter@gmail.com
Tour Director	Bruce Dewey	530-753-9188	bruced@dewspring.com
Membership Director	Bruce Winder	530-758-1544	dbcmembership@gmail.com
Public Relations Director	John Whitehead	530-758-8115	jcw@dcn.davis.ca.us

DBC Ride and Event Calendar

August 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 Early Bird Special 6:15a Esparto Tailwinds 8:00a	29 Mocha Joe's Loop 7:45a Mocha Joe's Loop 8:00a	30 Solano Baking Co 7:45a Solano Baking Co 8:00a Women's Weds 9:00a	31 Steady Eddy's 7:45a Steady Eddy's 8:00a Tue/Thu Race Ride 6p Winters Dinner Ride 6p	1 Early Bird Special 6:15a Vaca Rolling Hills 8:00a	2 Coffee and a Roll 8:00a RH Phillips Brunch 10am <u>Midnight Century</u> <u>7:00p</u>
3 <u>Coffee & Cantelow I</u> <u>7am *</u>	4 Early Bird Special 6:15a Esparto Tailwinds 8:00a	5 Mocha Joe's Loop 7:45a Mocha Joe's Loop 8:00a	6 Solano Baking Co 7:45a Solano Baking Co 8:00a Women's Weds 9:00a <u>Race Team Mtg. 7:30p</u>	7 Steady Eddy's 7:45a Steady Eddy's 8:00a <u>Club General Mtg 6:30p</u> <u>Central Park, Davis</u> Tue/Thu Race Ride 6p Winters Dinner Ride 6p	8 Early Bird Special 6:15a Vaca Rolling Hills 8:00a	9 Coffee and a Roll 8:00a 2nd Sat Saunter 10:00a
10 "Show N Go" 8:00a	11 Early Bird Special 6:15a Esparto Tailwinds 8:00a <u>Board Meeting 7:00p</u>	12 Mocha Joe's Loop 7:45a Mocha Joe's Loop 8:00a	13 Solano Baking Co 7:45a Solano Baking Co 8:00a Women's Weds 9:00a	14 Steady Eddy's 7:45a Steady Eddy's 8:00a Tue/Thu Race Ride 6p Winters Dinner Ride 6p	15 Early Bird Special 6:15a Vaca Rolling Hills 8:00a	16 Coffee and a Roll 8:00a 3rd Saturday 9:00a
17	18 Early Bird Special 6:15a Esparto Tailwinds 8:00a <u>Newsletter Deadline</u> <u>5:00p</u>	19 Mocha Joe's Loop 7:45a Mocha Joe's Loop 8:00a	20 Solano Baking Co 7:45a Solano Baking Co 8:00a Women's Weds 9:00a	21 Steady Eddy's 7:45a Steady Eddy's 8:00a Tue/Thu Race Ride 6p Winters Dinner Ride 6p	22 Early Bird Special 6:15a Vaca Rolling Hills 8:00a	23 Coffee and a Roll 8:00a <u>Coffee & Cantelow II</u> <u>7am *</u>
24 <u>State Fair Hit &</u> <u>Run* 8:30am</u>	25 Early Bird Special 6:15a Esparto Tailwinds 8:00a	26 Mocha Joe's Loop 7:45a Mocha Joe's Loop 8:00a	27 Solano Baking Co 7:45a Solano Baking Co 8:00a Women's Weds 9:00a	28 Steady Eddy's 7:45a Steady Eddy's 8:00a Tue/Thu Race Ride 6p	29 Early Bird Special 6:15a Vaca Rolling Hills 8:00a	30 Coffee and a Roll 8:00a
31	1	2	3	4	5	6

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/Cantelow)
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.

Non-Recurring Rides

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

Midnight Century*

August 2, Saturday 7:00pm
T1/P4/5/100 mi
Steve Cimini, 916-483-5222 or
cyclsteve@aol.com

Come join us for the annual evening century ride co-hosted with the Sacramento Bike Hikers. The ride will be SAGGED and food is provided at the turnaround point in Grimes. This is a fun ride which usually generates a large turn out. However, all riders are required to be able to ride 100 miles at a brisk pace (16-20mph). Be sure your lights are fully charged-enough to last 4-5 hours. Meet at Carl's Jr at the corner of Poleline and Covell Blvd. There is a \$5 per rider fee, payable at the start of the ride.

Coffee and Cantelow I*

August 3, Sunday, 7:00am
T1-5/P3-4/60mi
Carolyn Regan, 530-848-6391 or
regan.carolyn@gmail.com

Beat the heat and smell the dew before it evaporates with an early morning ride over Cantelow. Meet at the downtown Starbucks on F Street at 7am! Ride will head to Win-

ters, Clockwise over Cantelow, then enjoy a tailwind down Pleasants Valley Road with a stop at Steady Eddy's before returning to Davis-- with plenty of day left for all those chores and/or a nap!

Bike and Build Rider Escort*

Aug 8, Friday, 7:00am
T1-4/P3-4/40-50 mi
Stu Bresnick, 530-756-0420 or
hfhstu@omsoft.com

Join the Bike & Build riders as they complete their coast-to-coast ride on their next to last day from Davis to Napa. We will leave with them from Central Park in Davis and ride as far as Monticello Dam (longer or shorter, if you like), then return to Davis via Winters & Putah Creek Road. DBC will be providing a coffee & bagel breakfast for the Bike & Build group in Central Park before we all depart. If you plan to go on this ride and would like to join the breakfast please contact the ride leader so we can bring enough food and drink.

Coffee and Cantelow II*

Aug 23, Saturday 7:00am
T1-5/P3-4/60 mi
Carolyn Regan, 530-848-6391 or
regan.carolyn@gmail.com

Beat the heat and smell the dew before it evaporates with an early morning ride over Cantelow. Meet at the downtown Starbucks on F Street at 7am! Ride will head to Winters, Clockwise over Cantelow, then enjoy a tailwind down Pleasants Valley Road with a stop at Steady Eddy's before returning to Davis-- with plenty of day left for all those chores and/or a nap!

State Fair Hit & Run*

August 24, Sunday, 8:30 am T1/P3/48 mi
John Whitehead, 530-758-8115 or
jcw@dcn.org

Meet at Veterans Memorial Center. Experience valet parking at the State Fair, thanks to the Sacramento Area Bicycle Advocates. We will visit the art building and the UCD centennial exhibit, then likely escape before it's hot and crowded. Bring \$10 for fair admission and money for lunch, perhaps at Panera Bread.

Regularly Recurring Rides

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

RH Phillips First Saturday Brunch*

Aug 2, First Saturday, 10:00am T2/P3/45mi
Anne Huber, 530-758-8115 or
ahuber@jsanet.com

Meet at the Woodland Nugget parking lot. This is a lovely ride through rolling hills of northern Yolo County ending up at RH Phillips winery for their monthly brunch. The meal varies each month, and can generally be found on the RH Phillips website. The ride leader may also post it on the DBC 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) may be announced on the listserve, but the Ride Leader will start the ride from Woodland. Predicted high temperature of 38C (that's 100F for you dinos) may cancel the ride, check the listserve.

Second Saturday Saunter Aug 9*

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

"Show & Go" Ride Aug 10

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

3rd Saturday Aug 16

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

Ride to Winters (30), Lake Solano (40) or Cantelow (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, 8:00 am T1/P4-5/30 mi
Scott Alumbaugh, or
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 8:00, the ride proceeds.

Esparto Tailwinds

Mondays, 8:00 am T1/P3-5/50 mi
Barry Bolden, 530-297-5123 or
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

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.

Regularly Recurring Rides (cont.)

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

Mocha Joe's Country Loop

Tuesdays, 8:00 am T1/P4-P5/39 mi
Phil Coleman, 530-756-4885 or
pkcoleman@comcast.net

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

Women's Wednesdays*

Wednesdays, 9:00 am T1/P4/20-30mi
Marilyn Dewey, 530-753-9188 or
deweyms@hotmail.com

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

Solano Baking Company

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

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

Steady Eddy's

Thursdays, 7:45 am T1/P3/30mi
Gerry Peterson, 530-756-1254 or
gnjpeter0856@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

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

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

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

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

(Continued from page 2)

passed us, the only car we'd seen for hours. It was leaving tracks in the snow that had now started to stick on the road and not melt. I tried to stay in the tracks. I was riding the brakes hard as it was a steep descent. We were going very slow, perhaps less than 15mph. I was cold and worried about slick snow, especially in the corners. I wanted to get down in altitude as fast as possible so we could get warm, yet I couldn't go faster. All this happened in a relatively short time period. My guess is that within 15 minutes we were both getting hypothermic.

Then we saw the one car that passed us earlier. It was stopped by the side of the road with the trunk open and a bike sticking out. We knew there was a young woman ahead of us and this was her bike. We couldn't see her in the car because the windows were so fogged up. We were sure she was safe inside, however. We breathed a sigh of relief for her, but there was no other cars around and for sure none big enough for the tandem and the both of us.

By now, I'm shaking uncontrollably as we continue down. I'm riding the brakes and my hands are freezing, even to the point of not being able to control the bike. I'm telling Ann that we may have to stop because it is just too dangerous to continue. Finally, we stop. It seems to help a little but we can't stay there. It's snowing harder and the road is now completely covered with snow and unless we get going to the lower altitude we may have to stay, without food or shelter. Not the kind of end I'm ready for...

We start again and the cold seems worse and the road is very slick. Just then I see a band of sheep. I look around for the herder and he's way out on the knoll. But around the corner from the band is a truck, the herder's truck! Now we're really going to stop! I have to stop here, I'm going to play this for all it's worth. We lean the bike up against the truck and see that there are two sheep dogs inside the cab. Once again, the windows are steamy

but I can see them and their noses against the windows. I walk around the truck and get the herders attention. He walks towards us, thank God. When he arrives, Ann, in her best French, asks if we can warm up in the cab of his truck. He is friendly and indicates we can get in. Were those two dogs ever surprised!

You can imagine the body language "dance" that went on as we two cold wet, funnily dressed, complete strangers start to climb into their space in their cab. "Do you think they might bite?", Ann asked. Happily these wet, smelly yet warm, sheep dogs were convinced that we would be sharing their space, what little there was with all four of us, in the cab of this smaller-sized European pick-up.

We were so cold and shivering we tried to get closer to the dogs just to get some of their body heat. It was a test. Little by little we were finally able to move closer. There wasn't a lot of heat, but we needed it. Nice doggies! Ann kept puzzling over how blue my lips were. Finally, we got a little embarrassed about being inside the truck for so long. After about 30 minutes the herder was still outside and it must have looked to him like we were staying forever. After awhile longer, he realized how desperate we were and opened the door on the driver's side and peeked in.

"Do you want a ride off the mountain?", he said in French "Oh my God yes!", Ann said with a relief. Before he changed his mind, I jumped out and loaded the tandem into the back.

Now, we were going to be saved!

The herder left his flock and drove us down off the mountain. As we got further down the snow turned to rain and it seemed warmer. Ann and I were still wet and cold, but noticeably cheerier.

When the herder asked how far, we said to the nearest place for some hot coffee or hot chocolate.

Before long we passed a small hotel that had bikes out in front.

(Continued on page 8)

Race Team News and Events

(Continued from page 1)

At 6:15 am, Eric O'Brien from the DBC Masters Race Team had the registration tent set up and operational... his volunteer staff ready to go, computer running, printer generating forms, and bib numbers assigned! And not to disappoint, the racers were arriving right on time!...eager to get registered! Eric and his team did a fantastic job throughout the day reg'ing racers, getting rider rosters to the officials, and posting results. Kudos to Eric and his team of volunteers for doing such a fantastic job!

At 7:00 am, the course was set up and looking pretty snappy (adorned with a Start/Finish banner flying above the course for the first time! It looked oh so professional!), and the first race of the day was about to go off. It's really amazing what can be pulled off in only a couple of hours with such excellent volunteers! The officials' whistle blew and we were on our way to an exciting full day of racing! An aspect of criterium racing that all racers face is the potential for crashes...and we had a couple...ouch! Most not too serious, just some road rash and bruises, but some of the racers required more in-depth medical attention. Thanks go out to the professionals with OnSite Medical Service (OMS) who compassionately took care of the riders who went down in crashes during the races! Thanks also to the Davis Fire Department for their rapid responses! We are happy to report that all riders who crashed got exceptional medical attention and are doing just fine, and we've seen most of them out on the racing scene already!

The thrill and mixture of cyclists whizzing by at 30+ mph on downtown streets and the many spectators and pedestrians eagerly viewing the races could spell big trouble! But, thanks to the efforts of Joaquin Feliciano and Kevin McSpadden (DBC Masters Race Team) and their HUGE crew of corner marshals armed with bright orange flags and vests, the races went smoothly and without incident! Many thanks to Joaquin and Kevin for coordinating this monstrosity of a task and to all of you who generously volunteered your time to keep watch at a corner!

So who was that voice we heard over the loud speaker calling out the races all day long? Our very own Derek Byrne from the DBC Masters Race Team! Derek did a FANTASTIC job announcing the races, providing great commentary as well as humor, which made the races exceptionally enjoyable to spectators and racers alike. Thanks Derek for a job well done, and for forgoing your races to contribute to the event! Glad we had an ample supply of Red Bull to keep him going all day long!

At the noon hour, perhaps the most exciting races of the day were to be had! Approximately 150 of the next generation of cyclists

mounted their bikes and rode the streets of downtown Davis! The Kids Race was a huge success, and this can be attributed to the diligence of Rod Fernandez and Paul Robbins, who served as coordinators (in addition to all the racer folks and family members who rode with the kids!). Each participant was given a 'prize bag' filled with lots of goodies and information about safe cycling and healthy living donated by local sponsors. Keep your

eyes peeled, one of these youngsters may just be on the pro circuit one of these days in the near future representing Davis! This year we included a new event with the kids race...A 'Meet the Pros' fiesta! Pro and Cat 1 cyclists with ties to the Davis Bike Club were on hand to shake hands, converse and sign autographs for the kids. What an inspiration! Thanks to Roman Kilun (Health Net Pro Cycling), Jane Robertson (Metromint Cycling), Adam Switters (Rock Racing Pro Cycling), Kelly McDonald (Touchstone Cycling), and Jesse Moore (Cal Giant Cycling) for their generous participation! This will go a long way with the kids! We also wish to thank Mark Adkison, local cycling photographer extraordinaire and DBC'er, for providing photos of the pros for autographs!

Where there are cycling races, there are certainly a lot of prizes and awards to give out to the top riders! Thankfully, we had brothers Alex and Andreas Freund (DBC Juniors Race Team Members) on hand to generously give their time to distribute the awards and prime prizes all day long (a huge job), and Jason Snovel (DBC Masters Race Team) to take podium photos! Thanks guys for all your efforts!

At the end of a long and successful day, everybody wants to go home and enjoy the company of their family and friends, especially on the 4th of July...but, there are still tasks to take on...break down of the course and clean-up! Ugghhh. Thanks to John Licatesi from the DBC Race Team for coordinating the cleanup duties and all of his volunteers! The downtown streets were left in pristine condition thanks to these folks! Because of this, we should be in good form to receive our permit next year!

Once again, thanks to EVERYONE in our DBC community for making the 32nd Annual Davis 4th of July Criterium Classic a huge success! We look forward to an equally successful, if not better, event next year!

Lastly, many thanks to our very generous sponsors...without their support, this exciting DBC event would not be possible:

Support our generous sponsors of the 4th of July Classic

Bistro 33
Nugget Markets
Davis Wheelworks
B&L Bike Shop
Ken's Bike & Ski
Apex Cycles and Service
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Williams Wheels
Foy's Bike Shop
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Sportlegs
All Star Rents
Watermelon Music
Screaming Squeegee
Cycles Gladiator

VeloCity Bicycle Center Voler
Hors Categorie Photography
Davis Food Coop
Hallmark Inn
UCD Animal Sciences Department
OnSite Medical Service
Islands Fine Burgers and Drinks
Steve's Pizza

Fourth of July Category 5

by Justin Hall

About two weeks before the race, Rod Fernandez sent out a note to myself, Mark Hockridge, Bob Blythe, Darin Salk, and Scott Wong, nominating me to be “the guy” the team worked for to get a win in the Davis Bike Club’s 34th Annual Fourth of July Criterium. Scott and Bob, two guys I had never met (or if I had, as the newbie, didn’t remember after being overwhelmed with new faces) enthusiastically agreed. Mark and Darin, guys I had already had the privilege of getting to know, were equally enthusiastic – as obviously my friend Rod was as well. I have no idea how many professional starts I have racing cars – far and away enough that I am no longer nervous, but for some reason I had pre race jitters – everything to do with pressure to perform for guys willing to sacrifice their own race to help their teammate win. Teammates who are willing to do that are special, and there is absolutely pressure to reward them for their sacrifice.

With that said, I responded with a framework of how I thought we should approach the race based upon lessons I’d learned from the Land Park and Folsom Crits. Here’s a huge upside for racing with DBC. I met a couple of my new teammates for the first time at Cherry Pie Crit, we lined up and said we would race as a team, but ultimately we raced as individuals because we didn’t know what we were doing. At Land Park and Folsom, I got a taste of how things should be done and also how they can fall apart based upon mentoring from our more experienced guys – a huge DBC upside.

Basically, the plan was for me to ride at the front so as not to suffer from the inevitable accordion effect of braking and sprinting through every turn, and if I saw a break with legs I would hang with it, but mostly just stay up front but do no work. For some reason at the start I couldn’t clip in (I think it had to do with the shoe cover) but I found myself dead last almost out of the gate. I spent the first three laps dive bombing corners to make up

positions and work my way up front. There were no primes, no organized attacks, so frankly it was pretty easy to hold station anywhere from third to tenth. Throughout this time my teammates would rotate up to make sure I was covered and ok; it seemed like Mark and Darin were literally ALWAYS around.

With maybe seven laps to go, the pace picked up a bit. By design, at this point Scott came up and started drilling the front. Given the nature of this course, we wanted the pack strung out so that ultimately I would only have to sprint against two to three guys instead of ten. This was probably Scott’s third long pull at the front, and as he rotated off Bob came up with his huge motor and pulled hard for a couple more laps. As perfectly as you could plan, as we passed the start / finish line for the last lap, I found myself on Rod’s wheel. Rod pulled huge through both left-hand turns, an incredible effort, leaving me right where I wanted to be on the backside of the course.

Just as Rod started fading a rider in neutral gear started his sprint at BASKIN ROBBINS with over half a lap to go in an all or nothing play, so I left Rod’s wheel and jumped on this guy and was 5-10 meters off rounding the final corner— when his tire blew at the apex!!! This rider did an awesome job of maintaining control of his bike, slowing to the curb near Starbucks. Unfortunately I had to check up slightly because I wasn’t sure if I was going to hit him or not, and then I had to regain my momentum for the sprint to the line. I was able to hang on with half a bike length and secure the victory for DBC. It happens to be my name on the result, but Rod, Bob, Mark, Scott, Darin, and Justin won the race. Truly a team effort!!!!

In addition to the teammates listed above I’d also like to give a shout out to Fred Schnaars and Alan Rowland for their coaching and support. I guess I am going to have to upgrade to Category 4 now.

SRM Race Data			Min	Max	Avg	
Duration	30:18	Power:	0	1051	270	watts
Work	491 kJ	Heart Rate:	140	201	181	bpm
TSS	53.1 (intensity factor 1.025)	Cadence:	29	155	97	rpm
Norm Power	287	Speed:	16.4	34.3	25.3	mph
Distance	12.799 mi					

(Continued from page 6)

Whoa! There are some of our buddies. Drop us off here, please. We said our "Thank You's" and offered to pay the herder for saving us, but he would have nothing to do with that. It was a favor from one stranger to another. He waved and headed back to his flock.

Inside were some of the rest of our tour group, including Tom Long and the young woman who was rescued by the single car to pass us earlier. They were all as cold and as wet as we were, but they had fortunately made it over the pass before the snow.

After many cups of hot chocolate we all decided to ride on down the valley where we met the entire group and a SAG vehicle that

picked us all up and transported us the rest of the way to the hotel for the night since it was now way too late and getting cold again. When we all got showered and warm we each related our own encounter with the mountain that day.

Bill, I don't know how you remembered that we had ridden this pass, but you do have a way!

It was quite an adventure and for sure the coldest we've ever been on a bike!

And just to set the record straight we didn't ride "every" mile!

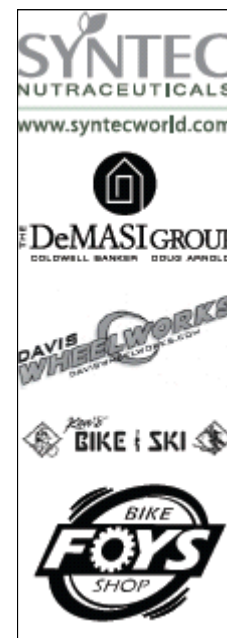
-Dan

Race Team Results

by Eduardo Avelar

Race Name	Category	Name	Place
Napa Grand Prix	Elite 4	Cody Tapley	32nd
Napa Grand Prix	35+ 4/5	John Steggall	17th
Mt Diablo	Jr 15/16	Cody Tapley	7th
Mt Diablo	Jr 15/16	Torey Philipp	5th
Mt Diablo	Jr 15/16	Andreas Freund	1st
Mt Diablo	Jr 13/14	Alexander Freund	8th
Mt Diablo	Masters 45+	Roland Freund	12th
Mt Diablo	Women 4	Marianne Hernandez	8th
4th of July Crit	Jr 15/16	Torey Philipp	12th
4th of July Crit	Jr 10-18	Cody Tapley	24th
4th of July Crit	Elite 4	Cody Tapley	60th
4th of July Crit	35+ 4's	John Steggall	31st
Vacaville Grand Prix	Elite 4	Cody Tapley	21st
Vacaville Grand Prix	P/1/2	Taylor Kuphaldt	12th
Vacaville Grand Prix	Elite 4	Michael Matiasek	15th
Vacaville Grand Prix	Elite 4	Michael Matiasek	Prime
Layefette cirt.	Elite 4	Cody Tapley	47th
Track clinic	points race	Cody Tapley	1st
	scratch race		2nd
	200 tt		1st
Leesville Gap RR	P/1/2	Taylor Kuphaldt	3rd
Leesville Gap RR	Elite 4	Michael Matiasek	28th
Leesville Gap RR	45+	Tom Clementi	4th
Leesville Gap RR	45+	Will Brieger	5th
Leesville Gap RR	45+	John Steggall	DNF (flat)
Leesville Gap RR	Elite 4	Bruno Pitton	5th
TBF mountain bike race#1	Sport 40-49	Tom Clementi	13th
Friday Night MTB Series #2	Expert 40+	Eric Zeigler	7th
Friday Night MTB Series #3	Expert 40+	Eric Zeigler	3rd
Friday Night MTB Overall Series	Expert 40+	Eric Zeigler	2nd
Spring Hill RR	P/1/2	Taylor Kuphaldt	1st
Spring Hill RR	35+ 4/5	Will Brieger	15th
Spring Hill RR	35+ 4/5	John Steggall	14th
Spring Hill RR	45+	Roland Freund	13th
Spring Hill RR	Elite 3	Andreas Freund	1st
Spring Hill RR	Women 4	Marianne Hernandez	6th
Tour du Pays de Vaud prologue, (Swiss, UCI Juniors	Jr	Taylor Kuphaldt	3rd
Tour du Pays de Vaud stage 3	Jr	Taylor Kuphaldt	2nd
Tour du Pays de Vaud points classification	Jr	Taylor Kuphaldt	2nd
Worlds Trials TT, Kentucky USA	Jr	Taylor Kuphaldt	2nd
Dunlap TT	Jr 15/16	Torey Philipp	14th
Golden State Crit	Jr 14/16	Torey Philipp	9th
Wente Vineyards Road Race	Jr 15/16	Torey Philipp	18th
Copperopolis Road Race	Jr 15/16	Torey Philipp	10th
JR Points Series Final Standings	Jr 13/14	Alexander Freund	2nd
JR Points Series Final Standings	Jr 15/16	Andreas Freund	5th
Hellyer Velodrome Wednesday Night Races	A/B Omnium	Andreas Freund	4th

Sponsors of the DBC Race Team



Member Contributed

DAVIS, CALIFORNIA TO HOST U.S. BICYCLING HALL OF FAME INDUCTION CEREMONY

by Bob Bowen, Public Relations Manager, City of Davis

For the first time ever, The U.S. Bicycling Hall of Fame will hold its annual induction ceremony in the western United States. On November 2, the community of Davis, California will host the 2008 US Bicycling Hall of Fame Induction Ceremony. The dinner and induction presentations will take place at Freeborn Hall on the UC Davis campus.

Inductees to be honored at the event will be announced by the Hall of Fame on May 26, 2008. The Hall of Fame selects inductees from among former competitive cyclists in the following categories: Veteran road and track racing 1970 and before, Modern road and track racing 1971 through 2003, Off-road (mountain, cyclocross, or BMX) racing, and Contributors to the sport of bicycle racing. The Induction Ceremony will also feature a prominent speaker from the competitive cycling community. The keynote speaker will be announced in June, 2008.

The US Bicycling Hall of Fame was founded in 1985 at Somerville, New Jersey. Part museum, part membership organization and part advocate for all aspects of cycling, the Hall's operations are driven by a threefold mission: promote and preserve cycling's history; recognize safety and fitness aspects of the sport and encourage participation in all cycling activities. The Hall of Fame chose to hold this event in California, in part, because so many living Hall of Fame inductees reside in the western United States. Organizers are making special invitations to all Hall of

Famers to attend this year's event. The Hall of Fame expects this ceremony to be the largest gathering of US Bicycling Hall of Fame inductees to date.

The Hall of Fame chose Davis, California, in recognition of the community's strong connections with bicycling. The city pioneered the creation of bicycle lanes in California over 40 years ago. The Davis Double Century and 4th of July Criterium are some of the oldest races in the Western U.S. Davis has played host to competitive cycling events for decades, up to and including Amgen Tour of California stages in 2007 and 2008. Davis was also acknowledged by the League of American Bicyclists as the first Platinum Level Bicycle-Friendly Community, the League's highest designation. There are more bicycles than people in the Davis community, and the city's logo features a high-wheeled bicycle. The hosts for the 2008 Induction Ceremony are the City of Davis, U.C. Davis and the California Bicycle Museum, located in Davis. The California Bicycle Museum is a newly-founded nonprofit organization working to establish a bicycling history and education center in Davis. The public is welcomed to attend the November 2nd induction ceremony, which includes a reception, dinner, a silent auction and the opportunity to meet and greet all the honorees. Sales of sponsor and table packages to the 2008 Induction Ceremony as well as individual seating will begin in June, 2008.

Davis Bike Club
610 Third Street
Davis, CA 95616

Changing Gears

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.