

September *Changing Gears* 2008

Newsletter of the Davis Bike Club

Quick Release

General Club Meeting Mon, Sept 15th 7:00pm Blanchard Room Davis-Yolo Library	Race Team General Meeting Wed, Sept 3rd 7:30pm Hallmark Inn
Board Meeting Mon, Sept 8th 7:00pm Davis Food Coop Board Room	Race Team Committee Meeting Wed, Sept 3rd 6:30pm Hallmark Inn
Newsletter Cutoff Fri, Sept 19th 5:00pm	

Smaller Carbon Footprint

DBC New Members

- Kelly Calhoun
- Robert Carter
- Michele Feikert
- William Kennedy
- Marc Langlais
- David Lindeman
- Triston Mosbacher
- Johnny Mullane
- Robert Rhodes
- Chris Stastny

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DBC Race Team Wins the Master's 4/5 Winters Road Race
"I Love It When A Plan Comes Together"
 by Jason Snovel

It's a beautiful thing to witness a well-thought plan unfold just as we thought it would. Even more beautiful is being not only a part of it, but the focal point.



I gotta say that trying to stay on the wheels of Mike Pugh, David Huang, and Karen Spore up Cantelow for the past three Tuesdays made my effort in the Winters Road Race seem almost easy!

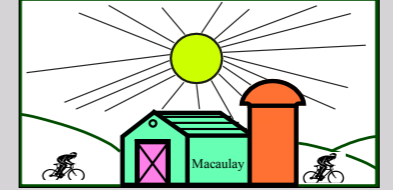
To be honest, I was a little taken aback by reading my name bounce around in a lot of email traffic on the list serve yesterday. I just couldn't believe everyone was chiming in and offering to support my shot at a win. These are true displays of selflessness. Then, as I sat there reading all of the emails and being overcome with a feeling of brotherhood and companionship, it hit me. I felt the blood rush from my face. I saw that candid camera that everyone has on their entire life zoom in for a close up of the look on my face. Then, at the speed of life, zoom away. First to me sitting at the table staring into my laptop, then to the house, then to the city, then the state, then the country, and finally stopping at the moon's eye view of the entire planet...and the weight of it sitting squarely on my shoulders. "WHAT IF I CAN'T DELIVER? WHAT IF I DON'T HAVE IT!?! That overwhelming feeling of brotherhood and companionship was quickly covered by that ever-daunting cloak of self doubt and fear.

Then the phone rang, but I dared not answer it. I let it go to voice mail. It as Karl Wurzbach, saying, "Dude, you'd better have your race legs on tomorrow, 'cause if you're with me at the top of Cantelow for the second lap, you're getting on my wheel and I'm protecting you the whooole way man!" Or something to that effect. The pressure cooker just jumped up about 200 degrees. I started hydrating immediately, so much so that I must have woken up a dozen times during the night to pee. Needless to say...not a very restful night.

On race day I pulled into the Steady Eddy's parking lot around 7:30 (late again), and Justin greeted me by saying, "Dude I'm glad you finally got here, everyone was driving through the parking lot giving me the "Stink Eye" for saving you a parking spot!" I got registered, got my son AJ reg'd, pinned our numbers on, spun through a quick warm up, and rolled to the staging area. I Guess the stress must have been written all over my face because everyone kept telling me to relax. Chad DeMasi walked up, put his arm around me and in that calm "Uncle Chad" voice, and told me, "Dude, just breathe...relax and let your team do their job...it's gonna be just fine!" That's

(Continued on page 7)

HERB CHAIN



Whenever our brother, Rusty Chain, drifts into town packing a fat wallet and playing the big spender, it's cause for Chain family concern...

As some of you may recall, Rusty was living high on the hog around the turn of the millennium. But, alas, he got busted and was convicted of laundering money for a gang of international criminals dealing in pirated bike parts. A compassionate judge awarded Rusty a suspended sentence; but then, after hosting a post-trial celebration at Taqueria Guadalajara, Rusty skipped out on the tab. He was subsequently found guilty of defrauding an innkeeper and ended up serving hard time after all.

Slowly, we're getting to the point here...

Every summer in early August the Chain clan gathers in Woodland to commemorate the life of our late, lamented matriarch, Daisy M. Chain. It's always the same. Our sister, Lynnette "Squeaky" Chain-Link, blames Daisy Chain for her weight problem. Squeaky's husband, LePage "Sticky" Link, blames this columnist and Anne "Muffy" Balyn-Chain for Daisy's demise. "Herb and Muffy done worried her to death riding up to Clear Lake and everywhere with them bicycle club folks," says Sticky Link. And, of course, everyone believes our nephew Skippy Chain-Link's difficulties in school are a lasting conse-

quence of his DNF in the year 2000, Fourth of July, little kids' race in Davis.

But the main point of all this is that Rusty Chain showed up (quite unexpectedly, really) at the family gathering this year where, somehow or other, he didn't seem to be hurting for cash. And...It turns out that while Rusty was in stir, with many hours to wile away, he developed a predilection for crossword puzzles. Now he thinks he's pretty good at solving them! He recalls puzzles created for Changing Gears in past years by the likes of Anon E. Mouse, Will "Skivvy" Shorts, and even one by this columnist in November of 2001. And Rusty thinks he can do as well. Or better! So - for now at least - the plan is that this column will be supplanted in the October issue of CG by a crossword puzzle created by Rusty Chain. Rusty says he can do it. In addition, he says he will put up prize money to be awarded to randomly selected DBC members who submit correct solutions...

Do you believe this can happen? Where would that prize money come from? Might we somehow be aiding or abetting criminal activity? We don't know. But it could get interesting...

herbchain@yahoo.com

Editorial

The editor gets a chance to offer up an apology to the "Over the Hill Gang" for dropping the title of their weekly ride offerings. The group decided to dedicate their morning rides to Ed Martin in recognition of his contributions to cycling in general and the DBC specifically. To partly atone for this oversight/omission, I have published the entire schedule at the right. And as the schedule at the right is published, I learn that the "Over the Hill Gang" is trying to increase the offerings by adding a new ride designed to accommodate the beginning rider or riders that prefer a more relaxed pace.

Activities sponsored by the Davis Bike Club are numerous and just a few days ago we learned that the 1200km Gold Rush Randonnee has been approved by the sanctioning organization, Randonneurs USA, for offering in July of 2009. This will be the third time this quadrennial event has been held by the DBC and the event is becoming quite well-known in the ultra-distance circle.

Ed Martin Ride Series

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.

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.

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
enjpeter0856@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.

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.

Important Meetings and Events

September General Membership Meeting

by Karen L. Baker, Vice President

Mark your calendar!: the general meeting has been changed to the third Monday in September(the 15th) at the Blanchard meeting room(the dire shortage of meeting room space in Davis has necessitated changing our schedule in October as well: I am combining the October/November meeting with a meeting date of Oct. 28)

Our September meeting will focus on the results of the July membership survey. The survey committee, chaired by Philanthropy Director Steve Kahn, was pleased to get such a high rate of return (about 20%)and a wide range of excellent suggestions and comments. Steve will be presenting the major findings of the survey and soliciting suggestions from you as to what action the board should take. Of course, we will have our usual fabulous raffle and refreshments, and I will announce the lucky winner of the Wheelworks bike fit raffle from the survey respondents!!

My thanks to Stu Bresnick who organized the August general membership pizza party.

I hope to see you on September 15: 7:00 PM at the Davis Branch Library.

Foxy's Fall Century--Registration Open!

by John Hess, Foxy's Director

The last major event organized by the DBC is Foxy's Fall Century, held this year on Saturday, Oct 18. On-line registration is now open and preparations are getting into full swing.

Returning and as well as new volunteers are the key ingredient for Foxy's success and it really doesn't need me so much as it needs a 100 other folks like you, all organized into groups that work the following positions: rest stop, corner marshalls, registration, radio/sag, finish food and so forth.

Foxy's needs volunteers....

This year, we have a slight turnover in some key positions. Dave Dickson, who for years has admirably captained the Elmira Rest Stop and Karen Baker, Foxy's Food Coordinator responsible for all the good food, are taking a break.

So, if you're looking a great way to volunteer your time to the club, this is it. Over 1000 people will thank you and that's no lie. Dave and Karen are willing to give advice and answer questions, plus, we have computerized lists of food items purchased over the past years. No experience necessary, but if you've volunteered at a rest stop, you have an idea of the activities and food prep involved.

Thanks to all those returning again this year and to everyone who might also choose to help this year!

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, 530-756-0186.



Contributions to **Changing Gears** may be sent to the editor at the above address or by e-mail to dbcnewsletter@gmail.com. Submittals in Microsoft Word are preferred. 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	hfstu@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	robin.rolles@wavecable.com
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	evycledad@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

September 2008

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

Cantelow Ride

Sept 1, Monday, 8:00 am T3/P3-4/55 mi
Bill Sbarra, or
bill_sbarra2011@sbcglobal.net
Ride to Winters, then Pleasants Valley Rd via Hwy 128, up and down the west side of Cantelow. Return via Putah Creek Rd with a stop at Steady Eddie's in Winters.

Lake Solano Loop

Sept 13, Saturday, 8:00 am T1-3/P3/45 mi
Julie Sly, 916-201-2790 or
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.

Lake Solano Loop

Sept 27, Saturday, 8:00am T1-3/P3/45 mi
Julie Sly, 916-201-2790 or
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

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

RH Phillips First Saturday Brunch*

Sep 6, 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 Sept 13*

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 Sept 14

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 (except May, Oct) Sept 20

3rd Saturday, 9:00 am T1-T5/P3-P4/60 mi
David Joshel, 510-717-5133 or
davidjoshel@hotmail.com
Cantelow, Steiger Hill and Pleasants Valley Roads. Ride together as a group at a pace of 16-20 mph. Optional coffee stop in Winters..

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.

Morrison's Monday Deli

Mondays, 8:00 am T1/P2-3/25 mi
Gerry Peterson or
gnjpeter0856@juno.com
Enjoy a slower paced ride to Morrison's Deli

in Woodland. We will follow the safest roads north to Woodland then add a few additional miles using the most bike friendly streets in Woodland. No rider is ever left behind. The entire group will stop and regroup at each turn.

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.

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.

Tuesday Evening Skills Ride

Tuesdays, 6:00 pm T1/P5-6/40 mi
Joaquin Feliciano, 530-304-3367 or
joaquin.feliciano@gmail.com
Hosted by the DBC Race Team, the race skills ride is the place to be for cyclists who are looking to get into racing or who want to improve their high speed and group riding skills. This is a friendly, mentored ride led by experienced DBC Race Team members that focuses on pack riding etiquette, rotating pacelines, cross-wind echelons, etc. Pace is high but there are numerous regrouping points along the route and nobody gets dropped for long. Each ride starts with introductions and a brief review of the ride format and course before rolling out.

Regularly Recurring Rides (cont.)

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

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

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Phil Coleman, 530-756-4885 or
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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

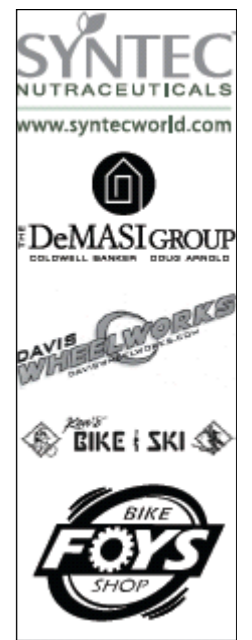
Fridays, 8:00 am T3/P5/60mi
Larry Burdick, 530-753-7591 or
larryburdick@netzero.net
Ride with 'The Legend' through the rolling hills to and from Vacaville. Enjoy the goodies at Vacaville's Heritage Cafe.

Race Team Results

by Eduardo Avelar

Race Name	Category	Name	Place
Berkeley Bike Club Crit	35+ 4/5	Brian Halkett	13th
Berkeley Bike Club Crit	35+ 4/5	John Steggall	24th
Berkeley Bike Club Crit	45+	John Steggall	21st
Diamond Valley Road Race	50-54	John Steggall	35th
Diamond Valley Road Race	Elite 3/4/5	Andreas Freund	6th
Diamond Valley Road Race	50-54	Roland Freund	4th
Diamond Valley Road Race	Elite 3/4/5	Michael Matiasek	12th
Fort Ord Road Race	Elite 3	Andreas Freund	4th
Fort Ord Road Race	Elite 3	Roland Freund	25th
Fort Ord Road Race	Elite 4	Michael Matiasek	DNP (Flat)
Timpani Crit	JR 13-14	Alexander Freund	1st
Timpani Crit	JR 15-16	Alexander Freund	8th
Jr. National Time Trial	JR 13-14	Alexander Freund	2nd
Jr. National Time Trial	JR 15-16	Andreas Freund	14th
Jr. National Crit.	JR 13-14	Alexander Freund	22nd
Jr. National Road Race	JR 13-14	Alexander Freund	12th
Jr. National Road Race	JR 15-16	Andreas Freund	44th
Patterson Pass Road Race	W4	Marianne Hernandez	2nd
Patterson Pass Road Race	Elite 4	Michael Matiasek	2nd
Esparto TT	W4	Marianne Hernandez	5th
Esparto TT	Elite 4	Cody Tapley	10th
Leesville Gap Road Race	Elite 4	Michael Matiasek	28th (flat)
Vacaville Crit.	Elite 4/5	Michael Matiasek	15th
Vacaville Crit.	Elite 4	Cody Tapley	21st
4th of July Crit	Elite 4	Cody Tapley	60th
4th of July Crit	Jr open	Cody Tapley	21st
San Rafeal Crit	Elite 4	Cody Tapley	32nd

Sponsors of the DBC Race Team



Race Team News and Events (cont.)

(Continued from page 1)

something I have yet to master...the ability to just relax before a race. I really never do until about 5 min. into it. Then we were off, and for me, "Class Is Now In Session!" The pack maintained a nice, easy pace for the first few miles. Then Nelson Fink launched on the section of Winters road which runs south along I-505. Lee Millon and 2 other racers bridged up and managed to stay off the front until about half way up Cantelow. I sat on Fred's wheel for the majority of the first lap...then Darin's Salk's, then Justin Hall's, then Rod Fernandez's, then Hal Sloane's. Then, right before the base of Cantelow, I heard Chad yell from the feed zone, "Snovel, move up!" Just then, Karl made his move. I jumped on his wheel and proceeded to ride it right to the front as he set the pace up Cantelow. We sat 1-2 as we crested and began to rail down the back side. Justin managed to catch back on along Pleasant Valley Road along with about 10 others and tried to ramp it up and make the break we have on the rest of the field stick, but no one seemed dedicated to the effort and the main field catches on, so Justin stayed on front and drilled it down Pleasant Valley Road. I was toward the back at this point and heard a familiar voice from my left say, "Lets go!" as Fred and Rod hammered to the front and strung things out. As we approached the turn-off for Putah Creek, Karl began his sprint mentoring, instructing me to check the mileage as we make the turn and start to pick out a few landmarks to use for the finish.

The second lap pretty much followed suit. Tim launched along 505 to relieve pressure. I heard Fred talking to Justin and Rod up ahead of me, giving them their assignments. Karl continued to tell me that we needed to be up towards the front as we approached the rollers right before Cantelow in order to cover any attacks. I looked up from the back of the pack as it began to rise up the hill and saw patches of bright orange and blue as my teammates rose out of their saddles in unison. That strong feeling of brotherhood overtook me once again. I took in my next breath and began to feel every cell in my body charge in preparation for what was to come. I began my self-assessment and found that I felt GREAT, so for the first time I started to believe that I could actually win the race. With the speed at which Karl and I floated up Cantelow, I figured whoever was on our wheel this time around would be there for the end game.

As we approached the feed zone, Karl and I were able to make our way to the front of the pack and sit comfortably in 4th and 5th. Just as we rounded the bend after descending the rollers, Fred made his move. He drilled it on the front, pulling Karl and I along, and laying the lumber on the rest of the field. Looking super strong, Fred strung the field into a line

and started the break, but all of a sudden he raised his right hand and screamed "Flat!" Crap! As Karl and I rolled past, he yelled out, "Karl...Jason...DO IT!" Karl must have felt the same thing I did, since he surged and set the pace up Cantelow. About half-way up, a guy from Touchstone kept trying to bump me off Karl's wheel. "Yeah right!" I continued to deny him all the way up. I gave him one last "nudge," letting him see the futility of his efforts. He must've finally gotten the hint; I heard nothing from him for the rest of the race aside from an apology afterwards, which I accepted.

We crested the climb and once again sat 1-2 heading down the descent. Hitting 42 mph, we rolled onto Pleasant Valley Road with six other riders and a huge gap to the rest of the field. Karl and I didn't even have to pull through for the first 2 or 3 rotations, I think out of respect for pulling everyone up Cantelow. Karl instructed me to conserve my energy and stay on the back, but I just can't. It's just not in my DNA. We hammer down PVR at about 32 mph and I begin to feel it. "Careful" Karl says, making sure I don't over do it. Making the right on Putah Creek Road, we continue to paceline. Karl and I pretty much control the break and offer up words of encouragement and instruction. Luckily our pace slows to about 26 or so. I tell Karl to ease up as I pull through and he does. I slowly begin to recover a bit and prepare for the sprint.

With about 500m to go, Karl looked back and told me to sit on his wheel. We rounded the corner at the 200m marker in 3rd and 4th. I watched his body language as he began to twitch in anticipation. I matched his cadence and waited for what seemed like an eternity. Finally a rider launched up the right side. I could almost read Karl's mind: "Not yet, wait...too soon...NOW!" And in what looked like a full body connipion, he attacked up the left side with me 2cm from his wheel. We were absolutely on fire as we drove it toward the finish. Karl laid down a textbook lead out, and with about 20m to go I moved left and made my way around him, pumping my fist as I crossed the finish line for the win. Karl took second. Perfect!

Justin ended up 9th overall, taking the field sprint. 1-2-9!?! A GREAT DAY FOR DBC! One after another, guys from the other teams came up to me saying that DBC totally controlled the whole race from start to finish. What a display fellas...what a display.

There isn't an adjective out there that could adequately describe the heartfelt emotions that I have for this team. Seriously.



Touring News and Events

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.

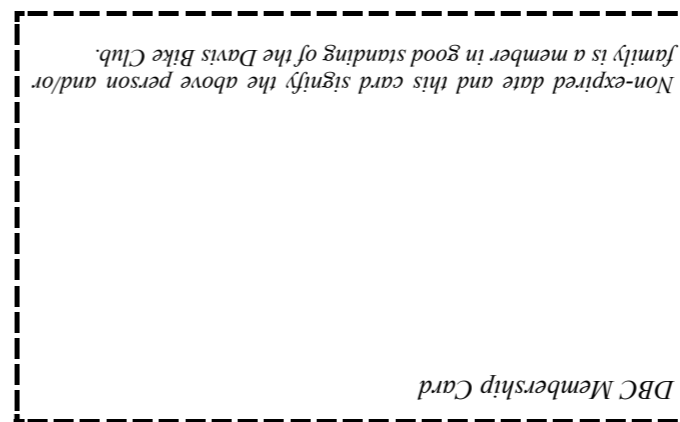
Deposit: \$50.00

Limit of 12-14 people.

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Changing Gears

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