

Changing Gears

October

2008



Newsletter of the Davis Bike Club

Quick Release

Special General Club Meeting

Tue, Oct 28th
7:00pm

Blanchard Room
Davis-Yolo Library

Board Meeting

Mon, Oct 13th
7:00pm

Davis Food Coop
Board Room

Newsletter Cutoff

Sun, Oct 19th
5:00pm

Race Team General Meeting

Wed, Oct 8th
7:30pm

Hallmark Inn

Race Team Committee Meeting

Wed, Oct 8th
6:30pm

Hallmark Inn

Smaller Carbon Footprint

DBC New Members

- Scott Allen
- Robert Carter
- Mojo Cosgrove
- William Kennedy
- Marc Langlais
- Stephan Lawrence
- Philip Mooney
- Johnny Mullane
- Johnny Mullane
- Aparna and James Rajagopal-Durbin
- Scott Thomsen
- Bryon Wachold
- Andrea Wang

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TOUR TURN

by Bruce Dewey, Touring Director

This is a catch-up *Tour Turn* since your writer has been on vacation for a couple of months, enjoying a lot of bike touring and eating.

The club had another great tour in Oregon this summer, an eight-day 500-mile plus tour from July 26 through August 3. Stu Bresnick and Steve Kahn were the leaders, Barbara Anderson was the sag driver, and I planned and documented the route. The tour was centered in Eugene. —with lots of great places to eat. The first four days visited Corvallis, Ya-chats, and Reedsport. There we had two different crossings of the coast range with one day down the heavily touristed US 101. Everyone thought the Smith River Road back from Reedsport to Eugene was the most challenging day.

The second loop was more adventurous. Following a bus ride up to the 5000-foot Willamette Pass, we rode north on the east side of the Cascades around Mt. Bachelor to beautiful Bend. As you may know, the Oregon Cascades had about double the average snowfall last winter. A consequence was that McKenzie Pass was not open, so we had to substitute with the busy Santiam Pass, making a longer route. Our leaders came to the rescue and rented a U-Haul truck to shuttle the half of the group who chose not to brave the pass. Everyone had a great ride down from the pass to Blue River—even though the day was marked by confusion. The tour finished with an enjoyable crossing through the west Cascades to Oakridge. The last day was an easy run down back down to Eugene, and another chance to enjoy its great eateries.

Exactly one month later, Stu and Steve started up the Tour de Bakery visiting the best of the bakeries in Yolo, Napa, Sonoma, and Marin Counties. We'd ridden less than an hour before stopping at Lester Farms Bakery in Winters—always a welcome place. Record hot weather made the crossing on Cardiac, well, miserable and stops were welcome. By mid-afternoon, our sweaty and tired contingent of 25 had landed in Calistoga.

The next day, we stopped at Healdsburg Downtown Bakery and the Korbel Bakery (or was that Winery?) on the way to Occidental. Negri's Italian Restaurant had a family style group meal with so much food that a lot of it was sent back—amazing considering what hungry bicyclists eat. The next day the group scattered—some taking the short route to Petaluma, others went to the Duncan Mills bakery, and Marilyn and I got in some hills crossing Coleman Valley. The Petaluma to Larkspur leg also saw folks scatter, although most everyone managed to stop at the Rulio in Larkspur—the bakery supreme. This day, a couple of brave souls rode over the foggy Golden Gate Bridge while dodging pedestrians and rental bikes, most rode the Larkspur Ferry, and one came from San Geronimo Golf Course in a taxi! Yes, it was a hot bakery tour.

At this writing, the Tour de Provence is underway, having left on September 6 and getting back on September 27. Some 16 DBCers are flying to Paris, bussing to Avignon, and riding a loop that stretches west to the Pont du Gard, east to the Grand Canyon of the Verdon, south to Les Baux, and north past Mont Ventoux to the southern Alps. The small mountain ranges of the Alpilles and the Luberon are thrown in for good measure. We'll report later this one.

As touring director, I would like to thank John Seabury for his month-by-month service in running the DBC Ride Calendar. And thank you to the many of you who stepped forward to plan and lead rides. We have rides ranging in pace from slow to race, and rides nearly every day of the week.

Member Contributed

My Letter to DBC

by M. Lee Burriss

I joined the Davis Bike Club years ago with Robin when he and I were dating. I had never ridden much before and I wasn't very confident in my skills or abilities as a cyclist, but surprisingly to myself, I enjoyed riding a bike. I always considered myself to be an athlete, but when it came time to actually participate in a sport I found an excuse to back out. Well, you might call them excuses, but I preferred to consider them as "important responsibilities".

I loved riding with Robin. It was on our first date that he took me to buy a mountain bike and we went up to Folsom Lake before I had time to remove the reflectors. He was incredibly patient and easy going, kept the focus on fun while offering me guidance through technical and physical challenges. He had me on a road bike in the next few weeks and I fell in love with him over burning quads and salty kisses at the half-way mark. The best thing about riding with him, besides fudge flavored Gu is that he always made sure I was okay and never minded at all when I'd totally cuss him out with a heart rate of 180bpm.

When he joined the DBC Race Team, however, we didn't ride together so much any more. He was training much of the time and when he'd offer to go on a ride with me, to spin his legs, I quickly found some laundry and gardening that needed attention instead. My bikes hung from the wall, sadly collecting cobwebs.

I had eventually stopped attending DBC meetings and dropped my membership completely. I became bitter about cycling, without knowing why exactly, until lately. It didn't matter how many bike people I met at the meetings, the talk would always come down to joining in on a ride and that's when I'd explain my "important responsibilities". I would occasionally look for rides that would match my skill level, but I wasn't even sure what my skill level was. I knew I could ride at 16 mph, but for the complete distance to R.H. Phillips? I didn't mind the idea of getting dropped, but I didn't want to face the humiliation of having the more experienced riders wait for me, politely smiling and telling me it was okay. I rode alone for a summer once, every Sunday morning, but found it to be incredibly lonely.

It was two years ago and I started going to the races to watch Robin with the rest of the Masters. I enjoyed carrying his extra wheels to the pit and cheering him on, even if I couldn't pick him out from his teammates. With each criterium we traveled to I slowly discovered a whole new attitude of cycling. I was overjoyed by the level of camaraderie among the teammates and I was floored by the spectacular swarming of Blue and Orange busting up to the front, lap after lap. It was amusing to me to observe the guys as they'd commune after the races, talking about one others' ability to avoid the crash, or take on the hill, or hang in there to the end. The Masters' team especially seemed to uphold this special loyalty, without exclusivity, to one another no matter their differences off the course or their differing abilities in the pace lines.

I was so happy that Robin had become part of something so genuine and empowering. I was almost jealous, but of course, I had all this important laundry and gardening to do at home. The race team meetings I got to attend had become Gatherings where teammates brought their partners and children and best of all, good food! We were inviting one another into our homes, helping one another with everything from building bike racks to recovering from broken clavicles to celebrating birthdays. We were welcoming new race team members as if they were all family members. And yes, I use the word "we" because I too felt a sense of belonging to this wonderful group of bicycle people in spite of the fact that I didn't ride.

I quickly made friends with the women who belonged on, or were connected to the race team, either on their own or through their partners. I learned, to my surprise, many women who rode also had important responsibilities, like I did. I found some to be working mothers like myself and some even did laundry. And I must say, this realization, that a responsible woman, in charge of important things could actually make time to become a strong rider disturbed me profoundly. The fact that some were joining the actual race team, talking excitedly about getting dropped time after time and loving every minute of it left me astounded. What was to become of my excuses? I had no idea. It became increasingly more difficult, but I managed to

(Continued on page 8)

Guest Editorial

by Bruce Dewey, Tour Director

I'd like to use this space to ask that ride leaders please consult and use the table when advertising pace on rides, including the part about obligation to wait. When a ride description says Pace 3-4, will everyone regroup every 45 minutes? And is the group going to ride 14 mph or 18 mph? So this is an appeal to ride leaders to **use a single pace number**—the higher one the honest one. A range is like saying Mont Ventoux is T1-6. Yes, it's level crossing the valley to get there, and not all the climbing is T6. You get the point.

I've heard it said time and again that having a larger range makes the ride more inclusive, but when a "pace 3" rider joins a group that goes 18 mph—he/she doesn't have any fun and doesn't come back. No one has complained that our rides go more slowly than the listed pace, but "too fast" is a common complaint. So here's how I'd like to interpret the published pace: The lower number represents the speed riding solo on level ground with no wind. The higher speed is riding with drafting. Pace 1 and 2 have no drafting, Pace 3 and 4 have limited drafting, and Pace 5 up are all about drafting.

(Ed. I have included this guest editorial because of the recent ride category discussions on the Club's email list.)

Welcome new Sponsor!

If you look across to the next page you'll see the Davis Odd Fellows are generously providing the venue for our Annual Membership Party.



Davis Bike Club salutes their public service now and in the past for the March Madness Banquet facilities.

We are proud to claim the Davis Odd Fellows Lodge is a sponsor of the Davis Bike Club.

Important Meetings and Events

October/November General Membership Meeting

by Karen L. Baker, Vice President

The dearth of meeting space in Davis has required creative scheduling on my part for the next two months. Our next general membership meeting will be held on October 28 at the usual time and place (Blanchard Room at the Davis Library at 7 PM). Because of the U.S. general election and the U.S. Bicycling Hall of Fame Induction Ceremony (Nov. 2) in early November, I am combining the Oct./Nov. Meetings (and yes, I'm listening to all of you who wrote on your survey: "too many meetings!")

Our DBC Race Team will be presenting a recap of its '08 season at the October meeting. Judging by the newsletter reports and Robin Rolles' big grin at the board meetings, I'm guessing the race team had a very good year!

There is a strong possibility of an additional presenter who will be announced on the listserv later this month...for now she/he will have to remain a mystery. Remember, there will be no November General Membership meeting!

We'll have the usual raffle, refreshments, and cookies for the attendees. Hope to see you there!

Looking Ahead: DBC Holiday/Member Appreciation Party

by Karen L. Baker, Vice President

It may still feel like summer, but plans are in full-swing for the annual December party. This year's party is going to be a bit different; many more details (with a RSVP invitation) will be in our November newsletter.

Here are the details: Date: December 13

Place: Odd Fellows Hall, Davis

Time: Evening (the exact time will be in the next newsletter)

Dinner, Santa and More!

And put on your dancing shoes because MUMBO GUMBO is going to be playing their toe-tapping blend of "big life" music for us!!!

Volunteer of the Year Award

by Karen L. Baker, Vice President

Each year at the December meeting (holiday party), the DBC announces its Volunteer of the Year Award. If you have ever browsed the window display at B & L Bike Shop, you might have seen the plaque with the past winners' names in the window.

Betty Jane Polk and Bill Bernheim are now taking nominations for this honor at bjpolk@cal.net

Here's what they are looking for in a nominee: years of service, volunteering on a variety of events, leadership role in the club and commitment to the wider bicycle community in Davis.

Please e-mail Betty Jane for more information or to offer a nomination.

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
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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
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Race Team Director	Robin Rolles	530-383-3187	robin.rolles@wavecable.com
Philanthropy Director	Steve Kahn	530-758-4083	patsteve@pacbell.net
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Director-at-Large Foxy's Fall Century	John Hess	530-753-2970	johnfhess@comcast.net
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Public Relations Director	John Whitehead	530-758-8115	jcw@dcn.davis.ca.us

DBC Ride and Event Calendar

October 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29 Early Bird Special 6:15a Morrison's Monday 9:00a Fast Morrison's Monday 9:00a	30 Mocha Joe's Loop 8:45a Mocha Joe's Loop 9:00a Tue/Thu Race Ride 5:30p	1 Solano Baking Co 8:45a Solano Baking Co 9:00a Women's Weds 9:00a	2 Steady Eddy's 8:45a Steady Eddy's 9:00a Tue/Thu Race Ride 5:30p Winters Dinner Ride 6p	3 Early Bird Special 6:15a Vaca Rolling Hills 8:00a Ride Around Town 9:00a	4 Coffee and a Roll 8:00a RH Phillips Brunch 10am
5 Rebecca's Loop* 9:00a	6 Early Bird Special 6:15a Morrison's Monday 9:00a Fast Morrison's Monday 9:00a Board Meeting 7:00p	7 Mocha Joe's Loop 8:45a Mocha Joe's Loop 9:00a Tue/Thu Race Ride 5:30p	8 Solano Baking Co 8:45a Solano Baking Co 9:00a Women's Weds 9:00a Race Team Mtg. 7:30p	9 Over the Hills 8:00a Steady Eddy's 8:45a Steady Eddy's 9:00a Tue/Thu Race Ride 5:30p	10 Early Bird Special 6:15a Vaca Rolling Hills 8:00a Ride Around Town 9:00a	11 Coffee and a Roll 8:00a Tiburon Donut Ride* 10:00am 2nd Sat Saunter 10:00a
12 "Show N Go" 8:00a Kidical Mass* 1:00pm	13 Early Bird Special 6:15a Morrison's Monday 9:00a Fast Morrison's Monday 9:00a	14 Mocha Joe's Loop 8:45a Mocha Joe's Loop 9:00a Tue/Thu Race Ride 5:30p	15 Solano Baking Co 8:45a Solano Baking Co 9:00a Women's Weds 9:00a	16 Steady Eddy's 8:45a Steady Eddy's 9:00a Tue/Thu Race Ride 5:30p Winters Dinner Ride 6p	17 Early Bird Special 6:15a Vaca Rolling Hills 8:00a Ride Around Town 9:00a	18 Coffee and a Roll 8:00a Foxy's Fall Century!
19 Foxy's Unwind 9:00a Newsletter Deadline 5:00p	20 Early Bird Special 6:15a Morrison's Monday 9:00a Fast Morrison's Monday 9:00a	21 Over the Hills 8:00a Mocha Joe's Loop 8:45a Mocha Joe's Loop 9:00a Tue/Thu Race Ride 5:30p	22 Solano Baking Co 8:45a Solano Baking Co 9:00a Women's Weds 9:00a	23 Steady Eddy's 8:45a Steady Eddy's 9:00a Tue/Thu Race Ride 5:30p Winters Dinner Ride 6p	24 Early Bird Special 6:15a Vaca Rolling Hills 8:00a Ride Around Town 9:00a	25 Coffee and a Roll 8:00a
26	27 Early Bird Special 6:15a Morrison's Monday 9:00a Fast Morrison's Monday 9:00a	28 Mocha Joe's Loop 8:45a Mocha Joe's Loop 9:00a Club General Mtg 7:00p Tue/Thu Race Ride 5:30p	29 Solano Baking Co 8:45a Solano Baking Co 9:00a Women's Weds 9:00a	30 Steady Eddy's 8:45a Steady Eddy's 9:00a Tue/Thu Race Ride 5:30p Winters Dinner Ride 6p	31 Early Bird Special 6:15a Vaca Rolling Hills 8:00a Ride Around Town 9:00a	1 Coffee and a Roll 8:00a

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.

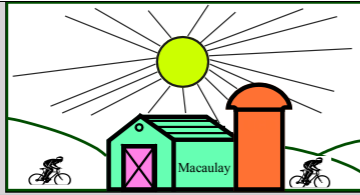
* Terrain

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; regroup 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.

HERB CHAIN



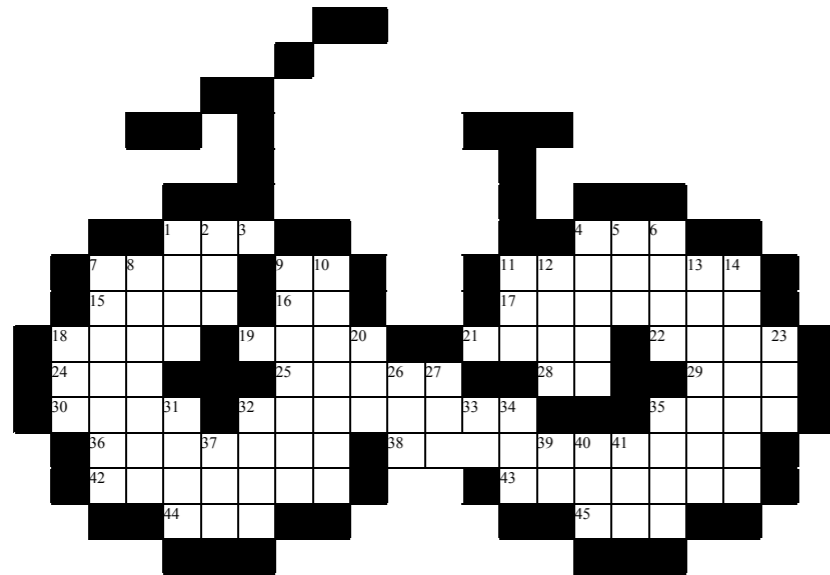
Hi, Everybody...
 Our brother Rusty Chain is gone again. "Called away on assignment," he said... Whatever that means. But he did leave us a crossword puzzle just like he said he would. And...he left us \$45 to be used for prizes in a crossword contest. So here's the deal...Complete the puzzle, and mail or carry your solution to B & L, c/o Newsletter Editor, 610 Third St., Davis, CA, 95616, by 4 p.m., Wednesday, October 15. Three names will be drawn from those submitting correct solutions. If your name is chosen, you will be awarded a \$15 gift certificate from a bike shop of your choice in Yolo County.

One more thing: Rusty even left us the crossword solution! So... If you need a little help, just email us. We'll provide additional clues.

Good luck to all of you.

herbchain@yahoo.com

RUSTY CHAIN'S COMMUTER BIKE CROSSWORD PUZZLE



ACROSS

- 1 Snoop
- 4 It's like pea soup, at times.
- 7 Possible response to a clear explanation
- 9 Abbr. on a letter to Denver
- 11 Like an unruly child, perhaps
- 15 Where DBC keeps its stuff
- 16 "___ eye for ..."
- 17 Southwest or Delta, eg.
- 18 Type of exam
- 19 Mr. Flintstone
- 21 Flower support
- 22 Something nice to have rubbed some-times
- 24 Big roll of bills, colloquially
- 25 Poet T.S. _____
- 28 Q - T connection
- 29 One fourth of DCIV
- 30 Pope from 440 to 461
- 32 Boston _____, 1773

DOWN

- 1 Orange skin
- 2 _____, white and blue
- 4 Shapes
- 5 Saudi Arabia export
- 6 Fast talking
- 7 Person from Tel Aviv
- 8 DBC Prez
- 9 Life callings
- 10 Description of a road with no room for passing
- 35 Comedian Freberg
- 36 _____ Rouge (Award to the last finisher)
- 38 DBC Veep
- 42 Extreme
- 43 Ocean beach
- 44 Not even
- 45 Knock

ACROSS

- 11 Posed, as for a portrait
- 12 Quay
- 13 Made into law
- 14 Announce
- 18 Wise bird?
- 20 Swim
- 23 Family
- 26 Tree that began as an acorn
- 27 _____ - la - la
- 31 Not out of
- 32 Be disposed
- 33 26th President's initials
- 34 "Affirmative"
- 35 Leave undone
- 37 Senator Kennedy, familiarly
- 39 Abbr. on a letter to Omaha
- 40 Saloon
- 41 Blind _____ bat

Member Contributed

Your Bike Story, Poem, Song, Painting Needed

by Jean Jackman, Curator of DavisCommunityScrapbook.org

All through November, there will be a display of DavisCommunityScrapbook.org in Davis City Hall. I will be creating this exhibit and one of the display cases will be devoted entirely to bike stories, songs, poems, paintings, photographs with signage.

We need your bike 350-word or less bike story, poem, painting, or photo. You all have many stories. They should be Davis related or Davis Bike Club related. Ideas - History of Davis Bike Club - an overview, Larry the Legend, your 1st double century, how you love your bike, a bike person who has inspired you, a favorite ride, close calls, squirrel collision, turkey standoff in the cemetery, race-happening, tour-happening, etc.

Davis Community Scrapbook is a collection of short stories, anecdotes, songs poems, photos and paintings, all about Davis. Check it out on the web. You may submit directly online. We have collected over 100 submissions from Davisites ages 7 - 97 and hope for hundreds more.

We all have stories to tell and as we share, we will know more about Davis and have a better sense of who we are.

Your contributions will help expand bike consciousness. And in November they will be exhibited right where our elected officials and staff will view them daily.

jljackma@dcn.org (note no n before the @) or submit at DavisCommunityScrapbook.org

Attention: Newsletter Editor

Rusty Chain's Commuter Bike Crossword Solution
 c/o B & L Bike Shop
 610 Third Street
 Davis, CA 95616

Name: _____
 Address: _____
 City, State: _____
 Zip: _____

Non-Recurring Rides

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

Rebecca's Loop

Oct 5, Sunday, 9:00 am T1-3/P3-4 40 mi
Julie Sly, 916-201-2790 or juliesly@aol.com
This ride will start in Winters, in the parking lot near Steady Eddy's on Main St. We will ride out Old Winters Road to Allendale Road, follow Timm Road to Cantelow (or some variation of this) and ride the rollers on Gibson Canyon Road. Before we get to Vacaville, we will cross over to Pleasants Valley Road and come back to Winters. Bring food and water as there are no food stops on the ride. Option to climb Cantelow if you want to add more miles. The leader will likely stay P3 pace (14-15 mph) but you may go faster if you know the way. Optional lunch/brunch on the return to Winters at Steady Eddy's or Putah Creek Cafe.

Over the Hills

Oct 9, Thursday, 8:00 am T1-5/P4-5/60 mi
Scott Alumbaugh, or sea@seadogdesigns.com
This is an occasional hill ride and flat-lander reality check. We'll head over to Cantelow via one route or another, depending on wind. We'll regroup at the top then make our way back to Steady Eddy's for a break before heading home.

Tiburon Peninsula Donut Ride*

Oct 11, Sat, 10:30 am T2-3/P3-4/38 mi

Karen Baker, or karenleighbaker@comcast.net
Your humble board members Julie Sly (Secretary) and Karen Baker (V.P.) will host a ride from the Presidio Sports Basement (610 Mason St.) in SF. We'll meet at 10AM (in the Sports Basement parking lot), nosh until 10:30, and then roll across the GG Bridge, through Sausalito, and ride the Paradise loop on the Tiburon Peninsula. Lunch/snack at the Acri Cafe in Tiburon (or bring your own). Car pooling from Davis suggested (use the listserve!). If you want to stay for Fleet Week hoopla in SF, Julie can make suggestions for accommodations (916-201-2790). Questions? E-mail Karen at karenleighbaker@comcast.net or Julie at juliesly@aol.com. Rain cancels. (Note from Ride Calendar Coordinator: Amtrak 727 to Richmond, then BART to San Francisco Embarcadero Station, then ride to Sports Basement would be a cool, green way to go.)

Kidical Mass*

Oct 12, Sun, 1:00 pm T1/P1/12 mi or less
Cary & Jennifer Thompson, 530-753-0777 or caryandjent@sbcglobal.net
Families ride on the Davis Bike Loop - meet on the bike path next to Veterans Hall parking lot. We will stay together with several regroups and with a stop for treats along the way. Options to ride shorter distances if desired. Everyone must wear a helmet. An adult must accompany minors.

Foxy's Fall Century

Oct 18, Sat T1-5/ P your choice/50 km - 100 mi
John Hess, or johnfhess@comcast.net
DBC's premier fall event - the Foxy's Fall Century. Begins at Veterans Memorial Center. Come ride your choice of route from 50 km to 100 miles, or better yet, volunteer to help the event. See the listserve to sign up.

Foxy's Unwind

Oct 19, Sun, 9:00 am T1/P3-4/40 mi
John Whitehead, 530-758-8115 or jcw@dcn.org
Experience a different route to Winters using part of the Foxy metric route. Whether you need to unwind from being a volunteer or a century rider the previous day, this ride is being offered in case "unwind" also means "without the wind blowing."

Over the Hills

Oct 21, Tue, 8:00 am T1-5/P4-5/60 mi
Scott Alumbaugh, or sea@seadogdesigns.com
This is an occasional hill ride and flat-lander reality check. We'll head over to Cantelow via one route or another, depending on wind. We'll regroup at the top then make our way back to Steady Eddy's for a break before heading home.

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.

Morrison's Monday Deli (slower)

Mondays, 9:00 am T1/P2-3/25 mi
Gerry Peterson, 530-756-1254 or gnjpeter0856@juno.com
Following country roads, a shorter ride that will meet up with the faster group at Morrison's Deli in Woodland at around 10:30 am before returning to Davis.

Morrison's Monday Deli (faster)

Mondays, 9:00 am T1/P4-5/40 mi
Barry Bolden, 530-297-5123 or

Saturday Coffee and a Roll

Saturdays, 8:00 am T1/P4-5/30 mi

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 Oct 5

2nd Sun, 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.

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*

Oct 4, 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 food and wine pairing. The meal varies each month and its description may be posted on the DBC listserve. Price has varied between \$8 and \$13. You can bring your own lunch if you wish.

Second Saturday Saunter Oct 11*

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

Regularly Recurring Rides (cont.)

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

boliverb@dcn.org

Following country roads north to the scenic town of Yolo, then returning to Morrison's Deli in Woodland to meet the slower group for a beverage, snack and lively conversation before returning to Davis.

Mocha Joe's Country Loop

Tuesdays, 8:45 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 9:00.

Mocha Joe's Country Loop

Tuesdays, 9:00 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, 8:45 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 9:00

Solano Baking Company

Wednesdays, 9:00 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, 8:45 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 9:00

Steady Eddy's

Thursdays, 9:00 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.

Ride around the Town

Fridays, 9:00 am T1/P2/15-18 mi
Gerry Peterson, 530-756-1254 or gnjpeter0856@juno.com
The route will include portions of the city-wide greenbelt system, the Village Homes greenway and the designated City of Davis bike route plus a few changes from week to week. The ride will generally finish in the downtown area where riders can enjoy a beverage, a snack and some friendly Davis conversation. This ride will be held on each Friday throughout September and October, 2008. We have organized this ride in response to many requests from DBC members for more leisurely rides during the week. If there is sufficient participation the ride will continue throughout the year.

(Continued from page 2)

maintain a consistent pattern of politely rejecting their invitations to ride with them. I didn't know how long I could continue with the struggle. Something deep inside nagged at me night and day. I wanted to ride, but there was a pending doom that seemed to lie ahead of me. It was mentioned in the stories of my new friends and the Thing that waited in the Southwest haunted me like a corn field from a King novel. I knew if I decided to make the commitment I'd realize it.

All Rides Lead to Cantelow.

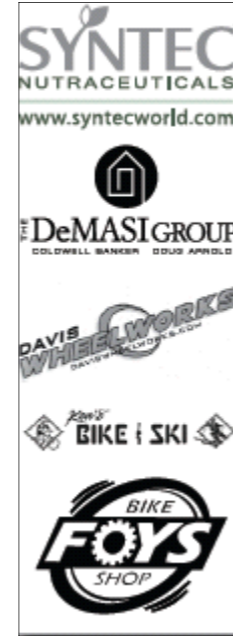
And so now, with all this said, I want to give thanks. From the very center of my conflicted spirit, after nearly 45 years of making it a point to avoid Participation and all its risks of humiliation, personal failure, and chances of having a complete, clipped-in and panicking freak-out of crippling doubt, a secret, bitter resentment whenever I heard the Team's favorite four-letter acronym, I want to thank everyone in, of and connected to The DBC Race Team. Your unconditional positive regard for one another and commitment to make The Team what it's become, along with your dedication to contribute, not only to the General Club but to our entire community, has been amazing to me. The fact that you've let me be a part of it, with all my C.S. excuses and reasons for non-participation. (Hey, I served ice cream at the Foxy after-ride dinner!) Those who occasionally neglect their important responsibilities in order to have a little fun getting dropped out in the middle of nowhere have truly inspired me to go out and try getting dropped a few times myself. Don't feel sorry for me if I'm out there alone or if you see that I'm crying in my lemonade at Steady Eddie's. I'm doing what the acronym is telling me to do and I think I'll be doing a bit less laundry from now on, which will be all your fault.

Carolyn and Kevin, you have no idea how much your support, patience and encouragement on that beautiful, damn hill last Sunday morning inspired me to overcome my own debilitating obstacles. I can't imagine there is anything left for me to panic about. Thank you.

Race Team Results reported by Eduardo Avelar

Race Name	Category	Name	Place
Giro di San Francisco	Master 35+ 4	Justin Hall	1st
Giro di San Francisco	Pro 1/2	Judd Van Sickle	5th
Giro di San Francisco	W4	Janice Pfeiff	12th
Dunnigans Hills Road Race	W4	Marianne Hernandez	1st
Dunnigans Hills Road Race	W4	Janice Pfeiff	9th
Dunnigans Hills Road Race	Master 35+ 4	Justin Hall	2nd
Dunnigans Hills Road Race	Elite 3	David Huang	12th
Dunnigans Hills Road Race	Masters 1/2/3	Mike Pugh	5th
Dunnigans Hills Road Race	Master 45+	John Steggall	4th
Dunnigans Hills Road Race		Judd Van Sickle	DNS
Dunnigans Hills Road Race	jr 15-16	Cody Tapley	6th
Dunnigans Hills Road Race	jr 15-16	Alexander Freund	1st
Dunnigans Hills Road Race	jr 15-16	Andreas Freund	4th
Dunnigans Hills Road Race	Master 45+	Roland Freund	16th
Dunnigans Hills Road Race	Master 55+	Kevin McSpadden	13th
Dunnigans Hills Road Race	jr 15-16	Alexander Freund	12th
Dunnigans Hills Road Race	jr 15-16	Andreas Freund	1st
Dunnigans Hills Road Race	Master 45+	Roland Freund	12th
Dunnigans Hills Road Race	jr 15-16	Cody Tapley	5th
Dunnigans Hills Road Race	W4	Marianne Hernandez	5th
Dunnigans Hills Road Race	W4	Janice Pfeiff	18th
Dunnigans Hills Road Race	Elite 3	David Huang	10th
Dunnigans Hills Road Race	Elite 4	Bruno Pitton	3rd
Dunnigans Hills Road Race	Master 45+	John Steggall	14th
Dunnigans Hills Road Race		Judd Van Sickle	DNF Crash
Patterson Pass Road Race	Elite 4	Michael Matiasek	2nd
Patterson Pass Road Race	Elite 4	Bruno Pitton	21st
University Road Race	Elite 4	Michael Matiasek	2nd
University Road Race	Pro/1/2	Paul Mach	1st
University Road Race	Elite 3	Andreas Freund	8th
University Road Race	Elite 3	Roland Freund	33rd
University Road Race	Elite 4	Bruno Pitton	3rd
Challenge Road Race	W4	Marianne Hernandez	2nd
Challenge Road Race		Justin Hall	3rd
Folsom Omnion (overall)		Cody Tapley	4th
Folsom Omnion (overall)	Elite 4	Cody Tapley	9th
Folsom Circuit Race	Elite 4	Judd Van Sickle	7th
Folsom Circuit Race	Pro/1/2	Justin Hall	2nd
Folsom Crit		Judd Van Sickle	4th
Folsom Crit	Pro/1/2	Cody Tapley	16th
Folsom Crit	Elite 4	Cody Tapley	4th
Folsom TT	Elite 4	Judd Van Sickle	12th
Folsom TT		Judd Van Sickle	12th
District RR	40-44	Mike Pugh	8th
Mt Shasta Hill Climb	Master 35+	Mike Pugh	1st
Mt Shasta Hill Climb	Elite Men	Paul Mach	1st
Mt Shasta Hill Climb	jr	Alexander Freund	4th
Mt Shasta Hill Climb	jr	Andreas Freund	1st
Mt Shasta Hill Climb	Master 45+	Roland Freund	2nd
Tour of Utah (Overall)	NRC Pro/1	Paul Mach	25th
Tour of Utah (Stage 1 Road Race)	NRC Pro/1	Paul Mach	66th
Tour of Utah (Stage 2 Road Race)	NRC Pro/1	Paul Mach	25th
Tour of Utah (Stage 3 Crit)	NRC Pro/1	Paul Mach	61st
Tour of Utah (Stage 4 Park City to Snowbird)	NRC Pro/1	Paul Mach	32nd
Tour of Utah (Stage 5 T.T.)	NRC Pro/1	Paul Mach	28th
National Road Race	Elite Men	Paul Mach	6th
District RR	Pro 1/2/3	Paul Mach	8th
Carrera de San Rafael	Pro 1/2/3	Judd Van Sickle	30th
Benicia Town race	Pro 1/2/3	Judd Van Sickle	6th
Benicia Town race	jr 15-18	Cody Tapley	10th
Benicia Town race	Elite 4	Justin Hall	3rd
Benicia Town race	Master 4/5	Justin Hall	4th
Suisun Harbor crit.	Elite 4	Cody Tapley	37th
Esparto T.T.		Brian Halket	9th

Sponsors of the DBC Race Team



Foxy's Fall Century

Foxy's Fall Century--Needs You!

by John Hess, Foxy's Director

As I wrote this, it seems like Fall is here, the temperatures are cooling and school has started; that means Foxy's Fall Century is just around the corner. As you read this, registration for the 100 mile and 100 km events is closed. Foxy's draws well over a 1000 bike riders and can't be held without the volunteer efforts of about a hundred DBC volunteers; rest stops, water stops, corner marshalls, sign posting, sign removing, registration, clean up, food distribution and so on.

If you're interested in helping out, please get back to me or personally reply to an email request for help that will be coming over the list serve. I tend to keep everything on my computer and email is best, johnfhess@comcast.net.

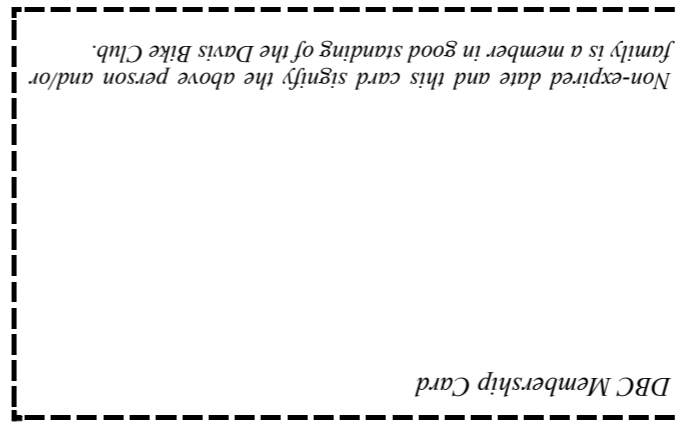
Award Winning DBC...

May Is Bike Month is an annual event where Sacramento Area Communities attempt to coax people out of their cars and onto their bicycles.

The Award pictured at the left was bestowed upon the Club for the miles ridden by our members during May of this year.

The Club can thank Robin Rolles, Race Team Director, for being the "spark plug" of this event as far as the DBC is concerned. His enthusiasm and continual reminders to "record your miles" was enough to put DBC in the lead in this competition and ultimately win with **57,567 miles!**

Thanks Robin!



DBC Membership Card

Don't Forget...
The General Club Meeting is not on Monday, Oct 6th instead is on Tuesday Oct 28th and will be a combination of Oct and Nov meetings!



Davis Bike Club
610 Third Street
Davis, CA 95616