

Changing Gears

November



Newsletter of the Davis Bike Club

Quick Release

Special Annual Club Banquet
Sat, Dec 13th
6:00pm
Odd Fellow Hall
RSVP Required

Board Meeting
Mon, Nov 10th
7:00pm
Davis Food Coop
Board Room

Newsletter Cutoff
Thu, Nov 20th
5:00pm

Race Team General Meeting

Wed, Nov 5th
7:30pm
Hallmark Inn

Race Team Committee Meeting

Wed, Nov 5th
6:30pm
Hallmark Inn

Increased Carbon Credits

DBC New Members

Lucas Baxter	Michael Connolly
Cliff Contreras	Cindy Contreras
Mark Fiori	Pam Geisel
Mike Gonzales	Jason Grefrath
Stephen Grimes	Brodie Hamilton
Erik Madden	Ryan Malm
Ali Mirenadi	Eric Mortensen
Linda Mathew-Martinez	

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DBC Holiday/Member Appreciation Party 6PM, Saturday December 13 Odd Fellows Hall 415 Second St., Davis

WHO... You who

- * SAGS for those randonneurs/euses?
- * Serves watermelon to scorched Davis Double riders?
- * Corner marshals for the 4th of July Criterium?
- * Makes the DBC donations to Grace in Action, BORP, American River Parkway Foundation (and many others) possible?
- * Rides from dusk 'til dawn in March for our helmet giveaway to deserving kids.
- * Works hard to make the Foxy Fall Century a sellout every year?

YOU! The members of the Davis Bike Club....

AND! To acknowledge all you've done this year (and in past years), the DBC 2008 holiday party is a combination "Thank-you" and "Annual celebration."

Please join us!

All you have to do is:

- * RSVP (on line or by snail mail) by 5:00PM on December 3
- * Bring a dessert to share and your favorite drink (wine/beer/soda)
- * If your kids want a present from Santa, bring that too
- * Put on your dancing shoes...!

Our festivities will take place at the Odd Fellows Hall on Dec 13 at 6 PM with a buffet dinner from Buckhorn (tri-tip, chicken, vegetarian, tasty side dishes and all those fabulous desserts). After the election of our 2009 DBC Board and a visit from Santa, we've got MUMBO GUMBO playing their "big life" music for the rest of the evening!!

The party is open and free to all current DBC members. Please be courteous and RSVP. **Only those who RSVP will be admitted;** we need an accurate head count for the caterer and for room set-up.

You can RSVP **one** of two ways:

1. Online at http://www.seadogdesigns.com/dbc/2008_holiday_party_rsvp
2. Print and mail the form below

If you are bringing a non-member, the cost is **\$40/non-member**. A non-member's reservation is not confirmed until we receive payment. Please print or cut out the RSVP form below and send before the deadline of Dec. 3.

To RSVP by mail, or if you are bringing a non-member, please print **or** cut this form out and send it along with a check, if applicable, payable to the Davis Bike Club:

To: Karen L. Baker 4235 Frontera Dr. Davis, CA 95618

Member name _____;

___ adults; # ___ children # ___ Vegetarian entrees

I'm bringing ___ non-members @ \$40.00 per guest and have enclosed my check.

Member Contributed

My Recommendation for Volunteer of the Year

by Lee V. Millon, DBC Race Team Volunteer Coordinator

I am a relatively new member of DBC. I joined in Oct 2006 after buying a bike earlier that year for commuting from Winters to Davis. Since that time I've met a bunch of great folks and have taken part in many rewarding DBC activities. I've also since become quite attached to my bike!

I was introduced to DBC by my friend and colleague, Lutz Froenicke, who invited or rather challenged me to ride the Davis Double Century a few weeks after I bought my bike. He can be a real joker, but somehow he convinced me that I was strong enough. As it turned out, the 2006 route re-introduced the Cobb Mt section. I thought that Cardiac was going to be the crux until I made it to Cobb! I had to get off my bike several times but eventually got to the rest stop and was quickly buoyed by all the amazing volunteers wearing hula skirts?! I began to have visions of not only finishing but actually finishing in daylight! Unfortunately Lutz neglected to tell me about chamois lotion and saddle sores, but thanks to the folks at Lower Lake I was able to continue. I finished but certainly not in daylight. What really helped to keep me going were the cheerful, encouraging and helpful DBC volunteers at all the rest stops. It was the first time I had ever done anything like that and the sense of accomplishment was immense. Even more striking were the selfless volunteers all along the route and at the post ride dinner. I was impressed that such an enormous event ran so smoothly with all work done by volunteers.

I have since, on many occasions, been on the receiving end of gracious volunteer service. I went on to ride the Fall DBC brevets where I ran into Steve and Peggy Rex. They clued me in to this thing called Paris-Brest-Paris and how 2007 just happens to be a PBP year. The volunteer work I witnessed and the help we received from Jim Sharp's crew throughout those rides was crucial to our preparation and eventually qualifying for the PBP. In my first year and 4 months of riding I completed 5 double centuries, qualified for and completed the wettest PBP ever. I could not have done it without all those volunteers.

After PBP I was recruited into the DBC race team by Masters squad captain, Fred Schnaars. I quickly signed up to be the volunteer coordinator for the team (I also found out that racing is a whole different animal!) It was in this position that I began to further appreciate not only the volunteers but also the organization and planning that goes into all the DBC events. This truly is a first rate club. I am new to the club so there are many epic volunteer stories that I don't yet know about. I do know that the volunteer hours put in by the likes of Dan Shadoan, Karen Baker, Robin Neuman (she is indeed a dynamo and knows how to delegate very well!), Stu Bresnick, John Hess, Diane Richter, Bruce Dewey, Paul Guttenberg, Jim Sharp, Robin Rolles, Jason Eiserich as well as the mentorship offered by Steve Wick and John Steggall plus many others is astounding.

There are many people who deserve to be selected as DBC Volunteer of the year. I witnessed it as a general club rider and now as volunteer coordinator for the race team. It is in this spirit that I respectfully nominate not one individual but the DBC Race Team for the Volunteer of the Year award. I know little of the team's previous volunteer work, but from what I've learned the race team has a long history of assisting in various capacities at different club events. This year, thus far, the team as a unit has collectively put in almost two thousand hours of volunteer time. In addition, many more uncounted hours were spent planning and organizing the race team events, Dunlap TT and 4th of July Crit.

The DBC Race Team members assisted in the following DBC activities: Elementary school helmet fittings, brevets, 12 & 24 Challenge, Double Century, Foxy's as well as the race team events - Dunlap TT and 4th of July Crit. The DBC Race Team managed 3 of the 10 rest stops in this year's DC. The DBC Juniors and Elites took charge of the

(Continued on page 6)

Gold Rush Randonnée

Ultra-distance riding is just one of the activities sponsored by the Davis Bike Club and just a few days ago we learned that the proposed schedule of ultra-distance brevets for next year has been approved by Randonneurs USA.

So, not only has the 1200km Gold Rush Randonnée (GRR) been approved for offering in July of 2009, but the brevets leading to qualification for riding the GRR are now also approved.

The Spring 2009 Brevet schedule is listed.

Distance	Date
200 km	Sat, Mar 7, 2009
300 km	Sat, Mar 28, 2009
400 km	Sat-Sun April 25-26, 2009
Davis 12 & 24 hr Challenge	Sat-Sun May 2-3, 2009
600 km	Fri-Sun June 5-Jun 7, 2009
Gold Rush Randonnée 1000 and 1200 km	Mon-Fri July 6-July 10, 2009

If the current trend of interest in the GRR for next year is any indication, 2009 promises to be an adventure for many ultra-distance riders from all over the world.

As of this writing, over 200 riders have signed up as "interested" in riding the GRR.

Of the 203 interested riders, the country distribution is listed below.

Country	Num of riders
Australia	2
Brazil	1
Canada	17
Finland	1
Germany	1
Japan	1
Sweden	2
United Kingdom	5
United States	173

The full list is available at:

<http://davisbikeclub.org/goldrush/RiderInterest.htm>

Important Events

Complete Streets Act signed into law

by Temp-Pool Editor of "Changing Gears"

The Club is active in advocacy via communication and donation to those groups that have lobbyists and other high-powered legislative-types within their daily reach. This is a prudent method for efficiency's sake. The California Bicycle Coalition (CBC) is one of those groups that we support and recently we received word from K.C. Butler that CBC has enjoyed a real success in Sacramento.

The CBC's biggest legislative success to date—the governor's signature on the CBC-sponsored Complete Streets Act—means Californians who ride bicycles for transportation can look forward to safer streets and roads. Last month Gov. Arnold Schwarzenegger signed Assembly Bill 1358, the Complete Streets Act, making California the first state in the nation to ensure that all local streets and roads accommodate the needs of bicyclists, pedestrians and transit riders, as well as motorists. The bill was authored by San Francisco Assembly Member Mark Leno and co-sponsored by AARP California.

Fourteen states, including California, have adopted legislation, resolutions or internal policies that apply Complete Streets principles to state highways. Only California has enacted Complete Streets legislation for all local streets and roads.

"The signing of AB 1358 marks a major milestone in CBC's efforts to increase bicycle ridership in California," said CBC Executive Director K.C. Butler. *"Many more Californians would like to ride bicycles for transportation, but they feel unsafe on the road. Designing and building local streets and roads for all users will encourage more Californians to choose active transportation like bicycling and walking."*

The new law requires cities and counties, when updating their general plans, to ensure that local streets and roads meet the needs of all users. The law takes effect in January 2011, when the Governor's Office of Planning and Research issues new general plan update guidelines that reflect Complete Streets planning principles.

Yet even as he embraced Complete Streets, the governor vetoed the CBC-sponsored bill that called on Caltrans to establish guidance and criteria to ensure that the needs of bicyclists and pedestrians are addressed in the development of its safety programs by January 1, 2010. Assembly Bill 2971, the Fair Share for Safety bill authored by Assembly Transportation Committee Chair Mark DeSaulnier, sought to give bicyclist and pedestrian safety projects higher priority for some of the \$100 million allocated by Caltrans under the federal Safe, Accountable, Flexible, Efficient Transportation Equity Act - A Legacy for Users (SAFETEA-LU) of 2005.

California ranks fifth among all states in the number of bicyclists and pedestrians killed in vehicle collisions. Federal rules call for allocating transportation safety funds in proportion to the greatest needs. *"AB 2971 was a natural companion to AB 1358,"* said Butler. *"By vetoing the bill, the governor chooses to ignore California's unacceptably high rate of bicyclist and pedestrian deaths. CBC is urging Caltrans to take the governor's veto message to heart and begin doing more to safeguard those who travel by bicycle and on foot."*

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.

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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
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Public Relations Director	John Whitehead	530-758-8115	jcw@dcn.davis.ca.us

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 Early Bird Special 6:15a Morrison's Monday 9:00a Fast Morrison Monday9a	28 Mocha Joe's Loop 8:45a Mocha Joe's Loop 9:00a Club General Meeting 7:00pm	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 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 9:00a RH Phillips Brunch 10am Salmon Spawning Ride* 8:40am
2 Giro d' Vino* 9:00am Sunday No Drop 9:00am	3 Early Bird Special 6:15a Morrison's Monday 9:00a Fast Morrison Monday9a No General Club Meeting!	4 Mocha Joe's Loop 8:45a Mocha Joe's Loop 9:00a Over the Hills 8:00am	5 Solano Baking Co 8:45a Solano Baking Co 9:00a Women's Weds 9:00a Race Team Meeting 7:30p	6 Steady Eddy's 8:45a Steady Eddy's 9:00a Winters Dinner Ride 6p	7 Early Bird Special 6:15a Vaca Rolling Hills 8:00a Ride Around Town 10am	8 Burrito Brothers* 9:00am Lake Solano Loop 9:00am Coffee and a Roll 9:00a 2nd Sat Saunter 10:00a
9 "Show N Go" 8:00a Sunday No Drop 9:00am	10 Early Bird Special 6:15a Morrison's Monday 9:00a Fast Morrison Monday9a Board Meeting 7:00p	11 Mocha Joe's Loop 8:45a Mocha Joe's Loop 9:00a	12 Solano Baking Co 8:45a Solano Baking Co 9:00a Women's Weds 9:00a	13 Steady Eddy's 8:45a Steady Eddy's 9:00a Winters Dinner Ride 6p	14 Early Bird Special 6:15a Vaca Rolling Hills 8:00a Ride Around Town 10am	15 Coffee and a Roll 9:00a
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23 Sunday No Drop 9:00am	24 Early Bird Special 6:15a Morrison's Monday 9:00a Fast Morrison Monday9a	25 Mocha Joe's Loop 8:45a Mocha Joe's Loop 9:00a	26 Solano Baking Co 8:45a Solano Baking Co 9:00a Women's Weds 9:00a	27 Steady Eddy's 8:45a Steady Eddy's 9:00a Winters Dinner Ride 6p	28 Early Bird Special 6:15a Vaca Rolling Hills 8:00a Ride Around Town 10am	29 Coffee and a Roll 9:00a
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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.

Saturday Salmon Spawning Ride*

Nov 1, Sat, 8:40 am T1/P3/45+ mi
Ted Sommer, 530-758-6806 or
cyclelovers@sbcglobal.net

See the salmon spawn! Meet at Davis Amtrak Station, where we catch the 8:52 am train to Sacramento. Ride the American River Bike Trail to Nimbus Dam, where your fish biologist ride leader may rant about the salmon run. Optional food stop in Folsom. Spawning colors (RED) encouraged for all riders! Bring money and ID for the train. Cheaper tickets are available if we buy blocks of ten (5 riders RT).

Giro d' Vino*

Nov 2, Sun, 9:00 am T1/P 7/50-100K
Ride begins and ends in Acampo, near Lodi. This is NOT a DBC Jersey Ride, but it's a great one and one of your humble Ride Calendar Coordinator's favorites. The rest stops are plentiful and at wineries, and if you buy some wine the ride organizers will sag it back to the start/finish for you. Live music and food at the end. Life doesn't get much better (unless someday there comes a Giro d' Brewski ...). Especially good for tandems - the Captain drives, and the Stoker pedals, drinks and giggles. Enjoy the sleepy country roads in the Woodbridge/Lodi/Lockeford area, the beautiful vineyards and the local wineries while benefiting the fight against cancer. See http://www.deltavelo.com/giro_d_vino.html for more information.

Over the Hills

Nov 4, Tuesday, 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.

Lake Solano Loop

Nov 8, Saturday, 9:00 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. Now that the summer heat is behind us, we'll start at the more humane hour of 9:00.



Burrito Brothers Ride*

Nov 8, Saturday, 9:00am T3/P4-5/50+ mi
Steve Macaulay, or
macaulay.steve@gmail.com

Meet in front of Three Palms Nursery at 9:00 am (end of Russell Blvd. bike trail). Alternative meeting location is Rancho Macaulay at 8:45 am. This will be a nice fall spin in some of the Club's favorite areas: the 4 S roads, English Hills, Steiger Hill, Gibson Canyon, Pleasants Valley and Putah Creek. This ride started 5 years ago as Tim and Steve began a successful search for burritos while the sun went down. This daytime version will not stop for burritos, but will include a lunch stop at Steady Eddy's. Tandems may be present, cameras always welcome. Rain cancels; wind ... well, that depends.

Over the Hills

Nov 18, 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.

Regularly Scheduled Rides

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

RH Phillips First Saturday Brunch*

Nov 1, 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 listserv. Price has varied between \$8 and \$13. You can bring your own lunch if you wish.

Second Saturday Saunter Nov 8th*

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 Nov 9th

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.

3rd Saturday

Sat, Nov 15, 9:00 am T1-T5/P4-P5/60 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, 9:00 am T1/P4-5/30 mi
Gary Button, or 1fastbiker@sbcglobal.net
A Saturday morning quick out and back to Steady Eddy's in Winters, ending at Davis Farmer's Market. May go longer depending upon consensus. Start at Lyndell Terrace Starbucks. Note new start time for the winter.

Sunday Morning Ride NO DROP

Sundays, 9:00 am T1/P3-low 4/34 mi
Alan Hill, 530-792-8900 or
arhill8711@aol.com

Regularly Recurring Rides (cont.)

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

Co-leaders are Alan Hill, Stu Bresnick, and Steve Kahn. Call ahead @ 792-8900 for free coffee.

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 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, 10:00 am T1/P2/15-18 mi

Gerry Peterson, 530-756-1254 or gnjpeter0856@juno.com

Ride starts at Vet's Memorial Auditorium, co-leaders are Gerry Peterson and Dutch Martinich (dmartinich@att.net). Route changes weekly but always includes portions of the citywide greenbelt system, Village Homes greenway, and the City of Davis bike route. We finish in the downtown area and stop for a beverage and snack if the riders are interested. Fierce winds and/or rain will cancel ride. Contact either leader if in doubt about the weather.

(Continued from page 2)

Monticello Dam rest stop, another group of racers captained and staffed the Pope Valley and Cobb Mt. rest stops. Race team members provided mechanical assistance at Lower Lake, drove several SAG vehicles, including the mother of all SAGs - the huge sweep truck. Racers also prepared registration packets, delivered shed equipment, gathered, packed and loaded rest stop food/equipment for the rest stop crews and captains as well as placed the traffic barriers along the start and finish sections from Davis to Esparto. The team wrapped up the season by working under the direction of John Hess to help produce another successful Foxy's Fall Century. The race team put up and took down all the Foxy's road signs as required by county use permit, cleaned the bike path along Russell Blvd, helped with shed equipment and food loading, provided corner marshal support, and rest stop crew members at Wooden Valley. The DBC Masters, again led by Lorne Sachs, planned, prepared, cooked and served the fabulous food at the Foxy's dinner.

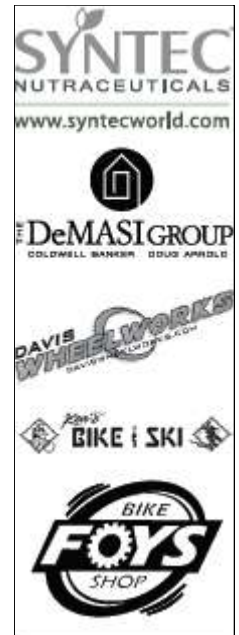
Race team family members have also contributed many hours to DBC events, turning volunteer efforts into family activities - spouses/significant others, sons and daughters helped at the Davis Double Century rest stops, Dunlap TT, 4th of July Crit and Foxy's dinner. The racers continue to serve as great ambassadors for the club. Racers wearing their signature DBC kits on training rides have often stopped to assist other riders. The DBC Race Team is often congratulated and lauded at races and on the Northern California/Nevada Cycling Association (NCNCA) discussion forum which endorses the general consensus that DBC is an exemplary club.

It has been a rewarding year as DBC race team volunteer coordinator. I learned a lot and look forward to learning even more next year. Thank you for the opportunity to be part of such a wonderful club.

Race Team Results reported by Robin Rolles

<u>Race Name</u>	<u>Category</u>	<u>Name</u>	<u>Place</u>
Folsom Cyclebration Cross	C7	Tom Clementi	7th
Sac CX Series	45	Tom Clementi	4th
Folsom Cyclebration CX	Mstr 45+	Shawn Miller	2nd
Sacto CX#1	Mstr 45+ (B)	Shawn Miller	1st
Sacto CX#2	Mstr 45+ (B)	Shawn Miller	4th
Folsom Cyclebration CX	Jr B's	Karch Miller	1st
Sacto CX#1	Jr B's	Karch Miller	1st
ABA BMX State Championships	11 expert	Karch Miller	4th
Flosom Cyclebration Omnium	35+4/5	Robin Rolles	16th
Sac CX #1	Mens B <35	Bruno Pitton	2nd
Sac CX #2	Mens A <35	Bruno Pitton	11th

Sponsors of the DBC Race Team



My First Bike Ride

I was born in February 2008 and took my first bike ride one month later. It was lots of fun thanks to the nice people from the DAVIS BIKE CLUB.

When I was born I had many brothers and sisters. I was sad when my owner told me he could not keep me. One day he took me for my first car trip far away in the country. I saw many new things in the orchards. Suddenly the car stopped; my owner opened the door, took me from my warm box and put me down by the roadside. Before I knew what happened my owner returned to his car and drove off. I was alone, hungry and very afraid. I missed my mom and my brothers and sisters. What should I do?

I noticed people coming toward me riding funny looking machines. I got their attention by meowing as loudly as I could as I ran to the middle of the road. The ladies stopped and shouted, "Look, there is an abandoned kitten". I didn't know their names but their shirts said DAVIS BIKE CLUB. Then three men arrived on their machines. I later learned the contraptions were called bicycles. The older man had a very funny looking bike with a chair like seat. His bike had a case on it so he put me in there and zipped it nearly shut. It was dark and scary inside the bag and I didn't like it one bit.

Luckily the zipper was open just enough for me to get my front paws through. Slowly the zipper opened so I could stick my head out. I heard one man shout; "The cat is getting out of the bag" as I scampered out of the bag, climbed up the back of the bike seat and jumped onto the older man's left shoulder. We were going very fast so I held on tightly with all my four paws and all of my claws. Wheeee, this was fun. I enjoyed my first bike ride although the older man didn't think it was so funny.

The riders took me to a nearby veterinary clinic and found a new and caring family for me. I like my new family but I wish they would take me for another bike ride soon.

Submitted by *Escape*
October 12, 2008

Levi Leipheimer to speak at U.S. Bicycling Hall of Fame Induction

Levi Leipheimer, one of the top professional cyclists in the world, will be the keynote speaker at the 2008 U.S. Bicycling Hall of Fame Induction Dinner and Ceremony on Nov. 2 in the California city of Davis, known as the bicycle capital of the nation. The event will honor four legendary U.S. cyclists and sports contributors. Leipheimer recently won a bronze medal in the time trial event at the Olympics in Beijing, his second Olympics appearance, Leipheimer's medal winning performance was a dream come true after years of hard work and devotion.

"I am honored as an athlete and a cyclist to have been asked to speak at such an important induction event, and the first in the western U.S.," Leipheimer said. "The sport of cycling has provided me with so many great experiences and I am glad to be giving back to those who have been so influential in its growth in the United States."

The four Hall of Fame honorees are Cheri Elliott of El Dorado Hills, Calif., Off-Road Competitor; Mike Plant of Atlanta as Contributor; Jeanne Golay of Glenwood Springs, Colo., Modern Competitor; and the late Jimmy Walthour, Veteran Competitor in Six-day races.

Special invitation is being made to all prior inductees, and organizers expect this year's ceremony to be the largest gathering of U.S. Bicycling Hall of Fame inductees.

The public is invited to attend the induction ceremony, which will be held on Sunday, Nov. 2, in Freeborn Hall on the campus of the University of California, Davis. The event will include a reception and dinner, Leipheimer's keynote address and the opportunity to meet the honorees. Tickets are \$115 each or \$800 for a table of eight.

About Leipheimer

The 34-year-old Leipheimer started out in another sport. A competitive Alpine skier from Butte, Mont., he used the bike for cross-training as a student at the University of Utah and made the switch to cycling at age 19.

In 2007, Leipheimer became just the fourth American in history to finish on the podium of the Tour de France, with a third-place finish to teammate Alberto Contador. He has placed in the top 10 of the famed tour four times and is one of only 10 Americans who have won a tour stage.

Leipheimer's recent victories include: the 2007 U.S. Professional National Road Race; the 2007 & 2008 Tour of California, with wins in the prologue and time trials; and the 2008 Cascade Cycling Classic in Oregon.

Prior to joining the Astana Cycling Team, Levi raced for six other professional squads beginning in 1997. Those teams included the U.S. Postal Service and Discovery Channel Pro Cycling Teams of the United States, Rabobank of The Netherlands and Gerolsteiner of Germany.

About the Inductees

This year's Hall of Fame Inductees represent a range of cycling pursuits from bicycle motocross (BMX) to six-day track racing with careers spanning from the 1920s and 30s to the 1990s.

Cheri Elliott raced in BMX and mountain biking events in the 1980s and 1990s. She won four BMX World Championships and won national BMX titles against male competitors. She is considered a legendary BMX pioneer among women BMX racers and has superior bike handling and jumping skills.

Mike Plant contributed to the sport of cycling through his leadership as president of USA Cycling, the national governing body of cycling and as president and founder of Medalist Sports, a sports marketing company that produces national and international cycling competitions. He has served on the executive committee of the International Cycling Federation (UCI), the United States Olympic Committee board of directors, and he has held numerous other leadership positions in support of cycling.

Jeanne Golay was a five-time world championship medalist and nine-time national champion. She raced successfully as a road, time trial, and track competitor during the 1980s and 1990s. Golay is one of the few American women to win three national championship titles, a feat she completed in 1992 in Altoona, Pa., when she won the road race, time trial, and team time trial events.

Jimmy Walthour, now deceased, was selected to the Hall of Fame in recognition of his amazing track racing career in the 1920s and 1930s. Mr. Walthour raced in the United States, Canada and Europe. As a track racer, he competed in 89 six-day races, earning 14 first-place and 15 second-place finishes. Near the start of his career as a 17-year old racer in 1927, Mr. Walthour won the amateur cycling championship in both the track and road categories.

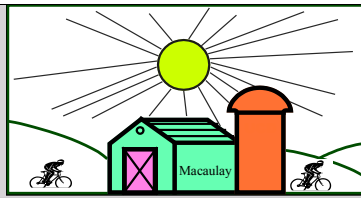
More about the event

The event is being hosted by the city of Davis, UC Davis, and the California Bicycle Museum. A silent auction to raise money for the Hall of Fame will also be held as part of the evening's activities.

For more information and updates on the 2008 Induction Dinner and Awards Ceremony, go to <http://conferences.ucdavis.edu/bhf>.

The U.S. Bicycling Hall of Fame -- part museum, membership organization and advocate for all aspects of cycling -- celebrates and preserves cycling's history, promotes safety and fitness, and encourages participation in all cycling activities.

HERB CHAIN



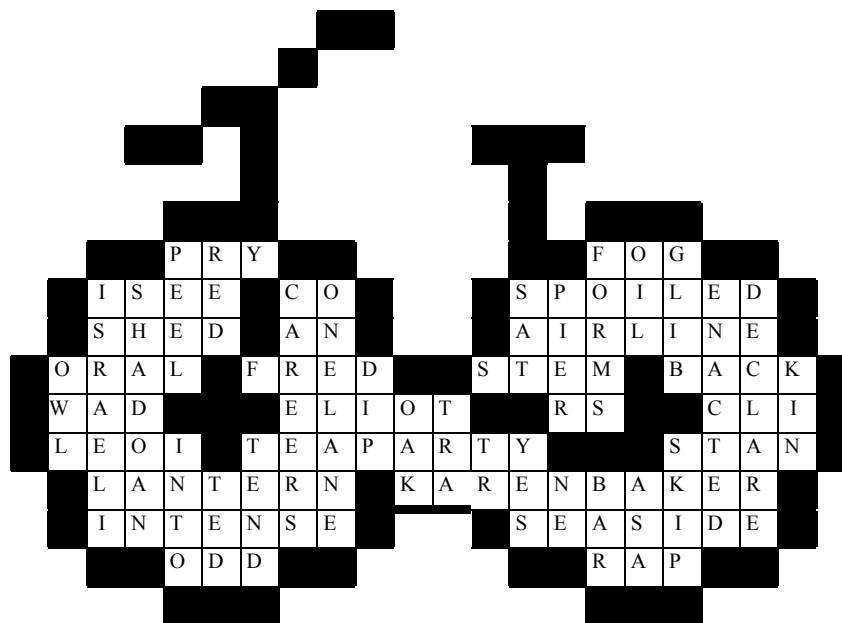
Where is Rusty Chain? In mid-September he created a crossword puzzle for Changing Gears and forked over \$45 to underwrite prizes in a crossword puzzle contest. Then he was gone. We don't know where he is nor why he left. (Whispers of tax evasion issues have not been elevated even to the level of allegation.) Nevertheless...Rusty's puzzle appeared in the October issue of CG, and winners of his contest have now been determined. From the list of Davis Bike Club members submitting correct solutions, three names were randomly selected. To ensure the unequivocal integrity of our selection process, Stu Bresnick - the presumptive DBC president for 2009 and a citizen "like Caesar's wife" in our community - was called upon to draw the winning names. Thus...Dee Burdick, Marla Stuart and Nancy Hall have each won a \$15 gift certificate from a bike shop of their choice in Yolo County.

So Dee, Marla and Nancy, congratulations to you. If you will email us at herbchain@yahoo.com with your home address and the bike shop of your choice, we will facilitate the delivery of your gift certificates. And more importantly, in the event of legal proceedings against Rusty, your identities will be held in strictest confidence.

Cheers, everybody...
Herb Chain

herbchain@yahoo.com

RUSTY CHAIN'S COMMUTER BIKE CROSSWORD PUZZLE SOLUTION



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 sometimes
- 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

- 35 Comedian Freberg
- 36 ___ Rouge (Award to the last finisher)
- 38 DBC Veep
- 42 Extreme
- 43 Ocean beach
- 44 Not even
- 45 Knock
- 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

DOWN

- 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

TOUR TURN For November 2008

by Bruce Dewey, Touring Director

Magnifique! In a word, that describes this fall's DBC Tour de Provence. In September, sixteen lucky DBCers enjoyed what has to be the world's greatest city, the world's greatest food, and the world's greatest cycling.

The tour started and ended with an extra day in Paris where our group scattered around visiting museums, the Eiffel Tower, cathedrals, gardens, shops, creperies, coffee houses, bistros, and restaurants. The 400-mile bus ride from Paris to Avignon took most of a day.

Home of the popes for the 14th century, Avignon was our home base. Our first day out took us to the old Roman aqueduct, the Pont du Gard before settling in St. Remy. The extra day found us cycling to the medieval fortress of Les Baux, the Roman village of Glanum, and the sanitarium where Van Gogh stayed.

Then it was on east through the Alpilles Range to Peter Mayle country—the Luberon Mountains with its many old hilltop villages. Continuing east past fields of lavender, we stopped in Moustiers St. Marie, a spectacular site under a cliff. The next day, we experienced the best bicycling day for any of us—the 75-mile loop around the Gorges du Verdon, the grand canyon of Europe. Twisty climbs and descents, tunnels, high cliffs, narrow gorges—simply spectacular.

Heading back west on a 2008 Tour de France route, we overnighted in a 500-year-old former monastery in the Lubérons. The next day the cameras were really busy as we crossed a 2000-year old Roman bridge and visited the well known villages of Roussillon and Gordes, Fontaine de Vaucluse and the “Venice” of France, Isle-sur-la-Sorgue.

Now, riding northeast through the foothills we ascended the spectacular Gorges du Nesque, the second scenic and cycling highlight of the tour, to Sault. Mont Ventoux, named for its wicked wind, fortunately was calm the day we joined the multitude of cyclists from all over the world in ascending this awesome mountain—our third major scenic and cycling highlight. To me it's amazing that a road even could be built here, as the top fourth is all scree. That evening, seated at the next table where we had dinner with the Macaulays, was Eddie Merckx being toasted by a large contingent of Belgian cyclists. I've never seen Steve get so excited.



Leaving Sault the following day, several of our group crossed Mont Ventoux at Chalet Reynard to preview the 2009 Tour de France route. We stayed in Vaison de la Romaine, with its extensively reconstructed Roman villages. Our loop around the Dentelles took us over Col de la Chaine, named for the famous bicycle columnist in Davis. The morning we

(Continued on page 11)

Touring News and Events

Gold Lakes Tour Report

by David Joshel

The inaugural edition of the Gold Lakes Tour took place on September 12-15th. Our group of eight traveled to the town of Blairsden, about 160 miles from Davis on the Feather River in the Northern Sierra.

The group included Alan Hill, Michael Borgg, Ralph Libet, Jacques Franco, Barry Bolden, Paul Meredith, Galia Franco and Dave Joshel. We stayed in cabins at the Feather River Park Resort. The cabins were built in the 1940's but were roomy and clean with fully equipped kitchens. The resort also features a golf course and a swimming pool which was enjoyed post ride.

On Saturday we rode a 63 mile loop from Blairsden to Portola, with a 5 mile climb to Lake Davis and then the Sierra Valley back to Blairsden. The best part of day one was the 5 mile descent from Lake Davis. The warm weather took everyone by surprise. Typically mid September mornings in the mountains are in the high 30's, the temperatures we experienced were at least 10-15 degrees above normal and the high for the day was over 80 degrees. The scenery was a mix of Ponderosa Pine forests and the very dry flat Sierra Valley. The total elevation gain for day one was about 3000 feet.

Sunday we rode the Gold Lakes Loop of 50 miles, again starting from our cabins in Blairsden south on Highway 89, then climbing 6 miles up and over Yuba Pass to the hamlet of Basset's. Then another 5 miles up to the top of Gold Lakes Highway where we ate lunch at Snag Lake. After lunch, there was one climb of about a half mile followed by a screaming 8 mile descent back to Blairsden. The views on day two were more scenic and greener than day one with granite peaks of the Sierra Buttes being one of the highlights. The total elevation gain for day two was about 4500 feet.

On Monday Paul, Barry, Michael, Alan and Dave rode to Portola and back for a total of 30 miles with about 2000 feet of climbing. The highlight Monday was finding a good coffee shop in Portola.

Luck was on our side this tour, we had no flats and no mishaps. No one got lost. And best of all everyone had a great attitude. The roads were in great condition and the traffic was very light. Thanks to Galia for driving Sag and Christine for the homemade cookies. I plan to lead this tour again next year and improve it.

(Continued from page 10)

left Vaison was market day with all downtown streets closed to cars and lined with vendors selling everything from apples to zithers. Cycling southwest, we passed the Roman arch and amphitheater at Orange. Our lunch stop was at Chateaufort de Pape, famous for the Cote de Rhone appellation. We finished with a day in Avignon, a day on the bus, a day in Paris, and a day on Air France flying home.

Was Tour de Provence magnifique? Well, the fun, the weather, the cycling routes, the pavement quality, the courtesy of French drivers, the scenery, the food and wine were all the very best. The three weeks flew by. Don't miss seeing Steve Macaulay's great DVD of the tour at a DBC membership meeting in the near future.

Newsletter Delivery Follow up...

A total of 500 copies of our newsletter are printed each month. Of that amount 400 are circulated to member households via the U.S. Postal Service, and 100 are distributed to local bike shops for free handouts to those who might like to learn about the Club. At this time, there are about 25 members who receive their newsletters via email distribution.

In an attempt to streamline the newsletter production and circulation, we will be asking our members to indicate one of two methods for receiving the newsletter in the next calendar year. Those two methods are:

1. Continue to receive the newsletter in the U.S. Mail
2. Have the newsletter distributed electronically, either by email distribution as an attached document or a web-site address distributed in an email thus allowing the member to download from the Club website.

It is hoped that a significant number of members would rather have the electronic distribution and thus help in our attempts to "green up" our operations a little.

We will, however, honor your request to continue getting your newsletter via the U.S. Mail but you will have to actually make a request to continue use U.S. Mail, because the default for calendar year 2009 will be electronic distribution.

To request your preference, please send an email to dbcmembership@gmail.com.

Foxy's Fall Century

Foxy's Fall Century--What a Day!

by John Hess, Foxy's Director

Thank you DBC for another great Foxy's

Hi everyone. As I write this, Foxy's is tomorrow and the weather forecast looks great. Foxy's isn't over, but I know that the volunteers of the DBC will come through and it'll be a super event. Thanks to the folks who got up early to run check-in, to point the way on the course, who ran the rest stops, who cooked the food and the rest who made back ground preparations. Some folks biked to their volunteer spot and some drove long distances; whatever your job or particular contribution, you were essential. I may be the name on the newsletter charged with organizing Foxy's but it's the DBC that makes it so successful. THANK YOU.

Foxy's Fall Century--Rider Comments

Thanks to your club and all the great volunteers!
That was the best time I have ever had on a bike.
The full century course was so much fun.
I appreciate all the hours and hours of logistics, planning and procurement that went into it.

Just wanted to let you know I didn't take all your efforts for granted.
Cheers!

Daniel Butler
(also known in my cycling circles
as Lanceoldstrong)

I participated in this past Saturday's century.
I was emailing you to say thanks for organizing such a helpful group of volunteers.

The volunteers that provided directions and the police officers were amazing.
Please extend a warm thank you to those volunteers.

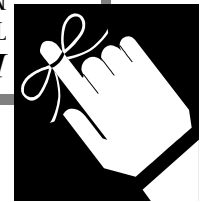
Is there somewhere I could send thank you cards - i.e. group leader and/or police precinct?
Thanks!

Nicole

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.

Don't Forget...
The General Club Meeting for November is not being held at all. Since the October meeting was held late, we're going to celebrate DBC members at the December banquet!



Changing Gears