

Changing Gears

The Davis Bike Club Newsletter-

March 2009-



Let the Madness begin...



Dan Crain, of Irvine CA, shows off his cubicle art. Register now for March Madness!

Coming in May:

Dear Davis Bike Club,

Greetings from the UC Davis Habitat for Humanity! I am writing to you in order to request a post in the upcoming issues of the Davis Bike Club newsletter. As we begin preparations for our 3rd annual "Ride for Humanity" Bike-a-thon, we want to make sure to spread the word to the citizens and community of riders here in Davis. With the support of the Davis Bike Club we were able to raise over \$14,500 for Habitat for Humanity the last two years! This year, with the help of the Davis Bike Club, we hope to raise even more money to help our cause.

continued on page 9-

Cyclo Cross:

DBC Racer Shawn Miller Wins Cyclocross Series Overall B's Title- A Firsthand Account:

I found quickly this year that the beating I took on the race rides would allow me to become the hammer and not the nail this year during cross, but it wasn't easy. I approached it like I have every year, use the fitness, tune it up with intervals and technique work and let it rip. This year, however, was different.

Sacto Series Race #1 was at Del Paso Park. Warm and sunny, there was lots of grass, much of continued on page 5-

The Prez Sez:

This has been a very special month for cycling in Davis. The AMGEN Tour of California started in Davis on February 15, putting Davis on the map of the international cycling race circuit. In addition to providing many volunteers for the event, DBC supported the Davis TOC effort financially as a Bronze sponsor. We owe a big thank-you to Adam and Jan Bridge for their role in coordinating volunteers for TOC in Davis. John Whitehead worked hard and long to get much of the publicity to highlight the Davis Bike Club. We had several articles in the Davis Enterprise about the club, including a front page story and photo of our support of Grace in Action for their Bike Clinic (headed by Cid & Dan Barcellos).

continued on page 9-

Habitat Ride	pg 1
Cyclo Cross Story	pg 1
Prez Sez	pg 1
Ride Calendar	pg 2
Ride Descriptions	pg 3
Race News	pg 5
Application	pg 6
Club Contacts	pg 9
New Members	pg 9

Calendar

General Cub Meeting
Mon., March 2 7pm
Blanchard Room
Davis Library

Board Meeting
Mon., March 9 7 pm
Tandem Properties

Race team Genral Meeting
date and location
to be determined

Race Committee Meeting
date and location
to be determined

Ride Schedule deadline
Sun., March 15

Newsletter deadline
Fri., March 20 Midnight

March Madness begins
Sunday, March 1



DBC Ride and Event Calendar

March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Sunday Women's Race Skills 9:00am Dean & Karen's MM Kick-Off Ride to Folsom* 10am Sunday No Drop 11:00am	2 Early Bird Special* 6:15am Morrison's Monday 9:00am Fast Morrison Monday 9am	3 Folsom* 8:00am Mocha Joe's Loop 8:45am Mocha Joe's Loop 9:00am	4 Solano Baking Co 8:45am Solano Baking Co 9:00am Women's Wed.s* 9:00am	5 Steady Eddy's 8:45am Steady Eddy's 9:00am Ed Martin in a Day 9:00am Napa/Bayarea Hill Climbing* 9:30 Winters* Dinner Ride 6pm	6 Early Bird Special* 6:15am Furlough Fridays 8:00am Vaca Rolling Hills 8:00am Ride Around Town* 10am	7 200K Brevet* 7:00am Outland Ride #2* 9:00am Coffee and a Roll 9:00am RH Phillips Brunch* 10am
8 Sunday Women's Race Skills 9:00am Capay Valley Ride* 9:15 Sunday No Drop 11:00am	9 Early Bird Special* 6:15am Morrison's Monday 9:00am Fast Morrison Monday 9am Board Meeting 7:00pm	10 Folsom* 8:00am Mocha Joe's Loop 8:45am Mocha Joe's Loop 9:00am	11 Solano Baking Co 8:45am Solano Baking Co 9:00am Women's Wed.s* 9:00am	12 Steady Eddy's 8:45am Steady Eddy's 9:00am Ed Martin in a Day 9:00am Napa/Bayarea Hill Climbing* 9:30 Winters* Dinner Ride 6pm	13 Early Bird Special* 6:15am Century of the Month 8:00am Vaca Rolling Hills 8:00am Ride Around Town* 10am	14 Jepson Prairie* 8:00am Lake Solano Loop 9:00am Coffee and a Roll 9:00am 2nd Sat Saunter* 10:00am
15 Sunday Women's Race Skills 9:00am Vic/Ice Cream* 9:00am Sunday No Drop 11:00am Ride Schedule deadline	16 Early Bird Special* 6:15am Morrison's Monday 9:00am Fast Morrison Monday 9am	17 Folsom* 8:00am Mocha Joe's Loop 8:45am Mocha Joe's Loop 9:00am	18 Solano Baking Co 8:45am Solano Baking Co 9:00am Women's Wed.s* 9:00am	19 Steady Eddy's 8:45am Steady Eddy's 9:00am Ed Martin in a Day 9:00am Napa/Bayarea Hill Climbing* 9:30 Winters* Dinner Ride 6pm	20 Early Bird Special 6:15am* Furlough Fridays 8:00am Vaca Rolling Hills 8:00am Ride Around Town* 10am Newsletter Deadline 12:00 midnight	21 Clear Lake Tour (2 days) 8:00am Coffee and a Roll 9:00am 3rd Saturday 9:00am
22 Sunday Women's Race Skills 9:00am Sunday No Drop 11:00am	23 Early Bird Special* 6:15am Morrison's Monday 9:00am Fast Morrison Monday 9am	24 Folsom* 8:00am Mocha Joe's Loop 8:45am Mocha Joe's Loop 9:00am	25 Solano Baking Co 8:45am Solano Baking Co 9:00am Women's Wed.s* 9:00am	26 Steady Eddy's 8:45am Steady Eddy's 9:00am Ed Martin in a Day 9:00am Napa/Bayarea Hill Climbing* 9:30 Winters* Dinner Ride 6pm	27 Early Bird Special 6:15am* Vaca Rolling Hills 8:00am Ride Around Town* 10am	28 300K Brevet* 7:00am Folsom Dam Bridge Opens* 8:00am Coffee and a Roll 9:00am
29 Sunday Women's Race Skills 9:00am March Birthdays Ride* 9:30am Sunday No Drop 11:00am	30 Early Bird Special* 6:15am Morrison's Monday 9:00am Fast Morrison Monday 9am	31 Folsom* 8:00am Mocha Joe's Loop 8:45am Mocha Joe's Loop 9:00am	4 Solano Baking Co 8:45am Solano Baking Co 9:00am Women's Wed.s* 9:00am	5 Steady Eddy's 8:45am Steady Eddy's 9:00am Ed Martin in a Day 9:00am Napa/Bayarea Hill Climbing* 9:30 Winters* Dinner Ride 6pm	6 Early Bird Special 6:15am* Vaca Rolling Hills 8:00am Ride Around Town* 10am	7 Coffee and a Roll 9:00am RH Phillips Brunch* 10am

Unless otherwise specified, all rides begin at the Starbucks, 2038 Lyndell Terrace, (38.562 Lat; 121.768 Long) 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)

Lead a ride!

Leading a Club ride is a great way to highlight a unique ride you've done and to share it with other Club members.
Contact: dbcridecalendar@gmail.com

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.

Regularly Recurring Rides

* Asterisked rides have a starting location other than Starbuck's
Consult ride description for location.

RH Phillips First Saturday Brunch*

February 7, 1st Saturday, 10:00 am (T2/P3/45 mi)
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*

February 14, 2nd 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.

3rd Saturday (except May and October)

March 21, 3rd Saturday, 9:00 am (T-1-T5/P4/60/100m)
David Joshel, 510-717-5133 or davidjoshel@hotmail.com

60 mile ride but with a 100 mile option. Ride start in Davis at the Lyndell Terrace Starbucks. Ride from Davis to Vacaville via Steiger and Gibson roads, return on Pleasant Valley to Winters for lunch. After Lunch, the 60 mile option can return directly to Davis. The 100 mile option will go through Esparto, Dunningan Hills, Zamora & Woodland before returning to Davis. There will be food stops in Esparto and Zamora at the Mini Mart. Pace 16-20 mph, 60 or 100 miles. Some rolling hills, not too steep. limited regrouping. I'll provide maps and directions. The 100 mile option should return to Davis before 5pm.

Saturday Coffee and a Roll

Saturdays, 9:00 am (T1/P4-5/30 mi)
Gary Button, 916-454-1679 or 1fastbiker@sbcglobal.net

Coffee and a Roll is a fast paced (P-4/5) Saturday morning sojourn, We regroup along the way and in Winters where we discuss options for extending the ride to Cantelow, Cardiac, or just around Lake Solono. Sometimes we split into two smaller groups when a conscious can't be achieved. Following this extension, we reconvene at Study Eddies for refreshment and conversation before returning to Davis via Putha Creek Road. Those who wish to participate, sprint for signs. This is a good ride for sharpening your skills. If you are in shape or want to get

in shape, this is an excellent opportunity for an enjoyable ride! With our early morning start, we often cover 50 or 60 miles before returning to Davis around noon.

Women's Race Skills Ride

Sundays, 9:00 am (T1/P5-6/40 mi)
Michele Feikert, 530-312-3286 or michele.t.feikert@seminis.com

Same course as race team Tues/Thur race rides, with all three sprints (regroup after each sprint). That route heads out to Winters via CR 29 and Buckeye, head back on Putah Creek Rd, right on Stevenson Bridge Rd, then Sievers to Tremont to Old Davis Rd back into Davis. If you are interested in joining the women's DBC race team, please contact the Ride Leader or join us on the road. Some DBC race team men accompany us to give instruction and tips.

Sunday Morning No Drop - Ed Martin Series**

Sundays, 11:00 am
(T1/P3-low 4 NO DROP/34 mi)
Alan Hill, 530-792-8900 or arhill8711@aol.com

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

Monday at Morrison's (slower) - Ed Martin Series**

Mondays, 9:00 am (T1/P2-3/24 mi)
Dan Cucinotta, 530-756-1711 or scucher@comcast.net
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.

Monday at Morrison's (faster) - Ed Martin Series**

Mondays, 8:45 am (T1/P3/35 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 (slower) - Ed Martin Series**

Tuesdays, 9:00 am (T1/P4-5/40 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.

Folsom*

Tuesdays, 8:00 am (T1/P4/70 mi)
Don Pockrandt, 530-756-6752 or pocky@att.net
Out and back to Folsom

**** The Ed Martin Memorial Ride Series**

Coordinator: Jim Skeen or skeenjw@sbcglobal.net
All rides start at Lyndell Terrace Starbuck's.

Regularly Recurring Rides

Mocha Joe's Country Loop (faster) - Ed Martin Series**

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 deweym@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 (slower) - Ed Martin Series**

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 bit slower pace than the ride beginning at 8:00

Solano Baking Company (faster) - Ed Martin Series**

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 (slower) - Ed Martin Series**

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 bit slower pace than the ride beginning at 8:00.

Napa/Bay Area Hill Climbing*

Thursdays, 9:30 am

T5-6/P-3/30-40 mi

Deb Ford, 707-224-2288 or napaford@aol.com

A new series of rides! Relaxed-but-challenging, worth-the drive rides that feature hill climbing. Designed for the rider who wants to (1) improve their climbing skills, (2) enjoy beautiful back roads, and (3) not cough up a lung! Frequent regrouping and accolades guaranteed. Feb 5 Mt Veeder (Napa start, 30 miles, summit 1500'). Feb 12 Howell Mtn (Rutherford start, 40 miles, ~ 3000' elev

* Asterisked rides have a starting location other than Starbucks
Consult ride description for location.

gain). Feb 19 Dry Creek/Trinity Roads (Napa start, 35 miles, ~ 3700' elev gain). Feb 26 Mt Diablo (Walnut Creek start, ~30 miles, summit 3849'). Details of route and meeting place on DBC listserve (or email Ride Leader). PLEASE RSVP, so I know whether to wait for you. Rain cancels.

Steady Eddy's (faster) - Ed Martin Series**

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.

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!

Ed Martin Series in a Day

Thursdays, 8:00 am

T1-2/P3-4/~100 mi

Glenn Mounkes, or glenmonk@yahoo.com

Want to visit all the Ed Martin Weekday Series Rides destinations but have only one day to ride? - Lucky you! The EMSD ride is back, with a twist! Meet at Starbucks, and we'll hit all the weekday destinations in one day. We'll ride to Woodland (Morrison's), Winters (Steady Eddy's), Vacaville (Heritage Café), Dixon (Solano Baking Co.), and South Davis (Mocha Joe's). Special March Madness bragging rights to those who make all four weekly rides.

Vacaville Rolling Hills - Ed Martin Series**

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*

December, Fridays, 10:00 am (T1/P2/15-18 mi)

Dutch Martinich, 530-756-8234 or dmartinich@att.net

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

Ride starts at Vet's Memorial Auditorium, Route changes weekly but always includes portions of the citywide green-belt system and the City of Davis bike route. Ride finishes in the downtown area and stops for refreshments if riders are interested. Contact either leader if in doubt about the weather.

Cyclo Cross, continued

it on tall switchback turns that sucked away momentum, mixed with high-speed single/double track. This was a strong man's course; a big man's course. At 142 lbs (dripping wet), I pushed ridiculously big gears through the grass and won with a margin of safety.

Race #2 was in Vacaville, hot, windy, hilly, and dry. Making it more interesting, I jumped off a plane from SoCal, hit Sac Metro at 10:58, and was racing at 1:00pm. The race blew apart from the gun as tempo was high and so was the heat.

The legs revolted from the plane flight and I found myself dropping off on lap two. Then somewhere inside the little voice that too often says "It's too hard back off" instead said "Look idiot! You won the first race and you can't just fold. Suck it up and go!" I worked harder than I have in a very long time and pulled myself from 7th to 5th in half a lap and sprinted into fourth place with two turns to go.

Race #3 was part of the NCNCA cup so fields were large.

The (tough) Discovery Park course was a combination of grass and hard-pack with a fun little section of gooey slick mud over concrete tied to some off-camber sections. Again, this event tied to a weekend away. I flew home in the morning so my son, Karch, could race the early race. This event re-made me as a bike-racer. I re-learned the art of suffering and recovery when all systems say "no" instead of "go". The fitness was there as the training had been good, but the body was crumpled. I ended up in a chase group and slowly, painfully slowly, fought back to the second chase and on the last lap leap-frogging from 4th to 2nd. I went from immense discomfort to "no chain" on that last lap as that little voice was back telling me "they're hurting, hunt 'em down". I did. Hey, this was fun indeed! Still leading, imagine that...

Race Four was what "cross" is all about, wet, windy, muddy, and nasty. My group rolled off into horizontal rain and 42 degrees. My drive train immediately howled as Folsom Lake sand was in everything and I prayed for no mechanicals. At least it wasn't hot! Legs felt wooden at first but opened up nicely the harder I worked. I had a great back and forth battle with two good friends who ironically had turned into my two closest rivals. One rode away; I dropped the other and ended up 3rd. Still leading with one race to go . . .

Going into the final race, that there were three riders I needed to watch and I could give no quarter to any of them. Former DBC mate Todd Marshall (now with Armstrong) worried me most as he was very strong in races three and four and only needed to beat me by two places.

The final race was at Sutter's Landing in mid-town along the river. The sun was back, but so was the biting cold. The course was a mixture of sandy single-track, gravel packed levy roads, sand beach, and a couple good run-ups. Pre-race, I wished Todd good luck. I knew he would try to blow the field up. Start was 100m of double-track with a 170 degree turn, a climb up to the levy, then a head-wind big-ring hammer-fest, 500m into a head-wind before dropping back down to the river and a windy technical back and forth along the river. As I thought, Todd lit it up immediately, attacking and jumping clear into the 170 turn and up the climb. I was 4th wheel. At the top, Todd began to pull away with one other rider while the field imploded into the wind. The chase was soon down to 4 with a 10 second gap. I crashed on the

first trip onto the sandy beach. No damage but I was gapped off the chase . . . crap!

At that moment a switch inside just flipped, I was not going to screw this up. There were way too many hours spent at 5:00am and 10:00pm on the CompuTrainer sweating my tail off, too many missed dinners with Bev and the kids training, too many hours away from other things I love to do. I picked up the bike clipped in and was a different rider. I caught the chase on lap three and rode right through them. On lap four Todd was only about five seconds up. I caught him coming out of the single track and rode away before the big run up.

By lap six I had 20 seconds, by the finish, 35 seconds clear of Todd. I won by a large margin and had absolutely nothing left, it was awesome!

That night, with about 150 others, I celebrated the series win in Mid Town Sac and pulled on the overall Winner's Jersey.

Even more special was that I got to watch my son pull one on about 10 minutes before me. In 20 years of racing, that is a moment that I will long remember. The win was not just my win, but DBC's win. All the training rides, race rides and simply the genuine camaraderie in this group makes one a better rider. So for hammering me inside out all summer I thank you one and all. I can't wait until next year...

Shawn Miller

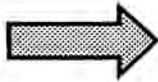
Recent DBC Race Results for 2009

Rider	Category	Place	
Chris Stastny	Pro/1/2	5	San Bruno Hill Climb
Justin Morejohn	Elite 3	1	"
Adam Smith	Elite 3	10	"
Andreas Freund	Juniors 10-18	1	"
Cody Tapley	Juniors 10-18	3	"
Alexander Freund	Juniors 10-18	10	"
Leslie Halket	Elite 4 F	8	"
Keith Hillier	Mens A	7	Sacramento CX Series
Chris Stastny	Mens A	10	"
Jason Grefrath	Mens B35	7	"
Shawn Miller	Mens B45	1	"
Andreas Freund	Elite 3	2	Early Bird RR (Patterson)
Cody Tapley	Elite 4	2	"
Lee Millon	Mstr 45 4/5	1	"
Keith Hillier	Elite 3/4	3	Early Bird Crit (Fremont)
Robby Hartman	Juniors	1	"
Chris Stastny	Pro/1/2	1	Cal Aggie Criterium
Keith Hillier	Elite 3	2	"
Adam Smith	Elite 3	4	"
Karl Wurzbach	Elite 3	9	"
Brian Halkett	Masters 4/5 35+	6	"
Cody Tapley	Jr 10-18	1	"
Zachary Wicke	Jr 10-18	2	"
Eric Zeigler	Masters SS	7	Granite Bay MTB Challenge#1
Chris Stastny	Pro/1/2	7	Cherry Pie Crit
Keith Hillier	Elite 3	10	"
Amy Chandos	Pro/1/2 F	8	"
Karch Miller	Jr 10-14	1	"
Alexander Freund	Jr 15-16	3	"
April Rosas-Willett	Jr 15-16 F	2	"
Zachary Wick	Jr. 17-18	4	"
Jason Brasel	Elite 5	8	Catuna Creek RR
Lee Millon	Masters 4/5 45+	6	"
Aileen Vandenber	Elite 4 F	3	San Jose Classic Crit

Official Use Only

DAVIS BIKE CLUB MEMBERSHIP APPLICATION

Exp: _____
Pd: _____
Check #: _____
Entered: _____



Step 1: Fill out form completely.
Step 2: Sign where indicated.
Step 3: Make checks payable to Davis Bike Club and return completed form to:
 DBC Membership, c/o B&L Bike Shop, 610 Third St., Davis CA 95616

Name for mailing label: _____
 Address: _____ City _____ State _____ ZIP _____
 Telephone (____) _____ E-mail _____
 If you wish to be added to the DBC email list please visit our website www.DavisBikeClub.org

Action Type	<input type="checkbox"/> New Member	Basic Membership, 1 year..... <input type="checkbox"/> \$20.00 single or <input type="checkbox"/> \$30.00 family	\$ _____
	<input type="checkbox"/> Renewal	Basic Membership, 3 years..... <input type="checkbox"/> \$50.00 single or <input type="checkbox"/> \$75.00 family	
	<input type="checkbox"/> Address Change	Basic Membership, 5 years..... <input type="checkbox"/> \$80.00 single or <input type="checkbox"/> \$120.00 family	
		Race Team add-on... <input type="checkbox"/> \$20.00 per racer per year \$ _____	
	<input type="checkbox"/> Aggie Cycling Team (no race team fee) OR... <input type="checkbox"/> Junior Race Team (no race team fee)		
		TOTAL AMOUNT DUE	\$ _____

ALL adult members must sign release; parent or guardian signature required for members under age 18.

Your signature indicates that you have read, understand and agree to all of the conditions set forth in the Accident Waiver and Release of Liability statement below.

Name _____	Age _____	Signature _____	Racer? <input type="checkbox"/>	Date _____
Name _____	Age _____	Signature _____	Racer? <input type="checkbox"/>	Date _____
Minor's Name _____	Age _____	Parent/Guardian Signature _____	Racer? <input type="checkbox"/>	Date _____
Minor's Name _____	Age _____	Parent/Guardian Signature _____	Racer? <input type="checkbox"/>	Date _____

ACCIDENT WAIVER AND RELEASE OF LIABILITY

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability (AWRL) form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me or my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: Davis Bike Club, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions during this event.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and or illness during this event.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and or assigns.

This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document; and, I understand its content.

Parent Guardian Waiver for Minors (Under 18 years old)

The above signed parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parent or legal guardian.

Helmets are required on all club rides.



Incomplete applications will be returned unprocessed. Please allow up to 6 weeks for processing.



Revised 03-26-2006

The Davis Bike Club is a volunteer organization. The club has many activities that require member assistance during the year. Your volunteered time helps make these projects successful. Please indicate if you would be interested in helping with any of the following club activities and events:

<input type="checkbox"/> Leading local club rides	<input type="checkbox"/> Organizing/leading club tours	<input type="checkbox"/> Serving as a Board Member	<input type="checkbox"/> Other - Contact me for general help
<input type="checkbox"/> March Madness	<input type="checkbox"/> Double Century	<input type="checkbox"/> Foxy's Fall Century	<input type="checkbox"/> Fourth of July Criterium
			<input type="checkbox"/> Dunlap Memorial Time Trial

Regularly Recurring Rides

* Asterisked rides have a starting location other than Starbucks
Consult ride description for location.

Early Bird Special*

Mon and 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. Heavy rain, strong winds will cancel. Call to arrange meeting on the UCD campus.



Non-Recurring Rides

* Asterisked rides have a starting location other than Starbucks
Consult ride description for location.

West Plainfield Pancake Ride

March 1, Sunday, 9:00 am

T1/P3/? mi

Milt Blackman and Steve Kahn, 758-4083

Start March Bicycle Madness 2009 with Pancakes, Pancakes, Pancakes! On Sunday, March 1, the West Plainfield Fire Department is holding its annual fund raising pancake breakfast. The first 50 DBC riders who show up with up as a group for breakfast on March 1 will get free breakfasts! Wear some DBC gear. After breakfast, a group may continue riding to Winters and beyond to add more March Madness miles. Milt Blackman and Steve Kahn will lead the ride. Join us at 9 AM at Starbucks for the ride to the pancake breakfast. This is a Pace 3 ride, no-drop ride. Rain cancels.

Dean and Karen's March Madness Kick-off Ride to Folsom*

March 1, Sunday, 10:00 am

T1-2/P3-4/62 mi

Karen Baker, 530-297-5214 or karenleighbaker@comcast.net

Back by popular demand, and because everyone needs donuts during MM! We'll meet in Discovery Park, nosh on some fried, glazed, frosted and otherwise disgusting treats and then ride the American River Trail. For a tiny bit of climbing, we'll ride up to Beal's Point (optional) and then on to Folsom to have lunch at the Black Rooster. Rain cancels (who wants soggy donuts?). Don't forget to bring entrance fee of \$5.00/car for Discovery Park (bikes free) and your lunch money!

Furlough Fridays

March 6, Friday, 8:00 am

T5/P3-4/90 mi +

Eric Senter, 530-219-8149 or budzulla1@gmail.com

Make lemonade out of the legislature's lemons. Take advantage of your furloughed Friday and do something good for yourself. Ride starts out with the regular Ed Martin Series ride, then after breakfast it continues Around the Mountain through Wooden Valley to Moscowite Corner and back to Davis. Depending on the mood and fitness level of the leaders, the ride may cross over to the Napa Valley, returning to Davis via Sage Canyon.

200K Brevet*

March 7, Saturday, 7:00 am

T4/P Your Choice/120 mi

no leader, or

Meet at Mace Blvd. Park-n-Ride, sign-in begins at 6:00, mass start promptly at 7:00 am. Traditional ride out-and-back to Pope Valley. See <http://davisbikeclub.org/ultra/2009/default.htm> for more information.

Outland Ride #2*

March 7, Saturday, 9:00 am

T4/P3/75 mi

Bruce and Jennifer Wilson, 925-443-6617 or bawjen@comcast.net

Start and finish at the Wilson abode at 2176 Normandy Circle in Livermore. This ride will visit a lush Redwood forest at the miniscule "town" of Canyon (a real throwback community to the 60's, from your Humble Ride Calendar Coordinator who was raised in that area). Food stop at shopping center after 30 miles, then late lunch in Danville at about 50. A fair bit of climbing, but no killer grades. Bruce and Jennifer will ride their tandem. Rain on Saturday pushes it to Sunday, rain on Sunday cancels.

Capay Valley Ride*

March 8, Sunday, 9:15 am

T2/P3-4/54 mi

Joe Lynch, 530-304-8471 or joelynych@wavecable.com

Ride the bucolic Capay Valley and Rumsey Canyon at a social pace (15-17mph), with frequent regroupings. The out and back route starts at the Cache Creek Casino and runs north on Highway 16 to the turn-around at Highway 20. Mostly flat in the Capay Valley with mostly rollers in the Rumsey Canyon. In conjunction with the NorCal Bike Forum. Water may not be available en route so be prepared. Rain cancels.

Jepson Prairie*

March 14, Saturday, 8:00 am

T1/P3/52 mi

Russell Reagan, 530-792-7366 or russell.reagan@gmail.com

Ride begins in front of Mondavi Center. "I wish I was south of Dixon Hooray!" Many (flat!) miles await down Rio-Dixon way, where many a DBCer dare not venture. Peek into the magnificent world of the vernal pool life forms of Jepson Prairie. We will arrive in time for the two-hour docent led tour, courtesy of the Solano Land Trust. Pack a lunch, or check the listserv for lunch options. Our route will avoid the main highway where better options exist. Subject to cancellation (or postponement) if drought persists (pools dry up). Check listserv for update to confirm that ride will go.

Lake Solano Loop

March 14, Saturday, 9:00 am

T1-3/P3/45 mi

Julie Sly, 916-201-2790 or Juliesly@aol.com

Start at Starbucks, 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.

Non-Recurring Rides

* Asterisked rides have a starting location other than Starbuck's
Consult ride description for location.

Vic's Ice Cream*

March 15, Sunday, 9:30 am

T1-2/P3/55 mi

Stu Bresnick, 530-756-0420 or hfhstu@omsoft.com

Start at Parking lot behind Ikeda's on Mace Blvd. We will ride through West Sac, down the South River Road to the Freepoint bridge, and then through the Pocket neighborhood to Vic's on Riverside Blvd (about 40 miles) in Land Park. At Vic's you can enjoy the nostalgia of an authentic old-fashioned neighborhood luncheonette with the best Ice Cream & shakes around, and some pretty good sandwiches. After lunch we will return to Davis via the Tower Bridge. Rain or howling wind cancels.

Furlough Fridays

March 20, Friday, 8:00 am

T5/P3-4/90 mi +

Eric Senter, 530-219-8149 or budzulla1@gmail.com

Make lemonade out of the legislature's lemons. Take advantage of your furloughed Friday and do something good for yourself. Ride starts out with the regular Ed Martin Series ride, then after breakfast it continues Around the Mountain through Wooden Valley to Moscowite Corner and back to Davis. Depending on the mood and fitness level of the leaders, the ride may cross over to the Napa Valley, returning to Davis via Sage Canyon.

Clear Lake Tour

March 21-22, Saturday-Sunday, 8:00 am

T5/P Your Choice/100 mi each day

Lee Mitchell, 530-661-3650 or Leebikevan@aol.com

This ride is essentially the Davis Double Century in two days. Start in Davis, ride around Berryessa, through Pope Valley and Middletown, over Cobb Mountain, and stay overnight in Lakeport. Sunday up Resurrection, through the Capay Valley and home. Contact Ride Leader for details

Emergency Phone Numbers

Calling 911 on a cell phone does not always bring rapid response. You will often get faster results by programming the agency's actual emergency number.

Yolo County

Davis City Police: 530 758-3600

Davis Fire: 756-3400

UC Davis Police: 530 752-1230

UC Davis Fire: 530 752-1234

Winters Police: 795-4561

Winters Fire: 666-661 (Yolo dispatcher)

911 Yolo County - 530-668-8920

Yolo Animal Control: 530 668-5287

Solano county

Dixon Police & Fire: 707 678-7080

Solano Animal Control: 707 421-7486

Vacaville Police: 707 449-5200

Vacaville Fire: 5452 (or 5200)

911 Solano County - 707-421-7090

Sac county

American River Parkway 916-875-PARK

(7am to late eve, otherwise Sac County).

Sac County emergency dispatch 916-875-5000.

300K Brevet*

March 28, Saturday, 7:00 am

T4/P Your Choice/190 mi

no leader, or

Meet at Mace Blvd. Park-n-Ride, sign-in begins at 6:00, mass start promptly at 7:00 am. The 300 km brevet will be an extension of the 200 km route out to a turn-around at Cobb Mountain Elementary School. The extra 100k also adds 1000 feet of climbing. See <http://davisbikeclub.org/ultra/2009/default.htm> for more information.

Folsom Dam Bridge Opening*

March 28, Saturday, 8:00 am

T1-3/P3/90-100 mi

Russell Reagan, 530-792-7366 or russell.reagan@gmail.com

Meet at the Park & Ride on Road 32A just east of the Mace/I-80 interchange. Ride out the causeway and the American River Parkway to the dedication of the new Folsom Dam Bridge, featuring the Dam Road Closed Band, other live entertainment and festivities. Unlike past DBC rides up the River past Folsom, we will turn south on the new bridge before it opens to vehicular traffic, and then continue a little further along the south side of Folsom Lake for a slight change of scenery. Meet at the Park & Ride on Road 32A just east of the Mace/I-80 interchange.

March Birthdays Ride*

March 29, Sunday, 9:30 am

T1-2/P3/60 or 100 miles

Stu Bresnick, 530-756-0420 or hfhstu@omsoft.com

Join Stu, Steve and others to celebrate the March Birthday boys and girls. We will ride the American River bike trail from Discovery park to Old Folsom for lunch at Karen's. Or, for the extra miles, you can start in Davis and meet at Discovery park. Donuts and coffee will be provided at Discovery Park. Birthday in March is NOT required -- all are invited to the party! Rain cancels.

Slower Rides and more...

The Davis Bike Club welcomes riders of all ages and abilities. Try our Friday (Around Town) or Saturday Saunter rides for starters. Non-scheduled rides are doable according to your needs and interests. Our membership includes people with a full spectrum of cycling interests including commuting, advocacy, vintage equipment, and carless transportation, as well as recreational cycling. If you want to get together for an unscheduled ride or to make contact with Those of similar interests, email me, Dutch Martinich, at [<dmartinich@att.net>](mailto:dmartinich@att.net) or call 530-756-8234.

Online with the DBC

Club web site: [<davisbikeclub.org>](http://davisbikeclub.org)

Race team: [<dbcracetteam.org>](http://dbcracetteam.org)

March Madness:

[<davisbikeclub.org/mm/Default.php>](http://davisbikeclub.org/mm/Default.php)

Double Century: [<davisbikeclub.org/ddc/2009/index.htm>](http://davisbikeclub.org/ddc/2009/index.htm)

Fall Century: [<davisbikeclub.org/foxys/2008/index.htm>](http://davisbikeclub.org/foxys/2008/index.htm)

Habitat Ride-continued

Details of the event:

Habitat for Humanity welcomes the riders of Davis to the 3rd annual Ride for Humanity Bike-a-Thon! The Davis Bike Club has been a tremendous help to us the past two years, and hope that this would continue. Please help the students of UC Davis H4H fulfill our goal of raising \$150,000 to fund our own home. We will be hosting our bike-a-thon on Sunday, May 31st. Participants will be biking from Davis to Winters on a 32-mile bike ride accompanied with lunch, live entertainment and more! Registration will begin soon at <www.active.com> Thank you for your help.

Shaina Chang



Prez-continued

The publicity has done a lot to show the community that we are more than just a bunch of spandex-sporting bike snobs. All in all, it was a very good month for cycling in Davis.

We are continuing with our plan to mail copies of the newsletter only upon request. All other newsletters will be sent by e-mail, either with the link or an attachment. However, this month (March) we are sending a copy to ALL members so you will have a membership card and be able to check your expiration date. Starting next month, we will be sending a postcard reminder to all those whose membership has recently expired or is about to expire. Please take note of this and renew on-time so you do not fall off the membership rolls. Finally, this is MARCH, so get on your bike and log those miles!

Ride Safely,

Stu Bresnick



DBC Board of Directors

President - Stuart Bresnick - 530.756.0420 - hfhstu@omsoft.com

Vice President - Alan Hill - 530.792.8900 - arhill8711@aol.com

Treasurer - Marnelle Gleason - 530.753.9331 - marnoglea@sbcglobal.net

Recording Secretary - Carolyn Regan - 530.750.1005 - regan.carolyn@gmail.com

Corresponding Secretary - Marlene Hanson - 530.662.0638 - mhanson516@sbcglobal.net

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 - Milt Blackman - 530.756.5540 - miltblackman@hotmail.com

Director-at-Large Double Century - Robin Neuman - 530.758.1917 - roknrobin2@aol.com

Director-at-Large Foxy's Fall Century - John Hess - 530.753.2970 - johnfhess@comcast.net

Director-at-Large Ultra Cycling Events - Paul Guttenberg - 530.297.5942 - cycledad@juno.com

Newsletter Editor - Don Martinich - 530.756.8234 - dbcnewsletter@gmail.com

Tour Director - Steve Kahn - 530.758.4083 - patsteve@pacbell.net

Membership Director - Bruce Winder - 530.758.1544 - dbcmembership@gmail.com

Public Relations Director - John Whitehead - 530.758.8115 - jcw@dcn.davis.ca.us

Ride Calendar Coordinator - John Seabury - dbcridecalendar@gmai.com

Club Contacts

Mail Address: 610 Third Street, Davis, CA 95616

Web Site: <davisbikeclub.org>

This Month's New Members

Charlie Alexander

Karen Bonnett

Peter Bourgoin

Todd Doherty

James Gloystein

Doug Grattan

Ralph Libet

Richard Maddock

John Oberholtzer

Ernesto Perez

Daniel Person

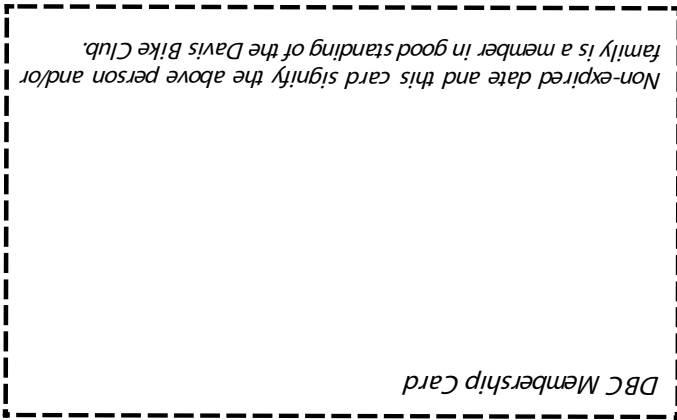
Bryan Pro

David Strand

Jeffrey Weaver

Jeffrey Wheeler

Jacklyn Wong



There is important information on the other side of fold regarding newsletter delivery.

IMPORTANT- 

DAVIS BIKE CLUB
610 THIRD STREET
DAVIS, CA 95616

Changing Gears

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, or, e-mailed, 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 text or .doc files are preferred. Check front page for deadlines. All submittals are welcome. For additional details regarding submissions contact: Dutch Martinich, 530-756-8234

Paper newsletter?

A paper copy of the newsletter is being sent to all current members this month whether or not they have elected email delivery, This is to provide you with a reminder of your membership expiration date and your membership i.d. card in the form of the address label. If you are currently receiving paper copies of the newsletter and would prefer to receive Changing Gears by email, please let me know at <dbcmembership@gmail.com>.

The membership maestro.