Changing Gears

The Davis Bike Club Newsletter-

April 2009-





The Pope Valley rest stop, 2008.

The 2009 Davis Double Century Call for Help

Registration for the 2009 Davis Double Century is now open. The DC committee is well on it's way in planning for this exciting event, and we now need YOU!!!! There are lots of opportunities for helping from the pre ride check in, rest stops, corner marshals, sagging, first aid, envelope stuffing, Start/Finish, post ride check in, food and gear distribution, and , last but not least, clean up. Please let me know where you would like to help. In exchange you will be part of the 40th Davis Double Century!!! My address is <roknrobin2@aol.com.>

Robin Neuman, DC Coordinator

The Prez Sez- New Website Coming!

A new website is under construction by Scott Alumbaugh and Steve McMahon. The website will be hosted by DCN and will have many features not currently available, including the ability to manage the content of specific sections by the responsible Director. This will allow for more timely updates.

Since its inception, the website has been managed by Dan Shadoan, who has done an outstanding job. We thought it was time to take the burden off Dan and have a site which will not be dependent on only one person for changes and updates. Now Dan can retire and travel without being concerned about website updates!

The new website should be up and running by the end of April. Our thanks to Scott, Steve and their crew, and to Dan for his many years of single-handedly maintaining the website.

-Continued on page 5

2009 DC Registration

Registration is open for the 40th anniversary of the Davis Double Century on Saturday, May 16, 2009. All registration is online through Active.com. To register, follow the link or copy and past it into your browser: http://www.active.com/event_detail.cfm?event_id=1711377

Cost is \$80 and includes all Active.com fees. Online registration closes at 11:59 p.m. on Saturday, May 9; day-of registration cost will be \$160 and be available only if our limit of 1,000 riders has not been reached.

Along with its challenging and scenic route, one of the hallmarks of this event is the Davis Bike Club's renowned rider support. And that support depends on you, our members. Work a rest stop. Help with pre-ride or post-ride check-in. Lend a hand at the pre-ride dinner on Friday or with clean-up on Saturday night or Sunday morning. Be a corner marshal. It's the DC's 40th anniversary year-join the party!

Barbara Anderson

babz@copper.net>

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Calendar

General Cub Meeting Mon., April 6 7pm Odd Fellows Hall Swap setup 6:30pm

Board Meeting Mon., April 13 7 pm Tandem Properties

Race team Meeting date and location to be determined

Race Commitee Meeting date and location to be determined

Ride Schedule deadline Wed., April 15

Newsletter deadline Monday., April 20 Midnight

The General Club Meeting this month will be April 6, at the Odd Fellows Hall, 415 2nd St. at 7pm There will be a swap meet (setup at 6:30pm) so bring your old treasures. There will also be a talk on cycling in Viet Nam.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 Sunday Women's Race Skills 9:00am c 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	Solano Baking Co 8:45am Solano Baking Co 9:00am Women's Wed.s* 9:00am	Steady Eddy's 8:45am Steady Eddy's 9:00am Ed Martin in a Day 9:00am Napa/Bayarea Hill Climbing* 9:00am Winters Dinner Ride* 6pm	3 Early Bird Special* 6:15am Vaca Rolling Hills 8:00am Ride Around Town* 10am	4 Outland Ride #3* 9:00am Coffee and a Roll 8:00am RH Phillips Brunch* 10am
5 Sunday Women's Race Skills 9:00am Capay Valley Ride* 9:15 Sunday No Drop 11:00am	6 Early Bird Special* 6:15am Morrison's Monday 9:00am Fast Morrison Monday 9am General Meeting 7:00pm Odd Fellows Hall	7 Mocha Joe's Loop 8:45am Mocha Joe's Loop 9:00am Tuesday Evening SkillsRide 6:00pm	8 Solano Baking Co 8:45am Solano Baking Co 9:00am Women's Wed.s* 9:00am	9 Steady Eddy's 8:45am Steady Eddy's 9:00am Ed Martin in a Day 9:00am Napa/Bayarea Hill Climbing* 9:00am Winters Dinner Ride* 6pm	10 Early Bird Special* 6:15am Century of the Month 8:00am Vaca Rolling Hills 8:00am Ride Around Town* 10am	11 Lake Solano Loop 9:00am Coffee and a Roll 9:00am 2nd Sat Saunter* 10:00am
Sunday Women's Race Skills 9:00am Vic'sIce Cream* 9:00am Sunday No Drop 11:00am Ride Schedule deadline	13 Early Bird Special* 6:15am Morrison's Monday 9:00am Fast Morrison Monday 9am Board Meeting 7:00pm	Mocha Joe's Loop 8:45am Mocha Joe's Loop 9:00am Tuesday Evening Skills Ride 6:00pm	Solano Baking Co 8:45am Solano Baking Co 9:00am Women's Wed.s* 9:00am Ride Schedule Deadline	16 S6eady Eddy's 8:45am Steady Eddy's 9:00am Ed Martin in a Day 9:00am Napa/Bayarea Hill Climbing* 9:00 am Winters Dinner Ride* 6pm	17 Early Bird Special* 6:15am Vaca Rolling Hills 8:00am Ride Around Town* 10am	18 Coffee and a Roll 9:00am 3rd Saturday 9:00am Lake Solano Loop 9:00am
19 Sunday Women's Race Skills 9:00am Sunday No Drop 11:00am	20 Early Bird Special* 6:15am Morrison's Monday 9:00am Fast Morrison Monday9am	Mocha Joe's Loop 8:45am Mocha Joe's Loop 9:00am Tuesday Evening Skills Ride 6:00pm	Solano Baking Co 8:45am Solano Baking Co 9:00am Women's Wed.s* 9:00am	23 Steady Eddy's 8:45am Steady Eddy's 9:00am Ed Martin in a Day 9:00am Napa/Bayarea Hill Climbing* 9:00am Winters Dinner Ride* 6pm	24 Early Bird Special* 6:15am Vaca Rolling Hills 8:00am Ride Around Town* 10am	25 400K Brevet* 6:00am Coffee and a Roll 9:00am
26 Sunday Women's Race Skills 9:00am March Birthdays Ride* 9:30am Sunday No Drop 11:00am	27 Early Bird Special* 6:15am Morrison's Monday 9:00am Fast Morrison Monday 9am	Mocha Joe's Loop 8:45am Mocha Joe's Loop 9:00am Tuesday Evening SkillsRide 6:00pm	29 Solano Baking Co 8:45am Solano Baking Co 9:00am Women's Wed.s* 9:00am	30 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	1 Early Bird Special* 6:15am Vaca Rolling Hills 8:00am Ride Around Town* 10am	2 Coffee and a Roll 9:00am RH Phillips Brunch* 10am Rocklin Roll* 6:30pm

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; 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.

Regularly Recurring Rides

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

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

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, 9:00 am (T1/P2-3/24 mi)

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**

Mondays, 8:45 am (T1/P3/35 mi)

Barry Bolden, 530-297-5123 or <body>
Ride past the fields and orchards to the west and south before enjoying a treat at Mocha Joe's in South Davis. A slightly slower pace than the ride beginning at 8:00.

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

Tuesdays, 9:00 am (T1/P4-P5/39 mi)

Phil Coleman, 530-756-4885 or cpkcoleman@comcast.net>Ride past the fields and orchards to the west and south before enjoying a treat at Mocha Joe's in South Davis.

Tuesday Evening Skills Ride

Tuesdays, 6:00 pm (T1/P5-6/40 miles)

Joaquin Feliciano, 530-304-3367 or

< joaquin.feliciano@gmail.com>

Hosted by the DBC Race Team, the race skills ride is the place to be for cyclists who are looking to get into racing or who want to improve their high speed and group riding skills. This is a friendly, mentored ride led by experienced DBC Race Team members that

focuses on pack riding etiquette, rotating pacelines, cross-wind echelons, etc. Pace is high but there are numerous regrouping points along the route and nobody gets dropped for long. Each ride starts with introductions and a brief review of the ride format and course before rolling out.

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 (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 cpkcoleman@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.

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.

Napa/Bay Area Hill Climbing*

Thursdays, 9:00 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. Rides will rotate, and will include Mt Veeder, Howell Mtn, Mt George, and Mt Diablo. Details will be posted each week on the DBC listserve (or email Ride Leader). PLEASE RSVP, so I know whether to wait for you. Rain cancels.

** The Ed Martin Memorial Ride Series

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

Regularly Recurring Rides

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

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

Non-Recurring Rides

Outland Ride #3 - Mt. Hamilton Loop*

Saturday, April 4, 9:00 am (T5/P3/105 mi) Bruce and Jennifer Wilson, 925-443-6617 or

day, April 4, 9:00 am (T5/P3/105 mi)

Start and finish at the Wilson abode at 2176 Normandy Circle in Livermore. Bring lunch food for the top of Mt. Hamilton, where the astronomical observatory is located. Rain postpones the ride until Sunday, and if still raining on Sunday the ride gets cancelled. This is a gorgeous back-country ride, but be prepared to work plenty on the climbs.

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 Vacaville Police: 707 449-5200 Vacaville Fire: 5452 (or 5200) 911 Solano County - 707-421-7090 Solano County Animal Care Services

Telephone Service: 8:30am to 6pm Monday through

Friday only: Call 707-784-1356

All other hours and County Holidays: Call Solano County

Sheriff's Dispatch (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.

Ride around the Town*

April , Fridays, 10:00 am (T1/P2/15-18 mi) Dutch Martinich, 530-756-8234 or <dmartinich@att.net> Ride starts at Vet's Memorial Auditorium, co-leaders are Dutch Martinich and Gerry Peterson (gnjpeter@juno.com, 530-756-1254). Route changes weekly but always includes portions of the citywide greenbelt 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.

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.

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

Lake Solano Loop

Saturday, April 18, 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.

Rocklin Roll

May 2-3, (T4/P3/85 mi)

Paul Grant, 756-3610 or <pwgrant@mac.com>

Meet Davis Amtrak station at 6:30pm Saturday. The club will buy your train tickets. Optional dinner at 5:30 pm at 2K Thai, 223 G St. in Davis. Then, have a relaxing train ride to Rocklin. On Sunday, we'll ride a 45 mile loop in the foothills on roads with almost no traffic. After lunch, the ride proceeds along the American River Bikepath to Old Sacramento where we'll catch an afternoon train back to Davis. This ride is self-supported so bring everything you need on your bicycle. Bring a light. Make your own reservation at the Days Inn in Rocklin for Saturday, May 2. at <daysinn.com> or 800-329-7466

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> or call 530-756-8234.

Online with the DBC

Club web site: <davisbikeclub.org>
Race team: <dbcraceteam.org>

Double Century: <davisbikeclub.org/ddc/2009/index.htm> **Fall Century:** <davisbikeclub.org/foxys/2008/index.htm>

The Prez -continued: DBC Insurance

One of the responsibilities of the Board of Directors is Risk Management for the club. We do this by taking out insurance to protect DBC in the unlikely event of a liability claim. We have no property to protect, but we do have cash assets to protect. Davis Bike Club takes out the following insurance eachyear:

Directors & Officers Liability: This protects the Directors & Officers from a liability claim against their personal assets. We pay about \$500/ year for one million dollars of coverage.

Club Liability: This protects the DBC Corporation from liability claims if a member has an accident and they, or someone they may injure, believes the club was responsible. We pay \$1.39/member/year for coverage of one million dollars per occurrence and two million dollars per event.

Event Liability: The same protection as above, but it covers riders in events for which there is an entry fee (i.e., DC, Foxy). We pay \$1.39/rider/event. This also extends coverage to all the organizations that provide us with rest stop locations and is required by those organizations in order for us to use their facilities.

If you have any questions on our insurance coverage or the new website, or any other club matters, please contact me.

Ride Safely, Stu Bresnik

Habitat Ride Reminder

Habitat for Humanity at UC Davis 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 continues. Please help the students of UC Davis Habitat for Humanity fulfill our goal of raising \$70,000 to fund a dream house for a local, well deserving family. We will be hosting this year's Bike-a-thon on Sunday, May 31st. Participants will be biking from Davis to Winters and back on a 32-mile bike ride accompanied with lunch, live entertainment, and more! Registration has already begun. To register, please go to www.active.com and search for the event "2009 UC Davis Habitat for Humanity Bike-a-thon." All registered participants will get a free t-shirt! For more information about the club or the event, please go to http://h4hucdavis.com/index.htm. We look forward seeing you there!

DBC Race Team Enjoys Early Success At the Cal Aggie Crit

Fourteen Top-10 finishes, with three 1st places, including a 1, 2, 3 placing in the Juniors race -- that's how the DBC Race team started the race season on January 31st.

Chris Stastny and Amy Chandos got first in their respective 1/2(3) fields and Cody Tapley, Zach Wick, and Torey Phillip came in 1, 2, and 3 in the Juniors race. Keith Hillier got 2nd in the Mens Elite 3 race, leading 4 top 10 placings for DBC in that field.

Chris Stastny recounts his first P-1-2 victory

"DBC was all over the early breaks and we had at the least one guy in every break except the one stuck for more that 2 laps... go figure. When the Clif and Webcore duo were brought back I was at the front looking for the next move to go and heard Chris Morales hollering at me to hold on. Hold on? ... alright, well I got on his wheel and he TORE IT UP.

The field was completely strung out and I had to go as aero as possible just hold the powerhouse's wheel. When we heard the bell lap, barely audible over the intense crowd cheering us on in our attempt to spoil it for the sprinters, my legs began to tense up and I had a feeling that we weren't going to make it. On the back stretch of the course we sort of eased up a little, but we were giving it ALL we had. Through the S- curves we probably gained a little over the field and I was starting to get that I'm going to throw up feeling in my stomach. Around the last corner I swung off, put my head down, shifted into my 12, and gave it more than I thought I was able to give! The field was closing in fast so I tried to kick a little harder and kept glancing back to make sure they weren't going to catch me untill we crossed the line.

It is weird how after you win a race all the pain goes away and you forget about those last two laps where you felt like you were going to turn inside out and pull over to throw up. Well that is exactly the feeling I had during those last two laps, and especially in those last 300 or so meters. It was an epic day to remember, my first ever p/1/2 victory."

DBC Board of Directors

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Web Site: <davisbikeclub.org>

tamily is a member in good standing of the Davis Bike Club. Non-expired date and this card signify the above person and/or

DBC Membership Card

on cycling in Viet Nam. a swap meet (set-up at 6:30pm) am and a talk the Odd Fellows Hall, 415 2nd St. There will be The General Club Meeting this month will be at

front page for details. away and volunteers are still needed. See The Double Century is lessthan two months -TNATAO9MI



91956 AD 21VA 610 THIRD STREET DAVIS BIKE CLUB

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 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 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?

If you are currently receiving paper copies of the newsletter and would prefer to receive Changing Gears by email, (or vice versa) please let me know at <dbcmembership@gmail.com>.

The membership maestro.