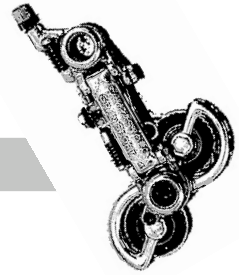


# Changing Gears

The Davis Bike Club Newsletter-

June 2009-



**Correction:** Last month's front page photo credit was omitted. It was taken by Dan Barcellos.

## March Madness Dinner- June 7

The March Madness annual dinner will be held Sunday, June 7 at the Veterans Memorial Center in Davis:

5:30 – Check-in

6:00 - 7:00 – Dinner buffet (vegetarian & omnivore options)

7:00 - 8:30 – MM festivities

The dinner will be catered by Ludy's. Everyone is requested to bring a small dessert to share. You can bring your own beer or wine. Many people have already registered and paid for their dinner. If you have not registered and would like to attend please send an e-mail by June 3rd to Stu Bresnick at: <addy@omsoft.com>, with your name and number of dinners. The cost is \$15 and you can pay at the door, but we need to have your reservation in advance. □

## Opposites attract: 2 weeks, 2 rides

On May 3 and May 16th, I participated in 2 organized rides that almost couldn't be more different. For the 3rd time in 4 years, Katherine and I traveled to New York City for the Bike New York 5 Boroughs ride, 42 miles with 30,000 rainy wet riders and on May 16th I rode the Davis Double Century, 200 miles with 700 sun baked riders.

For those that haven't heard us talk on and on about the 5 Boros ride, it is a fun ride. Massive quantities of riders, volunteers, police, and spectators take part as roads in all 5 Boros (Manhattan, Queens, The Bronx, Brooklyn and Staten Island) of NYC are closed to cars for bicycles. The riders are a sea of cyclists at the start that gradually thins out along the course. Volunteers are seemingly everywhere along the course, urging the cyclists to stay right in Central Park to allow room for joggers and advising slow descents of the bridges for safety. This year, the temps were warm but unfortunately rainy. The rain started as a sprinkle just after 8AM and stopped sometime around 4PM, after we had returned the rental bikes, eaten a piece of thin crust NY pizza and were at Hop Devil, talking with a group of semi-locals who were at the last stop of a serious pub crawl after the ride.

Our usual practice is to fly into NYC on a weekday, take a taxi to the hotel (Larchmont Hotel on 11th between 5th and 6th Ave) and then head to Blind Tiger Pub for dinner and a beer. This year, we met our friends Bruce and Jennifer Wilson at the BT and chit chatted away at the excitement of being in Manhattan, in

-continued on page 2

## The June General Membership Meeting

Bob Bowen of the City of Davis will be joining us to talk about issues near and dear to our hearts. He will be discussing the Amgen Tour of California, the California Bicycle Museum, and the U.S. Bicycling Hall of Fame. Perhaps he will even shed some light on the bicycle trail between Davis and Woodland and perhaps to Red Bluff that was brought up at the May meeting. Look forward to a lively and informative meeting.

**New Location:** Common Grounds Coffee Shop at 2171 Cowell Blvd (at Pole Line Road) in the Safeway Shopping Center, South Davis. Bring money for coffee and treats. **7:00 p.m., June 1st.** -Alan Hill □

1200k Randonnée	pg 2
Ride Calendar	pg 3
Ride Descriptions	pg 4,5,6
Club Contacts	pg 6
Emergency Phone Numbers	pg 6
A First DC	pg 7



**Katherine Hess isn't going to let some little old NYC summer storm rain on her parade.**  
photo- John Hess

## Calendar

General Cub Meeting  
Mon., June 1 7pm  
Common Grounds  
Coffee Shop

Board Meeting  
Mon., June 8 7 pm  
Tandem Properties

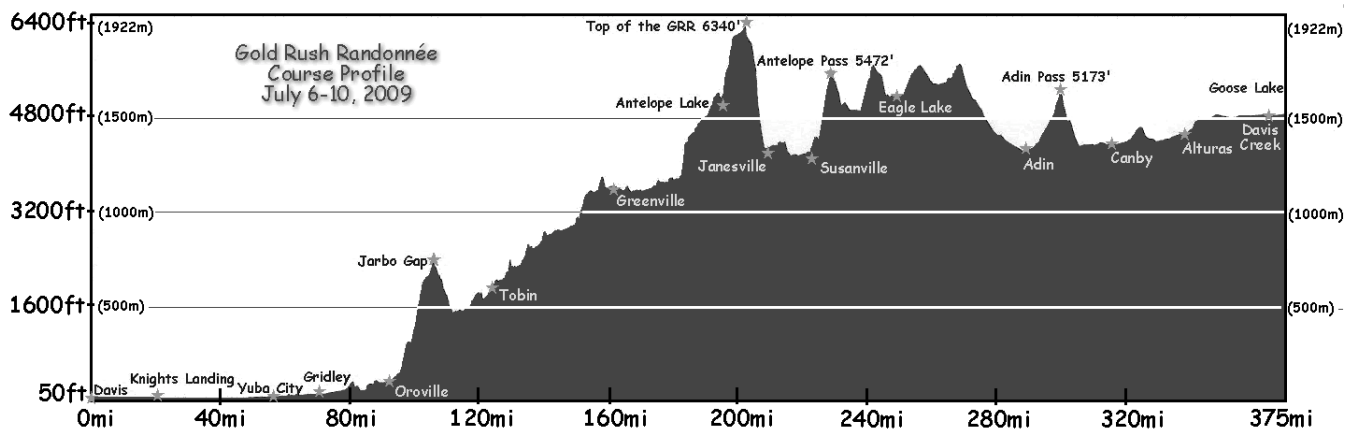
Race team Meeting  
date and location  
to be determined

Race Committee Meeting  
date and location  
to be determined

Ride Schedule deadline  
Fri., June 15

Newsletter deadline  
Wed., June 20  
Midnight





## DBC Hosts the 3rd 1200Km Randonnée

What is all this talk of a Gold Rush in July? Well, just get ready for the third quadrennial Gold Rush Randonnée where riders from all over the world will be coming to Davis for the July 6-10th event.

As far as history goes, the GRR was one of the first 1200Km events held in the western U.S. It is patterned after the famous PBP (Paris-Brest-Paris) event which has a history of over 100 years. So in reality we are the "youngster" on the block.

Starting in Davis, just 14 miles west of California's Capitol, the route winds along two great California rivers and through the famous Sierra Nevada to just within a few miles of the Oregon border to a place called Davis Creek, CA along US-395.

The Gold Rush Randonnée is basically an out-and-back ride in the normal format of other grand randonnées of this type, such as Paris-Brest-Paris or Boston-Montréal-Boston. The GRR is organized under the auspices of the Randonneurs Mondiaux, the worldwide governing body for randonneuring, and will use standard randonneuring pace and regulations. Riding 1200 kilometers in 90 hours or less means that not much time can be spent off of the bike unless one is a particularly fast cyclist. A rider must always be aware of the closing time for the next checkpoint-arriving after the official closing time means disqualification. Closing times are printed in the official rider's route book. Each entrant must carry his or her route book at all times during GRR. There will be checkpoints approximately every 50 to 70 miles where riders are required to stop and sign in to

-continued next column

## 2 weeks, 2 rides-continued from page 1

Greenwich, and being awake at midnight. NYC is a late night kind of place so we just stay on California time and eat and sleep late. We attend the Look and Listen concerts at night (check the web page) and then eat late night dinners. The ride is the only exception, we have to get up early, buy some coffee and snacks and get in the queue of thousands. As I mentioned, it was rainy. All day, steadily increasing. We all had rain gear, but we all got wet to lesser or greater degree. The rental bikes had no fenders, so we got sprayed from our own rear wheel and from everyone else's wheels as they passed us or we passed them. The rain turned the rest stops into muddy messes. Despite this, we had a good time. As if being in NY and riding along with no cars wasn't enough, there are folks on the side of the road cheering us on.

The DC is whole 'nother creature. Not quite so many riders as the 5 Boros ride, but for the lack of numbers, they compensate with ability and determination. This year was a jersey year, and since I liked the jersey, always wanted to do the DC once, and wasn't get-

-continued next column

verify their progress. Like a passport, each rider must get his or her route book signed and stamped at each "control" point. Missing any stamp, or losing one's book, means disqualification. There will also be unannounced secret controls, so riders must not deviate from the official route at any time. Most of the regular controls will also have food and drink, showers, and beds for the entrants around the clock or there will be restaurants and motels nearby for the stops that do not. The longest stretch between reliable water supply points during the GRR will be about 50 miles, but it is often much less than that.

Entry into the GRR is based upon having successfully completed the normal "Super Randonneur" series of brevets (200k, 300k, 400k, and 600k) in the year 2009, before July. Exactly when these important qualifying rides begin will depend on the region, but generally, warmer climate zones start their brevets earlier than those in the northern areas.

Interest in the GRR for 2009 has topped both the previous two events. Final numbers are not available yet as entries are still arriving. The rider limit is set to 175 as the maximum. Taking good care of more than that amount of riders for such a long event becomes problematic.

### Volunteers!

And now for the best part; you can be part of this adventure, not by riding, but by volunteering to staff a control point, drive the course as a monitor or help with the celebration on Friday after the event. Just give Dan Shadoan a call at 530-219-0177 to be part of the best volunteer group on the planet!

-Dan Shadoan ☐

ting any younger, I signed up. Earlier this year, I started riding longer rides, and Bruce Wilson helped a lot with that. He sponsored a series of rides around Livermore that cover more distance and more hills than Davis. Plus, we stop for good beer after. I rode Mt Hamilton with him and a couple other local Davis folks, then we all did the Nevada City Tour. I also did an Adam Bridge led century of the month ride in April and in each of these rides, finished in pretty good shape. I hoped that the DC would be a similar effort, just longer and I anticipated that eating and drinking enough would keep me from bonking and not finishing. Basically, that was the story for me.

Susan Gishi, Bruce Wilson and I agreed to ride the DC together, at a reasonable pace and not stop at rest stops for a long time or more often than we needed. This plan was quickly abandoned due to the heat. We skipped only the first rest stop and the last rest stop, both close to Davis and both at very comfortable temperatures when we didn't need to stop for more water. It was hot, and I needed the spray from hose guy on Cobb, plus iced tube socks at lunch and

-continued on page 7

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 Sunday AM. Ride 11:00am	1 Early Bird Special* 6:15am Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am	2 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am Tuesday Evening Skills Ride 6:00pm	3 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am	4 Steady Eddy's 7:45am Steady Eddy's 8:00am Napa/Bay Area Climbing* 9:00am Winters Dinner Ride* 6:00pm	5 Vacaville Rolling Hills 8:00am Another Friday Foray* 9:00am Ride around the Town* 10:00am	6 Saturday Coffee and a Roll 8:00am RH Phillips First Saturday Brunch* 10:00am
7 Sunday AM. Ride 11:00am	8 Early Bird Special* 6:15am Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am	9 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am Tuesday Evening Skills Ride 6:00pm	10 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am	11 Steady Eddy's 7:45am Steady Eddy's 8:00am Napa/Bay Area Climbing* 9:00am Winters Dinner Ride* 6:00pm	12 Vacaville Rolling Hills 8:00am Another Friday Foray* 9:00am Ride around the Town* 10:00am	13 Saturday Coffee and a Roll 8:00am Lake Solano Loop 8:00am Second Saturday Saunter* 10:00am
14 Sunday AM. Ride 11:00am	15 Early Bird Special* 6:15am Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am	16 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am Tuesday Evening Skills Ride 6:00pm	17 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am	18 Steady Eddy's 7:45am Steady Eddy's 8:00am Napa/Bay Area Climbing* 9:00am Winters Dinner Ride* 6:00pm	19 Vacaville Rolling Hills 8:00am Another Friday Foray* 9:00am Ride around the Town* 10:00am	20 Saturday Coffee and a Roll 8:00am 3rd Saturday 8:00am
21 Sunday AM. Ride 11:00am	22 Early Bird Special* 6:15am Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am	23 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am Tuesday Evening Skills Ride 6:00pm	24 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am	25 Steady Eddy's 7:45am Steady Eddy's 8:00am Napa/Bay Area Climbing* 9:00am Winters Dinner Ride* 6:00pm	26 Vacaville Rolling Hills 8:00am Another Friday Foray* 9:00am Ride around the Town* 10:00am	27 Saturday Coffee and a Roll 8:00am
28 Sunday AM. Ride 11:00am	29 Early Bird Special* 6:15am Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am	30 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am Tuesday Evening Skills Ride 6:00pm	1 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am	2 Steady Eddy's 7:45am Steady Eddy's 8:00am Napa/Bay Area Climbing* 9:00am Winters Dinner Ride* 6:00pm	3 Vacaville Rolling Hills 8:00am Another Friday Foray* 9:00am Ride around the Town* 10:00am	4 Saturday Coffee and a Roll 8:00am

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:

- T1 – Flat (Davis to Winters, Esparto, Woodland, Sacramento)
- T2 – Rolling (Lake Solano, Pleasants Valley)
- T3 – Moderate Climbs (Gibson Canyon, Steiger Canyon)
- T4 – Steeper Climbs (Cantelow, Cardiac)
- T5 – Steep, Sustained Climbs (Mix Canyon, Cobb Mountain)

### 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: [dbcridecal@gmail.com](mailto:dbcridecal@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.

## Sunday Morning Ride

Sundays, 11:00 am

T1/P3-4 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 [Ed Martin Series]\*\*

Mondays, 8:00 am (faster)

T1/P4-5/35 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.

## Monday at Morrison's [Ed Martin Series]\*\*

Mondays, 8:00 am (slower)

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.

## 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.

## Mocha Joe's Country Loop [Ed Martin Series]\*\*

Tuesdays, 7:45 am

T1/P3/35 mi

Paul Grant, 530-756-3610 or pwgrant@mac.com

Ride past the fields and orchards to the west and south before enjoying a treat at Mocha Joe's in South Davis. A slightly slower pace than the ride beginning at 8:00.

## Mocha Joe's Country Loop [Ed Martin Series]\*\*

Tuesdays, 8:00 am

T1/P4-P5/39 mi

Phil Coleman, 530-756-4885 or pkcoleman@comcast.net

Ride past the fields and orchards to the west and south before enjoying a treat at Mocha Joe's in South Davis.

## \*\* The Ed Martin Memorial Ride Series

Coordinator: Jim Skeen or <skeenjw@sbcglobal.net>

All rides start at Lyndell Terrace Starbuck's.

## 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.

## Solano Baking Company [Ed Martin Series]\*\*

Wednesdays, 7:45 am

T1/P3/35 mi

Dan & Sharon Cucinotta, 530-756-1711 or

scucher@comcast.net

Ride south to Dixon past orchards and fields, relax at Solano Baking Company in Dixon before returning to Davis. A slightly slower pace than the ride beginning at 8:00

## Solano Baking Company [Ed Martin Series]\*\*

Wednesdays, 8:00 am

T1/P4-P5/39 mi

Phil Coleman, 530-756-4885 or pkcoleman@comcast.net

Ride south to Dixon past orchards and fields, relax at Solano Baking Company in Dixon before returning to Davis.

## 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.

## Steady Eddy's [Ed Martin Series]\*\*

Thursdays, 7:45 am

T1/P3/30mi

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

Ride along Putah Creek Road, enjoy the atmosphere and conversation at Steady Eddy's in Winters before returning to Davis. A slightly slower pace than the ride beginning at 8:00



## Regularly Recurring Rides

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

### Steady Eddy's [Ed Martin Series]\*\*

Thursdays, 8:00 am

T1/P4-P5/34 mi

Phil Coleman, 530-756-4885 or pkcoleman@comcast.net  
Ride along Putah Creek Road, enjoy the atmosphere and conversation at Steady Eddy's in Winters before returning to Davis.

### 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.

### 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 [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.

### Another Friday Foray\*

Fridays, 9:00 am

T1/P3/16-32 mi

Margaret Aumann, 530-756-2616 or yalza@sbcglobal.net  
Meet at the Veterans Memorial Center on 14th at B Streets to decide the day's route & ride. For those of us who can't go as early & earnestly as the Early Birds, as fast & far as the Rolling Hills, nor as late & leisurely as the Ride Around Town: join Margaret for a different local loop each Friday in May, in part to be in shape for the Don Aumann Memorial Rides May 30 (see descriptions elsewhere in this newsletter).

Meet at the Veterans Memorial Center on 14th at B Streets to decide the day's route & ride.

### Ride around the Town\*

June , 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

### Saturday Coffee and a Roll

Saturdays, 8:00 am

T1/P5/30 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 Solano. Sometimes we split into two smaller groups when a consensus can't be achieved. Following this extension, we reconvene at Steady Eddies for refreshment and conversation before returning to Davis via Putah 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.

### RH Phillips First Saturday Brunch\*

June 6, First 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 listserve. The food is always good, but you may want to bring backup nutrition because portions are often small. Price has varied between \$8 and \$13. You can bring your own lunch if you wish. If the forecast high is greater than 100F please check the DBC Listserve to see whether the ride has been cancelled.



## Regularly Recurring Rides

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

### Second Saturday Saunter\*

June 13, Second Saturday, 10:00 am

T1/P2/10-30 mi

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

Meet at Aileen Johnson's bench in front of Veteran's Memorial at 14th and B Streets. This is a ride for people that like to look at the scenery, smell the flowers, and socialize. This is a good ride for those that are new to cycling, for those that are new to the club and would like to know how they would fit in, and for those that just like a leisurely pace. There will be a different ride every month including a local bikeway tour, an architecture tour of old Woodland, perhaps a birding ride, and even a pub ride. Spandex and carbon-fiber not required.

3rd Saturday (except May, October)

## Non-Recurring Rides

### Lake Solano Loop

June 13, Saturday, 8:00 am

T1-3/P3/45 mi

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

Start at Starbuck's, ride to Winters and around Lake Solano,



### 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: 530-795-4561

Winters Fire: 530-666-661 (Yolo dispatcher)

911 Yolo County 530-668-8920

Yolo Animal Control: 530-668-5287

#### Sacramento county

American River Parkway 916-875-PARK

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

Sac. County emergency dispatch 916-875-5000.

#### Solano county

Dixon Police & Fire: 707-678-7080

Vacaville Police: 707-449-5200

Vacaville Fire: 707-449-5452 (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

### 3rd Saturday (except May, October)

June 20, Third Saturday, 8:00 am

T1-T5/P4/62 mi

David Joshel, 510-717-5133 or davidjoshel@hotmail.com

Ride together as a group. Putah Creek, Pleasants Valley, Cantelow, Gibson, Steiger Hill. We'll climb Cantelow in both directions after making a loop on Gibson and Steiger. Optional break in Winters on the return leg.

Online with the DBC

**Club web site:** <davisbikeclub.org>

**Race team:** <dbcracetteam.org>

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

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

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

with a food/rest stop at Steady Eddy's in Winters before returning to Davis. Option for more miles if the group wants to continue up Pleasants Valley Road to Cantelow Road before returning to Winters. **NOTE START TIME CHANGE FOR THE SUMMER MONTHS!!**

### Club Contacts:

Mail Address: 610 Third Street, Davis, CA 95616

Web Site: <davisbikeclub.org>

#### DBC Board of Directors

President - Stuart Bresnick

- 530.756.0420

- addy@omsoft.com

Vice President - Alan Hill

- 530.792.8900

- arhill8711@aol.com

Treasurer - Marnelle Gleason

- 530.753.9331

- marnglea@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

- dbcridecal@gmail.com

## The Double Century, a first time rider's tale

This year I rode and finished my first DC. Much of it was just amazing and indescribable. It had such quality because I very seldom push myself so far to the limit. Had I trained harder and had the DC occurred on cooler day, it wouldn't have been quite so mind blowing.

I had known about the DC long before I moved to Davis or considered riding it. One of my friends in high school was riding it every year 20-30 years ago. It was his favorite event each year, and many of us who knew him marveled at his ability to perform such a feat. I first considered riding it five years ago, the year after this same friend came to Davis to ride it again, and said I should ride it too.

I dismissed it as too ambitious for me, until Paul Grant told me that he had ridden it several times, finishing in 20 hours, and found it extremely fun. Before Paul told me that, I assumed that one needed to finish in 16-18 hours. Based on my usual riding speed, I could not finish that fast. 21 hours was how long it actually took me this time! That's even slower than my initial estimate years ago.

In addition to the steep climb and elevation gain, Cobb Mountain is a very beautiful place. The start of the climb was especially difficult in the heat. I used my lowest gear, inched my way up, stopping for minutes at a time every third of a mile. I saw the other riders walking their bikes up, as I had heard had occurred last year when it was a bit hotter.

Then about half way to the top, I figured out how to maintain just the right rhythm, pedaling very slowly, so I could steadily ascend without stopping to rest. Maybe something to do with the heat helped me to maintain a sort of runner's high endorphin rush. The heat seemed to be part of the magical feeling I started to feel. From that point on, a steady ascent at just barely 3mph. We received our special gift from the man with the spray nozzle. It really hit the spot!

When I got to the top of the steep grade, it was just the most astounding fantastic feeling. Shifting into the higher gear, speeding up for the much flatter grade. I made it to the top! Based on talk among riders, I had this idea that I had made it past the tough part. Ah, if only life were so simple. Still a little more left to climb. In addition to riding uphill in the heat, a big challenge for me was the stress on my digestive system after eating and drinking, and then riding at the same time. This seemed to get a little worse over the course of the day. My elation at the Cobb rest stop was short-lived. When I got back on the bike and ascended a little more, I was having problems again.

It was getting more difficult eating lunch at Lower Lake, where I arrived around 4:30. They started packing things up while I was eating. And then very difficult to ride in what seemed like atrocious heat on the flat stretch of Highway 53. After a few miles I and two riders I was with met up with SAG 43, parked on the other side of the highway. The shady side seemed to be constantly opposite the side we were riding on. They gave us ice and water. But they ran out of ice socks and I didn't get one.

I was just about done. I didn't feel like it was any one thing -- my slight nausea from trying to ride and digest food -- or other physical factor. It seemed like I had just reached my limit -- not specifically mental or physical -- just sheer tiredness. I had not slept well the previous four nights, due to pre-ride anticipation anxiety. It seemed to be catching up to me.

An indispensable skill is pacing oneself, and that well-attuned sense of how far one can push the envelope and still be able to keep going. At this point my confidence was ebbing; doubt and confusion were impinging upon me. Not sure what it was, I guess it was sheer (foolish?) stubbornness that made me keep going. Despite how un-

-continued next column

sure I was that I could even handle any more hill climbing at all, without incident I rode up the short ascent after turning onto Hwy 20.

Then on the long downhill just following that, I concentrated on deep, slow, steady breathing, as I had done on recent nights to try to calm my anxiety. As I did this, now out of the sun, I gradually overcame my slight nausea and found my second wind.

All day I had anticipated seeing Amy and the amazing moral support she provides to riders, in addition to running the next rest stop. And I was not disappointed when I got to her rest stop at Resurrection before sundown. It was such a delight to get to all the remaining rest stops, after dark and long after nearly all of the riders had come through, with the volunteers still going strong to attend to our needs.

From Guinda on out, after riding solo for most of the day, I rode in a pack, including Jennifer Epp, Chris Lupo, and Steve Pigg. They also had set a positive example for me that the DC would be doable, even if it got this hot. Despite how late I was to finish, I was not alone on the course. It was now a social ride, more enjoyable than riding alone in the dark. I had even dressed up my bicycle with the EL wire (the neon-like flashing wire lining my frame) for the occasion.

We pulled into the Start/Finish just before 1 AM. A small cheering party was still on hand I was warmly greeted by Alan Hill. At the check-in were Robin and Barbara (first and second in command of the DC team), who had been on the job for the 21 hours that I and a few others had been riding. (Actually longer, counting the time after I left and after the final two riders pulled in; not to mention that preparation and cleanup for each DC take several days of work).

What makes this DC so special, considering my experience riding it, is that the limit on how much time we get to finish is lax. We were allowed to keep taking our time to ride the whole course. There was still food and drink at each rest stop, including chili and grilled cheese sandwiches at West Plainfield at 12:15 AM, and plenty of chicken and beans still left at the Start/Finish at 1 AM. And so many eager volunteers looking after our every need!

Thank you everyone! -Russell Reagan □



## 2 weeks, 2 rides-continued from page 2

Resurrection to keep going. I ate hamper gel, Gu, and other liquid food in packets, including a Clif product with 100 mgs of caffeine in it (thanks Scott). I ate small sandwiches, some chips, some pasta and some fruit during the day, but generally went light on real food at the rest stops because I couldn't see stuffing my stomach. Paul Guttenberg makes a tasty iced coffee drink at Middletown, Kevin McSpadden gives a heck of a push into the Cobb rest stop, and the flower can water girl watering people at the top of Resurrection was half of what I needed. The other half being sugar and an icy tube sock.

I used to wonder about the number of rest stops on the DC and just what everyone talked about. Now I know. Robin organizes a phenomenal ride and the only things better are the DBC volunteers at the rest stops. Eager to please, stocked up with good food and drinks, they (we, the DBC) are THE Club to beat for support. It was a long ride and I'm still wondering if it was fun. It was a good ride, Bruce, Susan and I rode well together, kept each other entertained and made the miles pass easier. I'm really glad I did it, I'm glad I have the jersey.

-John Hess □

**IMPORTANT-**  


There is yet another chance to  
volunteer in a fun DBC event  
The Gold Rush Randonnée on  
July 6 still needs help. Read  
about it on page 2.

**DAVIS BIKE CLUB  
610 THIRD STREET  
DAVIS, CA 95616**

# Changing Gears

*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.*

**Changing Gears** is the monthly newsletter of the Davis Bike Club. The club address is: Davis Bike Club c/o B&L Bike Shop, 610 Third Street, Davis, CA 95616.



**Changing Gears** is mailed First Class, or by email, 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](mailto: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](mailto: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](mailto:dbcmembership@gmail.com)>.**

**The membership maestro.**