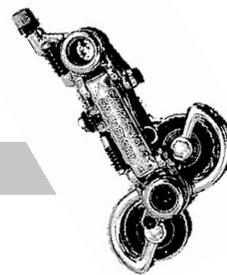


Changing Gears

The Davis Bike Club Newsletter-

July 2009-



The 33rd Annual Davis 4th of July Criterium will be run (you guessed it!) Saturday July 4th starting at 7:00am. There will be races for all categories of riders plus a kid's Non-Competitive Fun Ride. Times and details can be found at <<http://dbcraceteam.org/sites/dbcraceteam.org/files/Fourth-flyer.pdf>>

Volunteers: Let's continue to make this event as great as always. Volunteer some of your time. For details, contact: Robin Rolles at <Robin.Rolles@wavecable.com>

Road Racing Explained

As racers, we put on a DBC kit (uniform) and push ourselves to the limit within inches of many other "friendly" competitors . . . for fun . . . Those of you who have watched the Fourth of July Criterium or any of the other local races can appreciate what from the outside may appear as partially insane. Recently, many non-racer club members have been asking about road racing. Here are some commonly asked questions and answers:

-continued on page 2

Yolo Hospice Family Bike Ride & Picnic

Please support Yolo Hospice and enjoy a fall ride in October: Yolo Hospice has provided not-for-profit hospice care in our community for 30 years. In this anniversary year, we are beginning the annual Family Bike Ride and Picnic.

Saturday, October 10, 2009, 10:00 AM – 3:00 PM, Community Park in Davis

10:00 A.M: 5 and 10 mile Fun rides or ? Century ride 12:00 P.M: Picnic Begins

Registration begins soon. Get on the list now to have the registration form sent directly to you.

-continued on page 2

July 6 Membership Meeting – Pizza Party!

The July membership meeting will take place behind the Tandem Properties building at 3500 Anderson Road at 6:01PM, immediately after the departure of the GRR 1200 k riders. Pizza of various flavors, and soft drinks will be provided by the club. Come early to see the 1200 k riders depart at 6:00 , and wish them a safe ride.

Please RSVP to <addy@omsoft.com> if you plan to be there, so we can order the proper amount of food. □

Lutz Aces Pit Spit	pg 2
Ride Calendar	pg 3
Ride Descriptions	pg 4 & 5
Club Contacts	pg 6
Emergency Phone Numbers	pg 6
GRR Volunteers	pg 7
2009 DC Thanks	pg 7

Calendar

4th of July Criterium
Saturday, July 4, 7am
Downtown Davis

General Cub Meeting
Mon., July 6, 6:01 pm
Tandem Properties

Gold Rush Randonnée
Mon., July 6, 6:00 pm
Tandem Properties

Board Meeting
Mon., July 13, 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
Wed., July 15

Newsletter deadline
Wed., July 22
Midnight

Volunteers are still needed for the Gold Rush Randonnée from July 6th thru the 10th. Go to page 7



Lutz enjoying his first place prize at El Pueblo Carneceria, Winters.

Davis Bike Club Thursday Dinner Ride Cherry Pit Spitting Champion

Yes folks, Lutz Froenicke, was the best Thursday Dinner Ride cherry pit spitter on June 11, 2009. (For those not on the DBC email list, I announced a cherry pit spitting contest to be held before the departure of the Thursday Dinner ride. Our cherry tree had plenty of rip fruit and was trying share.) Notable challengers were Karen Baker and Dave Dickson. But, Lutz, who went last, spit his pit with a flick of the body and eclipsed the other marks, sending the pit well into Russell Blvd from the bike path. For his efforts, Lutz was rewarded with a cold drink of his choice at dinner; he chose a Bohemia. For everyone else in the bike club, practice, because it looks like Lutz knows how to spit a pit. Hopefully, we'll be back with more cherries next year, and another contest. -John F. Hess □

Hospice Ride

-continued from page 1

Or watch local bike stores and the Yolo Hospice website for registration information <<http://www.yolohospice.org>> All proceeds from the Family Bike Ride and Picnic will directly support Yolo Hospice and its services. The Yolo Hospice team of professionals helps people fully live the final days of their lives by focusing on the whole person, body-mind-spirit. Providing clinically expert care, delivered in a spirit of loving service, we emphasize comfort through pain control and sophisticated symptom relief.

Contact: Candace Frawley, Director of Community Relations, Tel: 530-758-5566 □

Road Racing Explained

-continued from page 1

What types of races are there?

Circuits, Criteriums or "Crits" – ? mile to 3 mile loop with many laps. Races are timed. Prime (or "preem") laps are announced mid-race with a bell. This means that the first rider across the finish on that lap receives a prize. Courses are closed to traffic. Crits are one of the most spectator-friendly.

Road Races --- 30-70+ miles, depending on category. Road races involve 1 or more laps, are sometimes point-to-point. Usually, road races are a large loop (10 miles or more). Races last two or more hours on open or closed roads.

Time Trials – "race against the clock" is a set distance where racers race individually or as a team for 10+ miles. Each rider/team is timed. Racers win with the fastest times and cannot draft off other riders/teams.

Cyclocross – Similar to criterium in style, but done on dirt with specific Cyclocross bikes. The loop includes obstacles that the rider has to dismount and carry the bike over or through. Cyclocross races occur in fall and winter and are used by many racers to stay in shape for their regular race season.

What are categories, how do you upgrade, and is there an age limit?

Categories are from entry to expert, 5-1. Cat 5 racers are required to complete 10 "mass starts" or 10 races before upgrading to Cat 4. Cat 4 and above upgrades are based on placing in races.

Different types of races count for more points and the better one places in the top 6 typically, the closer that person is to getting total points for an upgrade. Higher category races (Cat 3+) are usually longer and by virtue of the other competitors, faster and more strategic.

Demographically, 1 out of 3 racers are between 35 and 44 years old. 20%, each, are between 45 to 54 years-old and 25 to 34 years-old. Local Masters 4/5 35+ year old category races usually sell-out in less than a day.

Why are racers "stand-offish" or serious all the time? How does training work?

Good racers are good at training. Many times, racers who may appear to be out on a casual ride are actually doing a specific workout. Many racers hire personal coaches who develop training plans and offer race advice.

One popular training method is "periodization" which means that a training period builds to a specific peak. Training intensity, duration, and workouts are planned around 1, 2, or 3 peaks a season.

This is a reason many racers have difficulty doing a ride on a whim. Long or intense rides not in one's training plan could ruin the next couple workouts. This would hurt that racers progression to their peak. -continued on page 7

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 Sunday AM. Ride 11:00am	29 Early Bird Special* 6:15am Monday at Morrison's (faster) 9:00am Monday at Morrison's (slower) 9:00am	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 Ride around the Town* 10:00am	4 Fourth of July Criterium * 7:15am
5 Winters North* 7am Sunday No Drop 9:30am	6 Early Bird Special* 6:15am Monday at Morrison's (faster) 9:00am Monday at Morrison's (slower) 9:00am Gold Rush Randonée* 6pm	7 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am Tuesday Evening Skills Ride 6:00pm	8 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am	9 Steady Eddy's 7:45am Steady Eddy's 8:00am Napa/Bay Area Climbing* 9:00am Winters Dinner Ride* 6:00pm	10 Vacaville Rolling Hills 8:00am Ride around the Town* 10:00am	11 Saturday Coffee and a Roll 8:00am Lake Solano Loop and Nature Center 8:00am Second Saturday Saunter* 10:00am
12 Sunday No Drop 9:30am	13 Early Bird Special* 6:15am Monday at Morrison's (faster) 9:00am Monday at Morrison's (slower) 9:00am	14 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am Tuesday Evening Skills Ride 6:00pm	15 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am	16 Steady Eddy's 7:45am Steady Eddy's 8:00am Napa/Bay Area Climbing* 9:00am Winters Dinner Ride* 6:00pm	17 Vacaville Rolling Hills 8:00am Ride around the Town* 10:00am	18 Saturday Coffee and a Roll 8:00am 3rd Saturday 8:00am
19 Sunday No Drop 9:30am	20 Early Bird Special* 6:15am Monday at Morrison's (faster) 9:00am Monday at Morrison's (slower) 9:00am	21 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am Tuesday Evening Skills Ride 6:00pm	22 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am	23 Steady Eddy's 7:45am Steady Eddy's 8:00am Napa/Bay Area Climbing* 9:00am Winters Dinner Ride* 6:00pm	24 Vacaville Rolling Hills 8:00am Ride around the Town* 10:00am	25 Saturday Coffee and a Roll 8:00am
26 Sunday No Drop 9:30am Tour of Marin County 7:00am	27 Early Bird Special* 6:15am Monday at Morrison's (faster) 9:00am Monday at Morrison's (slower) 9:00am Gold Rush Randonnee*	28 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am Tuesday Evening Skills Ride 6:00pm	29 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am	30 Steady Eddy's 7:45am Steady Eddy's 8:00am Napa/Bay Area Climbing* 9:00am Winters Dinner Ride* 6:00pm	31 Vacaville Rolling Hills 8:00am Ride around the Town* 10:00am	1 Saturday Coffee and a Roll 8:00am NOTE: August rides subject to change

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: 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; 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.

Sunday No Drop

Sundays, 9:30 am T1/P3-4/34 mi

Peter Widjaja, 415-370-7146 or <thepetergw@gmail.com>

Peter will take over this popular stroll out to Winters for the summer months, and Alan will return in September. No one is dropped intentionally. Come out and play if you can maintain a pace of 14-16 mph. Ride stops in Winters for coffee or brunch and a visit to the new Winters Farmers Market before returning via Putah Creek Road to Davis. This is a good first group ride with the club.

Monday at Morrison's (faster) [Ed Martin Series]

Mondays, 9:00 am 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 (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.

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.

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

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

Regularly Recurring Rides

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 listserv (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 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

Ride around the Town*

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

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

Non-Recurring Rides

Fourth of July Criterium

July 4, Saturday, 7:15 am T1/P5+/length varies

The 33rd Annual Fourth of July Criterium held in Downtown Davis. Come race, volunteer to help, or just watch a bunch of superb athletes ride around in circles. Registration opens at 6:15 am and closes 20 minutes prior to start of the race. First race at 7:15 am. More information and a schedule of the races are at <<http://dbcracetteam.org/sites/dbcracetteam.org/files/Fourth-flyer.pdf>>.

Winters North*

July 5, Sunday, 7:00 am T1/P3/your choice

Eric Norris, campyonlyguy@mac.com

Ride starts at 7 a.m. in front of Steady Eddy's. Join the riders of Wheels North as they leave Winters and head for Seattle. You don't need to ride that far--go as far north as you like, then turn around and ride home. Moderate pace.



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

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 Steddy 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.

Second Saturday Saunter*

July 11, Second Saturday, 10:00 am T1/P2/10-15 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 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. This ride is similar to Around the Town as we pretty much stick to the city bikeways. Spandex and carbon-fiber not required.

3rd Saturday (except May, October)

July 18, 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.

Gold Rush Randonee*

July 6-10, Mon-Fri, T1-5/P your choice/1200 km (750 mi)

grinfo@davisbikeclub.org

Starting in Davis, the GRR route travels north by northeast to Goose Lake and near to the Oregon border. The GRR passes through some of California's last unspoiled regions. Much care was taken to design a route that has scenic beauty, tranquil roads for rider safety and enjoyment, sufficient support in towns (stores, motels, etc), and a total elevation gain of less than 30,000 feet. If you're not already qualified and signed up, it's probably too late, but come volunteer to help. See <<http://davisbikeclub.org/goldrush/>> for more information.

Tour of Marin County

July 26, Sunday, 7:00 am

T5/P4/75 mi

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

Meet at 07:00 North Davis Starbucks, RSVP to arrange car-pooling. Or, ride will start from the park and ride lot on the east side of 101 at Lucas Valley Road in San Rafael@08:30 Ride to Nicasio, Marshall, Pt Reyes Station, Olema and back to San Rafael. Visit the famous Bovine Bakery in Pt Reyes Station (from Ride Cal Coordinator - really good!).

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



Pro/Elite Men 1908 4th of July Criterium



Pro/Elite Women 1906 4th of July Criterium

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- sea@seadogdesigns.com

Photo Supplement Host

-Steve Macaulay
- macaulay.steve@gmail.com

Online with the DBC

Club web site: <davisbikeclub.org>

Newsletter Photo Supplement: <<http://gallery.dbcnewsletter.org/main.php>>

Race team: <dbcracetteam.org>

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

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



Road Racing Explained -continued from page 2

Another popular training method is “racing to train”, where racers start the season and “wing it” by ramping up the race season and increasing intensity as they go. Many times, these racers are working year-round to stay in race shape.

Overall, when training, the key is consistency and planning. During race season, racers may train on the bike anywhere between 7 and 15 hours a week, depending on their commitments, jobs, and dedication.

What are team tactics and how does that all work?

If a team (or teams) has a rider in a break-away, they can work together to control the pace on the front of a field. By working just hard enough on the front to keep the field moving, but not hard enough to catch a break, a team can help a break-away stay away. Subtlety is the key and the teammates trying too obviously to slow the field are harassed by other teams.

Also, teams can control the front by simply “drilling it” and making it difficult for other teams to “come around”. This is noticeable in Pro races, especially when a team is organized and setting up a sprinter.

What’s up with the “elbow flick”?

For groups in a paceline, the rider on the front may flick his/her elbow. This means that he/she wants the rider behind him/her to pull through in the direction of the flick

What’s up with group “race rides” and why do they take up the entire road?

I can best describe group rides as spawning salmon trying to swim upstream. Riders numbering from 30 to 60 are all working together and many trying just to stay in the draft of the group.

If off the back of a race ride, it’s very difficult (and demoralizing) to get back on. This keeps everyone hyper-sensitive. From here, pack mentality sometimes sets in and riders may take risks that they ordinarily wouldn’t take.

Inside the group and especially on the front, the faster the pace, the more riders move within the group. This movement makes it difficult and unsafe for such a large group to ride 2x2. Race rides (hopefully) increase to this pace and intensity once they’ve reached roads with little or no car traffic. Many race rides ride “neutral” through areas with traffic.

Most importantly, it is the responsibility of all group rides to police themselves by staying to the right of the center line, stopping at stop signs, calling out traffic/hazards, and even calling out when the pace slows.

--Jason Grefrath is a Cat 4 racer who has been racing only a year, but riding all types of bikes since 1996.

--Direct any “Dear Abby” race questions or comments to:
<grefrath_1@yahoo.com> □

Volunteers needed for GRR

Volunteers are still needed to staff the Gold Rush Randonnée. This is a 1200 km loop from Davis through North Eastern California to the Oregon border and back in 5 days or less. This will start Monday, July 6th into Friday, July 10th! This is a huge event and we have nearly 100 riders from all over the world, ready to take on the weather, the hills and the challenge of being a “GRRizzly”.

We need volunteers to staff the controls (rest stops) and to drive SAGs. Controls will be located at Alturas, Adin, Grasshopper, Susanville, Antelope Lake, Tobin Resort, Oroville, and “Secret”. If you are interested please contact, as soon as you can:

Dan Shadoan, Regional Brevet Administrator
530-219-0177Cell
530-756-9266Home
<djshadoan@ucdavis.edu> □

2009 Double Century Thank You

I apologize for the tardiness in getting this out to the newsletter. Post DC, I always end up in the pits, and it takes me awhile to get back up.

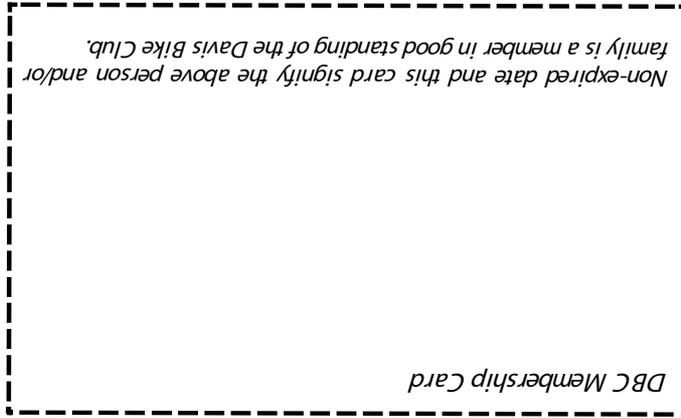
The 2009 DC was a huge success. The weather was HOT, the sweep truck broke down, but our riders were terrific, and the DC Committee was awesome! They were more than awesome. They gave a major chunk of time and organizational skills that led to a smooth “team at work”. When you see these folks, please say thank you, because they are the reason for the success of the 2009 DC. The Committee consisted of Stu Bresnick, Barbara Anderson, Betty Jane Polk, Dan Shadoan, Dan Barcellos, Barry Bolden, Phil Coleman, Alan Hill, Monica Rudman, Lee Millon, David Joshel, David Nishikawa, John Seabury, Jim Sharp, Maria Pederson, John Hess, John Dixon, Paul Guttenberg, and Steve Kahn.

A big thanks to the rest stop captains: Mike and Suzanne Crago-Schneider, Bill Sbarra, Dan Cuchinotta, Lee Millon, Paul Guttenberg, Carolyn Regan, Kevin McSpadden, Elinor Olsen, Michael Borg, Amy Rafferty, Jim Holverstott, and Amy Thomson.

Thank you, Scott Alumbaugh for the beautiful DC art work. A special thanks to the American Red Cross of Yolo County, Strelitzia, the Yolo Amateur Radio Society, City of Davis Parks and Community Services, Davis Police Department Volunteers, Foy's, Freewheeler, Apex, Davis Wheelworks, Ken's Bike and Ski, Capay Fire District, and Nugget Market.

And, THANK YOU to ALL of our wonderful volunteers-
Robin Neuman □





Volunteers are still needed for the 4th of July Critterium and the Gold Rush Randonnée. See page 1.

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: Davis Bike Club c/o B&L Bike Shop, 610 Third Street, Davis, CA 95616.



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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.