

Changing Gears

The Davis Bike Club Newsletter

October 2009-



A DBC Icon has Passed

The Davis Bike Club has lost one of its most dedicated and beloved members. Betty Jane Eames Polk, 82, died Sept. 9, 2009, at the UC Davis Medical Center in Sacramento after a brave battle with cancer.

Born in Chico, she moved to Davis in 1955 with her husband Louis J. Polk, who died in 1993. Betty Jane was a dedicated early childhood educator with a master's degree from Sacramento State University, who taught at the Davis Parent Nursery School for 35 years. She also taught Sunday School to pre-schoolers at the Davis Community Church.



Betty Jane was very active in the Davis Bike Club as both a rider and a volunteer. She volunteered tirelessly for the club on tours, ultra events, Davis Double Century [DC], and Foxy's, as well as serving on the Board of Directors as Director of the DC. She instituted the Lou Polk Volunteer of the Year award and presided over it's selection and its presentation at the annual DBC meeting. She organized the first DBC tour in 1981 with Nancy Hall. They led 31 riders from Davis to San Luis Obispo, camping all along the way. The tour was repeated in 1982. Betty Jane and Lou drove the SAG on the "Libertyland Tour" in 1990 - 600 miles of riding from Philadelphia, PA, to Williamsburg, VA. The European Tour in 1995 (Germany & Austria) included Betty Jane and her grandchildren Tyler and Nicole. She rode many of the classic bike events, including Seattle to Portland, RAGBRAI, and numerous local Century rides. She rode the DC several times and, at age 63, she was the oldest woman to finish the DC. Even recently, she could be seen around town on her racing tricycle.

Betty was a founding member of Davis Chapter of the Association of University Women and was a voracious reader in the group's book clubs.

Betty Jane is survived by her brother William Eames of Lafayette; daughter Katherine Polk of Stockton; son Thomas Polk of Soledad; grandson Tyler Polk and granddaughter Nichole Polk English, both of Citrus Heights; and two great-grandchildren, Parker English and Connor Polk.

Our thoughts go out to her family and friends. We are fortunate to have known her and to have had her as a fellow cyclist. We will all miss her.

-Stu Bresnik

Ride Calendar pg 3

Ride Descriptions pg 4 - 6

Emergency Phone Numbers pg 5

Club Contacts pg 6

Calendar

General Cub Meeting
Mon. October 5, 7 pm
Senior Center, 6th & A St.

Board Meeting
Mon. Oct. 12, 7pm
Tandem Properties

Race team Meeting
date and location
to be determined

Race Committee Meeting
date and location
to be determined

Ride Schedule deadline
Thu., October 15

Fox's Fall Century, Oct. 17

Newsletter deadline
Tue., October 20
Midnight

General Meeting Program-
Race Team End of Season
Review, Special Guest: Pro
Rider Paul Mach.
Place: Senior Center, 6th
and A Streets.
Time: 6:30- Energy Drinks,
7:00- Meeting Starts

New Members

Tracy Basso
Mark Blanton
Sandra DeAmicis
Rick LeFlore
Troy Prather
Kevin Schell
Beverley Wingfield

From the Prez: A message on the upcoming club elections and member's responsibilities plus the annual philanthropy report.....pg 2

The Bicycling Hall of Fame comes to Davis.....pg 2

Foxy's Fall Century happens on October 17.....pg 2

The Power Of Teammates: our race team speaks.....pg 7

DBC Philanthropy Report

The 2009 budget includes \$5,000 for philanthropy donations. So far this year, we have made the following donations:

\$ 1,000 in support of 10 DBC riders in a variety of charity fund raising rides.

\$ 500 to Yolo County Food Bank

\$ 350 to Plainfield Fire Station

\$ 250 to Pedals for Progress

\$ 200 to Yolo Hospice

\$ 200 to Winters Education Fund

\$ 170 to Grace in Action

A few more donations are already scheduled for 2009, but funds will still be available for other causes. If you have ideas for supporting a bike-related and/or Yolo County non-profit organization, please send your suggestions to the Philanthropy Director, Milt Blackman or the President, Stu Bresnik <addy@omsoft.com>.

Also, if you are interested in joining the DBC Board for 2010 we are looking for candidates for Philanthropy Director. If you are interested in deciding where to spend our charitable donations, or would like more details, please contact Stu Bresnik at <addy@omsoft.com>.

-Stu Bresnik □

Board of Directors Election For 2010

Or, "Ask Not What Your Bike Club Can Do For You, But What You Can Do For Your Bike Club"

Another year will soon be behind us, and that means an upcoming election of the Board for 2010. As required by the DBC Bylaws, this month we will form a slate of candidates, present it to the Board in November, and announce it to the membership in the December newsletter for voting at December annual meeting.

There are 16 board members and each serves a one-year term. Many board members choose to serve more than one term, which helps with continuity and takes advantage of the learning period in the first year. The Bylaws (available on the DBC website) describe the duties of each position.

We are always looking for new faces on the board and every member is eligible and qualified to serve. If you would like to help keep DBC running smoothly for another year, please contact the Nominating Committee (Dan Shadoan at <djshadoan@ucdavis.edu>, or Dan Barcellos at <danbarcellos@sbcglobal.net>).

What are the qualifications?

-Member of DBC

-Sincere interest in helping steer DBC through another successful year

-Able to attend monthly Board meetings held on the first Monday of each month at 7PM.

-Stu Bresnik □

DBC supports the Hall of Fame

On Saturday, Nov 7, 2009 the United States Bicycling Hall of Fame will hold its annual gala dinner induction ceremony at Freeborn Hall, UC Davis. This year's special guest speaker is Connie Carpenter Phinney, Olympic gold medalist and a member of both the US Bicycling Hall of Fame and the US Olympic Hall of Fame. At the event, 4 prominent cycling individuals will be installed:

Nelson Vails, nicknamed "The Cheetah", was the first African American to win an Olympic medal in bicycling in the 1984 Track Sprint. He was a Gold Medalist in the 1983 Pan American Games, 1984 National Sprint Champion, and National Tandem Sprint Champion in 1984, 1985 & 1986. In 1985 Vails earned a silver medal in the Tandem Sprint at the World Championships.

Phyllis Harmon made a tremendous contribution to the sport of cycling by resurrecting the League of American Wheelmen, the oldest bicycling organization in the United States. Harmon, an avid cyclist, revived this organization in 1937 at the early age of 19. Now known as the League of American Bicyclists, this is the same organization that awarded Davis "Platinum Level" Bicycle Friendly City status.

Clayton John has been instrumental in the formation and evolution of the sport of BMX racing. His early years included ownership of a bicycle shop and coaching the Penn State Cycling team in 1975. He operated a BMX track in 1977 in State College, PA, built ABA tracks from 1980-1985 and is credited with creating many of the rules that govern BMX racing. John has been President of the American BMX Association since 1985 and runs over 30 national level BMX events each year.

Richard Cortright represented the United States at the 1952, 1956 and 1960 Olympics and won a Gold Medal in the Team Pursuit at the 1959 Pan American Games.

Additional information is available online at <www.usbhof.org>.

To encourage DBC members to attend, the DBC Board voted to purchase 4 tables for the event and resell tickets to members for \$50 each. Tickets are available on a first come first served basis. Notify John Hess by email (preferred), <JohnFHess@comcast.net>, or phone of your intention AND then submit a check to reserve your ticket. I will reply to your email or phone call but a check is required to finalize the reservation. Along with your check, please indicate if you would like a beef, chicken or vegetarian menu; vegan also available. Send the check and menu choice to John Hess, 1615 Colusa Ave, Davis, CA 95616.

-John Hess □

Foxy's is Oct 17, 2009

Hi everyone,

As the person entrusted with organizing Foxy's Fall Century, let me say "Thank You". We've got almost a full ride as I write

-continued onpage 7

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 Sunday No Drop 9:30am	28 Dr.John's Early Bird Special* see decription- Monday at Morrison's (faster) 9:00am Monday at Morrison's (slower) 9:00am	29 Mocha Joe's Country Loop 8:45am Mocha Joe's Country Loop 9:00am	30 Solano Baking Company 8:45am Solano Baking Company 9:00am Women's Wednesdays* 9:00am	1 Steady Eddy's 8:45am Steady Eddy's 9:00am Winters Dinner Ride* 6:00pm	2 Dr.John's Early Bird Special* see decription- Vacaville Roll'g Hills 8:00am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am	3 Saturday Coffee and a Roll 8:00am
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11 Sunday No Drop 9:30am	12 Dr.John's Early Bird Special* see decription- Monday at Morrison's (faster) 9:00am Monday at Morrison's (slower) 9:00am	13 Mocha Joe's Country Loop 8:45am Mocha Joe's Country Loop 9:00am	14 Solano Baking Company 8:45am Solano Baking Company 9:00am Women's Wednesdays* 9:00am	15 Steady Eddy's 8:45am Steady Eddy's 9:00am Winters Dinner Ride* 6:00pm	16 Dr.John's Early Bird Special* see decription- Vacaville Roll'g Hills 8:00am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am	17 Foxy's Fall Century http://www.davisbikeclub.org/foxys/2009/index.htm
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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.

Dr. John's Early Bird Special*

Mon Fri, Time varies 6:00-7:00 am

T1/P3/10-20 mi

John Whitehead, 530-758-8115 or <jcw@dcn.org>

Meet on the Russell Blvd. bike path between Arlington and Lake. This ride occurs sporadically to fit in a workout before work. Office hours (start time) and route vary. Call for an appointment.

Mocha Joe's Country Loop [Ed Martin Series]

Tuesdays, 8:45 am T1/P3/35 mi

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

Ride past the fields and orchards to the west and south before enjoying a treat at Mocha Joe's in South Davis. A slightly slower pace than the ride beginning at 9:00.

Mocha Joe's Country Loop [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.

Solano Baking Company [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 slightly slower pace than the ride beginning at 9:00

Solano Baking Company [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.

Women's Wednesdays*

Wednesdays, 9:00 am T1/P4/20-30mi

Marilyn Dewey, 530-753-9188 or <deweys@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, 8:45 am T1/P3/30mi

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

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

Steady Eddy's [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!

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

Napa/Bay Area/Sierra Hill Climbing*

Fridays, 9:00-ish am T5-6/P-3/30-50 mi

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

Relaxed, worth-the-drive rides that feature hill climbing around Napa Valley and the Bay/Sierra area. Designed for cyclists (especially women) who want to improve their climbing skills on

Regularly Recurring Rides

supportive, non-competitive rides. Beautiful back roads, frequent regrouping (no drop), perfect weather ;-), and challenging fun are guaranteed. Details of route, meeting place, and meeting time are announced each week on the DBC listserve (or send an email to the ride leader). PLEASE RSVP, so the ride leader knows whether to wait for you. (Occasionally, these may turn into mini overnight/weekend tours; watch for postings.)

Ride around the Town*

September , 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

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

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*

September 12, 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.

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

Non-Recurring Rides

Yolo Hospice Ride*

October 10, Saturday, 10:00 am
T1/P whatever/5, 10, 15, 25 mi
Robin Neuman, or <rocknrobin2@aol.com>
This ride starts and ends at Community Park in Davis. It's a fund-raiser for Yolo Hospice. Please support Yolo Hospice and enjoy a fall ride in October: All proceeds from the Family Bike Ride and Picnic will directly support Yolo Hospice and its services. Yolo Hospice has provided not-for-profit hospice care in our community for 30 years. In this anniversary year, they are beginning the annual Family Bike Ride and Picnic. 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, they emphasize comfort through pain control and sophisticated symptom relief. For additional details, see yolohospice.org or contact Candace Frawley, Director of Community Relations, 530-758-5566.

Foxy's Fall Century

October 17, Saturday,
T1-5/ P your choice/50 km -100 mi
John Hess, or <johnfhess@comcast.net>
DBC's premier fall event - the Foxy's Fall Century. Begins at Veterans Memorial Center. Come ride your choice of route from 50 km to 100 miles, or better yet, volunteer to help the event. See the DBC listserve to sign up.

Lake Solano Loop

October 31, Saturday, 8:30 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. NOTE START TIME CHANGE - IT'S NOW GETTING INTO FALL AND WE CAN SLEEP IN A BIT!



- continued overleaf

Non-Recurring Rides

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

Weekend at Mt. Shasta

Oct 30, 31, Nov 1 (Fri, Sat, and Sun)

T5-6/P3-ish/30-50+ miles each ride

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

Get away (from Halloween candy) weekend, weather permitting, to 'base camp' Mt Shasta City (elev:3600') for 3 scheduled rides:

Friday PM: Lake Siskiyou to Mumbo Summit, ~45miles, ~3300' of climbing

Saturday: Ride to Weed and up to Park Creeks Summit, ~55miles, ~3850' of climbing

Sunday AM: Mt Shasta climb, ~30 miles, ~4150' of climbing

All of these rides can be tweaked to your individual needs: go slow, go fast; don't go to the summit, drop over the summit and reascend; sit out a ride and explore town. This is no-pressure mini-tour. Just come and have some fun. Ride leader suggests staying at the Best Western (Tree House Inn) if your budget allows: indoor pool and hot tub; slightly better-than-average b'fast buffet (included); bikes OK in room; fridge, micro in room; day-of-reservation cancel is OK. \$112(1-bed) to \$130 (2-bed)/night at this writing. I will coordinate a rider list and hold a block of rooms, but room reservations and room-mates are an individual responsibility. If winter weather cancels, I will reschedule in late spring. Additional details posted to DBC listserv or contact me.

Teammates -continued from page 7

that I was with could stay away for ten laps. The third place finish is was my best placing in a Cat 3 race this season and was a textbook example of how a team can control a race to win." - Jason Grefrath

Thanks to all of you, noted here and not noted here, who offered a ton of support this season. It was a great season and I think we all look forward to racing and hanging out together next season!
- Jason Grefrath ☐

Emergency Phone Numbers

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:

Sheriff's Dispatch 707-421-7090

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>

Club Contacts:

Mail Address: 610 Third Street, Davis, CA 95616

Web Site: <davisbikeclub.org>

DBC Board of Directors

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- miltblackman@hotmail.com

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- djshadoan@ucdavis.edu

Photo Supplement Host

- Steve Macaulay

- macaulay.steve@gmail.com

Foxy's -continued from page 2

this (Sept 19) and have sold out of the first ever Foxy's Fall Century jerseys. Tee shirts are still available and I'd like to thank Jason and Dan at Ink Monkey for the design and a Lutz and Scott for helping fine tune it.

A large number of people have already stepped up to volunteer for the event, Thanks. I know probably a few DBCers are riding the ride this year, possibly volunteering in one way or another and doing the ride, or possibly just taking a break from volunteering. I want to brief folks on a couple changes this year:

All the routes are being marked with paper Route Arrows on the pavement. Basically, counties don't like anyone painting on the roads but they're supportive of paper markers, so we're trying Route Arrows. Because of this, the 100 MILE course is being marked by YELLOW. The other courses are the same color as always. Route sheets will be available at the event and will be available for download before the event.

Last, I want everyone to know that I am hiring security for the rest stops. No Wrist Band, no food no water. Wrong color wrist band, no food, no water. We're having trouble feeding everyone and I do not want to put rest stop personnel in the place of being confrontational. Therefore, I'm hiring security. Pass the word.

-John Hess □

The Power of Teammates

The DBC Race Team, to many of us, is a lot like family. We receive and provide support to each other many different ways. The article this month focuses on examples of "the power of teammates" and answers the question, "How have your DBC teammates supported you this year?"

"In the Chico Crit, there was a 3-man breakaway, so **Fred Schnaars** went to the front and worked his butt off numerous times but no one would help. Fred led me out on the last lap so I could take 4th in the race. Fred did the same thing at Benicia Crit and at Golden State Crit along with **Brian Halkett**.

Fred is the most selfless teammate I know and is always looking to benefit others even though he can sprint with the best of them. He took me under his wing when I was a cat 4, teaching me patience and strategy in Crits. He always finds me at the end to lead me out even when we haven't talked before the race about who is doing what.

I've been asked to ride for other teams both last off-season and already this season but I will always ride for DBC because of the great group of guys we have and teammates willing to help each other. It is a privilege and a pleasure to ride for DBC!" - Karl Wurzbach

"Over the past 6 weeks, Ann and I have suffered a broken arm, a hernia operation, and getting laid off. Through all of this adversity our teammates have been jaw-droppingly supportive in a myriad of unexpected ways. This includes EE ticket stuff like dropping off dinner and flowers for us, rides

to and from surgery and other MD appointments, physical therapy advice, and networking/job leads as well as simpler, but equally appreciated, sympathy and commiseration. At this moment we can't be more grateful for all the great people we've met and friends we've made as a result of joining and riding with this team." - Joaquin Feliciano

"**Steve Wick** continually supported me as I moved into the support role for the juniors. He went out of his way to support all of the juniors in Oregon at nationals including feeding during the road race, support all week and in some cases even lodging.

Mike Pugh stepped up and became an active partner with the juniors when I was finding it difficult due to time constraints with school. He set up structured training for many of the boys and as a result we saw some tremendous results both locally and at national caliber events.

Zack Wick stepped up as our elder-statesman among the juniors and led development rides for the new/young juniors every Monday from late spring through September. This was something we needed and Zack was reliable and conscientious with respect to trying to meet the needs of the much younger and less experienced riders. Not an easy task. I greatly appreciate his commitment and willingness to help foster our next generation of DBC juniors. They may not realize it yet, but someday they may owe him a debt of thanks."

- Shawn Miller

"Warnerville was my second race and I made it into the final selection of seven riders. **Nelson Frink** who I just met that day was there also. We controlled the run in and he offered to lead me out not really knowing who I was. I just wish we could have finished it off, 6th and 7th place finishes.

On a race ride I crashed after going through some gravel in a corner. The entire ride stopped to make sure I was ok. **Fred Schnaars** and **Bob Blythe** stayed behind to make sure I got back in ok.

It has been a good year with some good memories. Thanks to all that have helped me." - Doug Rowland

"After the team helped me a lot in the E3 Winters RR, I had a really good experience at Vacaville the next day. I was feeling strong, but only 15 minutes or so into the race I had a flat. I was without pit wheels. Luckily, **Jay Abolofia** saw me pull out and offered his rear wheel, ending his race (and his season!). I went on to take third, which really helped me solidify my Cal Cup lead and put me over the top for my 2 upgrade. Thanks Jay!" -- Frank Maars

"During the Berkeley Crit, **Doug Rowland** led me out, dropping his guts (and any potential of placing) so that I could get 2nd place and get my upgrade to Cat 3. I'll never forget rounding the turn in second, closing in on the first place rider and thinking, "WOW! That's my upgrade!"

At the Folsom Cyclebration Crit, **Brian Pro**, **Karl Wurzbach**, and **Lee Millon** effectively controlled the tempo and covered breaks (in a very motivated field) so that the break

-continued on page 6

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.

It's now October and it's time to think about elections and nominating candidates for the DBC board.

IMPORTANT-



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Changing Gears

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The membership maestro.