

The Prez Sez:

Welcome to the start of another year! We wish you good health, and hope you get in a lot of safe cycling. The December annual holiday party had a big turnout, and was a success thanks to the efforts of Alan Hill and all the volunteers who helped with the set-up. The party included special recognition awards to the Macaulays for the use of their barn for helmet storage, and to Robin Neuman for her decades of service as the DC Director. Robin was given an honorary lifetime membership in DBC, in addition to her certificate. The annual election was completed with the slate of candidates voted in by acclamation. There were no nominations from the floor. The Directors for 2010 are as follows:

President: Stu Bresnick
 Vice President: Alan Hill
 Treasurer: Marnelle Gleason
 Recording Secretary: Mary James
 Corresponding Secretary: Marilyn Dewey
 Double Century: Robin Neuman
 Foxy: OPEN
 Membership: John Hess

Newsletter: Dutch Martinich
 Philanthropy: Diane Richter
 Quartermaster: Dave Joshel
 Public Relations: John Whitehead
 Race Team: Jason Eiserich
 Safety: Phil Coleman
 Touring: Steve Kahn
 Ultra Distance: Paul Guttenberg

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2010: New Year, New Tours

It is still late in 2009, but DBC members are planning some great tours for next year. But before I go further, it is important to recognize the contributions of our former tour leaders from last year. We had a full calendar filled with some excellent adventures. Without tour leaders, there would simply be no tours at all. And our tour leaders have done a wonderful job!

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Davis Bike Club Philanthropy

2009 was a very good year for philanthropy in the Davis Bike Club. We exceeded our budget by only 5% and managed to spread the wealth among many needy organizations and member requests for sponsorships for charitable rides in the area. \$ 1,523 went to organizations like BOPR, CA Aids Ride, Cycle for Sight, Diabetes Tour, Grace In Action, Leukemia Society, Lance Armstrong Live Strong Challenge, and Pedals For Progress.

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2009 DBCRT Cyclocross Season Summary-- Men Elite/Masters A/Juniors and Nationals Recap

A successful season of cyclocross racing for the DBC Elite Cyclocross Team is now over. Throughout the season, it has been great to witness the large number of DBC 'cross racers toeing the start lines around NorCal and the great enthusiasm for 'cross racing in Davis. The Tuesday evening 'cross clinics and mini-races have now finished due to lack of daylight, but these group rides were a HUGE success. In one of our 'cross race rides, we had 18 racers show up! It was a great venue to work on skills, fitness, and race tactics.

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General Meeting at the Vets Memorial Club Room, 14th and B, on January 11 at 6:30 pm. Meeting to start at 7:00 sharp. Scott Alumbaugh is the speaker. Topics are: Club Logo, Club Website, and Club Apparel. (Wear clean underwear if you want to try them on!)

Stu Bresnick

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Calendar

Board Meeting
 Mon., Jan.4, 7pm
 Tandem Properties
 General Cub Meeting
 Mon., Jan.11, 7pm (open 6:30)
 Vets Memorial Club Room
 Ride Schedule deadline
 Fri., January 15
 Newsletter deadline
 Wed., January 20
 Midnight

New Members

Sol Ameen
 Byron Anson
 Charlie Brummitt
 Karianne Burns
 Grag Chapla
 Asher Cohen
 Gtaylor Golden
 Kevin Gucwa
 Joseph Lee
 Dale Manning
 Ryan Odell
 Mason Pelfrey
 Jeffrey Pepperell
 Ellen Sherrill
 Kelby Simison
 Devinderjit Singh
 Till Stegers
 Gary Thompson
 Andrew Tight
 Tim & Jacqueline
 Simmons
 James Tower
 Scott Warren
 Kristina Zack

The Prez Sez -continued from page 1

BOARD OF DIRECTORS MEETING

The full board minutes are on the DBC website. Highlights of the December 14 meeting:

The Board unanimously passed the 2010 draft budget, to be reviewed and approved by the incoming board at the January meeting.

The Logo Use Guidelines document was discussed, and the need for a clarification was identified. After the document is revised and approved by the board, it will be posted on the website.

Ride Safely,
Stu ☐

New Tours -continued from page 1

2010 promises to be another good year for touring.

In March, Lee Mitchell will lead the two-day Clear Lake Tour, about 100 miles each day. This should be a fun, challenging route.

Also, in late March, Bruce Dewey will be leading another March Madness tour through Sonoma County and to the city so you can get those extra miles in for March Madness. Last year's tours received rave reviews.

In August, Deb Ford will lead a -week tour through the Colorado Rockies. Those of you who have ridden with Deb know what a great rider she is. Get out your climbing gear!

In September, the Caparts are leading a DBC adventure to Belgium!

In late September, Stu Bresnick will lead the now-famous Tour de Bakery from Davis to San Francisco, via Wine Country and the coast. The Tour de Bakery demands rigorous training. I have worked up a set of preparatory exercises for this tour, including the Jelly Donut Thigh Squeeze, the Cinnamon Twist, and the Maple Bar Bicep Curl. (I can provide a complete set of exercises for interested participants.)

In October, Dave Joshel will lead the Gold Lakes Tour which has also received over-the-top rave reviews.

In addition to these rides, the DBC will be offering recreational breakfast rides and other fun events for members who can't tour, for whatever reason. We will be looking for volunteer leaders for these rides.

If you would like to find out more about these tours and other rides, come to the DBC general membership meeting in February. 4th The entire meeting will be devoted to 2010 tours and rides. Tour leaders will describe their tours and answer any questions. Sign-ups will be taken at the meeting, but all tours will remain open for a week so that those who cannot attend will be given a chance to sign-up.

Since all of these tours are subsidized, tour participants will be expected to work at least 8 hours to a club event during 2010.

Here's a hint: the Davis Double is currently looking for volunteers! ☐

Philanthropy -continued from page 1

Each charity receiving funds from DBC was well represented by members wearing DBC jerseys. In addition, club sponsorships totaling over \$4,000 went to such worthy organizations as Davis Community Meals, Food Bank of Yolo County, Habitat For Humanity, Lighthouse For The Blind, Plainfield Fire Department, Winters Education Foundation, Yolo Ag Futures Alliance, and

YoloHospice. Davis Bike Club continues to be recognized by our citizens as a significant force for community development, as well as a great way to stay healthy without hurting our fragile environment. ☐

Cyclocross Season Summary -continued from page 1

Everyone who attended these clinics had a great time and learned what it takes to race 'cross, improved their 'cross specific skills such as mounting/dismounting, hopping barriers, and shouldering a bike (see pictures below). The Bay Area Super Prestige races, the most prestigious cyclocross racing series in California, ended the first weekend in December with the series finale race at Coyote Point in San Mateo. The DBC Elite cross team was represented by Phil Mooney (8th place), Keith Hillier (17th), Chris Stastny (26th), and Tyler Dibble (35th). In the final overall series standings, a cumulative points based competition between all 5 B.A.S.P. races, Phil Mooney finished in the money with a 14th place overall despite only participating in 4 of the 5 events. DBC was well represented at all the B.A.S.P. races throughout all categories, and built a reputation as a fun group of racers enjoying themselves while racing hard.

Juniors Karch Miller was really looking forward to racing cross and this season Cody Tapley and Torey Philip joined him as regulars. Between them they totally dominated most all of the Sacramento juniors A-category races. Highlights included Karch, at age 12, riding off the front of the entire field, including the elite women in race two and hanging with them to win the juniors and finish fourth overall in a sprint with the A-women! At race three in Discovery Park Cody simply rode away from everyone and won by minutes. Torey and Johnnie Mullane were always in the mix in the juniors and open B's races as well and Johnnie was painfully close to winning juniors districts in San Mateo. Master's A's

This year Shawn Miller stepped up to race Master's A's with the elites was a whole new adventure. Racing with the elites in Sacramento and in the Bay area was awesome. These guys are just so smooth and so fast Shawn couldn't help but admire them. Shawn enjoyed immensely hanging in with them when I could and just the general sense of camaraderie with the guys including the other "oldster" racing with us, Mike Pugh

Nationals in Bend, Oregon On Wednesday night, the 10th of December Karch, Cody and Shawn Miller drove to beautiful Weed, California to sack out the first night. When they got out of the truck it was a balmy 10 degrees. Thursday, as they headed Bend it was sunny but very cold. Thursdays pre-ride was in 15 degree temps and it was a whole new experience for the DBC cross team. The course was awesome but in such cold temps even the dirt was icy! Karch's race . . . Friday dawned sunny with no wind. At race time the course was a mixture of ice, snow and mud. The gun sounded and they were off. For a group of 13-14 boys (actually 12 and 13 true age) these kids flat out could ride! Karch charged from the back and did not hesitate to take secondary lines trying desperately to move up with two others attacking from the rear. By the end of lap one he was 14th and the field was stringing out. He continued to reel in riders and held off a New Jersey rider (last years silver medalist in the crit and the ITT on the road) in a two up sprint taking 10th. A top ten finish means a call-up next year and was a great start to our crusade

Shawn's race . . . I was to roll off at 3:30. I started my warm up at 2:20 and it almost felt warm as it was above 30. As the start

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Dr. John's Early Bird rides do not take place every Monday and Friday. They are scheduled by appointment. See description-			For New Years Day- Contact ride leader to find out if the ride is going to take place.	1 New Years Day Dr.John's Early Bird Revival see decription- Vacaville Roll'g Hills 9:00am Napa/BayArea/Sierra Climbing* 9:00am	2 Saturday Coffee and a Roll 9:00am
3 Sunday No Drop 11:00am	4 Dr.John's Early Bird Revival occasional, see decription- Monday at Morrison's (faster) 9:00am Monday at Morrison's (slower) 9:00am	5 Mocha Joe's Country Loop 8:45am Mocha Joe's Country Loop 9:00am	6 Solano Baking Company 8:45am Solano Baking Company 9:00am Women's Wednesdays* 9:00am	7 Steady Eddy's 8:45am Steady Eddy's 9:00am Lake Solano Loop (Glenn) 9:00am Winters Dinner Ride* 6:00pm	8 Dr.John's Early Bird Revival see decription- Vacaville Roll'g Hills 9:00am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am	9 Saturday Coffee and a Roll 9:00am
10 Sunday No Drop 11:00am	11 Dr.John's Early Bird Revival see decription- Monday at Morrison's (faster) 9:00am Monday at Morrison's (slower) 9:00am	12 Mocha Joe's Country Loop 8:45am Mocha Joe's Country Loop 9:00am	13 Solano Baking Company 8:45am Solano Baking Company 9:00am Women's Wednesdays* 9:00am	14 Steady Eddy's 8:45am Steady Eddy's 9:00am Winters Dinner Ride* 6:00pm	15 Dr.John's Early Bird Revival see decription- Vacaville Roll'g Hills 9:00am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am	16 Saturday Coffee and a Roll 9:00am 3rd Saturday, or Cantelow x 2 9:00am
17 Sunday No Drop 11:00am	18 Dr.John's Early Bird Revival see decription- Monday at Morrison's (faster) 9:00am Monday at Morrison's (slower) 9:00am	19 Mocha Joe's Country Loop 8:45am Mocha Joe's Country Loop 9:00am	20 Solano Baking Company 8:45am Solano Baking Company 9:00am Women's Wednesdays* 9:00am	21 Calistoga Cruise 7:00am Steady Eddy's 8:45am Steady Eddy's 9:00am Winters Dinner Ride* 6:00pm	22 Dr.John's Early Bird Revival see decription- Vacaville Roll'g Hills 9:00am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am	23 Lake Solano Loop (Julie) 8:30am Saturday Coffee and a Roll 9:00am
24 Sunday No Drop 11:00am	25 Dr.John's Early Bird Revival see decription- Monday at Morrison's (faster) 9:00am Monday at Morrison's (slower) 9:00am	26 Mocha Joe's Country Loop 8:45am Mocha Joe's Country Loop 9:00am	27 Solano Baking Company 8:45am Solano Baking Company 9:00am Women's Wednesdays* 9:00am	28 Steady Eddy's 8:45am Steady Eddy's 9:00am Winters Dinner Ride* 6:00pm	29 Dr.John's Early Bird Revival see decription- Vacaville Roll'g Hills 9:00am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am	30 Saturday Coffee and a Roll 9:00am
31 Sunday No Drop 11:00am						

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 Marla Stuart, 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.**

New terrain numbers!

Terrain:

1. Flat
2. Rolling (Lake Solano, Pleasants Valley)
3. Moderate Climbs (Gibson, Steiger)
4. Steeper Climbs (Cantelow, Cardiac)
5. Steep, sustained climbs ((Mix Canyon, Cobb)

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, 11:00 am T1/P3-4/34 mi

Alan Hill, 530-792-8900 or <arhill8711@aol.com>

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 (seasonal) before returning via Putah Creek Road to Davis. This is a good first group ride with the club. NOTE LATER START TIME FOR THE WINTER!

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 Revival

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

T1/P3/10-20 mi

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

Meet at Starbucks-by-the-Hospital. 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 <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, 8:45 am T1/P3/30mi

Max Massey, 530-756-6151

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 9:00

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.

Remember to bring your lights and fully charged batteries. 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, 9:00 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

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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*

Fridays, 10:00 am T1/P2/15-18 mi
Dutch Martinich, 530-756-8234 or <dmartinich@att.net>
Ride starts in front of Vet's Memorial Auditorium at 14th and B Streets. Route changes weekly but always includes portions of the citywide greenbelt system and the City of Davis bike route. Ride often finishes in the downtown area and stops for refreshments if riders are interested. Contact leader if in doubt about the weather.

Saturday Coffee and a Roll

Saturdays, 9:00 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

Non-Recurring Rides

Lake Solano Loop (Glenn)

January 7, Thursday, 9:00 am
T1-2/P3-4/45 mi
Glenn Mounkes, 530-220-3513 or glenmonk@yahoo.com
Rolls out from Starbuck's with the Steady Eddy's ride and continues around the Lake Solano loop before (hopefully) re-joining the Steady Eddy's ride returning to Davis.

Calistoga Cruise

January 21, Thursday, 7:00 am
T2-4/P3-4/125 mi
Glenn Mounkes, 530-220-3513 or glenmonk@yahoo.com
Starting at Starbuck's, we'll ride as a group from Davis to Calistoga and back (62 miles each way) through scenic, mildly hilly terrain with a lunch stop in Calistoga.

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).

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

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.

3rd Saturday, or Cantelow x 2 (except May, October)

Third Saturday, 9:00 am
T4/P4-5 (16-20 mph)/64 mi
David Joshel, 510-717-5133 or <davidjoshel@hotmail.com>
The object of this ride is to stay together as a group at a controlled pace. Winters via Covell, 95, Stevenson Bridge Road and Putah Creek road. Short break/regroup in Winters at the restrooms. Continue west on Putah Creek Road to Pleasants Valley Road, then south to Cantelow. Continue over Cantelow to Gibson Road, to Steiger Hill Road and back over Cantelow again. Return to Winters via Pleasants Valley Road and Putah Creek Road. Optional lunch stop in Winters. Return to Davis via Putah Creek Road, Stevenson Bridge Road and Russell.
08:00 June, July, August & Sept. 09:00 Nov thru April. No May or October ride, conflicts with DDC and Foxy's.

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

Dress in layers for the temperature swing throughout the day. A great ride to gauge your fitness level in early '10. This ride doubles as a 200K RUSA permanent. If you'd like to get RUSA credit, contact Jonathan Gray <jflgray@mac.com> BEFORE the ride for a permanent card and route sheet.

Lake Solano Loop (Julie)

January 23, 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.



Sac. County emergency dispatch 916-875-5000.

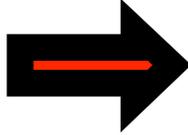
Solano county

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

Official Use Only

DAVIS BIKE CLUB MEMBERSHIP APPLICATION

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



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

Name for mailing label: _____
 Address: _____ City _____ State _____ ZIP _____
 Telephone (____) _____ - _____ E-mail _____

If you wish to be added to the DBC email list please visit our website www.DavisBikeClub.org

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

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

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

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

ACCIDENT WAIVER AND RELEASE OF LIABILITY

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

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

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

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

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

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

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

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

Parent Guardian Waiver for Minors (Under 18 years old)

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

Helmets are required on all club rides.



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



Revised 03-26-2006

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

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

Cyclocross Season Summary -continued from page 2

neared however the sun drifted, clouds rolled in and the temps began to dip. I was the 100th call up in a 148 rider field which meant I started about 12 rows back. There were several other Sac Town riders in the field and all the heavy hitters from the Bay Area. When the gun sounded all 148 of us went from 0 to 25+ in about 50 meters and it was an all out sprint to try and move forward for the next 300+ meters of pavement before diving 90 degrees left up a small rise and onto the ice, snow and dirt. In a word it was chaos. When we funneled to the first turn the first few riders through could ride it, but those of us further back had to dismount and attempt to run shoulder to shoulder like soldiers charging up a small rise. At the top I was able to mount quickly and dove hard left just trying to find any room to pass. The first lap was treacherous with riders everywhere and the course starting to ice back up. Guys would just hit the deck in mid-straightaway from the slightest mistake. I settled in quickly and slowly started to move forward. I rode upon Keith Williams from Williams Wheels and hoped to work with him but he had lost a contact lens and couldn't hang. I rode as hard as I could with a rider from Colorado and we made a good duo sharing the work. We did 7 laps and each lap the course was more sketchy than the lap before. Some spots on the transition areas were literally like an ice rink. I knew 20 minutes in I was on a good day and just hammered as hard as I could. I kept moving forward and in the end was 54th. My goal, knowing my start spot, had been top 50 so I was petty happy. Had I not crashed on lap 5 I think I could have made it but I was very happy.

Cody's race . . . Cody was the last to race and he would have another day to sleep on it. At 10:30 Saturday he took off with a very talented group of 17-18 junior men. This is Cody's first season of cross and to face such difficult conditions was not in his favor. To his credit he charged hard form the line and was moving up steadily on lap 1. He had moved up to the top 20 when things came unwound for him. He came down an icy drop-off a bit too hot and had a poor line into the 180 degree right at the bottom. Had it not been icy perhaps no big deal, but in these conditions he slid wide and hooked a course marker and stake. He quickly tried to yank the bike forward not realizing the pedal was stuck behind and through the stake. He lost valuable time trying to free his steed and by the time he did he was chasing from well back. He soldiered on and picked off riders who were falling off the pace, but he could never get his momentum going again. He gutted it out but was disappointed with the result even though he shouldn't have been.

Also, Over a hundred riders were in the singlespeed field. Conditions were icy and some described as a "bike handlers course".

All in all it was a great trip. We all learned that it is indeed possible to race a bike when the temps dip lower than anything we see here in NorCal. The skills learned and the confidence gained will serve us well going forward and there wasn't one of us that wasn't already talking about returning "next year."

The Cross Team hopes more of you will consider joining them next year and wishes to thank all for supporting them throughout the 2009 'cross season!

(Thanks to Shawn Miller, Phil Mooney, and Jason Gregrath for the content of this article.) □

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

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Dues are as follows:

1-year: \$20 single, \$30 family

3-year: \$50 single, \$75 family

5-year: \$80 single, \$120 family

Race team add-on: \$20 per racer per year

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

DBC Membership Card



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