



Gold Lakes Tour Recap- Sept. 2009

As the sun breaks through the Winter gloom more frequently, thoughts turn to multi-day bike tours through scenic landscapes both near and far. Here's an article by Karen Baker describing what must have been a delightful tour, last September, through the Northern Sierra:

When I had to drop out of the Tour de Bakery due to a scheduling conflict, the Gold Lakes tour organized by Dave Joshel seemed like a perfect substitution. I prefer hub tours (unpack once!), love to climb and ride new roads, see new vistas. Even though I've lived in California for four years I've never visited the Eastern Sierras so this was the perfect opportunity to explore.

We arrived in Blairsden on Friday, and after check in at the Feather River Resort (a funky log-cabin-in-the-pines kind of place with a great swimming pool) and a quick lunch in Dave's cabin, Dave suggested a warm-up ride to the old mining town of Johnsville. Just a nice 10 mile out and back to get us acclimated to the altitude and stretch our legs. What he didn't tell us was that at least 4 1/2 miles of that loop was straight up! (Note to self: always ask Dave what he considers to be a "warm-up" ride.) Our reward was the interesting Plumas Eureka State Park featuring remnants of a sizable gold mining operation and some lovely views of Eureka Peak.

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Race Team Training Camp at Bodega Bay

It's now in the history books, but won't be forgotten anytime soon! The DBC Race Team held training camp at Bodega Bay on the weekend of 05-07 February. By all accounts, it was a huge success! For those of you who attended, you know and cherish the stories that go along with it. For those that were not able to attend, you have been hearing about it lately, and hopefully this will encourage you to attend the next race team training camp! Thanks to everyone for making the training camp a wonderful experience all around. Over 40 DBC Race Team members attended the weekend training camp and stayed at the charming dormitory style housing at the Bodega Bay Marine Laboratory. Two nights, two long days of riding, and lots of team bonding! In a word, fantastic!

We got to see and participate in a little bit of everything that weekend. Beautiful scenery, epic rides, body and mind-testing climbs, beautiful weather (besides a couple of moments of water droplets falling from the sky on Saturday), fresh scents of the coastline, spectacular descents and views of the beautiful Pacific, blue sunny skies.

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Davis Bicycle Infrastructure ride

This month, Davis Bicycles! is sponsoring a bike tour of some of Davis' renowned bicycle facilities. Here's the ride description-

Thursday, March 4, 9 AM. Meeting Place: Davis Amtrak station.

Distance: 10-15 miles. Flat terrain. Pace: 9 to 12 mph.

Contact: Russell Reagan <russell.reagan@gmail.com>

Local bike advocates, city and UCD officials welcome visitors from Harrisonburg, VA (located in the Shenandoah Valley in central Virginia) in Davis to learn about bike infrastructure, planning and policy. We will ride some or all of the 12-mile bike loop around town, plus possible detours, to look at Davis' special bike friendly features and recent projects to encourage bicycling. Frequent stops to answer questions from our guests, discuss city bike issues and plans, and compare experiences in Davis and Harrisonburg. Not your highest yield of miles per time in the saddle, but more enlightening if this kind of thing interests you. Start time, other details may change; check the ride calendar on the web or listserv announcement a day or two before the ride. Sponsored by Davis Bicycles!

This month's General Club Meeting will be on March 8th. It will cover any non-club tours or rides that you want to announce or promote. Looking for a carpool to an event? Looking for a sponsor for a charity ride? A pal to ride across America? Show up and present your case. <arhill8711@aol.com>

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Calendar

Board Meeting
Mon., Mar. 1, 7pm
Tandem Properties
General Club Meeting
Mon., Mar. 8, 7pm (open 6:30)
Vets Memorial Club Room
Ride Schedule deadline
Mon., March 15
Newsletter deadline
Sat., March 20, Midnight

New Members

Don Clark
Ryken Grattet
Jacob Hansen
William Larson
Brian Gurley
James Beckett
Paul Thober
Nicole Wooley
John Hutchinson
Maoz Friedman
Dmitry Stupakov
Elmat Stefke
Laurence Kluck
David Leonard
Larry Teuber
Paul Johnson
E.D Stevenson
Julin Maloof
Peyon Delaughder
Oliver Chan
William Oberholtzer
Beth and Bob Dovi
Cotton Hendricks
Lloyd Phillips
Gabrielle Morris
Justin Reginato
Michael LaFrano
Armon Hosseini
Ross Drummond
Paul Mitchel

Gold Lakes Tour Recap- -continued from page 1

Dave had cooked up a fabulous roast chicken dinner for Friday night, stoking us for the Saturday ride which would take us on a 63 mile loop (with 3,340 ft of climbing) to Lake Davis and Calpine.

Saturday's ride was named, "Tour of the Sierra Valley and Lake Davis." After a short (1,000 ft.) but steep climb up to the lake, we had a long pull down a huge valley right out of "Bonanza" with a Yolo-style headwind until we headed up Yuba Pass toward our cabins and another relaxing swim in the pool.

The roads in the Eastern Sierras are a dream. Smooth, low traffic and fast descents: It's a pleasure to really let go without worrying too much about hitting a big hole; although Dave can testify to other hazards in the mountains (keep reading....). Our SAG driver, Diane Richter, kept us fueled and hydrated with a van load of wonderful goodies (the watermelon was a special treat) all day and found a great picnic spot to boot.

Saturday night we gathered to eat yet another delicious dinner orchestrated by Dave with many sous chefs helping prep and clean up. After enjoying homemade cookies and brownies, a fierce Scrabble game ensued with Bill Dunn emerging as the Scrabble King of Blairsden. No surprise there: he travels with a custom bag for his letter tiles!

Sunday's ride started out under slightly overcast skies which quickly cleared to bright blue and perfect riding weather. This was our biggest climbing day with 5,200 ft. of climbing (according to Bikely) over 51 miles. No big valleys today, just mountain passes and gorgeous Tahoe National Forest with hidden lakes and dramatic rock formations. Our first big climb of the day was six miles on Yuba Pass (going the other direction from Sat.'s ride) which took us to 6,700 ft at the summit. After a 7 mile descent, we turned onto Gold Lakes Highway and started another 5 mile climb; after about 2,000 ft you think you're at the top, but it's a false summit. I stayed with Dave for the first part of the climb, and then he dropped me. The road there is twisty with lots of blind curves. A few minutes later Dave reappeared on the other side to warn me about a big rockslide that barely missed him. And he wasn't kidding. Huge boulders were in the bike lane and all over the road. Great riding on Dave's part to avoid being hit! He said it sounded like a thunderstorm just before the rocks tumbled down. At our next snack stop (a beautiful little mountain lake was tucked away there), Diane arrived and admitted to clearing the road so that no one would get hurt. Who needs Schwarzenegger when you've got Diane?

This tour exceeded all my expectations. My only disappointment was the lack of donut shops in Graeagle, but Dave had such a great spread for breakfast every morning, I got over it. We had excellent route sheets, the SAG stayed with the group, and if you aren't into climbing, you could still enjoy this tour by sagging up the longer stretches. I'd like to thank Paul, Alan, Bill, Russell, Roger, Dr. B, Diane, Don and especially Dave, for making this tour so enjoyable.

-Karen L. Baker □

Race Team Training Camp -continued from page 1

...and green pastures, cows grazing on the landscape,...the list goes on. Yes, you could say it was 'epic'...but I'd just say it was simply an awesome weekend spent with wonderful friends and teammates further building upon the camaraderie of the DBC Race Team!

I've heard from many of you that King Ridge loop (Levi's favorite ride) was the most challenging ride they had ever done (85 miles with about 8,000 feet of climbing)...yet, at the same time, the most personally satisfying and rewarding. It was NOT easy...in fact, it was a huge challenge for most....but here is what saw...willingness and want to persevere...to make it to the top of the climb....make it to the end of the ride....not because they 'had to', but because they wanted to'....having the willpower to keep going despite the pain and anguish, yet still enjoying the accomplishment and the moment....pushing yourself to your limi....swallowing ones

pride and having the good sense to say enough is enough, when enough was enough!, and no pride lost!....looking back over your shoulder to look out for your teammates...doubling back to ride that climb yet once again to see to it that your teammate was OK and going to make it...stopping your ride to help fix a flat and get your teammate back on the road....sharing your last bit of food or drink to see to it that a teammate could make it those last few miles....the list goes on. That is what makes us the DBC! The best cycling club/team around! The weekend training camp brought out the best of all of our characters, and I'm mighty proud of all of you!

And then, off the bike...furthering our relationships with established friends and teammates, meeting new race team members and welcoming them to our 'family', and rekindling relationships with those coming back on board with the team....doesn't get much better than that! The dining room chats over early morning breakfast, packing up our lunches, dinners around the table....wonderful times spent with each other to just catch up and enjoy the experience. Perfect! And, I must say, the food was pretty darn good too!

And how about our guest speaker on Friday evening....the Women's USA National Criterium and Road Race Champion Brooke Miller from the Tibco Pro Cycling Team! She gave an incredibly enthusiastic, dynamic, entertaining, and educational presentation on 'race tactics'. She covered a lot of subjects, with many examples, anecdotes, tangents, and hilarious stories. One of the highlights of the training camp for sure! Thanks you Brooke for a fantastic evening!

And all of this would not have been possible without the exceptional support of so many people. First, many thanks go out to Bob Blyth for coordinating the whole event! Stellar job, Bob! Thanks so much! Second, thanks to our sag support folks...Thanks so much to Nancy Finch for following our group along the route and providing so much help!!!! Nancy came to the camp with the sole mission of providing sag support!!!! She even had to double back and refuel her vehicle to get back on the route to make sure all of us were OK. I think she made 3 separate trips back out on the route into the darkness to make sure everyone was OK and made it back to base camp! Thank you so much Nancy....Next time you get to ride, and we provide support for you! Nikki Slaton also provided sag support by driving the course in reverse to check on us...thanks Nikki! Last minute sag on Sunday....back in his dorm room after an exhausting ride, showered and clean and ready to rest....he got the call....Huy Tran got back in his vehicle and provided support to our team....call on him and he is on it....what a teammate! Thanks Huy!

Lastly, thanks to all of you who attended and made this DBC Race Team event so wonderful! I'm sure there are many others that I have forgotten to mention and thank for your efforts....so, thank you!

Thanks to everyone for making the training camp a wonderful weekend! We're all looking forward to a great racing season in 2010! We are certainly off to a great start! Currently, the Davis Bike Club Race Team is in first place out of over 100 teams in the Northern California-/Nevada Cycling Association. Go DBC!

-Jason Eiserich, DBC Race Team Director □

Online with the DBC

Club web site: <davisbikeclub.org>

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

Race team: <dbcrcaceteam.org>

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

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

Memberships: <davisbikeclub.org/membership.htm>

DBC Mailing List: To post- <DBC@dbclist.org>

For help- <<http://dbclist.org/mailman/listinfo/dbc>>

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
New Category: Date-TBA Rides. These rides will only be listed in Descriptions. See lower right corner of this calendar-	1 Monday at Morrison's (faster) 9:00am Monday at Morrison's (slower) 9:00am	2 Sutter Street Cafe, Folsom* 8:00am Mocha Joe's Country Loop 8:45am Mocha Joe's Country Loop 9:00am	3 Solano Baking Company 8:45am Solano Baking Company 9:00am Women's Wednesdays* 9:00am	4 Steady Eddy's 8:45am Steady Eddy's 9:00am Winters Dinner Ride* 6:00pm	5 Vacaville Roll'g Hills 8:00am Furlough Friday Berkeley 8:30am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am	6 Saturday Coffee and a Roll 9:00am Rebecca's Loop* 9:30am Outland Series* 10:00am	
	7 West Plainfield Pancake Ride 8:30am Sunday No Drop 11:00am	8 Monday at Morrison's (faster) 9:00am Monday at Morrison's (slower) 9:00am	9 Sutter Street Cafe, Folsom* 8:00am Mocha Joe's Country Loop 8:45am Mocha Joe's Country Loop 9:00am	10 Solano Baking Company 8:45am Solano Baking Company 9:00am Women's Wednesdays* 9:00am	11 Steady Eddy's 8:45am Steady Eddy's 9:00am Winters Dinner Ride* 6:00pm	12 Vacaville Roll'g Hills 8:00am Model Bakery Ride 9:00am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am	13 Saturday Coffee and a Roll 9:00am Napa and Sonoma Mini-Tour* 10:00am
	14 Sunday No Drop 11:00am	15 Monday at Morrison's (faster) 9:00am Monday at Morrison's (slower) 9:00am	16 Sutter Street Cafe, Folsom* 8:00am Mocha Joe's Country Loop 8:45am Mocha Joe's Country Loop 9:00am	17 Solano Baking Company 8:45am Solano Baking Company 9:00am Women's Wednesdays* 9:00am	18 Steady Eddy's 8:45am Steady Eddy's 9:00am Winters Dinner Ride* 6:00pm	19 Vacaville Roll'g Hills 8:00am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am	20 3rd Saturday, or Cantelow x 2 9:00am The Bridges of Yolo County* 9:00am Outland Series* 9:00am
	21 Breakfast at Putah Creek Cafe 9:00am Sunday No Drop 11:00am	22 Monday at Morrison's (faster) 9:00am Monday at Morrison's (slower) 9:00am	23 Sutter Street Cafe, Folsom* 8:00am Mocha Joe's Country Loop 8:45am Mocha Joe's Country Loop 9:00am	24 Solano Baking Company 8:45am Solano Baking Company 9:00am Women's Wednesdays* 9:00am	25 Steady Eddy's 8:45am Steady Eddy's 9:00am Winters Dinner Ride* 6:00pm	26 Vacaville Roll'g Hills 8:00am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am	27 Saturday Coffee and a Roll 9:00am
	28 Annual March Birthday Ride* 9:30am Sunday No Drop 11:00am	29 Monday at Morrison's (faster) 9:00am Monday at Morrison's (slower) 9:00am	30 Mocha Joe's Country Loop 8:45am Mocha Joe's Country Loop 9:00am	31 Solano Baking Company 8:45am Solano Baking Company 9:00am Women's Wednesdays* 9:00am	Date-TBA Rides: These are rides given on an appointment basis (like Dr. John's) or rides with no departure time given by press time. Check Ride Descriptions for contacts and ride details.		

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 (indicated by an asterisk *) 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; 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 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.

.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

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, 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 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.)

Regularly Recurring Rides

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

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 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. Note: ride does not occur on 3rd Saturday of the month.

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.

Non-Recurring Rides

Sutter Street Cafe, Folsom*

March 2, 9, 16, 23, Tuesdays, 8am T1-2/P4/85 mi
Don Pockrandt 530-756-6752 or <pocky@att.net>
Leaves from Mace Blvd. Park-and-Ride. Ride to Folsom via the American River Bike trail, have brunch at the Sutter Street Cafe, and return.

Furlough Friday Berkeley Ride*

March 5, Friday, 8:30 am
T4/P4/105 mi
Ted Sommer 530.758.6806 or <cyclelovers@sbcglobal.net>
Ride the train to Berkeley then pedal back to Davis. The ride starts at the Davis Amtrak Station where we buy tickets and catch the 8:45 am train. Pedal up to Wildcat Canyon, then climb over the "Three Bears" enroute to Pinole and Vallejo. From Vallejo we go via Lake Herman Road to Fairfield, then on to Davis. Basic lights recommended in case we are delayed.

Rebecca's Loop*

March 6, Saturday, 9:30 a.m.
P3/T2-3/30 mi
Diane Richter 707-678-9515 or <bdrichter55@gmail.com>
We will meet in Winters in the parking lot near Steady Eddy's. The ride heads out Old Winters Road, loops through the Vacaville Hills via Steiger Road, crosses over to Pleasants Valley Road and returns to Winters. We will regroup at least twice in each direction. Bring food and drink; there are no services on the route.

Outland Series*

March 6th & 20th, Saturdays
Bruce & Jennifer Wilson, 925-443-6617 or <bawjen@comcast.net>
The third annual "Outland" series of rides (based in Livermore, CA): We're offering them as warm ups for the Davis Double 2010, or training for tours. Rain will postpone any Saturday ride until the next day, and if still raining on Sunday, the ride gets cancelled. All rides start at our house, and all feature plenty of climbing but with no killer grades. Good scenery is guaranteed! Start at Bruce and Jennifer's, 2176 Normandy Circle, Livermore, CA
--Saturday, Mar 6, 10am T4/P3/60 mi
Tour D'Livermore- visiting some local ridge tops. (2000 ft)
Lunch at Hopyard Ale House, Pleasanton.
--Saturday, Mar 20, 9am T5/P3/60 mi
out/back that visits 2 wineries on gorgeous Palomares Rd. (2800 ft) Lunch at Hopyard Ale House, Pleasanton.

West Plainfield Pancake Ride

Mar. 7, Sunday, 8:30 am P2-3/T1/12 mi
Diane Richter 707-678-9515 or <bdrichter55@gmail.com>
Come on out for the annual West Plainfield Fire Station pancake breakfast! This is an annual fundraiser for the Fire Station, and a good chance to get a great meal. The DBC is making a contribution to the Station, and so the first 50 riders to show up in DBC jerseys get to eat free! If you want to eat and then go out and get mucho more miles for March, you will be going on a full tank of energy!

Non-Recurring Rides

Model Bakery Ride

March 12, Friday, 9:00 am T4/P4/125 mi
Eric Senter 530-757-6411 or <budzilla1@gmail.com>
Get in some hills with your March miles on this ride from Davis to Saint Helena and back. Ride to the Napa Valley via Highway 128 (Cardiac, Moscowite, Sage Canyon), stopping at the Model Bakery for lunch. Take the long way home, returning via Howell Mountain Road and Pope Valley.

Napa and Sonoma Mini-Tour*

March 13, Saturday, 10:00 am
P4/T5/65 mi with T3/40 mi option
Marilyn and Bruce Dewey, 530-753-9188 or <deweys@hotmail.com>
Meet at Peet's Coffee, adjacent to Target and Whole Foods on Trancas, just east of Rte 29 in Napa. Ride on back roads from Napa through the Caneros region to Sonoma for a bakery stop, return to Napa. Ride up Dry Creek or Mt Veeder to Oakville Grade, loop back to Napa. Rain cancels: Check the DBC Email List at 8:00 am.

The Bridges of Yolo County*

March 20, Saturday, 9:00 am T1/P4/65 mi
Ted Sommer, 530.758.6806 or <cyclelovers@sbcglobal.net>
Meandering Yolo County ride crossing as many bridges as possible. The ride starts at the Veteran's Center (14th and B Streets) and includes four basic legs: Tremont/South Davis loop; Davis to Winters; Lake Solano loop; and Winters to Davis via Rd 29 and other rural roads. Lunch stop at Steady Eddy's. The last time we did this ride we crossed 17 bridges over waterways. The target for this ride is 20! Because there are several successive legs, riders can choose to shorten the route at several places.

Breakfast at Putah Creek Cafe

March 21, Sunday, 9:00 am T1/P3/30 mi
Diane Richter, 707-678-9515 or <bdrichter55@gmail.com>
Let's do a repeat of a classic ride from the past. We'll ride north a bit, to get a few extra miles, then west and south to a truly wonderful breakfast at Putah Creek Cafe in Winters. Afterwards, if anyone wants to get more miles, we could ride to Dixon and get some more coffee and treats at Solano Bakery.

Annual March Birthday Ride*

March 28, Sunday, 9:30 am (9:15 for donuts)
T1-2/P3/60 mi, No Drop
Stu Bresnick, <addy@omsoft.com>
If your birthday is in March or you know someone who has a March birthday, or you just want to ride with people who have a March birthday, then this is your ride. Meet at Discovery Park parking lot, near restrooms, or bike over from Davis. We will ride the American River Bike trail from Discovery Park to Old Folsom (lunch stop) and back. Rain cancels.



Date-TBA Rides

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

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.

Sutter Buttes Uno Dos*

T2/P3-4/42-80 mi (Watch DBC Mailing List for date)
Steve Macaulay 916-813-3307 or <macaulay.steve@gmail.com>
We will meet on a weekend day at Vets Memorial at 7:00 am to carpool to Graylodge Wildlife Refuge northwest of Yuba City. Riders have the option of riding once or twice around the smallest mountain range in the world -- the spectacular and photogenic Sutter Buttes. Ride leader plans to max his Mad Marchness miles by doing two loops, clockwise and reverse. Pace may depend on who shows up. Lunch in downtown Sutter on the second lap, or afterwards in Yuba City. Cameras are highly encouraged. Likely snack stop (bring your own) at the park in Sutter.

Playing Hooky Hundred

T1-4/P4/100 mi (Watch DBC Mailing List for date)
Steve Macaulay 916-813-3307 or <macaulay.steve@gmail.com>
This repeat ride from 2008 is designed to gain miles for Mad Marchness. We plan to join the Friday Vacaville ride at 8:00 am with breakfast in Vacaville, ride north up Pleasants Valley Road with a side trip to Monticello Dam, then a pleasant loop to Esparto and return. If due to rain or wind the ride is scheduled for a weekend, we might do the same ride or a variation. Lunch will depend on who shows up and how many PowerBars Scott and Darell bring.

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.)
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 707-784-1356
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

Rails-to-Trails Conservancy - 2010 Update

The Rails-to-Trails Conservancy, started in 1986 and will soon be celebrating its 25th anniversary. After a slow and sometimes difficult beginning the nationwide system now includes 1,631 rail-trails around the country. These trails have 19,578 open-trail miles. Additional there are 724 trail projects in various stages of development. As in past years the midwest states of Minnesota, Michigan, Iowa and Wisconsin lead the nation in both the number of trails and miles of open trails. Pennsylvania leads the eastern states. The Conservancy maintains the most complete and accurate listing of trails in each state. Go to www.TrailLink.com to browse through the state by state listing. Complete descriptions are available for each ringtail including maps, highlights and GPS coordinates. DBC members planning to travel during the spring and summer months may find a rail-trail conversion in the same area as that special class reunion, wedding or family gathering.

This summer the Conservancy will lead the 2010 Greenway Sojourn on a grand heritage loop through southeastern Pennsylvania and the Delaware River Valley of New Jersey. From July 17 to 24, 350 cyc-list will pedal more than 250 miles in the densest concentration of multipurpose trails in America. The Conservancy has been given special permission to camp on many of the sites, including the Battleship New Jersey and Bulls's Island.

-submitted by **Gerry Peterson** □

Editor's Note: A First Ride -from NDSU Magazine

In the spirit of never being too old to learn something new, I have begun to ride a really fast bicycle. This may not sound like much, but please bear with me, it's a big deal. For starters, this bicycle is a scary-looking contraption. The wheels are very thin and the seat, (correctly called a saddle, for which you have your, ahem, girth, measured) is teeny tiny. Road bikes, as they are known, also require special shoes fitted with clips that snick into the pedals. Or snick in if you are coordinated enough to make them do so. I have gotten better.

My bike is silver, which is pretty much all I know. But the first time I met up with some new cycling friends, they were rather excited about it having a carbon fork. I told you it was a brave new world. The past two years I have fallen off my previous bike early in the spring. My husband and I used to think we were really doing something when we rode our old bikes with fat tires, wide seats and high rise handle bars seven miles for a cup of coffee. When you're such a klutz that you fall over when you come to a red light and end up with scabs on your knees like you haven't had since you were an eight-year-old, you think twice before getting on a much more dangerous road bike. But you have adopted a new spirit of open mindedness, so you try it out.

My first reaction to that first ride is still my position on this: I should not be in possession of anything that allows me to go that fast. My second thought, to which I am ever more committed: I gotta get faster.

The idea of improving took a hit on my first attempt at a big group ride. This was supposed to be the relaxed group, and if so, I would not like to see the aggressive crowd. It was a tough night because of a 20 mph wind we rode against for the first 12 miles or so. I knew the wind would pose a challenge, but I'd heard a lot about the wind-sheltering benefits of riding in a group. There's a fascinating sort of bicycle ballet known as a pace line, involving people who ride at the front for a while to fight the wind, and then break off to the sides and the next in line pull for a while, and so on. Of course, that only works if you can stay with the main pack. My husband and his very nice friends stayed back with me, and I alternated emotions between awe at their kindness and just desperately hoping they would go ahead so I could lie down on the side of the road and weep. The good news is that, eventually, you get to turn and have the wind at your back, so no

matter how humbled you may have been on the way out, you feel like a superstar on the way home.

Life has many demands and difficulties, times to be serious. May you have many chances to try new things, meet new people, and grin like a fool.

Thank you for reading.

mailto:<laura.mcdaniel@ndsu.edu>

<www.ndsu.edu/magazine>

-submitted by **Gerry Peterson** □



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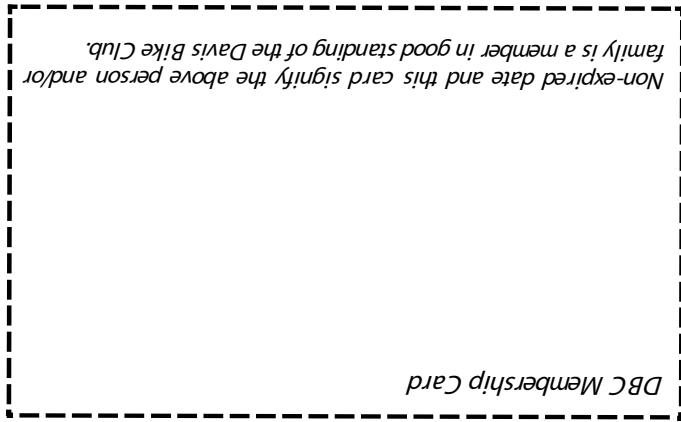
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Changing Gears

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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.