



Pack Riding 101

With the exception of individual time trials, riding in a tightly bunched pack at high speeds is the *sine qua non* of road bike racing. And let's face it, the only thing more exciting than standing right at the inside corner of 2nd and F St. on the 4th of July while the peloton jams by at what feels like Mach 1.7 is being a part of that peloton. There is really nothing like it.

Even if your riding plans don't include racing, getting experience riding in a bunched pack can make you a safer, more skilled, smoother, and therefore faster, all-around cyclist. And lucky for you, there's really no better place than the 95616 for developing and honing this set of skills. The DBC Race Team and other local cycling groups host several race rides every week all year round where interested cyclists can get experience riding in a pack. For the most part, these rides are all open to the public and welcoming of anyone with the ability and desire to improve their safety and skills on the bike. The Team even hosts a Thursday Skillz Ride to help experienced riders who are new to pack riding gain the skills necessary to ride in the other race rides safely.

But before you head out the door to the next race or Skillz ride, you should take stock of yourself and your abilities to figure out if you're ready for the experience. In addition to being incredibly exhilarating, riding and racing in a pack is extremely dangerous. Because you're riding at very high speeds, often at the limit of your ability, while surrounded by dozens of other riders, the consequences of a crash caused by a moment's inattention, a random mechanical, or fault in the road surface can be catastrophic to you and several of the riders around you. Pack riding and racing aren't for everyone and there are a couple things to take care of before coming out to join the fun:

1) Fix your bike. When you're riding by yourself a flat tire, a dropped chain, or a bad brake cable are usually minor and easily fixed annoyances. However, once you throw in a bunch of other cyclists riding all up in your grill, that nuisance could easily result in a season-ending injury or worse for yourself and anyone else caught up in the pig pile. It's every rider's responsibility to arrive with a properly maintained bicycle to minimize the chances of a mechanical problem wreaking havoc in the group.

2) Be skilled. Before developing your group riding skills, you ought to already be a confident, self-sufficient, and skilled solo rider. Opinions on how skilled is skilled enough vary, but here's my list of stuff every rider should be able to do before coming out to a race or skillz ride: change a flat rear tire in five minutes or less; ride no-handed in a straight line; and drink from a water bottle with either hand without looking down, swerving, or changing cadence. If you can do all those things, you're probably able to ride steady enough to pick up the basics of pack riding with just a little additional guidance.

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This Month's General Club Meeting will be on Monday, June 14 at the Veterans Memorial Club Room at the intersection of 14th and B Streets. Doors open at 6:30, meeting starts at 7:00pm. For more information, contact Alan Hill at 530-792-8900 or <vice-president@davisbikeclub.org>

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Calendar

Board Meeting
Mon., June 7, 7pm
716 Kestrel Place

General Club Meeting
Mon., June 14, 7pm
(open 6:30pm)
Vets Memorial Club Room

Ride Schedule deadline
Tue., June 15

Newsletter deadline
Sun., June 20, Midnight



New Members

David Reynolds
Susan Shanelee
Curtis Brown
Robert Shannon
Roland Flamme
Martin Rodriguez
Jereme Altenberg
Sean Crawford
Christine Nota
Jeff Schaller
Monte Schmid

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>New Category: Date-TBA Rides.</p> <p>Check Ride Descriptions for contacts and ride details.</p>	<p>These are rides given on an appointment basis (like Dr. John's) or rides with no departure time given by press time.</p>	<p>1 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am</p>	<p>2 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 8:00am</p>	<p>3 Steady Eddy's 7:45am Steady Eddy's 8:00am Winters Dinner Ride* 6:00pm</p>	<p>4 Vacaville Roll'g Hills 8:00am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am</p>	<p>5 Saturday Coffee and a Roll 9:00am</p>
<p>6 Sunday No Drop 9:00am</p>	<p>7 Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am</p>	<p>8 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am</p>	<p>9 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 8:00am</p>	<p>10 Steady Eddy's 7:45am Steady Eddy's 8:00am Winters Dinner Ride* 6:00pm</p>	<p>11 Vacaville Roll'g Hills 8:00am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am</p>	<p>12 Saturday Coffee and a Roll 9:00am</p>
<p>13 Sunday No Drop 9:00am</p>	<p>14 Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am</p>	<p>15 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am</p>	<p>16 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am</p>	<p>17 Steady Eddy's 7:45am Steady Eddy's 8:00am Winters Dinner Ride* 6:00pm</p>	<p>18 Vacaville Roll'g Hills 8:00am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am</p>	<p>19 3rd Saturday, or Cantelow x 2 8:00am</p>
<p>20 Sunday No Drop 9:00am</p>	<p>21 Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am</p>	<p>22 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am</p>	<p>23 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am</p>	<p>24 Steady Eddy's 7:45am Steady Eddy's 8:00am Winters Dinner Ride* 6:00pm</p>	<p>25 Vacaville Roll'g Hills 8:00am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am</p>	<p>26 Saturday Coffee and a Roll 9:00am</p>
<p>27 Sunday No Drop 9:00am</p>	<p>28 Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am</p>	<p>29 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am</p>	<p>30 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am</p>		<p>Summer hours: Many rides are starting earlier this month so make sure you check the calendar or ride descriptions.</p>	

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: ride-calendar@davisbikeclub.org

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 Starbucks.
Consult ride description for location.

Sunday No Drop

Sundays, 9:00 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.

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

Mondays 8:00 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. NOTE EARLIER SUMMER START TIME.

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

Mondays, 8:00 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 9:30 am before returning to Davis. NOTE EARLIER SUMMER START TIME.

Mocha Joe's Country Loop [Ed Martin Series]

Tuesdays, 7:45 am T1/P3/35 mi

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

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

Mocha Joe's Country Loop [Ed Martin Series]

Tuesdays, 8:00 am T1/P4-P5/39 mi

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

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

Solano Baking Company [Ed Martin Series]

Wednesdays, 7:45 am T1/P3/35 mi

Dan & Sharon Cucinotta, 530-756-1711 or <scucher@comcast.net>

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

Solano Baking Company [Ed Martin Series]

Wednesdays, 8:00 am T1/P4-P5/39 mi

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

Ride south to Dixon past orchards and fields, relax at Solano Baking Company in Dixon before returning to Davis. NOTE EARLIER SUMMER START TIME.

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, 7:45 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 8:00. NOTE EARLIER SUMMER START TIME.

Steady Eddy's [Ed Martin Series]

Thursdays, 8:00 am T1/P4-P5/34 mi

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

Ride along Putah Creek Road, enjoy the atmosphere and conversation at Steady Eddy's in Winters before returning to Davis. NOTE EARLIER SUMMER START TIME.

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 Steady Eddy's 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, 8:00 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.

Non-Recurring Rides

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

There were no rides in this category scheduled for this month.

Date-TBA Rides

Dr. John's Early Bird Revival

Wednesday, 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.

Online with the DBC

Club web site: <davisbikeclub.org>
Newsletter Photo Supplement: <http://gallery.dbcnewsletter.org/main.php>
Race team: <dbc raceteam.org>
Double Century: <davisbikeclub.org/ddc/2009/index.htm>
Fall Century: <davisbikeclub.org/foxys/2008/index.htm>
Memberships: <davisbikeclub.org/membership.htm>

Unfortunately, memberships can not be processed electronically at this time. We require a signed waiver and a check. To get a copy of the application, go to this URL and download a .pdf file of the membership application, fill out the application, enclose payment, and mail it to: Davis Bike Club, 610 Third St., Davis, CA 95616. Or, you can email <info@davisbikeclub.org> and request an application to be mailed to you.

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



DBC Mailing List: To post, mail to : <DBC@dbclist.org>
For list help or to subscribe or unsubscribe from the DBC list, get a password reminder, or change your subscription options, go to the list help address:
<http://dbclist.org/mailman/listinfo/dbc>

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Now fast forward to when you roll up to your first Tuesday/Thursday Race Ride, or Saturday Wheelworks Race Ride, or the 3:15 Aggie Rides or the 6pm Thursday Skillz Ride. What next? A quick search of the internet will yield tons of helpful advice on how to ride in a pack safely while minimizing your chances of crashing out the people behind you. Below are two of the less common but still super relevant and Davis-specific tips for folks just getting into this pack riding thing:

1) Introduce yourself and ask questions. Being The New Person at a group race ride can be super intimidating. But one of the really nice things about riding in Davis is, well, how darned nice everyone, including the race team, can be. When you roll up to your first race ride, introduce yourself to someone as a new group rider and she or he will most likely be happy to show you the ropes on your first ride or point you out to someone who will. Some things to know beforehand or ask about once you get there: What's the route? Are there regrouping points? Are there high speed or sprint sections?

2) Start at the back and observe. Every region has its own set of unwritten rules for riding and every race ride has its own unique format. When you're new to a ride, and especially when you're new to pack riding, it's critical to learn what these are BEFORE you jump into the mix. So start at the back and observe what other riders in the middle and front are doing: What do they do when the pack is being overtaken by a car? How do the riders in front rotate to the back? What does the pack do in crosswinds? At stop signs? When rolling through town? If you can't figure these things out on your own, ask the person next to you. As you get more experienced, you'll realize that the back is actually where people have to work the hardest to keep up. But save working the front of the pack until you know what's going on.

Davis Bike Club Race Team Sponsor

Our newest premiere sponsor for 2010 is Bistro 33. Bistro 33 has played an instrumental role in the 4th of July criteriums and has stepped up their involvement with The DBC Race Team for 2010 becoming our leading sponsor. The goal for the sponsorship investment is to gain additional exposure for the restaurants directly and indirectly through our members and events. As Fred Haines, owner and fellow cyclist said, "Sponsoring DBC is all about supporting a great local cycling team and getting more people familiar with all that our restaurant offers the Davis community."

In 1995, Sacramento-native brothers Fred and Matt Haines opened the doors to the 33rd Street Bistro in Sacramento and have since expanded to the college town of Davis, CA. 33rd Street Bistro is a restaurant firmly rooted in the idea of Pacific

Northwest inspired fare with reasonable prices. It is also a cultural and community center in the heart of downtown Davis that features first-rate comedy, live music, pub quiz nights, weddings, graduations, reunions, and much more. Truly a sight to behold, Bistro 33 Davis is built within and around the old City Hall of Davis, and features an Event Center, a three-tiered patio, two levels of inside dining and a 25-seat bar. The largest restaurant in scale, Bistro 33 Davis nevertheless succeeds due to the company's belief that the restaurant belongs to the neighborhood in which it resides, and the community of Davis has accepted it wholeheartedly.

The Davis Bike Club Race Team is grateful for Bistro 33's sponsorship in 2010. **Joaquin Feliciano** □

Club Contacts:

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Web site: <http://www.davisbikeclub.org/>

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- Steve Macaulay - macaulay.steve@gmail.com

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



DAVIS BIKE CLUB
610 THIRD STREET
DAVIS, CA 95616

Changing Gears

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



Changing Gears is mailed First Class, or by email, to all current members. Your subscription lapses according to the "Issues Remaining" on the mailing label. For questions regarding subscriptions, contact the Membership director at membership@davisbikeclub.org or via the Davis Bike Club Hotline, 530-756-0186.



Contributions to **Changing Gears** may be sent to the editor by e-mail to: newsletter@davisbikeclub.org Submittals in text 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 <membership@davisbikeclub.org>.

The membership maestro.