



Club Clothing Order Closes July 12

If you would like to order club jerseys or shorts (or bibs) there is still time to place an order. We are able to take advantage of the volume discount from our first order this year, so prices will be the same even if we have a small order (we still need to meet the 15 piece minimum each for jerseys and for shorts).

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The DBC Women's Race Team

What a difference a year makes! Last year our Davis Bike Club Women's Race Team started with a couple of riders and this year we have 34 registered women team members! Many of our new racers last year have won races and earned enough points for an upgrade. Johanna Trueblood, Ruth Anderson, Ellen Sherrill and Aileen Vandenberg upgraded to cat 3 this year. Currently, we have three Category 2 racers, five Cat 3 racers and 25(!) Cat 4 racers. Ellen ranked atop the Cat 4 racers for the first half of the season.

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Support the Bike Trail

As you might have heard, pretty much everyone's budget has been decreased in the past year or two. One place that's been impacted and is a luxury worthy of support is the American River Parkway. A nice way to directly support the Parkway is to buy a \$50 Parks Passport. This enables you unlimited parking at all Sacramento County regional parks for a year from the date of purchase. I've been told that if you buy one at the beginning of the month, you get the free parking for almost 13 months, since it expires at the end of the month, a year from when you bought it.

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Davis Bike Club Thursday Dinner Ride Cherry Pit Spitting Champion

Yes folks, Dean Albright was the best Thursday Dinner Ride cherry pit spitter on June 10, 2010. The contestants all faced a stiff north wind and some waited for a lull in the breeze before shooting, but there was no disagreement amongst the competitors: Dean had the best spit of the competition. Taking part this year were Katherine Hess, Deb Banks, Dean Albright, Darell Dickey, Lutz Froenicke (last years champion) and John Whitehead. Many cherries were enjoyed and hopefully, next year, we'll be able to have yet another contest before dinner.



John Hess □

This Month's General Club Meeting will be on Monday, July 5 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

Davis Criterium, Sun., July 4
Board Meeting
Mon., July 5, 7pm
716 Kestrel Place
General Club Meeting
Mon., July 12, 7pm
(open 6:30pm)
Vets Memorial Club Room
Ride Schedule deadline
Thu., July 15
Newsletter deadline
Tue., July 20, Midnight



New Members

David Reynolds
Cathrina Barros
Hans Faye
Lisette Walker
Jay Davies
Diane Miller
Matt Jones
Seth Millington
Kevin Burke
Don Fouts

Clothing Order

-continued from pg. 1

This will be your last chance to order clothing at these prices. It is likely that 2011 prices will be higher and we will not have the same volume discount.

You will be placing your order on the Voler website and paying Voler directly. There are options of club or race cut jerseys, mens or womens sizes, bib or shorts. Ordering will be open until July 12 and the order will be shipped in early September. The DBC order will be shipped in bulk and clothing will be distributed at the club meeting in October, or earlier.

For information on how to order go to:

http://www.davisbikeclub.org/about_dbc/club-kit-reorder □

Support the Bike Trail

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Anyway, the Parks Passport helps support all the parks, including the Parkway, which has seen the number of Rangers decrease from 22 a few years back to 10 proposed for this coming fiscal year (July 1). For more info, head here: <http://www.msa2.saccounty.net/parks/Pages/Purchase.aspx>

As a slight bribe, if you buy a pass, you will be entered into a drawing for a bicycle worth \$350 and will receive a coupon book worth \$250 at the following vendors: Elliott's Natural Foods, City Bicycle Works, Fleet Feet Sports, River Rat Raft and Bike, Sacramento Natural Foods Co-op, Patriot Bicycles and REI. -from the June 2010 SABA newsletter: □

Women's Race Team

-continued from pg. 1

What a difference a year makes! Last year our Davis Bike Club Women's Race Team started with a couple of riders and this year we have 34 registered women team members! Many of our new racers last year have won races and earned enough points for an upgrade. Johanna Trueblood, Ruth Anderson, Ellen Sherrill and Aileen Vandenberg upgraded to cat 3 this year. Currently, we have three Category 2 racers, five Cat 3 racers and 25(!) Cat 4 racers. Ellen ranked atop the Cat 4 racers for the first half of the season. As the year progresses, we hope to have more women racing more often and upgrading to have a strong Cat 3 presence of teamwork and precision. Races happen every weekend from Jan to the end of Sept.

A highlight of this year was the Madera Stage Race and Topsport Stage Race. In a stage race, there are usually 3 stages to race in two days- commonly a TT and criterium day one, and a road race on day two. We had several women placing very well in these stage races. But above doing well at the races, us DBC RT Women are about having fun.

Throughout the year we send out race reports to fill everyone in on how our races went and share any insights and/or lessons learned about racing. Everyone enjoys these entertaining stories and nuggets about racing strategies.



Photo by Mark Adkison

Regarding criterium races sketchy moments and the all-important final sprint:

“Big exhale. Everything . . . OK. . .but lost position.” “Felt strong, had plenty of GO left in my legs...and.my sprint . . . had just begun...could have gone longer”

“I got behind and followed her through the headwind (thank you) and then continued to stay behind her on the cross wind. But after turn 3, she suddenly drifted into the person to her left... more screaming and more crashing.”

“Moved up around the back side....come around the sweeper by the cones...all of a sudden a bike is in the air and two other bikes are crunching in front of me, I immediately look for an out...the only way that looks clear is through the cones. As I move toward the cones...my heart is racing” “Watch for sketchy moves which will inevitably happen toward the end of a crit.”

“Set up and positioning at the finish is critical but not so easy to do”

The slightly more tame and longer road races:

When I rolled into the migrant farm worker community of Dinuba on Monday, most of the locals appeared utterly perplexed over the gaggle of spandex-wearing whities that had descended on their sleepy community to cause traffic detours in their downtown area

“I'm visualizing the....the "Little Train" that will not quit..... I think I can, I think I can.....and, I will!!!

“Blustery, cold (mid 40s) and heavy rain the WHOLE 60 mile race. . . ough! At the end, the registration/prize area was gone/brokkenn down and the plywood floating away!” “I had the mantra of "bleed from your eyeballs" as I pushed it as hard as I could as I climbed to the finish”

DBC Ride and Event Calendar

July 2010

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 Steady Eddy's 7:45am Steady Eddy's 8:00am Winters Dinner Ride* 6:00pm</p>	<p>2 Vacaville Roll'g Hills 8:00am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am</p>	<p>3 Saturday Coffee and a Roll 8:00am</p>
<p>4 Fourth of July Criterium Sunday No Drop 9:00am</p>	<p>5 Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am</p>	<p>6 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am</p>	<p>7 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 8:00am</p>	<p>8 Steady Eddy's 7:45am Steady Eddy's 8:00am Winters Dinner Ride* 6:00pm</p>	<p>9 Vacaville Roll'g Hills 8:00am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am</p>	<p>10 Saturday Coffee and a Roll 8:00am</p>
<p>11 Sunday No Drop 9:00am</p>	<p>12 Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am</p>	<p>13 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am</p>	<p>14 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am</p>	<p>15 Steady Eddy's 7:45am Steady Eddy's 8:00am Winters Dinner Ride* 6:00pm</p>	<p>16 Vacaville Roll'g Hills 8:00am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am</p>	<p>17 3rd Saturday, or Cantelow x 2 8:00am</p>
<p>18 Sunday No Drop 9:00am</p>	<p>19 Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am</p>	<p>20 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am</p>	<p>21 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am</p>	<p>22 Steady Eddy's 7:45am Steady Eddy's 8:00am Winters Dinner Ride* 6:00pm</p>	<p>23 Vacaville Roll'g Hills 8:00am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am</p>	<p>24 Saturday Coffee and a Roll 8:00am Midnight Century* 7:00pm</p>
<p>25 Sunday No Drop 9:00am</p>	<p>26 Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am</p>	<p>27 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am</p>	<p>28 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am</p>	<p>29 Steady Eddy's 7:45am Steady Eddy's 8:00am Winters Dinner Ride* 6:00pm</p>	<p>30 Vacaville Roll'g Hills 8:00am Napa/BayArea/Sierra Climbing* 9:00am Ride around the Town* 10am</p>	<p>31 Saturday Coffee and a Roll 8:00am</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 (no ride on July 4)

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

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, 8:00 am T1/P5/30 mi
Gary Button, 916-454-1679 or <1fastbiker@sbcglobal.net>
Coffee and a Roll is a fast paced (P-4/5) Saturday morning sojourn. We regroup along the way and in Winters where we discuss options for extending the ride to Cantelow, Cardiac, or just around Lake Solano. Sometimes we split into two smaller groups when a consensus can't be achieved. Following this extension, we reconvene at 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

Non-Recurring Rides

Midnight Century*

July 24, Saturday, 7:00 pm T1/P4-5/100 mi
Steve Cimini 916-205-3958 or <Cyclstev@aol.com> and Larry Ng (916) 391-6878
Come out for a romp under the stars and full moon with the Sacramento Bike Hikers and the Sacramento Wheelmen on the annual Midnight Century (shorter options available). We start in Davis, ride out to Grimes, and return on the same roads. Riding by moonlight on a warm summer evening with friends and little traffic is a lot of fun. This is not a race although it could be your fastest century. The only hill is the I-5 overpass. Lights front and rear are required (need at least 5 hours worth) and reflective gear is highly recommended. \$10.00 fee covers SAG support and goodies at the rest stop. Meet at Carl's Jr on the corner of Covell and Poleline Rds. Important...be sure to RSVP by July 17th to the e-mail address above so we have enough food.

Date-TBA Rides

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.

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

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.

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

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>>

Club Contacts:

Mail Address: 610 Third Street, Davis, CA 95616

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

DBC Board of Directors

President

- Stuart Bresnick - 530.756.0420 - president@davisbikeclub.org

Vice President

- Alan Hill - 530.792.8900 - vice-president@davisbikeclub.org

Treasurer

- Marnelle Gleason - 530.753.9331 - treasurer@davisbikeclub.org

Recording Secretary

- Mary James - 916.622.9171 - recording-secretary@davisbikeclub.org

Corresponding Secretary

- Marilyn Dewey - 530.753.9188 - corresponding-secretary@davisbikeclub.org

Quartermaster

- David Joshel - 530.756.7409 - quartermaster@davisbikeclub.org

Race Team Director

- Jason Eiserich - 530.902.8955 - race-team@davisbikeclub.org

Membership Director

- John Hess - 530.753.2970 - membership@davisbikeclub.org

Public Relations Director

- John Whitehead - 530.758.8115 - public-relations@davisbikeclub.org

Philanthropy Director

- Diane Richter - 707.678.9515 - philanthropy@davisbikeclub.org

Safety Director

- Phil Coleman - 530.756.4885 - safety@davisbikeclub.org

Director-at-Large, Double Century

- Robin Neuman - 530.758.1917 - double-century@davisbikeclub.org

Director-at-Large, Foxy's Fall Century

- Michael Borgg - 530.400.9010 - foxys@davisbikeclub.org

Director-at-Large Ultra Cycling Events

- Paul Guttenberg - 530.297.5942 - ultra-cycling@davisbikeclub.org

Newsletter Editor

- Don Martinich - 530.756.8234 - newsletter@davisbikeclub.org

Tour Director

- Steve Kahn - 530.758.4083 - tour@davisbikeclub.org

Ride Calendar Coordinator

- Marla Stuart - ride-calendar@davisbikeclub.org

Web Site Coordinator

- Scott Alumbaugh - sea@seadogdesigns.com

Photo Supplement Host

- Steve Macaulay - macaulay.steve@gmail.com

Somerset Sierra Challenge

RidetodefateALS- Saturday, August 21, 2010

Hello from Reno,

We would like to invite your club to participate in the 2010 Somerset Sierra Challenge ride to defeat ALS in Reno and for you to distribute this to your rider database. The ride is fully supported with amazing rest stops on Geiger Grade and throughout the routes. Somerset Town Square is our staging venue and provides a wonderful area for the post ride lunch and entertainment.

The ride routes offer a bit for everyone. The 82 mile challenge ride climbs Geiger Grade and has over 6,000 feet of climbing. The route provides spectacular vistas over Reno and the Washoe Valley. The 50 mile (1/2 century) has 2,000 feet of climbing and takes riders through the scenic ranch country south of

the city. The 33 mile is an out and back ride also through the ranch country utilizing Marvin Piccolo School as a turn around point. The 82 mile challenge ride has a short lunch stop at Sage Ridge School in Arrowcreek.

The ride is sponsored by both ALSA Bay Area (San Francisco) and ALS Nevada. Money raised goes to research and patient support services. Although fund raising is always appreciated there are no minimums.

Riders will receive pre-start goodie bags, t-shirts for early registration, fully supported rest stops, luncheon, entertainment, and post ride raffle.

To encourage cyclists from out of the area we have a hotel package arranged through John Ascuaga's Nugget. Riders have the choice of the Luxury Western Tower at a reduced rate of \$89 per night or the courtyard for \$79. This offer applies for both Friday and Saturday nights. Simply phone the Nugget on their hotel registration line 1-800-648-1177 and identify yourself as part of the ALS Nevada group.

Why not come to Reno for the weekend and take advantage of a great ride and good hotel package. Ride Registration is through Active.com, key word is Somerset. Or go to: <www.mysomerset.com> (click community tab)

Sincerely,

Charlie Dodson, Committee Chair-
<chnldodson@aol.com> □



Online with the DBC

Club web site: <davisbikeclub.org>

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

Race team: <dbcrcraceteam.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.

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>>



Women's Race Team -continued from page 2

"This was such a civil and cordial race, we could have joined hands and sung Kumbaya."

"Do your best to position yourself so you don't get boxed in if there is a sudden slowdown or want to blast up the hill."

" Stay at the front, not on it."

For now, most of us are taking a "summer break" and plan to pick the racing back up at the end of the season in Aug/-Sept. On and off the road, teamwork is an important lesson to learn. Our next event is the Davis 4th of July Criterium. The Women's race team will be rallying the local children who come out to do the kid's races in the early afternoon. Come on out and bring your willing child to race in the kid's fun races.

-Marianne Hernandez □

Our Sponsor's Rock!

One shining example of the Davis Bike Club Race Team's group of dedicated sponsors is Cedaron Medical, Inc., a returning Gold Sponsor of the Team. Cedaron is a medical software company based in South Davis. Cedaron was founded 20 years ago. One of the company's first projects was to help NASA measure the impact of prolonged space travel on Astronauts' muscle strength and coordination. Cedaron went on to develop various devices used widely for hand and limb rehabilitation. The company now focuses on software and services that assist organizations in Cardiac Care and rehabilitation to measure quality of care. Cedaron tracks data maintained in national databases for the American College of Cardiology and the Society of Thoracic Surgeons. Rehabilitation and therapy practices also use Cedaron software to document and share programs and exercises with therapists and patients. Cedaron tracks outcomes data in these markets for the American Physical Therapy, American Occupational Therapy and American Speech-Language-Hearing Associations, and the American Society of Hand Therapists. Finally, Cedaron's new Sports Division is developing products and applications for the cycling industry...stay tuned!

Cedaron's founders, Karen and Malcolm Bond, are avid cycling enthusiasts who support the local cycling community in many ways. The Bonds and Cedaron donated the purse for the women's professional race at last year's July 4th Downtown Criterium and will do so again this year. In addition, Karen and Malcolm manned a Lance Armstrong Foundation booth at the Criterium last year and are planning to raise funds this year for the Foundation and the DBC Junior Team. Cedaron was also a local sponsor of the Amgen Tour's stage in Davis.

Just in time for the Tour, the Bonds completed an upgraded Tour De France-type display in the form of a giant yellow time trial bike that stands majestically overlooking the Amgen Tour

route on the Bond's working farm adjacent to Putah Creek Road. The sign fronting the TT bike reads:

"Both Karen and Malcolm completed their first race as members of the DBCRT last month at the Dunlap 40k Time Trial. The Bonds regularly participate in the Wheel Works Putah Creek Time Trial, and Karen recently made arrangements to have local police monitor traffic at the Time Trial in an effort to ensure drivers and cyclists respect the rules of the road."

-Darin Salk, a member of the E45+ Master's Team and DBCRT's Sponsorship Director, recently joined Cedaron as the company's Chief Financial Officer and is the biased author of this article. □



The Bike Sign

Bike Collective July Events

Our July Open Bike Night schedule is posted here:

<<http://davisbikecollective.org/programs/open-bike-night>>

Other items from our calendar:

<http://www.google.com/calendar/embed?src=n3bfjavjg69fli40r7602u412c%40group.calendar.google.com&ctz=America/Los_Angeles>

Regular hours: M 1-5, W 4-8, Th 4-8, Sat 12-6

Women, Trans, Femme night: Tue 5-7

General Meetings @ 8pm on July 7 and 21

We'll be at Davis Community Church's "Bike and Bus fest" on July 10 at the Farmer's market.

Raise the Stakes Book and Music tour will be performing @ 7pm on July 20th @ Bike Forth.

And finally the "Clips of Faith Beer and Film Tour", co hosted with Davis Bicycles! on July 23 @ 7pm in Central Park. We will have a webpage soon here:

<<http://davisbicycles.org/clipsoffaith>>

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

Davis Bike Club 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.