



**Foxy's Fall Century**  
Saturday October 16, 2010  
Davis, California

- 50 km Family Ride
- 100 km Metric Century
- 100 mile Full Century

Ride through the orchards of Solano County and the beautiful rolling hills of Napa Valley. Registration is online only.

Details at [davisbikeclub.org](http://davisbikeclub.org)

## Foxy's Fall Century Saturday, October 16th, 2010

The Davis Bike Club extends this invitation to ride and enjoy this year's Foxy's Fall Century. Often stated to be the ideal first century ride, it offers challenges, distances, and scenery for riders of all levels. We offer three distance rides:

- 50 km family ride
- 100 km metric century
- 100 mile full century

On the 100-mile course, well-marked routes guide you through the orchards of Solano County and the rolling hills of Napa County. Rest, water, and lunch stops along the routes will keep you riding through the day. The 100-mile ride offers the most challenging of the three courses with over 2000 feet of climbing (and descending). A delicious pasta dinner awaits you at the finish. There will be a limit on pre-registered riders to ensure an amply supported ride for everyone.

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## 2010 Foxy's Volunteers Wanted

Once again, we are calling on our wonderful Davis Bike Club members to volunteer for the 2010 Foxy's Fall Century Ride. Each year, we get very positive feedback about this event, and it's because of your willingness to donate your time and talents to make it a success! So let's continue this tradition of creating a great day of cycling for our community. Our team captains are currently looking for those who can assist in the positions listed below. Please review the list and let me know what area you want to volunteer. My email address is [mborgg@yahoo.com](mailto:mborgg@yahoo.com) or you can call me at 530-400-9010. As the new co-chairs of the Foxy's Fall Century Ride, Steve Macaulay and I want to give a big thank you to everyone who has made this event a memorable experience for cyclists of all ages.

-Michael Borgg

Positions Open:

- |  |                     |   |
|--|---------------------|---|
| • Morning registration and check in      | • Rest stop helpers | • Bike SAG                                    |
| • Car SAG                                | • Course marshals   | • Course marking                              |
| • Post-ride food preparation and serving |                     | • Post-ride clean up <input type="checkbox"/> |

## Paul Mach Tells Of His Experience In The Amgen Tour Of California

Recently, Paul Mach of the Bissell Pro Cycling Team spoke to the Davis Bike Club Race Team (DBCRT) about his experience racing the 2010 Amgen Tour of California.

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## DBC Should Take Credit for Helping to Produce a National Champion

I write this article with deep gratitude to the DBC membership and in particular to those board members active during the years when Steve Wick and I shaped the (still going strong) junior cycling program, roughly 2002-2006.

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## Calendar

Foxy Fall Registration Opens, Sun., August 1

Board Meeting  
Mon. August 2, 7pm  
716 Kestrel Place

General Club Meeting  
Mon., August 9, 7pm  
(open 6:30pm)

Vets Memorial Club Room

Ride Schedule deadline  
Sun., August 15

Newsletter deadline  
Fri., August 20, Midnight



### New Members

Jose Plascencia  
Abigail Lim  
Holly Canada  
Lorenzo Berti  
Patrick Henry  
Doug Dielnelt  
Susan Ashdown family  
Terry Nathan

### This Month's General Club

**Meeting** will be on Monday, August 9 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](mailto:vice-president@davisbikeclub.org)>

## Foxy Fall Cenrury 2010 -continued from pg.1

On the 100-mile course, well-marked routes guide you through the orchards of Solano County and the rolling hills of Napa County. Rest, water, and lunch stops along the routes will keep you riding through the day. The 100-mile ride offers the most challenging of the three courses with over 2000 feet of climbing (and descending). A delicious pasta dinner awaits you at the finish. There will be a limit on pre-registered riders to ensure an amply supported ride for everyone.

The 100K ride is a good ride for most recreational cyclists. This year the route will follow the century riders out to Pleasants Valley Road, turning right along the beautiful rolling hills to Putah Creek Road and into Winters for lunch at Rotary Park! The park serves as the lunch stop before the return to Davis.

The 50K ride – to introduce families to cycling. This flat route goes through orchards and farmlands to Winters for a relaxing break, with food and beverages at Rotary Park, before returning to Davis

Registration for the 2010 Foxy's Fall Century is being handled by BazuMedia and is ONLINE only. As with past years, pre-registration is capped at 1200 riders with 100 "day of the ride" registrations available on a first come, first served basis. Registration will open August 1, 2010.

Early registration is \$45 for the 100 mile and the 100K riders and AFTER Sept 16th, registration will be \$50. The registration fee for the 50K riders is \$20. Day of registration on Saturday Oct 16th is \$60, so please save yourself some money and register early. □

## Paul Mach Tells -continued from pg.1

Recently, Paul Mach of the Bissell Pro Cycling Team spoke to the Davis Bike Club Race Team (DBCRT) about his experience racing the 2010 Amgen Tour of California. Paul Mach started racing bikes when beginning his PhD studies only a few years ago at UC Davis in the Applied Mathematics program. He has a special place in the hearts of DBCRT as he began his racing career with the DBCRT as a 'newbie' Cat 5 beginner racer, and quickly rising through the ranks to the Cat 1 level. Showing much prowess in his racing ability he was picked up by the Bissell Pro Cycling Team in 2009, after a very successful season racing on the DBC Elite Race Team. Paul made us in Nor Cal proud and caught the eye of the world when he broke away and won the first King of the Mountain jersey in Stage 1 from Nevada City to Sacramento. Paul had the honor of starting Stage 2 of the TOC in his home town of Davis wearing the KOM jersey. He was also in a very successful breakaway in the 5th stage near Bakersfield. This was the first time Paul raced in the TOC with world ranked riders, many of whom regularly race in Europe. As usual, Paul generously took time out of his schedule to share his thoughts and a slide show of his experience racing in the Amgen TOC at the June 2010 meeting of the DBCRT. Here are some of the highlights of the race for him, as explained at the race team meeting:

The incredible amount of people needed to support the race. There were close to 2,000 people who traveled along with TOC for support. That meant that not only those who directly support the riders in follow cars while they were racing, but also those who coordinated food for all meals, course logistics, start and finish line logistics, podium setup and break down, to the all-important masseuses.



Paul Mach

Jason Eiserich

World ranked racers know how to expend only the energy needed to catch a break and no more. They know how to pace themselves and how fast to go no matter when breaks happen. It was also surprising how fast they could ride and breaks still happened after amazingly fast speeds and how tempered they could be if they didn't see a break as a threat.

The range of weather for the Tour was exhausting, especially those early, cooler stages with much rain.

The cheers and proximity of fans to riders was overwhelming on occasion on the steep climbs. Sometimes he wondered how he didn't ride into them.

The fatigue was extreme by Stage 6 and Paul wondered how riders endured multi-week stage races like the Tour de France.

Over 7 days Paul raced for 28 hours and finished 27th overall, 41 minutes behind the winner, and was the 2nd highest finisher from his Bissell squad. To congratulate Paul for all his hard work and show how very proud the DBCRT was of him, the DBCRT presented him with a large framed photo taken by DBC member Mark Adkison, with Hors Photographie, signed by the DBCRT members. Paul extended much gratitude to the Davis community and the DBC for all the support over the years. You can follow Paul's racing career at PaulMach.com

Thanks to Paul Mach for taking time out of his busy training (and research) schedule to share his experiences in the 2010 Tour of California!

**-Jason Eiserich □**



Paul Mach (L.) at the Bakersfield Road Race  
Photo by Mark Adkison

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Sunday No Drop 9:00am	2 Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am	3 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am	4 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am	5 Steady Eddy's 7:45am Steady Eddy's 8:00am Winters Dinner Ride* 6:00pm	6 Vacaville Roll'g Hills 8:00am Ride around the Town* 10am	7 Saturday Coffee and a Roll 8:00am
8 Sunday No Drop 9:00am	9 Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am	10 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am	11 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am	12 Steady Eddy's 7:45am Steady Eddy's 8:00am Winters Dinner Ride* 6:00pm	13 Vacaville Roll'g Hills 8:00am Ride around the Town* 10am	14 Saturday Coffee and a Roll 8:00am
15 Sunday No Drop 9:00am	16 Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am	17 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am	18 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am	19 Steady Eddy's 7:45am Steady Eddy's 8:00am Winters Dinner Ride* 6:00pm	20 Vacaville Roll'g Hills 8:00am Ride around the Town* 10am	21 3rd Saturday, or Cantelow x 2 8:00am
22 Sunday No Drop 9:00am	23 Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am	24 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am	25 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am	26 Steady Eddy's 7:45am Steady Eddy's 8:00am Winters Dinner Ride* 6:00pm	27 Vacaville Roll'g Hills 8:00am Ride around the Town* 10am	28 Saturday Coffee and a Roll 8:00am
29 Sunday No Drop 9:00am	30 Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am	31 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am				

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 (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](mailto: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; 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 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.

## 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.



## Regularly Recurring Rides

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

### 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 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.

### 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.

#### Napa/Bay Area/Sierra Hill Climbing\*

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

Deb Ford, 707-224-2288 or <rx.bike.qd@gmail.com>

(Deb says rides will recommence in the Fall.)

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.)

### 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 Starbuck's.  
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



### What is BORP?

BORP was founded in 1976, by people with disabilities to create access to the outdoors, to fitness, to sports and to recreation for a population that had been left out. In the 1970's, there simply were no recreation programs in the state specifically for people with disabilities. Initially started as a small student program at UC Berkeley, BORP has since grown to serve children, adults and families from all over the greater Bay Area. Over the past 30 years, thousands of people have benefited from our innovative programs, trainings, referrals and consultations.

From a recent BORP newsletter-

We'd like to offer special thanks to Revolution's committed bike clubs, who have continually supported this event. We are proud to count Touchstone Climbing, Team Alameda, Grizzly Peak Cyclists, Veloraptors, and the Davis Bike Club as supporters!

## 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](mailto:president@davisbikeclub.org)

#### Vice President

- Alan Hill - 530.792.8900 - [vice-president@davisbikeclub.org](mailto:vice-president@davisbikeclub.org)

#### Treasurer

- Marnelle Gleason - 530.753.9331 - [treasurer@davisbikeclub.org](mailto:treasurer@davisbikeclub.org)

#### Recording Secretary

- Mary James - 916.622.9171 - [recording-secretary@davisbikeclub.org](mailto:recording-secretary@davisbikeclub.org)

#### Corresponding Secretary

- Marilyn Dewey - 530.753.9188 - [corresponding-secretary@davisbikeclub.org](mailto:corresponding-secretary@davisbikeclub.org)

#### Quartermaster

- David Joshel - 530.756.7409 - [quartermaster@davisbikeclub.org](mailto:quartermaster@davisbikeclub.org)

#### Race Team Director

- Jason Eiserich - 530.902.8955 - [race-team@davisbikeclub.org](mailto:race-team@davisbikeclub.org)

#### Membership Director

- John Hess - 530.753.2970 - [membership@davisbikeclub.org](mailto:membership@davisbikeclub.org)

#### Public Relations Director

- John Whitehead - 530.758.8115 - [public-relations@davisbikeclub.org](mailto:public-relations@davisbikeclub.org)

#### Philanthropy Director

- Diane Richter - 707.678.9515 - [philanthropy@davisbikeclub.org](mailto:philanthropy@davisbikeclub.org)

#### Safety Director

- Phil Coleman - 530.756.4885 - [safety@davisbikeclub.org](mailto:safety@davisbikeclub.org)

#### Director-at-Large, Double Century

- Robin Neuman - 530.758.1917 - [double-century@davisbikeclub.org](mailto:double-century@davisbikeclub.org)

#### Director-at-Large, Foxy's Fall Century

- Michael Borgg - 530.400.9010 - [foxys@davisbikeclub.org](mailto:foxys@davisbikeclub.org)

#### Director-at-Large Ultra Cycling Events

- Paul Guttenberg - 530.297.5942 - [ultra-cycling@davisbikeclub.org](mailto:ultra-cycling@davisbikeclub.org)

#### Newsletter Editor

- Don Martinich - 530.756.8234 - [newsletter@davisbikeclub.org](mailto:newsletter@davisbikeclub.org)

#### Tour Director

- Steve Kahn - 530.758.4083 - [tour@davisbikeclub.org](mailto:tour@davisbikeclub.org)

### Ride Calendar Coordinator

- Marla Stuart - [ride-calendar@davisbikeclub.org](mailto:ride-calendar@davisbikeclub.org)

### Web Site Coordinator

- Scott Alumbaugh - [sea@seadogdesigns.com](mailto:sea@seadogdesigns.com)

### Photo Supplement Host

- Steve Macaulay - [macaulay.steve@gmail.com](mailto:macaulay.steve@gmail.com)

## Online with the DBC (updated 7/25/2010)

Club web site: <[davisbikeclub.org](http://davisbikeclub.org)>

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

Race team: <[dbcracetam.org](http://dbcracetam.org)>

Double Century: <[www.davisbikeclub.org/annual\\_events/organized\\_rides/davis\\_double\\_century](http://www.davisbikeclub.org/annual_events/organized_rides/davis_double_century)>

Fall Century: <[http://www.davisbikeclub.org/annual\\_events/organized\\_rides/foxys\\_fall\\_century](http://www.davisbikeclub.org/annual_events/organized_rides/foxys_fall_century)>

Memberships: <<http://www.davisbikeclub.org/membership>>

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](mailto:info@davisbikeclub.org)> and request an application to be mailed to you.

DBC Mailing List: To post, mail to : <[DBC@dbclist.org](mailto: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>>



## DBC Should Take Credit -continued from pg.1

I thank you all from my heart. DBC should take credit for helping to produce the 2010 National Collegiate Road Race Champion! Here is the ten-year story, and I apologize for the length.

In August, 2000, our family moved from the Bay Area to Davis. Our son, Blake, was 12 and entering seventh grade. Our daughter, Lanie, was 10 and entering fifth grade. On our final trip to Davis, Blake and I drove down our new street and Blake asked as a cyclist went by, "What's the deal with these skinny tires on bikes?" At that time, Blake was a pudgy kid, about 6'1" and 180 pounds. He had played six years of Little League, four years of soccer, and was about to play three years of school-based basketball. Being from the hilly east bay, Blake's view was that most cycling should be done going downhill.

However, after seeing so many cyclists in Davis, Blake wanted to try riding a road bike. In October 2000, we bought a very used, steel Centurion road bike for \$125; it weighed about 20 pounds and off he went. Being new to Davis, I was quite hesitant about Blake riding off by himself, so I forced him to go on one DBC newcomer's ride. I rode my bike up to the 76 gas station to meet

the ride leader, and Blake took off, somewhat disappointed that there were no others on the ride under the age of 40. Little did any of us know that there would be no turning back from cycling!

Not to be deterred by age and always having fairly decent interaction skills with adults, when March 2001 rolled around, Blake announced he was doing March Madness and would ride 500 miles that month. How silly I must have appeared to some of DBC's experienced riders! A few times that March, I drove Blake and his bike to Woodland to meet up with Dan Barrus and others who were doing a series of nighttime rides around Yolo County. We struggled with lights for the bike and got some good help from Beth at B&L, and that March there was a lot of cold and wet weather, but Blake made his goal and received a trophy for being the youngest rider (12) to meet his goal. It was a sweet award, as Betty Jane Polk simultaneously received an award for being the eldest to achieve her goal that March.

Fast forward through the racing seasons in 2001, 2002 and 2003. Blake appeared at a few races with his cumbersome Centurion, positioned next to young people who had been racing sometimes for years, often on very expensive bikes.

-continued on pg 7

## DBC Should Take Credit -continued from pg.6

Blake would grumble, "That kid's pedals cost more than my whole bike." He finally told us that it was embarrassing to race on his Centurion and he needed a better bike if he was going to get faster, so Blake, on a new-to-him Innerlight that cost \$1,000, became the Davis Bike Club Junior Race Team of one racer, after John Stegall's son decided racing wasn't the sport for him. It didn't bother Blake to be a team of one. Of course he wished he had teammates but his peers often thought he was nuts, riding around the countryside "for fun." A few kids on other teams suggested to Blake that he leave DBC and join them, but he repeatedly declined. After the Innerlight came a brand new Abici for road racing; additionally, Blake started cyclocross racing and loved the rain and mud.

After stopping at Ken's Bike and Ski one day in 2003, I met Alex Wick and his dad. Alex was two years younger than Blake but was interested in racing his bike too. After lots of initial help from Rick Parks, Shawn Miller and John Stegall, Steve and I organized the junior race team; Alex and Blake seemed magnetic at attracting new young riders to this activity. Many kids didn't end up racing for long; it was scary out there! Some liked to go on the adult team race rides or on easier rides just for juniors, a few loved to do training rides with some of the UCD Aggies, and some did race a bit around Northern California. The youngsters moved up through the numerical categories simultaneously as they also raced in the junior age-based categories. Steve and I took some junior racers to Junior Nationals in Park City, Utah in August 2004. In 2005, I took Blake and another DBC junior to Super Week in Wisconsin. In July 2006, Steve and I took some young racers to Fitchburg, Mass. and then on to Junior Road Nationals in Seven Springs, PA. From there, Blake and I went on to Junior Track Nationals in Trexlertown, PA. Several DBC junior racers had podium appearances during these years; we all had a great time traveling with a bunch of fun, polite, appreciative and talented junior riders.

All during these "formative" years, the Davis Bike Club supported the growing number of juniors -- financially and vocally -- and by demonstrating a healthy love for the activity of cycling. As with some of the other DBC juniors, Blake did some riding on the track down in San Jose, loved cyclocross season, worked at Davis Wheelworks under Steve Larsen and then again under Joe Santos, and his passion for bikes and cycling became cemented into his bones and his being. It is truly wonderful as a parent when you see your son or daughter become delighted with something, in this case -- cycling.

(In deference to the cyclists who like distance touring, I quasi-forced Blake to join a two-week long, coed "Tour of Vermont" the summer he turned 14. He joined about 15 other teenagers and biked around western Massachusetts, southern Vermont and ended in Dartmouth. Blake claims that he was by far the youngest but most experienced rider, including the two college student "tour leaders." There was no sag wagon, so he declares that by day six, he was the main bike mechanic, and more and more gear was strapped onto his bike each day. Blake thinks his bike and gear weighed over 50 pounds by the time they arrived in New Hampshire. I mainly wanted Blake to experience another type of cycling and he enjoyed it but preferred racing. Blake completed the Davis Double when he was 14; his butt was sore and he was ravenously hungry for 2-3 days, but he finished in about 14 hours after stopping at every rest

stop and riding along the way with a lot of different people. (He was proud of this accomplishment, though I don't think it helped his race training!)

Blake's improving race results made some USA Cycling officials and US Olympic cycling folks take notice. Blake attended a couple of invitational training camps and spent a week at the Olympic Training Center in Colorado Springs in May, 2006, just before graduating from high school. He performed well but frequently the gossip mill that reported back to him was, "You're just a bit big." By then he was 6'2" and about 173 pounds -- he was not built like many high caliber racers -- but it's tough to battle your genetics! In 2005 and 2006, Blake raced in about 50 races each year. When Blake and I both graduated out of the DBC Juniors, there were over 20 juniors in the DBC, and at least half of them were regular racers.

By the time Blake left for Cal Poly as an Architecture major in September, 2006, I had put in six years as the "bike mom," sometimes I was the "Team Mom," and I did a few stints on the DBC Board. It seemed that I was always taking kids to races and coordinating the juniors along with Steve Wick. For the most part, I loved it, but being a "bike mom" was very demanding and time-consuming, as with many parental roles. Blake's sister was a competitive downhill skier, so my husband had been the "ski dad" for several years. Personally, I was ready to reclaim my spring weekends and not spend them driving to races in Merced or San Jose or Rancho Cordova. Blake was welcomed by the Cal Poly Wheelmen as a Cat 3 racer, spent a bit of time off the bike that fall being a typical college freshman, and then got back into racing.

During his first and second years at Cal Poly, Blake raced collegiate races as well as Cat 3 and then eventually Cat 2 races. He worked very hard on his training in late 2008 and early 2009, aiming to try out for the U23 National Team. He had upgraded to Cat 2 and felt on top of his form, claiming to us that he was riding faster and stronger than he ever had before. Blake served as President of the Wheelmen Cycling Team in his third year. We didn't see too much of Blake, even though our daughter was a student at Cal Poly also. Heck -- we were empty nesters and enjoying our new life pattern!

Then -- disaster - but in a much different form than we had ever expected. In April, 2009, during the first week of spring quarter in his third year, Blake's girlfriend called us to say that Blake had "been sick for a while" and she "no longer knew what to do or how to help him." Thinking he just had the flu but being concerned at her call for help, I drove to San Luis Obispo, expecting to make some chicken noodle soup and then head home to Davis after 2 or 3 days. After two trips to the local ER practically carrying Blake in, now weighing close to 150 and very stooped over, followed by nine long days in the hospital, Blake was diagnosed with a very severe and serious case of Ulcerative Colitis. UC is a chronic, autoimmune disease where the immune system attacks the normal bacteria in the colon (large intestine) and causes pain, abscesses, obstructions and all sorts of other problems. He was in a bad way, to put it mildly. He had not been able to keep any food or drink in his system for weeks, so he was severely malnourished and dehydrated. They were now trying to save Blake's colon.

-continued next issue

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