



Anne Schneider

Last month was a very sad one for the Davis Bike Club. Two of our members were taken much too young. Our hearts and prayers go out to their families. This issue is dedicated to Bruce Winder and Anne Schneider

-Stu Bresnick, President, DBC



Bruce Winder

## Bruce Shawn Winder

A tragic vehicle/bicycle accident in Quebec on July 28 took the life of Bruce Winder. He was on a DBC tour in Quebec when he was struck by a vehicle in Saint Joaquin outside of Quebec City. His wife, Ellen, was injured but will recover from her injuries. Bruce had recently celebrated his 56th birthday.

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## Anne Schneider

Cyclist, hiker, mountain climber, runner, water-law attorney, environmentalist—Anne Schneider attempted and achieved much in her too-short life. Born Dec. 31, 1947, in Berkeley, Anne died July 30, 2010, in Davis, of ovarian cancer.

Anne graduated from Pomona College in 1970 and received her law degree from UC Davis' School of Law in 1996. She began her career with Gov. Jerry Brown's Water Rights Commission in 1977, where she wrote the seminal papers on California groundwater and instream water uses.

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## 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.

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## The Fall Century's 'Foxy'

Why is it called Foxy's? -page 8

## Pace Line Etiquette

A reprint of Dan Shadoan's article on how to survive in a pace line. -page 8

## Bike Parade Record Sought

Another attempt at holding the World's Largest Bike Parade. -page 9

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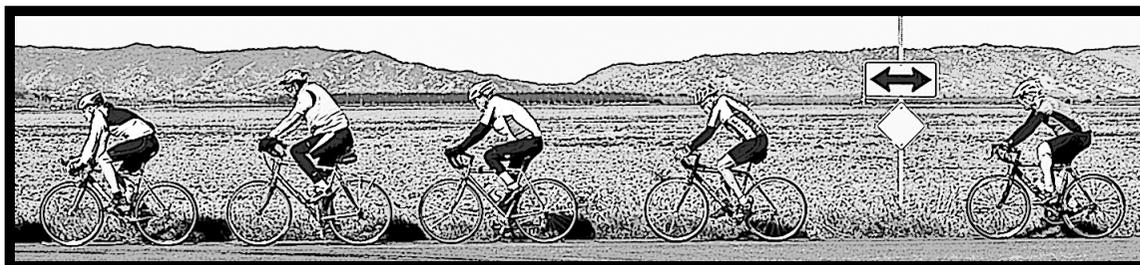
## Calendar

- Board Meeting  
Mon. Sept. 6, 7pm  
Tandem Properties
- General Club Meeting  
Mon., Sept. 13, 7pm  
U.S. Bicycle Hall of Fame
- Ride Schedule deadline  
Wed., Sept. 15
- Newsletter deadline  
Mon., Sept. 20,

## New Members

- Rick Mason
- Stan Sturges
- Bonnie Bilger
- Joe DeAngelis
- Derek Cissell
- David Balgobin
- Dija Amer
- Matt Rodrigues
- Bob Grandy
- Briana Biller
- Hamilton Puangnak
- Harry Dwyer
- Glenn Branch
- Robert Berman
- Jack Yu and Eriko Miura

**This Month's General Club Meeting** will be on Monday, September 13 at the USBicycle Hall of Fame at 3rd and B street from 7 to 9pm. For more information, contact Alan Hill at 530-792-8900 or <vice-president@davisbikeclub.org>



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## Calendar

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

Rick Mason  
 Stan Sturges  
 Bonnie Bilger  
 Joe DeAngelis  
 Derek Cissell  
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 Dija Amer  
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## **Bruce Shawn Winder** -continued from page 1

Bruce was born in Arvada, Colorado. A lover of the Colorado mountains, he could often be found as a boy out in the snow in his infamous shorts. He attended Colorado College in Colorado Springs where he met Ellen, his partner of 38 years. He earned his PhD in entomology from Colorado State University in Fort Collins.

He moved with his family to Davis in 1990 to take up a position as a toxicology researcher at UC Davis, where he kept black widow spiders as pets, on his desk. He worked in several labs before taking a position at the California Environmental Protection Agency.

A dedicated environmentalist and avid cyclist, Bruce had completed multiple Davis Double Century rides, and commuted by bike to his job as a toxicologist at the California Office of Environmental Health Hazard Assessment in Sacramento. He and Ellen have been members of DBC since 2001. Bruce served two years on the DBC Board of Directors as Membership Director. Bruce and Ellen completed many rides and tours with DBC on their tandem and on their single bikes. Always a pleasure to be with, Bruce always had a smile and a wonderfully unassuming and peaceful demeanor. On DBC tours you never heard a complaint from Bruce, no matter what the conditions. And, he could finish a meal which would intimidate men twice his size!

He is survived by his wife Ellen Winder, two children, Reya and Geoffrey Winder, and two sisters, Maree and Alice Winder. We will miss his smiling face.

-**Stu Bresnick** □

## **Remembering Bruce**

This is very sad news to hear. I've known Bruce since '94 when he came into the lab as a postdoc where I was a graduate student (or doing "gradual school" as Bruce liked to say). Bruce had a very droll sense of humor and kept many of newbie students smiling as we flailed away at our research. Bruce was a very kind and patient man and was the primary lab mentor for not only myself but 4 other grad students as well as a new postdoc in the lab. He patiently taught all of us the necessary techniques to do our own research and how to best work in the lab in order to answer scientific questions that we would get from reading papers (eg, the practical or "real" part of science). Perhaps more importantly, Bruce taught us when it was important to be careful in your technique and when it was okay to cut corners.

Bruce had a very active and curious mind; he loved to tinker and taught me many of the basic troubleshooting skills to repair broken scientific instrumentation. This even carried over into his spare time where he liked to fix people's antique clocks for them (the old mechanical kind that you still see around from "time to time"-Bruce humor). Although he was primarily a biochemical toxicologist, he came from an entomology background and knew quite a bit about insects and their habits. I still recall one amusing conversation we had about what "mosquito hawks" or "skeeter-eaters" really

eat (it's not mosquitos). Bruce even kept a pet black widow spider in our lab (much to the horror of some people) and he could even catch flies with his bare hands to feed her. Thankfully the spider stayed in her plexiglass box (handbuilt by Bruce, of course).

We lost touch for awhile in '98 when he went to work for Cal-EPA, and I graduated. Although he had been cycling before that time, I believe that is when he started cycling in earnest and commuted pretty much daily between Davis and Sacramento. We got back in touch after I moved back to Davis and, more recently, joined the DBC. This past winter, I heard from a colleague that he had passed the 100,000 mile mark on his bike. (Anyone know more about this?). Knowing Bruce, it was probably done without a lot of fanfare. However, it is certainly a remarkable goal for anyone, and one I hope to be able to someday achieve.

I will certainly miss him

-**William Jewell** □

## **Letter from Quebec**

Good evening, I'm a Quebec city avid cyclist who was deeply touched by the tragedy happening to Mr Winder and his wife. Few days after the event, I rode my bike uphill to reach the point of the impact. I am so sad about it and feel ashamed that my country stole his life. I gathered there few pieces of shattered carbon fibers that I keep preciously. I share with Mr Winder his age (I'm 58) and his passion to discover new sights on his bike. I rode in CA (San Diego and Palm Spring) last winter and so many places in the US over the last 10 years. I like the idea to install a ghost bike at the intersection. If I can be of any help with any of your project, please let me know.

André Hamel <andre.fujifilm.hamel@gmail.com> □

## **Anne Schneider**

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She became the first female partner at Sacramento's Downey, Brand, Seymour and Rohwer and later founded the law firm of Ellison, Schneider and Harris, managing the firm's water law practice for nearly 20 years. (Not so incidentally, Anne's firm has been a perennial sponsor of March Madness and also sponsored the Junior Race team.) She served on the boards of directors of the California Wilderness Coalition, the Yosemite Association, and Tuleyome, where she was instrumental in the designation of the Cache Creek State Wild and Scenic River.

Anne raced with the DBC Race Team, both within the district and at the national level, before taking up long-distance cycling, riding brevets, Paris-Brest-Paris, Furnace Creek 508 (where she held the women's 50+ record and was inducted into the Furnace Creek 508 Hall of Fame in 2004), and PacTour (where she is also a Hall of Fame member.) She also completed many, many Davis Double Centuries as well as riding other double centuries throughout California and competing in the California DC Triple Crown event. Anne was the inspiration behind the Davis 12/24.

Anne is survived by her sons, Charlie and Logan, sister,

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am	2 Steady Eddy's 7:45am Steady Eddy's 8:00am Winters Dinner Ride* 6:00pm	3 Vacaville Roll'g Hills 8:00am Ride around the Town* 10am	4 Saturday Coffee and a Roll 8:00am Celebrate Bruce Winder's Spirit* 9:00am
5 Sunday No Drop 9:00am	6 Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am	7 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am	8 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am	9 Steady Eddy's 7:45am Steady Eddy's 8:00am Winters Dinner Ride* 6:00pm	10 Vacaville Roll'g Hills 8:00am Ride around the Town* 10am	11 Saturday Coffee and a Roll 8:00am 5th Tahoe Epic* (2 days) contact ride leader for start time & location
12 Sunday No Drop 9:00am	13 Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am	14 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am	15 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am	16 Steady Eddy's 7:45am Steady Eddy's 8:00am Winters Dinner Ride* 6:00pm	17 Vacaville Roll'g Hills 8:00am Ride around the Town* 10am	18 3rd Saturday, or Cantelow x2 8:00am
19 Sunday No Drop 9:00am	20 Monday at Morrison's (faster) 8:00am Monday at Morrison's (slower) 8:00am	21 Mocha Joe's Country Loop 7:45am Mocha Joe's Country Loop 8:00am	22 Solano Baking Company 7:45am Solano Baking Company 8:00am Women's Wednesdays* 9:00am	23 Steady Eddy's 7:45am Steady Eddy's 8:00am Winters Dinner Ride* 6:00pm	24 Vacaville Roll'g Hills 8:00am Ride around the Town* 10am	25 Saturday Coffee and a Roll 8:00am
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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; 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, 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.

## 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.

## .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.

## 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.

## 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.

## 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.

## 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

## Regularly Recurring Rides

\* Asterisked rides have a starting location other than Starbucks.  
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.

### 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.

## Non-Recurring Rides

### Celebrate Bruce Winder's Spirit\*

September 4, Saturday, 9:00 am T1/P2/34 mi

Bruce & Marilyn Dewey/Steve Kahn <patsteve@pacbell.net>

Bruce and Marilyn Dewey and Steve will be leading a no-drop, slow paced ride to Winters to celebrate Bruce Winder's spirit. Meet at the Vet's Memorial Parking Lot in Davis and leave from there. In Winters, we will gather for a minute for a moment of silence. Touring will give all DBC riders a small reimbursement toward a snack after we meet. This is not the memorial service for Bruce. That will come later. In order to get the reimbursement in Winters, you must RSVP to Steve at <patsteve@pacbell.net>. Everyone will ride with the group on the way out (ie not ride off the front); be a DBC member; wear DBC clothing (anything). (You must RSVP so Steve can get enough cash at the bank). Ride at your own pace on the way home.

### 5th Tahoe Epic\*

September 11 – 12, Saturday – Sunday, contact ride leader for start time & location T5/P4/270 mi

Eric Norris <campyonlyguy@me.com>

Join a small group of riders for the 5th Tahoe Epic, a two-day ride from Davis to South Lake Tahoe and back. Total of about 270 miles with about 17,000 feet of climbing. This is an unsupported ride with no sag and is recommended for strong riders only. Almost half of the riders who have attempted it have not finished. Overnight stay at a hotel of your choice in South Lake Tahoe, with a stop at one of the all-you-can-eat buffets at the casinos. Contact Eric Norris for more info including start location: <campyonlyguy@me.com> Photos and description of the 2005 edition are online at: <[http://www.campyonly.com/mypages/tahoe\\_epic\\_2005.html](http://www.campyonly.com/mypages/tahoe_epic_2005.html)>

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

## 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.)

#### 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

## 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

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

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

Race team: [dbcrceteam.org](http://dbcrceteam.org)

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

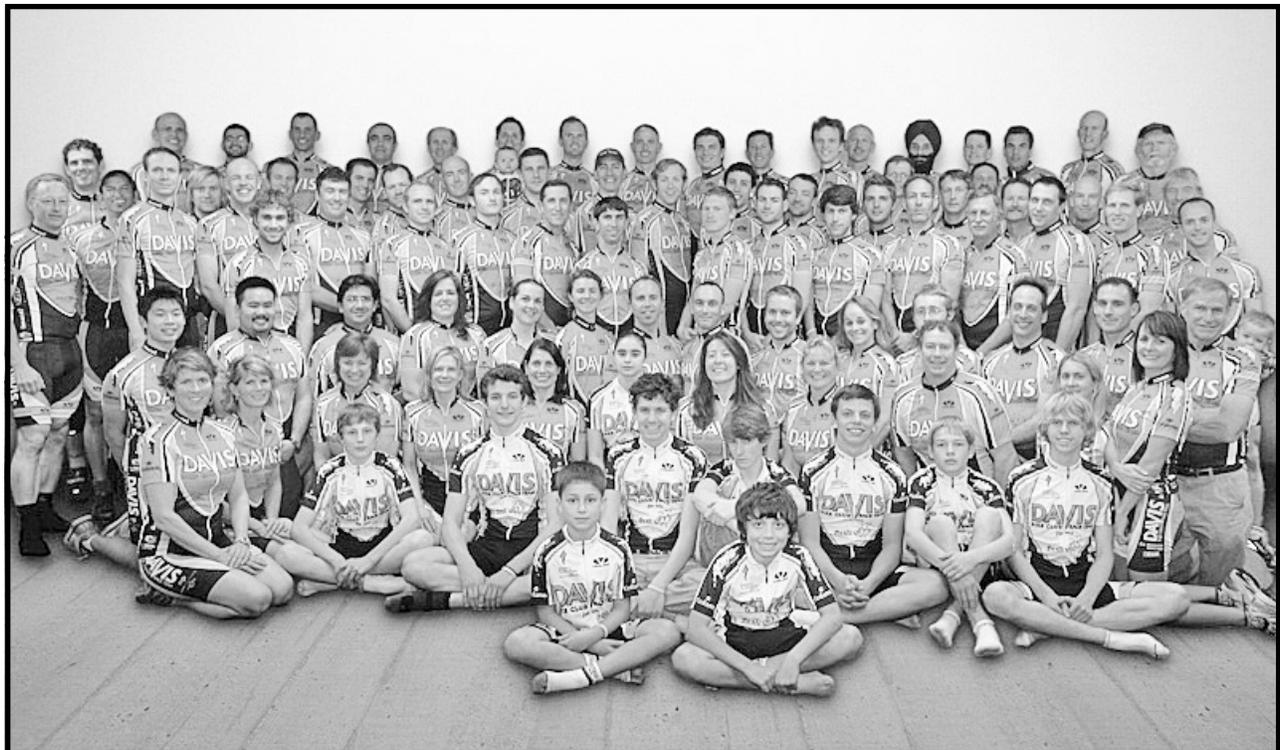
Fall Century: [http://www.davisbikeclub.org/annual\\_events/organized\\_rides/foxys\\_fall\\_century](http://www.davisbikeclub.org/annual_events/organized_rides/foxys_fall_century)

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>



The Davis Bike Club Race Team 2010

**Anne Schneider** –continued from page 2

Maggi, and brother, William, and a host of friends who were inspired by her many achievements and her devotion to her family, her friends, and to making our world a more liveable and beautiful place.

–courtesy of **Barbara Anderson**

### “It’s All Mental”

When I first met Anne in 1990 I was interviewing for a job with her firm. During the course of that interview I learned that Anne, like me, was also a cyclist. Now for me cycling meant riding casually, maybe a short tour, and the longest ride I had ever completed was about 60 miles. What I later learned was that for Anne, cycling meant competing at the national level in road racing and time trials.

About a year or so later, I rode my first century, and I mentioned it to Anne when she was in the office. So we start riding together a bit, and a few weeks later I’m over at her house and she shows up wearing a Davis Double Century t-shirt which states “200 miles in one day.” I’d never heard of anything like this, but Anne says “Yeah, they are a lot of fun. If you can ride 100 miles you can ride 200 miles, it’s all mental.” Being motivated by the prospect of a good time and the t-shirt, I trained and rode the DC with her the next year. And we did have a great time and I was very proud wearing that shirt.

Some months later a group of cyclists were at Anne’s house when she pulled out these awesome medals and proceeds to tell us about an event called Paris-Brest-Paris, a 1,200-kilometer ride that you have 90 hours to complete. The medals were from each of the required qualifying rides. The medals were cool, but more importantly Anne convinced me that the qualifiers were really fun to do and you just keep getting stronger and you meet a lot of great people. So we ride the qualifiers and completed PBP together in 1995. And despite the ups and downs of the ride it was fantastic. Now I’m beginning to think to myself, “You know, I’ve completed a great event. I’m a pretty good cyclist.”

That is, until about a year later, when Anne comes to me and says, “Have you ever thought about riding the Furnace Creek 508? It’s a 508-mile, 40-hour race. Wouldn’t it be great if we could get a team together and race this event? We’d have a blast!” So we recruit a couple of friends and we train and ride the event and it is the first appearance of Team SnailDarter. And we did have a blast, and there were a lot of stories to share from that ride. (Did I mention the VERY cool medal?) So now, not only am I a long distance cyclist, but we actually did it in a respectable time and I’m thinking of myself in a whole new way. I’m kind-of an ultra distance racer, like Anne. Well, the next year Anne approaches me and says that while the 508 was a lot of fun, she always wanted to ride her bike across the country. This was something she knew I had always wanted to do as well, but with Anne there was a twist. She didn’t have a lot of time, so how about riding across the country in 23 days with a group called Pactour? So I find

myself saying “Yeah, ok,” so we train for it and we end up riding about 2800 miles in 23 days. And except for the 5am wakeup calls, it was a hoot and we did have a great time.

And this is what Anne did for me. She inspired me to challenge myself in ways that I never thought I would. Her drive inspired me to push myself beyond my comfort zone to accomplish things I never thought were possible, simply because she convinced me “It would be fun!” and I would get a cool shirt! When Anne said “Let’s try this,” she really meant “Let’s do this.” I think Anne inspired a lot of us to get those really cool shirts! A whole lot of my personal identity is locked up in what Anne inspired me to do, and that is what I’ll always remember and thank her for.

–Susan Gishi □

## 2010 FOXY’S VOLUNTEERS WANTED

Positions Open:

- Rest stop helpers
- Car SAG
- Course marshals
- Course marking
- Post-ride food preparation and serving
- Post-ride clean up

Contact: **Michael Borgg** <[foxys@davisbikeclub.org](mailto:foxys@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.

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. On this course, Kids 12 years old and under ride free when accompanied by a registered adult! 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 is now open!

–continued on page 8

## **Foxy Fall Century** -continued from page 7

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. □

### **The Fall Century's 'Foxy'**

What makes a Fall Century foxy? Because it was named for DBC legend, Ed Delano, whose nickname was Foxy Grandpa. The following letter from Dave Peterson, original owner of Wheelworks, is a pretty good introduction to Ed. This was sent in 1993 to the Davis Enterprise:

Dear Editor,

In the old days when we built bicycles in a little garage on G Street, Ed Delano used to come in and pick up a copy of the racing newspaper. We'd all go out to gawk at his beautiful Italian Cinelli bike with the hand built wheels. The spokes were tied and soldered for strength, fitting for the legendary national champion who had recently made Davis his home. When he was invited to the World Championships, Ed brought his Cinelli in for service before going to Europe. We nervously fussed and fretted over that bike till it was perfect! We were close to greatness! Ed sent us a letter back from Europe describing the race. We pinned it to the wall right above the racing newspapers. Some of you might have seen it.

When we moved the shop to a better location, we asked Ed if we could display some of his trophies. I picked up his racing bike, a bunch of framed newspaper articles, and various souvenirs which we hung on the wall. Ed's family came by and took some pictures which made us very proud.

The Davis Bike Club named the 100 mile fall season ride "Foxy's Fall Century" after him. "Foxy Grandpa" is his nickname. But Ed's favorite race is the time trial, and this is the event he won his championships in. He used to drive down to Stockton and race every week until they quit holding it. I began timing folks out on Putah Creek road and before long we had ourselves a genuine event. Ed often finished last but whenever he beat a youngster, he'd usually chuckle, "You've got two choices: you either give up cycling or train 'till you beat this old bastard!" Ed always showed up, even in the rain. I'd ride out and Ed would drive with his racing bike in the trunk. I'd start the clock and he'd race. He was in his early eighties. Hard core.

A few years ago, Ed stopped showing up. He was finishing second at the National Championships but by this time there were only two guys left racing in his age group! Well, I stopped doing the timing after a while, too. You know, family commitments and stuff. Then he left Davis and moved to Vacaville. Doc Wright said he didn't think Ed was riding anymore. I know he's been missed on the Tuesday morning club ride to Cindy's. This Christmas his card said he was close to 90.

Yesterday Ed walked into the bike store and asked Manny if we sold any bikes with the low frame, "like the 'ladies' bikes. I can't get my leg over the bar anymore," he said quickly, like he'd rehearsed it a thousand times. Manny showed him what we had and Ed tried like heck to get that foot through the frame. "I guess I can't ride a bike anymore, I'd hoped I could ride a bike 'till I was a hundred." I suggested that he put the bike on the ground, walk over it, and pick it up underneath him. But the National Champion couldn't get his foot over the tubes. Disgusted with himself, he shuffled out the door and down the sidewalk.

It must have hurt him deeply to walk out of the store, but it hurt me too. Like many of you who have known him, I've always loved this guy. He epitomized the amateur gentleman athlete from the days before it was fashionable. As courteous in victory as he was when defeated, he enjoyed the exhilaration of exercise and happened to be pretty good at it. He discovered bicycle riding and racing shortly before retiring and often said he never enjoyed life more than since he retired. Many of his records stand to be beaten. His spirit and sense of humor never will be.

Dave Petersen Davis, Ca.

-submitted by **Thomas McGuire** □

### **Pace Line Etiquette**

(Ed. Note: Reprinted from April 2006 issue of "Changing Gears" at request of Safety Director, Phil Coleman and with permission of author, Dan Shadoan.)

When riding in a group it is very important to ride predictably and smoothly. This skill can be learned quickly and contributes to the safety of the group. To be smooth, avoid sharp braking, quick maneuvers, and quick accelerations or decelerations. To be sure, these may be necessary in an emergency, but an inexperienced rider can be a danger in a group if they ride unsteady in this fashion. Observe experienced riders and note how quiet and still their upper bodies remain while their pedaling continues smooth and constant with practically no pedal coasting.

Focus on being predictable. Predictability is the key to safety. No one wants a surprise from the rider six inches in front of him or her while traveling over 20 mph. As a group rider, your first responsibility, of course, is to yourself, but your next responsibility is to the person directly behind you and to a lesser extent all the following riders. If you overreact because you weren't anticipating you'll have following riders on your back, literally as well as figuratively. If you have to stretch, tie your shoe, rest your butt or stop pedaling for any reason, wait until you are at the back. At the back of the pack you can do anything you want. Just wait until you get back there to do it.

When in front, you are the one that shelters the rest of the riders from the wind. You are the one that has the best view of the road and therefore you must be responsible for announcing road hazards. Warn others by both shouting and

-continued on page 9

pointing to potholes, debris, obstructions and traffic.

Double pace lines are useful for larger groups. Two riders are paired and stay at the front for longer periods of time as compared to the pursuit-type of double pace line where speeds are high and single riders rotate after spending a little as 5 seconds at the front. The leading pair of riders pull off together to the same windward side. This technique is intrinsically safer than where each front rider pulls off the front to his/her respective side.

When riding a double pace line, always ride so that your handlebars are next to the handlebars of the rider alongside you. Stay in line and don't leave large gaps between your front wheel and the rear wheel of the rider in front of you. When you decide, as a pair, to pull off the front of a pace line never slow down, but always accelerate gently until you are sure that you are clear of the rider behind you.

In a double pace line, pull off the front to the right or left side depending on the wind direction. Always pull off the double pace line into the wind. The front pair of riders pulling off will execute a transition from a double pace line to a single pace line of two riders. These two will slow and be passed by the pack. They will move onto the back of the pack having switched places, that is to say the rider who was on the left of the double pace line will now be on the right. Since they are always on the windward side of the pack they will shelter the pack slightly during this maneuver. If you've never been in a rotating pace line before, ask loudly what you're supposed to do. Experienced riders are always willing to help you with additional details or local variations in signals.

Ride within your capabilities. Many riders are "squirrely" and are trying to ride so hard that they cannot properly control their bike. If this occurs while you are holding on to the back of the pack, you are on the wrong ride; build up your strength on slower rides and try again in a month or two. Often a new rider will try to stay at the front too long, or accelerate and pull too hard when at the front. Generally, one should pull at the same speed as the rider before you. Remember that you will need a bit of energy to re-attach yourself to the end of the pack after your pull. So don't pull until you are completely spent. Don't worry if you cannot spend as much time at the front as the others. Listen to your body and do what you can comfortably do. Let the stronger riders pull the longest if they want.

-Dan Shadoan □

## **Bike Parade Record Sought**

The World's Greatest Bicycle Parade Committee today announced that a Family Fest will be held in Davis' Central Park on Sunday, October 3, in conjunction with the effort to break the world's record for most bicycles in a parade.

"Breaking a world's record is a big job, requiring lots of organizational work, a small army of volunteers, dedicated

sponsors, and supportive community leaders," said committee spokesperson Dave Rosenberg. "So we're planning a Festival in Central Park as our way of saying 'thank you' to the bike riders and volunteers for an expected job well done."

Bike parade participants, bike route volunteers, family members, and spectators are invited to Central Park immediately after the conclusion of the parade. The Festival in Central Park will feature a hot dog, vege burger and hamburger BBQ put on by the Davis Firefighters. There will be a variety of side dishes and beverages. Those over 21 can enjoy an assortment of adult beverages in the Beer and Wine Garden.

The Festival in Central Park will also feature the "Tour de Fun" with lots of activities for the kids. Children can test their agility in the bounce houses, have their faces painted, ride the ponies, take a spin on a bicycle-propelled carousel, or practice their swings at the inflatable batting cage. The Davis Odd Fellows have announced a citywide effort to break the world's record for "largest parade of bicycles" – a record recognized by the Guinness World Record Book. The attempt to set a new record will be made on Sunday, October 3. Thousands of bike riders are expected. Details will follow in the coming weeks, but the event is expected to start early in the morning and end around noon, followed by the family-friendly Festival in Central Park.

The Bicycle Parade Committee has opened a website for the public at the following address:

<[www.worldsgreatestbicycleparade.com](http://www.worldsgreatestbicycleparade.com)> In the next few weeks, participants can register for the parade on line. The parade is open to the general public, and the Odd Fellows invite bike riders from throughout California to join the parade, break the record and help raise money for the Davis Schools.

In addition to making the attempt to break the current world's record, the effort hopes to raise a significant amount of money to benefit the Davis Schools through the Davis Schools Foundation. Bike registration fees after expenses will all be funneled to the Davis Schools Foundation. The Odd Fellows are also seeking individual, business and corporate sponsors who will contribute to the Davis Schools Foundation.

Visitors to the website can gain access to a Facebook page – World's Greatest Bicycle Parade – where they can learn more about the parade and interact with fans, Odd Fellows, businesses, and organizations that support the effort. There will also be access to a Twitter feed - @bicycleparade – which will provide timely updates and links to additional resources regarding the parade. Finally, the website sports a blog at <[www.worldsgreatestbicycleparade.com/blog/](http://www.worldsgreatestbicycleparade.com/blog/)> that will contain the latest information and news about the parade.

-from Glenn Mounkes □

*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](mailto: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](mailto: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](mailto:membership@davisbikeclub.org)>.**

**The membership maestro.**