

DBC Ride and Event Calendar

July 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 Early Bird Special 6:15a Esparto Tailwinds 8:00a	1 Mocha Joe's Loop 7:45a Mocha Joe's Loop 8:00a	2 Solano Baking Co 7:45a Solano Baking Co 8:00a Women's Weds 9:00a Race Team Mtg. 7:30p	3 Steady Eddy's 7:45a Steady Eddy's 8:00a Tue/Thu Race Ride 6p Winters Dinner Ride 6p	4 Early Bird Special 6:15a Vaca Rolling Hills 8:00a DBC July 4th Criterium	5 Coffee and a Roll 8:00a RH Phillips Brunch 10am
6	7 Early Bird Special 6:15a Esparto Tailwinds 8:00a Club General Mtg. 7:00p	8 Mocha Joe's Loop 7:45a Mocha Joe's Loop 8:00a	9 Solano Baking Co 7:45a Solano Baking Co 8:00a Women's Weds 9:00a	10 Steady Eddy's 7:45a Steady Eddy's 8:00a Tue/Thu Race Ride 6p Winters Dinner Ride 6p	11 Early Bird Special 6:15a Vaca Rolling Hills 8:00a	12 Coffee and a Roll 8:00a 2nd Sat Saunter 10:00a
13 "Show N Go" 8:00a	14 Early Bird Special 6:15a Esparto Tailwinds 8:00a Board Meeting 7:00p	15 Mocha Joe's Loop 7:45a Mocha Joe's Loop 8:00a	16 Solano Baking Co 7:45a Solano Baking Co 8:00a Women's Weds 9:00a	17 Steady Eddy's 7:45a Steady Eddy's 8:00a Tue/Thu Race Ride 6p Winters Dinner Ride 6p	18 Early Bird Special 6:15a Vaca Rolling Hills 8:00a Newsletter Deadline 5:00p	19 Coffee and a Roll 8:00a 3rd Saturday 9:00a
20	21 Early Bird Special 6:15a Esparto Tailwinds 8:00a	22 Mocha Joe's Loop 7:45a Mocha Joe's Loop 8:00a	23 Solano Baking Co 7:45a Solano Baking Co 8:00a Women's Weds 9:00a	24 Steady Eddy's 7:45a Steady Eddy's 8:00a Tue/Thu Race Ride 6p Winters Dinner Ride 6p	25 Early Bird Special 6:15a Vaca Rolling Hills 8:00a	26 Coffee and a Roll 8:00a Amtrak Suisun* 9:00a
27	28 Early Bird Special 6:15a Esparto Tailwinds 8:00a	29 Mocha Joe's Loop 7:45a Mocha Joe's Loop 8:00a	30 Solano Baking Co 7:45a Solano Baking Co 8:00a Women's Weds 9:00a	31 Steady Eddy's 7:45a Steady Eddy's 8:00a Tue/Thu Race Ride 6p	1 Early Bird Special 6:15a Vaca Rolling Hills 8:00a	2 Coffee and a Roll 8:00a

Ride Descriptions

Helmets Required on all rides!

Non-Recurring Rides	Regularly Recurring Rides
<p>Amtrak Suisun * Saturday, July 26, 9:00am T2/P3/60mi Paul Grant, 756-3610 or pwgrant@mac.com Meet 9:00am at the Davis Amtrak station to take the train to Suisun. Begin riding back to Davis with a rest stop in Fairfield and lunch at Digger's Deli in Vacaville. There are just a few hills on this ride and the scenery is pretty.</p>	<p>RH Phillips First Saturday Brunch* July 5, First Saturday, 10:00am T2/P3/45mi Russell Reagan, 530-792-7366 or russell.reagan@gmail.com Ride officially starts at the Woodland Nugget parking lot. A lovely ride through rolling hills of northern Yolo County to the R.H. Phillips winery, for their monthly, always delicious, food-wine pairing. For July they are offering Night Harvest Chardonnay paired with savory boneless, grilled skinless chicken breast in Chardonnay sauce on a bed of seasoned pilaf. Price is \$13, or bring your own lunch if you wish. Ride leader will ride from Davis to Woodland before the official ride; check DBC listserv for details. Ride leader may cancel in the event of high temperature forecast of 97F or more.</p>
	<p>Second Saturday Saunter July 12* Second Saturday, 10:00 am T1/P2/10-30 mi Dutch Martinich, 530-756-8234 or dmartinich@att.net Meet at Aileen Johnson's bench in front of Veteran's Memorial at 14th and B Streets. This is a ride for people that like to look at the scenery, smell the flowers, and socialize. This is a good ride for those that are new to cycling, for those that are new to the club and would like to know how they would fit in, and for those that just like a leisurely pace. There will be a different ride every month including a local bike-way tour, an architecture tour of old Woodland, perhaps a birding ride and even a pub ride. Spandex and carbon-fiber not required.</p>

Regularly Recurring Rides

Note: Asterisked (*) rides have a starting location other than Starbucks.
Consult the ride description for start location.

"Show & Go" Ride July 13

2nd Sunday, 8:00 am T-varies/P-TBD/TBD mi
Glenn Mounkes, 530-220-3513 or
glenmonk@yahoo.com

This ride varies: route, distance and pace will be determined at the Start by the group. The Ride Leader will lobby for wind and/or hills.

3rd Saturday July 19

3rd Saturday, 9:00 am T1-T5/P3-P4/30/40/60 mi
David Joshel, 510-717-5133 or
davidjoshel@hotmail.com

Ride to Winters (30), Lake Solano (40) or Canelow (60) Optional coffee/food stop at Steady Eddies in Winters. With the multiple options available, most riders can find a distance and pace to suit them.

Saturday Coffee and a Roll

Saturdays, 8:00 am T1/P4-5/30 mi
Scott Alumbaugh, or
sea@seadogdesigns.com

A Saturday morning quick out and back to Steady Eddy's in Winters, ending at Davis Farmer's Market. Start at Lyndell Terrace Starbucks. Ride Leader may have occasional absences, so if he hasn't shown up by shortly after 8:00, the ride proceeds.

Esparto Tailwinds

Mondays, 8:00 am T1/P3-5/50 mi
Barry Bolden, 530-297-5123 or
boliverb@dcn.org

North to Esparto with a stop at the Burger Barn, then downhill and a tailwind home. Experience part of the Double Century route as a bonus.

Mocha Joe's Country Loop

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

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.

Women's Wednesdays*

Wednesdays, 9:00 am T1/P4/20-30mi
Marilyn Dewey, 530-753-9188 or
deweyms@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.

Solano Baking Company

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

Solano Baking Company

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.

Steady Eddy's

Thursdays, 7:45 am T1/P3/30mi
Gerry Peterson, 530-756-1254 or
gnpjeter0856@juno.com

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

Steady Eddy's

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.

Early Bird Special*

Mon Fri, 6:15 am T1/P3/20mi
Jack Kenward, 530-753-9329 or
kenward2@dcn.org

Meet on the Russell Blvd. bike path between Arlington and Lake. Rain does not cancel this ride.

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. Now that June is behind us, we'll need to remember to bring our lights and be sure the battery is fully charged. Come out on this easy-going dinner ride to Winters. Expect friendly conversation. No-one will be left behind!

Vacaville Rolling Hills

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.



Bike for Habitat For Humanity

From June 20 to August 25, 2008 our own Marlene Hanson will be biking 3600 miles from Seattle, WA to Orchard Park, Maine to raise money for Habitat For Humanity.

Check her progress at
<http://marforhabitat.blogspot.com>

Ride Classifications

Refer to T/P/(distance) on each description title

Unless otherwise specified, all rides begin at the Starbucks, 2038 Lyndell Terrace, 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 John Seabury, Ride Calendar Master. Location of starting points for rides beginning elsewhere 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.

* Terrain

1. Flat (Davis to Woodland, Sacramento)
2. Easy/Gentle grade (Antioch Bridge)
3. Rolling (Dunnigan Hills, Auburn Road)
4. Moderate/Easy (Solano to Monticello Dam)
5. Moderate grades (Cardiac/Canelow)
6. Steep, long grade (Mt. Diablo, Marshall)

* 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.