



ROUGH DRAFT

June 2011

Fresno Cycling Club

Volume XXXI, Issue 5

General Club Meeting:

University of California Merced
Center
550 East Shaw Avenue
Calaveras Room

June 8th - - 7:00 PM
Climb to Kaiser Meeting
All volunteers working this year's
Climb to Kaiser event should
attend this organizational meeting

Board Meeting
June 1st

We're on the web!

www.fresnocycling.com



Mr. Q's Corner

Mr. Q's Corner

The 8th Annual Kirch Flat Century/Pine Flat Metric was once again a rousing success. This ride had humble beginnings in the early 1990's with ten to twelve club members participating. The first time I ever rode this club ride was in 1995 and if I remember right, Adrienne Moser, the club's treasurer, was doing the SAG duties out of the trunk her car. Back then the ride actually descended down to Kirch Flat Campground, another five miles and 1,200 feet down the to the Kings River from Cell Phone Hill.

We have come a long way from those early days when one vehicle carried the food and water and also served as the SAG vehicle. Now the ride is a fully supported club event with rest stops, SAG vehicles and an after-ride barbeque. This club ride has become one the most popular club activity FCC supports. If the Kirch Flat Century were ever tuned into a paid public cycling event, I'm sure we would have no problem drawing riders to participate.

We all have to remember the success of this event over the years is due to the willing volunteers who give up the first Saturday in May every year to make this event happen. A number of the volunteers have been involved in helping with this event for the last eight years and have never had the opportunity to ride in the event. If this popular club event is to continue in the coming years, we will need new volunteers to step up and lend a hand.

(continued on page 2)

FCC Team Time Trial Saturday September 10th

4-person teams, time of 3rd rider across the finish line is the team time. 20 mile course.

Starts at Belmont and Academy and ends by horse ranches on Piedra Road just before Hwy 180.

Get your teams assembled for this very fun event.

For more information, contact
Greg Issinghoff at
editor@fresnocycling.com
or 360-4760

Annual Labor Day Tandem and Recumbent Mini-Rally September 5th

This year's event will start at Greenwood Park in Sanger. Single riders are welcome on this ride too.

More information to come

Annual FCC Picnic at Woodward Park

Sunday August 28th

Mark your calendars!
More information to come

Tour de Lakes Club Ride

Saturday July 30th

This is an FCC members-only ride.

The ride starts at the Park and Ride on Dinkey Creek Road and goes up to Wishon Reservoir. If you are feeling really strong, you can hit Courtright Reservoir too!

More information to come

Goathead Century August 27th

Put on by the Kings County
Bicycling Club
Mark your calendars!

In this issue:

Board Members, Club Jerseys, New Members.....	2
Rules of the Road.....	3
May 2011 Time Trial.....	4
Mall 3 Mall 2 Mall Ride.....	5
Kirch Flat Century.....	6
Ride Calendar.....	9/10

FCC Board Members

President

Ron Quitoriano (559) 299-0175
president@fresnocycling.com

Vice President

Dennis Ball

Secretary/Memberships

Kathy Tanaka (559) 999-4579
secretary@fresnocycling.com

Treasurer

Adrienne Moser (559) 225-0224
treasurer@fresnocycling.com

Newsletter Editor

Greg Issinghoff (559) 360-4760
editor@fresnocycling.com

Advocacy Legislation

Nick Paladino (559) 432-8830
advocacy@fresnocycling.com

A/B Ride Coordinator

Nancy Dooley (559) 875-6399
abrides@fresnocycling.com

C/D Ride Coordinator

Eric Zentner (559) 897-5910
cdrides@fresnocycling.com

Past President

Paula Landis (559) 291-8750
pastpresident@fresnocycling.com

Directors at Large

Kent Tanaka

Appointees

Librarian

Nick Paladino (559) 432-8830

Honorary Historian

Mark Perkins (707) 274-7126
bicyclemark@hotmail.com

Event Coordinators

Bass Lake Powerhouse Double

Richard Hoff (559) 875-3736
rphoffjr@hotmail.com

Climb to Kaiser

John Kraft (559) 355-0534
Kaiser@fresnocycling.com



May 2011 New Members

Cynthia Cooper - Fresno
 John Devere - Madera
 Dan Ayres - Fresno
 Keith Mayes - Clovis
 Joe Robledo - Fresno
 Diana Scott - Fresno
 Chris Harris - Fresno
 Kary Karahadian - Fresno
 Ken Lehman - Fresno
 Tony and Nancy Betterley - Clovis
 Keith Smith - Clovis
 Randy Schrantz - Madera
 Rob Weil - Fresno
 Tony Barbarite - Clovis
 Mary Ann Lipari - Coarsegold
 Mike Smith - Clovis
 Calvin Cassle - Fresno
 Kim Allein - Hanford
 Leon Valley - Fresno
 Syd Newsom - Fresno
 Andrew Robertson - Fresno
 Edward Lund - Fresno
 Jeff Gledhill - Clovis
 Bryan Leisle - Fresno
 Kevin Wagner - Fresno
 Craig Trzepkowski - Fresno
 Troy Meier - Clovis
 Stone Beck - Fresno
 Roy Stephens - Lewiston, Idaho
 Thi Nguyen - Fresno
 Thomas Viahavas - Auberry
 Glenn Albertson - Fresno
 Tom Mook - San Leandro
 Joe Booth - Fresno
 Darrell Compelube - Hanford
 Lindsey Schwan - Fresno
 Tim Butler - Clovis
 Greg Rose - Clovis
 Virginia Rose - Clovis
 Paul Purviance - Clovis
 Vincent Owens - Fresno
 Donna Hankins - Clovis
 Curtis & Kristi Eastin - Clovis



Support our club, buy Fresno Cycling paraphernalia

The club continues to offer the ever-popular red and yellow jersey. This jersey would make a great addition to your selection of riding apparel. Blue/yellow and red/yellow jerseys are available in both men and women specific sizes. There are also blue/yellow and red/yellow wind vests with back pockets. Cost of jerseys are \$60.00; the wind vests are \$55.00.

To order contact Kathy Tanaka at secretary@fresnocycling.com or 559-999-4579



Mr Qs Corner (continued from Page 1)

FCC would like to thank this year's volunteers for their time and effort: Pine Flat rest stop: Rick Benson and Don Bier; Trimmer Springs rest stop: Dennis Ball, Gwin Rodriguez, and Daniel Peer; the lunch stop at Cell Phone Hill: Dean and Jennifer Hubbard, Doug Wachtell, and Kathryn Damschen; Shaw and Academy rest stop: Nick Paladino and Richard Breeding; and SAG duties: Greg Issinghoff and Dale Johnson. Of course, let us not forget the start finish location with registration duties and the after ride meal: Kathy and Kent Tanaka, Bill Mijs, Walt Taguichi, and Stanley Sakata. Again thanks for giving up your Saturday to help the Fresno Cycling Club.

Ron Quitoriano
 FCC President

(Ed. Note: Let's not forget the lion's share of the work that our club president, Ron Quitoriano, did in organizing the event, from buying the food, to marking the course, to organizing the rest stops, and to pretty much running the whole show. Thanks Mr. Q!)

RULES OF THE ROAD

Ever wonder what all those numbers and letters mean on the Ride Rating column of the monthly ride calendar? Well, hopefully this is going to help you stop wondering. Read on . . .

Required Equipment

Helmets are mandatory! Bring basic tools for roadside repairs (i.e. patch kit, tire pump, spare tube and wrench if needed to remove your wheels.) Optional tools: spoke wrench, Allen wrench and small screwdriver. Bring money for emergency phone calls and for food/snacks during the ride. Always bring water!

Choosing a Ride

Please do not attempt rides significantly beyond your ability level. Your presence may hinder other riders, and you may injure yourself trying to keep up. We encourage advancement, but don't become discouraged by "biting off more than you can chew." If in doubt, err on the conservative side. Call the ride leader for specifics on difficulty. Rain cancels rides unless specified "rain or shine."

General Information

Frequent starting places are the Compass in Woodward Park; the strip-mall at Shaw and Academy; Clovis East High School at Leonard and Ashlan, the Starbucks at Perrin and Somerville; and the Chili Chuckwagon at Annadale and Academy in Sanger. Be ready to start at the stated time.

Unfortunately we sometimes make an error on the telephone numbers for club rides. If you cannot reach the designated ride leader, please call a club officer

Starting Time

Unless otherwise noted, all rides will start at the time listed. **(No grace period.)**

Pace

Classifications are based on an **individual** riding at a sustained pace on level ground. Actual speed may change depending upon terrain/weather conditions. Riding skills required are also listed.

Training Pace - may exceed posted speeds with fewer and shorter rest stops.

Social Pace - follows all parameters of that ride level.

AA: Slow. Less than 10 mph. For families with children and for those who would like a slower pace. Re-groups often. Waits for slower riders.

A: Leisurely. 10-12 mph. Stops as needed. Some riding skills required. Waits for slower riders.

B: Moderate. 13-15 mph. Good riders. Social pace. Re-groups every 30-45 minutes. Waits for slower riders.

C: Brisk. 16-19 mph. Experienced riders. Social pace. Re-groups every hour. Requires pace line riding. Will wait for slower riders.

D: Fast. 20+ mph. Strong riders. Race pace. Infrequent stops. Requires pace line riding. No obligation to wait.

Terrain

1: Generally flat = Woodward to Friant; Reedley (0%)

2: Easy grades with a few hills = Piedra (1-3%)

3: Rolling hills = The Circuit; Bass Lake Loop (3-5%)

4: Harder hills = Prather; Humphrey's (5-8%)

5: Hillmania = Wildcat; Sky Harbor; Walker Grade (8-13%)

6: Unbelievable = Tollhouse Grade; Big Creek Rd. (13+%)

Example

When you look on the ride calendar and see in the Rating Column something like B/3/26 Social; that means ride is a B skill level rated ride, with a number 3 rated terrain, 26 miles long, and a social pace.

So check this month's ride calendar, choose a ride, and get to riding!

May 2011 Belmont Time Trial Results

By Greg Issinghoff

May 12, 2011 Belmont Time Trial Results

Finish	Name	Min.	Sec	Ave. mph
1	Jonathan Eropkin	20	57	28.64
2	Roger Hogan	21	21	28.10
3	John Devere	21	52	27.44
4	Jack Maddux	22	6	27.15
5	Jim Huebner	22	24	26.79
6	Bryan Leslie	22	44	26.39
7	Edward Lund	22	45	26.37
8	Steve Grusis	23	26	25.60
9	Tony Barbarite	23	36	25.42
10	Will & Lynn (Tandum)	23	42	25.32
11	Lynn & Terry Rueter (Tandem)	23	50	25.17
12	Ryan Brooks	24	6	24.90
13	Greg Issinghoff (recumbent)	24	41	24.31
14	Bob Hervatine	24	44	24.26
15	Keith Mayes	24	57	24.05
16	Keith Siemens	24	59	24.02
17	Nick Lucich/Chris Hamilton (Tandem)	25	27	23.58
18	Darren Johnson	25	39	23.39
19	Kyle Mason	25	41	23.36
20	John McCrackin	25	42	23.35
21	Craig Trzepkowski	25	42	23.35
22	Jim Stites	25	44	23.32
23	Jeanine Spence	25	55	23.15
24	Jim Farnesi	26	12	22.90
25	Pat Horn	26	27	22.68
26	Bart Vanderwal	26	27	22.68
27	Kris Kuboda	26	27	22.68
28	Jody Cummings	26	37	22.54
29	Karen Rinehart	26	44	22.44
30	Kevin Lindholm	27	15	22.02
31	Joe P	27	35	21.75
32	Ken Fritz	27	36	21.74
33	Teri Farnesi	28	13	21.26
34	Jamison Norby	28	16	21.23
35	Dennis Ball	28	21	21.16
36	Kieran Devere	29	19	20.47
37	Jose Robledo	29	24	20.41
38	Jeff Carter	30	16	19.82
39	Anthony Medrano	32	46	18.31

Thirty-nine riders participated in the May 2011 Belmont Time Trial - a very nice turnout! The weather was mild but the ever-present northwest wind was there again, as usual. When you are standing around before the ride, you think it a mild, pleasant evening breeze. But when you turn around into that so called breeze, and you're riding right on the edge of your ability to crank out any more power, that breeze suddenly feels like a gale force wind, severely slowing down your forward progress. It is very much a struggle on the return leg of the time trial because of that breeze! One of the fun things about the event that all the riders get to enjoy.

Fastest time on the course this month went to Jonathan Eropkin with a smoking average speed of 28.64 mph. That is incredible! And right on his wheel, was Roger Hogan, putting in his personal best speed of 28.1 mph. Way to go Roger!

Our fastest woman rider this month was, once again, Jeanine Spence. She rode the course in a sizzling fast speed of 23.15 mph, which is about a quarter of a mile per hour fast than last month! Good job, Jeanine!

Take a look at those times shown on the results table. There are a lot of very impressive speeds posted by a lot of fast riders! Way to ride everyone!
(continued on page 5)

Rubber Soul Bicycles: May 2011 Time Trial Sponsor

This month's sponsor of the FCC Belmont Time Trial was Rubber Soul Bicycles. A big thank you to Rubber Soul for their continued support of the many things FCC does. Rubber Soul provided tubes to all the participants of the time trial. Please show your appreciation to Ben and Rich by visiting their shop the next time you have bicycling needs!



(continued from page 4)



The winner of this month's raffle prize for a free meal at the Blossom Trail Café was Bryan Leslie! Congratulations Bryan! Peppino Caracciolo, owner and head chef of the Blossom Trail Café, had the honor of drawing Bryan's name from the hat. The Blossom Trail Café has been unbelievably supportive of our time trial, allowing us to use their parking lot and providing the free meal raffle. Please be sure to return their support by eating at the Blossom Trail Café for a great breakfast, or in the evening for some very tasty Italian food. You won't walk away hungry!

Another very supportive person of the Time Trial is Lori Cherry, who every month gives a prize to one of the women riders, of which we had quite a few this month. To mix it up a little bit, Lori decided to do a raffle for the women and to give away a gift certificate to Chipotle. Our club president, Ron Quitoriano, had the honor of drawing Chris Hamilton's name out of the hat. Congratulations Chris! And a huge thank you to bike rider extraordinaire, Lori Cherry, for her support of the Time Trial.

And last, but certainly not least, the Time Trial cannot happen unless there are people who volunteer to help run it. Thanks goes out to Don Bier, Richard Hoff, Dean Hubbard, Walter and Jeannette Reta, and Ron Quitoriano. Thank you all for your great help!

The next time trial is on June 9th. See the Ride Calendar for additional details. See you then!

MALL 2 MALL 2 MALL Bike Ride

By Dennis Ball

Over 200 cyclists from all walks of life with all types of bicycles converged on the Manchester Mall on Thursday May 12, to ride in the Mall 2 Mall 2 Mall bike ride sponsored by the FCBC (Fresno County Bicycle Coalition) and ibikefresno.org, as part of the National "May is Bike Month" campaign. A group of riders, lead by FCBC's Ed Smith, Fresno Cycling Club's Vice President Dennis Ball, FCC member Nancy Sumaya and others, came from the Sierra Vista Mall rode with another group of riders lead by John and Vanessa McCrackin who lead their group from their bike shop, Sunnyside Bicycles. Another group of riders rode in from the River Park Mall as well as 43 students and teachers from C.A.R.T. high school of Clovis who joined the Manchester Mall group to ride to Downtown Fresno. Fresno City Councilman Clint Olivier, with his staff and Councilman Lee Brand (a cyclist himself) also rode with the group to show their support of bicycling.

Escorted by the Fresno Police Dept Motorcycle and Downtown Police Bicycle Units, the large group of bicyclists rode from Manchester Mall down Blackstone Avenue to the Fulton Mall. They rode up the Fulton Mall pausing for pictures at the Clock Tower. The group then proceeded to the Iron Bird Cafe where they were treated to Coffee and Pastries courtesy of the FCBC. The Mall to Mall ride has been an annual event sponsored by the FCBC in an effort to promote bicycling as an alternative means of transportation to work, to the store, to run errands, or to just have fun. This year the event was expanded to include other Malls besides the Manchester and Fulton Malls to encourage riders from other areas of the community to participate. The ride this year had about 75 to 80 more riders than last year.

The FCBC works with local governments and their leadership to promote Bicycle Safety, Bicycle Education, and more bicycling facilities in the cities and County of Fresno. They hold monthly meetings at 550 East Shaw (Mariposa Room) the Third Wednesday of the month at 6:30 pm. They welcome everyone that rides a bike or not to come join the meetings and let your voice be heard. Annual support membership is only \$25.00.

www.fresnobike.org.



FCC Kirch Flat Century and Metric Century

By Greg Issinghoff

The Annual Kirch Flat Century and Metric Century was held on May 7th this year. About 110 riders participated in this club member-only event. For only the cost of membership, the riders were treated to a first rate cycling event that cost double or triple the price of other organized rides - - well supplied rest stops, SAG vehicle support, lunch, an after-ride bbq, and challenging and scenic metric and full century marked courses. It's hard to find a better deal! Here are a few pictures of the day's events.



Early morning registration. FCC volunteers working the registration were Kent and Kathy Tanaka, Stanley Sakata, Bill Miks, Walt Taguchi, and Ron Quitoriano



Sierra Pacific Orthopedic Center team getting ready to hammer the Kirch Flat Century



The start



Michelle (center) and friends before the ride and on the road



Lori Cherry



Along the Kings River heading for the first rest stop at Pine Flat Dam



Rick Benson and Don Bier, volunteers running the Pine Flat Dam Rest Stop



Dennis Ball, VP of FCC, taking some time out from running the Trimmer Rest Stop, hamming it up with rider Joey Galloway.



Dennis Ball's assistants at the Trimmer Rest Stop, Gwin Rodriguez, proudly displaying a prized jar of peanut butter, and Daniel Peer giving the thumbs up



Steve Ko (lf) and Bob Hervatine enjoying some liquid refreshments at the Trimmer Rest Stop



Lon Martin doing all the work pulling a bunch of shameless wheel-suckers up Cell Phone Hill



The crew at the Cell Phone Hill Rest Stop: Sitting (from left) Kathryn Damschen and Jennifer Hubbard. Standing (from left) Doug Wachtell and Dean Hubbard



The action happening at the Cell Phone Hill Rest Stop



Owners and Operators of the Shaw/Academy Rest Stop: Richard Breeding (lf) and Nick Paladino



Bill Miks (lf) and Stanely Sakata, manning the bbq and cooking up some mean chicken



The hoards of tired riders consuming mass quantities of food and drink at the after-ride bbq



Kent Tanaka (lf) and Walt Taguichi, working the after-ride bbq

June 2005 Ride Calendar

Date	Time	Rating	Ride Leader	Phone	Description
Wednesdays and Saturdays	Call for start times	D ride. Training	Eric Zentner	859-4131	Join Eric for a ride up in the Sierras to enjoy the mountains. Our rides always include a hearty lunch stop. Call for details.
Mondays and Wednesdays	8:00 a.m.	C ride	John Fries Tom Braner Bob Lindsey	313-1540 284-2777 250-9090	The Mountain Men meet Monday and Wednesday mornings in the Park and Ride lot next to the fire station at Temperance and FRWY 168. These are "C" paced "show and go" rides of 55 to 80 miles looping into the foothills. Mountain Women are also welcome. Call for further information.
Tuesdays	B & C 5:00 p.m. D 5:30 p.m.	AB/2/30 Training CD/2/30 Training	Nancy Dooley Richard Hoff	875-6399 875-3736	Sanger Chili Rides: Meet at the Chuck Wagon at Academy and Annadale for a mid-week training ride out through Centerville and up to Doyal's Store in Piedra. The return is over the hill in Tivy Valley and back up Annadale. Plan to enjoy a famous chili dog at the Chuck Wagon on our return.
Thursdays	5:30 p.m.	BCD/3/25 Training	Michael Quiroz	360-1574 875-8900	Millerton Store: Join Michael at Steven's Bike Shop parking lot for a weekly ride up to Millerton store and back. Those midweek rides really help your endurance on the longer weekend treks so come on out!
Saturday 6/4	9:00 a.m.	BCD/4/26-38 Social	John Iles Nancy Dooley Kent Tanaka	892-5931 875-6399 269-9378	Ride to Boydon Cave and Back: Here is one of the most beautiful rides our club offers - Kings Canyon National Park at its finest. This year we are offering a modified version of the original ride from Grant Grove down to Boydon Cave and back where riders can start down the hill at the Hume Lake turnoff (there is a nearby campground where we can park - just up the hill a few hundred yards). This version cuts off that final and steeper 3 miles of the climb out (leaving just 13 miles of ascent). However, if you want the whole ride from Grant Grove, go for it! We will try to arrange for a SAG again this year to support and carry snacks and water. Please RSVP to one of the ride leaders so we can make plans for support. Remember the \$20 park entrance fee or use your pass.
Sunday 6/5	8:00 a.m.	AB/1/18 Social	Ken Herrington	299-2275	The Red Caboose Ride: Join Ken at Armstrong and Herndon for a leisurely paced ride out Bullard and Sierra to The Red Caboose for breakfast. We return up Shaw and Bullard to the start. Good entry level ride!
Tuesday 6/7	8:30 a.m.	B/3/35 Social	Ken Herrington	299-2275	ROG Ride/Circuit: Meet Ken at Armstrong and Herndon for a spin around the Circuit. Stop at the Meat Market at Fowler and Shepherd for lunch on our return. Comfortable pace.
Thursday 6/9	5:30 p.m.	BCD/1/10	Greg Issinghoff	360-4760	Belmont Time Trial: 10 mile time trial starting at Belmont and Academy. Riders get sent out at 1 minute intervals. The route goes 5 miles east out Belmont, then a turnaround back to the start. Arrive early to warm-up and sign-in. Non-members required to sign a waiver and pay a \$5 fee. The Blossom Trail Cafe is open for business in the evenings, so please park only along the side and the back of the restaurant. One lucky rider will win a raffle for a free meal at the Blossom Trail Cafe. Please reciprocate their support and plan on eating at the restaurant after the time trial.
Saturday 6/11	9:00 a.m.	B/3/26 Social	Marshall and Kathy Taylor	592-6761	Three Rivers: Meet Marshall and Kathy at the service station below the dam in Lemon Cove. Ride up the hill and along the lake to Three Rivers for an ice cream at Reimer's. On our return, plan on lunch at the Home Town Emporium in Exeter.

June 2005 Ride Calendar

Sunday 6/12	8:00 a.m.	AB/1/29 Social	Nancy Dooley	875-6399	Sanger Starbuck's Ride: Join Nancy at Clovis East High School (the Southeast parking lot on Leonard near Ashlan). We ride the backroads out to Sanger for your favorite treat at the local Starbuck's. Continue on into the river bottom and loop back around to Ashlan for a straight shot back to the start. Great beginner ride!
Thursday 6/16	8:30 a.m.	B/1/30+ Social	Ken Herrington	299-2275	ROG Mystery Ride: Join Ken at Armstrong and Herndon for a ride east of Clovis. Route to be determined by the group. As always, comfortable pace!
Saturday 6/18	9:00 a.m.	B/4/26 Social	Kelley Morrow	287-7096	The Hume Lake Loop: Join Kelley at Grant Grove in Kings Canyon National Park. Ride out to Cherry Gap and drop off down the screaming descent to Hume Lake. Regroup and begin the long 10 mile climb up to the General's Highway (a few short pulls on the lower half but a pretty mild climb overall). Plan on lunch at the Grant Grove restaurant on our return. Remember the \$20 entrance fee or use your pass.
Saturday 6/18	7:30 a.m.	C/5/75 Training	Bill Lutjens	908-2485	Upper Kaiser: Meet at the Shaver Lake Community Center (Hwy 168 & Dinkey Creek Rd.) Ride along the lake before descending down into Big Creek for our 1st rest stop. Climb 4 miles and 2000 ft up to Huntington Lake and around to the market for our 2nd stop. Continue up Kaiser Pass as far as we can go before returning back down to Huntington Lake for another stop. Climb up Tamarack (Hwy 168) and then the long descent back to Shaver.
Sunday 6/19	8:00 a.m.	B/2/35 Social	Ken Herrington	299-2275	The Blossom Trail Cafe Ride: Meet Ken at Shaw and Academy for this monthly ride out Belmont to Doyal's Store in Piedra. Stop for a snack and then continue on across the bridge, through Tivy Valley, by the horse farm, and back up Belmont for lunch at the Blossom Trail Cafe. Finish the ride up the Academy bike lane. Please park between the business areas on Shaw east of Academy.
Tuesday 6/21	8:30 a.m.	B/3/35 Social	Ken Herrington	299-2275	ROG Ride/Circuit: Once again, Ken is off around the Circuit. Meet up at Armstrong and Herndon for the start.
Saturday 6/25	Climb to Kaiser Mass start in front of Clovis HS @ 5:30 a.m.	BCD/6/ 155 13,500 feet	John Craft	355-0534	Climb to Kaiser: FCC's premiere cycling event. Ride with cyclists from across the nation. Test your stamina and mental fortitude on one of America's ten toughest rides. Climbing is guaranteed, cooperative weather, not. www.climbtokaiser.com
Thursday 6/30	8:30 a.m.	B/1/30+ Social	Ken Herrington	299-2275	ROG Ride: Meet Ken at Armstrong and Herndon for a spin out east of Clovis. Destination to be determined by the group. Easy paced ride.
Saturday 7/2	9:00 a.m.	BC/4/36 Social	Nancy Dooley	875-6399	Shaver Lake to Huntington: Meet Nancy at the last boat dock at the far end of Shaver Lake (near the Big Creek turnoff). Climb the seven miles up Tamarack and descend down to Huntington Lake for lunch at the Lakeshore Cafe. Return same route. Lots of climbing both directions on this one.



**Membership Registration
&
Renewal Application**

The Fresno cycling Club is a group of 500 plus cyclist who enjoy bicycling as a recreation and sport. As a club, we seek to offer cycling events and activities that span a spectrum of cycling interests. Club rides are scheduled year round and range from entry-level to 100-mile expert rides. FCC sponsors several major cycling events each year: the famous Climb to Kaiser, voted by Bicycling Magazine one of the ten toughest rides in the United States, the Bass Lake Powerhouse Double Century, for the long distance enthusiasts and several fully supported members-only rides each year. We protect the rights of cyclist by following local, state, and national affairs as they concern cycling. FCC is in the forefront of bicycle advocacy in and around the Fresno area by promoting safe bike lanes and routes. If you like to ride, FCC has a place for you. Club members receive a monthly e-mailed newsletter listing ride schedules and other information of interest to local cyclist. We hope and encourage you to join FCC. Please fill out the information and mail it to the address listed below. Do not wait another minute! Join now! Fresno Cycling Club, P.O. Box 27571, Fresno, CA 93729

Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Is this a new address? _____

Email: _____(Required)

This registration is: New _____ Renewal _____ Individual _____ Family _____ How many participating family members: _____

How do you prefer to receive your newsletter by mail: _____ (At additional Charge) E-Mail: _____

Membership annual fee: Individual \$25.00* Family \$30.00* Hard Copy of Newsletter: \$10.00* Total: _____

Jerseys \$60.00 Red _____ or Blue _____ Wind vests Red _____ or Blue _____ \$55.00 Men's: S M L XL XXL Women's specific sizes: S M L XL

Which club activities could you volunteer to help with?

Climb to Kaiser, end of June _____ Bass Lake Powerhouse Double, 2nd week of Oct.: _____

FCC members only: Kirch Flat Century/Metric early May: _____ Tour de Lakes end of July: _____

Christmas Party: _____ Ride leader: _____

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY.

In consideration of being permitted to participate in any way in Fresno Cycling Club ("Club") sponsored activities ("Activity"), I, for myself, and for my personal representatives, assigns, heirs and next of kin: (1) Acknowledge, agree and represent that Interest and the nature of cycling Activity and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and byways open to the public during the Activity and upon which hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity. (2) FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISK AND DANGER OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the "RELEASES" NAMED ABOVE; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either known or unknown to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. (3) HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE AND AGREE TO INDEMNIFY AND HOLD HARMLESS the Club, the League of American Bicyclists, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers and if applicable, owners and lessees of premises on which the Activity takes place (each considered one of the Releases herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW, AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS INVALID, THE BALANCE NOTWITHSTANDING SHALL CONTINUE TO BE IN FULL FORCE AND EFFECT.

Applicant's Signature: _____ Date: _____

Parent or Guardians Signature: _____ Date: _____

*Fees are renewed/paid on an annual basis



P.O. Box 27571
Fresno, CA 93729

Bicycle Shop Directory

Support Your Local Bike Shop

Bike World
601 W. Shaw, Clovis
(559) 299-2286
Doug Reitz

Bike Trax
1760 11th St.
Reedley, CA
(559) 638-2398
www.biketraxusa.com

Cycle Path
7141 N. Cedar
Fresno, CA
(Behind John's Incredible Pizza)
(559) 325-0348
www.cyclepathbicycles.net
Roger Guzman

Fresno Schwinn
2444 E. Ashlan Ave
Fresno, CA 93726-3100
(559) 226-2453
www.fresnoschwinn.com

Herb Bauer Cycling
6264 N. Blackstone
Fresno, Ca 93710
559-435-8600
www.herbbauersportinggoods.com
Jacob Cisneros, Manager

Rubber Soul Bicycles
132 W. Nees
Fresno, CA
(559) 435-BIKE
www.rubbersoulbicycles.com

Steven's Bicycles
3132 N. Palm Ave., Fresno
(559) 229-8163
Willow and Nees
(Riverpark Trails Center)
Brent & Tina Kutzback
www.stevensbicycles.com

Sunnyside Bicycles
6105 E. Kings Canyon
Fresno, CA 93727
(559) 255-7433
www.sunnysidebicycles.com

Tower Velo
1435 N. Van Ness
Fresno, CA 93728
(559) 268-2863
Michael Eacock

Tri-Sport Unlimited
9433 N Fort Washington # 101
Fresno, CA
(559) 433-3000
www.tri-sport.com

Visalia Cyclery
1829 W. Caldwell Ave.
Visalia, CA (559)732-2453
www.visaliacyclery.com

Special Supporter
Blossom Trail Cafe
Belmont and Academy Ave
Sanger, CA
(559) 875-2500

between Olive and McKinley across from Tom's Trains

Some shops offer some type of discount to club members. Identify yourself as an FCC member and check with each shop before making purchases to find out their policy.