



# ROUGH DRAFT

September 2011

Fresno Cycling Club

Volume XXXI, Issue 9

**General Club Meeting:**  
University of California, Fresno  
Center  
550 East Shaw Avenue  
(Across from  
Fashion Fair Mall)  
Calaveras Room

**Wednesday Sept 14<sup>th</sup> 7 pm**  
Guest Speaker,  
Roehl Caragao  
The Race Across America  
June 2011

**Board Meeting**  
**September 7<sup>th</sup> at 6:00pm**

*We're on the web!*  
[www.fresnocycling.com](http://www.fresnocycling.com)



## Mr. Q's Corner

### Mr. Q's Corner

Last week while out on one of my recovery rides, I was reminded just how close we are to hazardous encounters with cars. On this particular day, I was riding alone and as I approached a stoplight, the light turned green a few feet before I reached the crosswalk. I generally try to slow down before the intersection in an attempt to avoid coming to complete stop before the light turns green. My timing was just right at this light and a quick look in all directions told me there were no cars waiting at the intersection. Of course, in my effort to coincide with the light, I forgot to shift down a couple of gears to keep moving. Being in the wrong gear, I slowed down momentarily as I approached the crosswalk, trying to get my momentum up and shifting to a lower gear.

On this particular day, I was fortunate to have been in the wrong gear. As I proceeded into the intersection and rolled a few feet beyond the crosswalk, a full sized SUV ran the light. I hate to think what the outcome of this day might have been if not for my hesitation fumbling with my gears. As a matter of rule, I am somewhat more cautious entering intersections on a green light when there are no cars waiting for lights. There may be that one car trying to beat the light or driver who is oblivious to what is going on around them as they mindlessly drive through the intersection on a red light. These days there seems to be more distraction for drivers with cell phones and texting. I'm sure some of you have come across someone while driving, who obviously is texting while waiting at a stoplight or talking and some cases texting while trying to drive!  
(continued on page 2)

### FCC Team Time Trial Saturday September 10<sup>th</sup>

For additional information, see page 5 of this newsletter and the ride calendar

### Bass Lake Powerhouse Double Century Saturday October 9<sup>th</sup>

Contact Richard Hoff at  
[rphoffjr@hotmail.com](mailto:rphoffjr@hotmail.com)  
for rider info or to volunteer to help

### Annual Labor Day Tandem and Recumbent Mini-Rally September 5<sup>th</sup>

Start at Greenwood Park in Sanger at the intersection of Greenwood and Palm at 8AM.  
See the Ride Calendar for more Information

### Grizzly Century

October 1, 2011  
A great annual ride in the North Fork/Bass Lake area  
[www.grizzlycentury.org](http://www.grizzlycentury.org)  
for additional information contact  
Mike Nolen  
559-877-2218x3256  
[grizzlycentury@yahoo.com](mailto:grizzlycentury@yahoo.com)

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### 3rd Annual Tour de Fresno Charity Bike Ride Saturday, September 17, 2011

Four Ride Options: century, metric, 48-mile county, and 16-mile scenic city ride  
FREE Pasta Dinner served Friday night  
[www.tourdefresno.com](http://www.tourdefresno.com)  
or contact Varoujan DerSimonian at 224-1000 for more information

### Valley Girls Ride October 15<sup>th</sup>

By Central Valley Cycling Charitable Association All Women's Ride Fresno/Clovis CA  
Distances from 10 miles to 75+miles  
Benefits: Spirit of Woman Camp  
Sunshine Dreams, Exceptional Parents Unlimited  
Info at [valleygirlside.com/](http://valleygirlside.com/)

## FCC Board Members

### President

Ron Quitoriano (559) 299-0175  
[president@fresnocycling.com](mailto:president@fresnocycling.com)

### Vice President

Dennis Ball

### Secretary/Memberships

Kathy Tanaka (559) 999-4579  
[secretary@fresnocycling.com](mailto:secretary@fresnocycling.com)

### Treasurer

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### Advocacy Legislation

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[abrides@fresnocycling.com](mailto:abrides@fresnocycling.com)

### C/D Ride Coordinator

Eric Zentner (559) 897-5910  
[cdrides@fresnocycling.com](mailto:cdrides@fresnocycling.com)

### Past President

Paula Landis (559) 291-8750  
[pastpresident@fresnocycling.com](mailto: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](mailto:bicyclemark@hotmail.com)

### Event Coordinators

### Bass Lake Powerhouse Double

Richard Hoff (559) 875-3736  
[rphoffjr@hotmail.com](mailto:rphoffjr@hotmail.com)

### Climb to Kaiser

John Craft (559) 355-0534  
[Kaiser@fresnocycling.com](mailto:Kaiser@fresnocycling.com)



## New July Club Members

Bob and Libby Griffith - Fresno  
 Ric Armitage - Fresno  
 Denise Carmen - Fresno  
 Lisa Lelis - Fresno  
 Keith Heimbach - Shaver Lake  
 Aaron Tarango - Fresno  
 David & Jeanne White - Fresno  
 Rick Armitage - Fresno  
 Doug Handy - Clovis  
 Elida Gonzalez - Sanger  
 Jacob Frazier - Fresno  
 Melanie Spigelmyre - Fresno  
 Terry Rueter - Fresno  
 Russell and Karla Walls - Selma  
 Rich Gilman - Madera  
 Jon Sharp & Julia Bradshaw - Fresno  
 Kim Costa - Fresno

## Help a Fellow Cyclist!

On 7/30, a Southern Sierra Cyclist club member was in a bad cycling accident. She was airlifted from 3 Rivers to Fresno, and was in ICU for two weeks (still in the hospital) and she has some brain trauma that is going to require rehab and medical follow up. Southern Sierra Cyclist (<http://sscbike.org>) will be putting a pay pal link on their website for people to contribute to help her family with the medical costs. Please help a fellow cyclist out if you can. By the way, her helmet saved her life!

## Want Ads

**For sale:** 52 cm white Kestrel carbon fiber bicycle with triple chain ring in good condition. Contact Jan by e-mail at [jjanharms@aol.com](mailto:jjanharms@aol.com) or by phone at 559-227-1797.



## 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](mailto:secretary@fresnocycling.com) or 559-999-4579



## Mr Qs Corner (continued from Page 1)

We all have cycling friends who like to cut it close when going through intersections with signal lights, they are half-way into the intersection before the light turns green. In my opinion this is dangerous and whatever time is saved is not worth the cost. The lesson from all this is to never take a green light as always safe to proceed. Look both ways as you enter the intersection; there might be that one person trying to beat the light or the one who is unaware there is even a light.

Ride safe and see you on the road.

Ron Quitoriano  
 FCC President

# August 2011 Belmont Time Trial

by Greg Issinghoff

## August 11, 2011 Belmont Time Trial Results

Finish	Name	Min.	Sec	Ave. mph
1	Jonathan Eropkin	20	45	28.92
2	John Devere	21	27	27.97
3	Roger Hogan	21	31	27.89
4	Jack Maddux	21	34	27.82
5	Joe Booth	22	22	26.83
6	Steve Grusis	24	0	25.00
7	Ryan Brooks	24	0	25.00
8	Roehl Caragao	24	6	24.90
9	Tony Barbarite	24	42	24.29
10	Tyler Pearce	24	50	24.16
11	Bob Hervatine	25	1	23.98
12	Craig Trzepkowski	25	5	23.92
13	Tim Jourayan	25	20	23.68
14	Keith Siemens	25	25	23.61
15	Dan Cuneg	26	2	23.05
16	Glenn Medina	26	14	22.87
17	Mark Berry	26	17	22.83
18	Don Kellar	26	31	22.63
19	Ken Fritz	26	55	22.29
20	Karen Rinehart	27	4	22.17
21	Cooper Van Natta	27	10	22.09
22	Joe Prevendar	27	18	21.98
23	Jim Farnesi	27	20	21.95
24	Jim "Lucky" Ganson	27	25	21.88
25	Teri Farnese	27	59	21.44
26	Jonathan Sharp	28	6	21.35
27	Guy Van Natta	31	32	19.03
28	Ben Liu	34	25	17.43
29	Clayton Lui	40	46	14.72

With 29 cyclists, a good number of riders showed up for what was not only the last singles time trial of the 2011 season, but also the hottest temperature-wise. The temperature when the first rider took off was in the high 90s, and of course, the ever present northwest wind was there, and seemingly getting stronger as the evening wore on.

Despite the weather, some very impressive times were posted this month with 10 riders completing the 10-mile course in less than 25 minutes. Fresno has some strong riders!

Before this season ends, special recognition for great effort has to go to Ben Liu. Ben is not the fastest rider, and pretty much consistently winds up near the bottom of the list, but his willingness to come out month after month to try to better his time shows what these time trials are suppose to be all about - - that is, to have fun and see what you can do to push yourself to get better. And this month, Ben had lots of support with him, when his son, Clayton, rode the time trial for the first time. Good job you guys!!

Thanks to all that participated in this year's time trial events, riders and volunteers both. Without you folks, we wouldn't be having all this fun!



August 2011

Time Trial Sponsor

This month, Sunnyside Bicycles stepped up one more time to sponsor our last singles time trial of the year. John and Vanessa McCracken have been very supportive of FCC and we wish to thank them very much for that support! Check out their new shop on the SE corner of Kings Canyon and Fowler. They can meet all your bicycling needs!

559-255-7433

or

info@sunnysidebicycles.com



The monthly raffle for the free meal at the Blossom Trail Café was won by Ben Lui, shown here with Carmen, evening manager for the Café. The Blossom Trail Café has been unbelievable in their support of our monthly time trial all year long, allowing us to use their parking lot, and then giving away a free meal each month on top of that. The welcome we have received from the Blossom Trail Café has been way beyond any expectations, and to show our appreciation, please stop by and enjoy their good food whenever you can.



Ken Fritz, on right, shown here with Greg Issinghoff, was the winner of the raffle for a seat bag provided by Lori Cherry.



The gift cards for the fastest female riders were once again provided by Lori Cherry, who is one of the strongest female riders in our club and loves to be supportive of other women riders. This month, Karen Rinehart, to Greg's right, won the gift card to Cold Stone Creamery, and Teri Farnesi, on Greg's left, won a gift card to Starbucks. Congratulations ladies and thank you Lori for your continued support of the FCC time trials!



Tyler Pearce of theskinnytire.com provided gift cards for Yodiggity Yogurt treats to Johnaton Europkin, fastest rider of the evening (pictured at right), and to the least fastest rider, junior cyclist Clayton Liu (pictured above).



### Thanks to This Month's Time Trial Volunteers

Obviously, the time trial cannot happen unless we have volunteers willing to help put it on. This month, a huge thank you goes out to Don Bier, Ron Quitariano, and Dean Hubbard. Without their help, and without the help of all the volunteers all year long, we could not have had so much fun. Thank you!



The mission of TheSkinnyTire.com is to bring the vast cycling community of the Central Valley together in a fun and positive way. With the amount of riders around, there should be no reason to have to ride alone or ride a pace that is over your head. But it is hard for new cyclists to the community to find the right people to connect with, so the Central Valley now has a unified place for all things cycling.

TheSkinnyTire.com is a social network where local cyclists can find information on upcoming events, rides, training tips, and also meet new riders at their own pace. Plus, with TheSkinnyTire.com you can reconnect with the people you met out on the road. Just tell them to find you on TheSkinnyTire.com and add you as a friend.

TheSkinnyTire.com is very much like Facebook but specific to cyclists of the Central Valley. You can upload photos, videos, create events or groups, and even post on the news feed. Do you want to plan your weekend ride or maybe looking for something last minute? Check the activity feed on TheSkinnyTire.com for local social and training rides in real time. Or maybe post the ride you're planning and gain a few new riders to come and help push that wind.

TheSkinnyTire.com is committed to supporting this amazing community, and what better way to show support than to give out FREE STUFF!!! Check in on TheSkinnyTire.com for monthly give-a-ways. Currently we are going to be giving away a free entry into the offthefront.org century (\$75 value). Plus, look for announcements of where TheSkinnyTire pit stop will be. The pit stop will be a tent at some of the popular stops loaded with free food, drinks, and repair equipment.

Thanks  
Tyler Pearce




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## Fresno Cycling Club Jerseys and Vests

It is time to place a Fresno Cycling Club jersey and wind vest order. We have had requests to add a couple of new choices to our current selection. We have had requests for a **full front zip** jersey and a **women's sleeveless** jersey. We need to know if there is enough interest in these two selections. If you are interested in either of these choices, please email the secretary at [secretary@fresnocycling.com](mailto:secretary@fresnocycling.com) with your size, color choice (red or blue) and name by September 15, 2011.

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## Fresno Cycling Club Team Time Trial

The Fresno Cycling Club Team Time Trial is coming up on September 10th. The following are the rules and other information for the event: 4-person teams. Teams sent out at 2 minute intervals, time of the 3rd rider over the finish line is the time for the team. 20 miles. Ride starts at Belmont and Academy. Course goes east on Belmont towards Doyles, turns onto Piedra Road just before Doyles, up and over Tivy Hill, with the finish line about a mile before Piedra Road intersects with Hwy 180. Cool down ride back to start goes 180, to Rio Vista, to Belmont and back to the start.

Prizes for different categories of teams will be provided at the start line after the ride is completed. Prize categories include Race (for those that race), recreational (for the rest of us that don't race), recumbent, mixed, womens, tandem, and junior. Prizes will be gift cards from local bike shops - - Rubber Soul, Tri-Sport, Herb Bauer, Stevens, and Sunnyside - - and from Lori Cherry and The Skinny Tire.

Time and Place: Saturday Sept 10th. At Belmont and Academy - - the Blossom Trail Cafe. Please park only in the back or the sides of the restaurant - - do not block their business. Registration at 8:00 AM, first team sent out at 8:30. **Please RSVP** by email to [editor@fresnocycling.com](mailto:editor@fresnocycling.com) so we have an idea of how many riders to expect. Non-FCC members must sign a waiver and pay a \$5 entry fee.

## A Big Thank You

By James Harrel

Having been a cyclist and a member of FCC for many years, I've had my share of complaints about rude drivers. A recent experience served to remind me that there are also exceptionally kind and considerate drivers out there.

On Friday, July 1st, I was struck from behind by a car while cycling on Auberry Road. I found myself sprawled on the side of the road, bleeding from lacerations and a deep gash in my leg. The driver stopped for just a moment, then sped away.

Then, out of nowhere, came the Good Samaritans: the person who put a "Spiderman" towel under my head; the person who held an umbrella to shield me from the sun; the off-duty nurse and the firefighter who stayed with me until the ambulance arrived; the person who called my wife to tell her I was injured and being taken to the hospital; the driver who saw the accident, pursued the hit-and-run driver and got the license plate number.

I want to thank all of you wonderful, caring, and compassionate people. None of you had to stop, but you did. None of you had to help, but you did. No words can ever express how grateful I am to each of you!

I also wish to thank the CHP officers, the Fresno and Madera County Sheriff's Deputies, the California Forestry Officers, and the EMS team who took me to the hospital. And finally, thanks to the ER Team at Community Medical Trauma Center who took such good care of me!

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## Cycling in China

By Richard Hoff

In retirement, one of my hang out places is Guangzhou, China. China is one of the most dangerous and exhilarating places to ride a bike. In a province of 120 million people, there are literally millions of pedestrians, cars, bikes, electric bikes and trucks, usually with little regard for traffic regulations. Running red lights, entering traffic without yielding and stopping in any lane at anytime are common occurrences in China.

Most foreign cyclists refuse to ride the normal roads and ride 10 mile laps on an isolated island with less traffic and stop lights. I go here many times because the Chinese racing teams also train here and sometimes can catch some great pacelines. The male teams usually roll along at 21-27 mph and the female teams about 21-23. For some reason, I prefer following the women's teams.

One recent day, I was cruising along waiting for a team to go by when 8 guys zip past me with the front guy wearing the national team jersey of China, which is only worn by members. I jump on, comfortable at 23 mph for about 3 miles, when the first guy comes off the front and to my amazement has only one leg, his right! Literally, the left side of his shorts is flapping in the wind. He sat at a slight angle and his computer was mounted likewise. How he got on or off, I do not know, but to go so fast with only one leg!

I had noticed another guy seemingly riding his aero bars in the paceline. If this had been the Chili Ride, I would have barked at him for using the aero bars, but this was not my paceline and not my country. When he came off the front after another strong pull, I saw he had no arms from the elbows down and was strapped on a small platform. He had upside down Shimano STI shifters which I saw him push one way with his upper arm. How he shifted the other way, I did not figure out.

The coach in the following vehicle shouts something out and it is interval training time. The two handicapped guys kick it up to 30+ mph and half of the group drops. I hang on but after about 400 yards, I am ready to let go. But then I start thinking, "Really, are you going to let a guy with one leg and a guy without arms drop you, you wimp?" So I dig deep and hang on until the coach is satisfied and we slack off.

Other handicapped cyclists I rode with were hand cyclists, six in a paceline rolling along at 18 mph, which one man led for four miles. You think recumbents are a bad draft, try getting behind a hand cyclist one foot off the ground! I also rode with tandems with super-fit captains and blind stokers. They could steadily ride along at 27 mph and never seeing a stoker rise from the seat.

We have all seen truly amazing exploits on the bike by our friends and competitors, but these handicapped Chinese cyclists reminded me that nothing I have encountered on my bike will equal their daily rides for difficulty.

## The 2011 Tour de Lakes

The annual FCC Tour de Lakes took place on Saturday July 30<sup>th</sup>. About 50 cyclists participated in the ride that started at Shaver Lake and went up to Wishon and Courtright Reservoirs. The club provided treats at a rest stop at the McKinley Redwood Grove, where Anne Zentner and her son, Ben, and daughter, Hannah, volunteered to run the rest stop. The willingness of club members to volunteer so other club members can ride is something appreciated by all. Thank you, Zentners!

The following pictures provide a small taste of that day's ride in the mountains.



Ann Zentner with her daughter, Hannah, and her son, Ben, working the rest stop at McKinley Grove





## September 2011 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 <b>Sierras</b> to enjoy the mountains. Our rides always include a hearty lunch stop. Call for details.
Mondays and Wednesdays		C ride	John Fries Tom Braner Bob Lindsey	313-1540 284-2777 250-9090	<b>The Mountain Men</b> will be on hiatus for the summer. Please note there are no Mountain Men rides scheduled until October.
Tuesdays	B & C 5:00 pm D 5:30 pm	AB/2/30 Training CD/2/30 Training	Show n' Go		<b>Sanger Chili Rides:</b> 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. New B and C riders call Nancy Dooley 875-6399 for information.
Thursdays	6:00 pm	BCD/3/25 Social	Michael Quiroz	360-1574 875-8900	<b>Millerton Store:</b> Join Michael at Steven's Bike Shop parking lot for a weekly evening ride up to Millerton Store and back. The pace is brisk so be prepared for a good workout.
Saturday 9/3	9:00 am	B/4/28 Social	Michael Monge	209 321-0148	<b>Dinky Creek to Wishon:</b> Michael will begin this mountain ride at the bridge at Dinky Creek. Ride up through McKinley Grove (a beautiful grove of giant redwoods) and beyond to Wishon for snacks at the store. There is lots of climbing both coming and going on this one so be prepared. This is an out and back, so if you get tired, you can turn back along the way.
Saturday 9/3	9:00 am	C/4/45 Social	Jane Johnson	281-8341	<b>Pinehurst Lodge-Hume Lake loop :</b> Start at Pinehurst Lodge and ride the Hume Lake loop. There is 4500 feet of climbing with gradual climbs. Please call me and RSVP. That way, if for some reason I have to cancel I will be able to contact you. It is a long way to go for no one to show up.
Sunday 9/4	8:00 am	AB/1/18 Social	Ken Herrington	299-2275	<b>The Red Caboose Ride:</b> Join Ken at Armstrong and Herndon for a spin out Bullard and Sierra to Shaw and Academy for breakfast at the Red Caboose. Return is up Shaw and Bullard back to the start. Good beginner ride!
Tuesday 9/6	8:30 am	B/3/35 Social	Ken Herrington	299-2275	<b>Tuesday Morning Circuit:</b> Meet Ken at Armstrong and Herndon for a midweek morning ride around the Circuit. Ken says to announce that his weekday rides are open to all riders - not just Old Retired Guys. Comfortable pace.
Saturday 9/10	9:00 am	BC/4/28 Social	Henry Pretzer Susan Kawaguchi	706-2958 519-2394	<b>Bass Lake Climb:</b> Meet Henry at the Pines at Bass Lake. The ride climbs 14 miles up the mountain behind the Pines on Beashore Road. This will be an up and back ride. Optional lunch on our return.
Saturday 9/10	8:00 am	BCD/2/ 20 Social	Greg Issinghoff	360-4760	<b>Team Time Trial:</b> 4-person teams. Teams sent out at 2 minute intervals, time of the 3 <sup>rd</sup> rider over the finish line is the time for the team. Registration at 8:00AM with first team leaving at 8:30. Ride starts at the Blossom Trail Café at Belmont and Academy. <b>Please park only in the back or the sides of the restaurant</b> - - do not block their business. Course goes east on Belmont towards Doyles, turns onto Piedra Road just before Doyles, up and over Tivy Hill, with the finish line about a mile before Piedra Road intersects with Hwy 180. Cool down ride back to start goes 180, to Rio Vista, to Belmont and back to the start. Prizes for different categories of teams will be provided at the start. <b>Please RSVP to ride leader by Thursday Sep 8<sup>th</sup></b> by phone or email at <a href="mailto:editor@fresnocycling.com">editor@fresnocycling.com</a> so we have an idea of how many riders to expect.
Sunday 9/11	8:00 am	AB/1/29 Social	Nancy Dooley	875-6399	<b>Sanger Starbuck's Ride:</b> Join Nancy at Clovis East High School (the Southeast parking lot on Leonard near Ashlan). This monthly ride heads out the back roads to Sanger for your favorite treat at the local Starbuck's. Continue on into the river bottom east of town and loop back to Ashlan for a straight shot back to the start. Great beginner's ride!

## September 2011 Ride Calendar

Sunday 9/11	7:30 am	C/1/100 Social	Greg Issinghoff	360-4760	<b>Flat Century.</b> Meet at the Park and Ride at 168 and Temperance. For those that would like to ride not as far, meet us at Shaw and Academy at 8:00 (be sure to only park behind the Chevron Station). Ride to Orange Cove for burritos, back north and across on Anchor and American, through Navelencia, short bit on Hwy 180 to Frankwood Avenue, to Doyles, and then back to start. 20 mph pachelines will be happening on this ride.
Thursday 9/15	8:30 am	B/1/40+ Social	Ken Herrington	299-2275	<b>East of Clovis Ride:</b> Meet Ken at Armstrong and Herndon for a social ride out east of town. Ken generally heads out to Reed Avenue and Hwy 180 to the fruit stand for the turn around. Stop at Shaw and Academy for a bit to eat before heading back in. Route always subject to change at the groups pleasure.
Saturday 9/17	8:00 am	B/3/35 Social	Ken Herrington Nancy Dooley	299-2275 875-6399	<b>The Circuit:</b> If you want an alternate option to the Tour de Fresno today, then join Ken and Nancy at Armstrong and Herndon for a ride around the Circuit. We head up to Millerton Store, pass Table Mountain Casino, and stop for brunch at the Dam Dinner in Friant. The return is up Friant Road and along the Clovis Bike Trails to the start.
Saturday 9/17	8:30 am	BCD/6/7 Social	Nick Lucich	226-4420 Work 287-6224 Cell	<b>12th annual Tollhouse Time Trial:</b> Try for your PB on the ultimate test of rider vs the mountain. If you are old and fit or young and speedy see if you can beat your age (minutes=years). Call Nick at least 4 days in advance to arrange a start time.
Sunday 9/18	8:00 am	B/4/40 Social	Walter and Janette Reta	905-6058	<b>22-Mile House:</b> Join Walter and Janette at Copper & Willow for a ride out to the 22-Mile House. The route goes through Friant, crosses the bridge and up the hill (that's the 4!) and on out through the low hills to the 22-Mile House at Hwy 41. Loop around and return back to Friant before heading back to the start.
Tuesday 9/20	8:30 am	B/3/35 Social	Ken Herrington	299-2275	<b>Midweek Mystery Ride:</b> Ken may want to alter his normal Tuesday route. Meet him at Armstrong and Herndon and find out the route for the day! Comfortable pace.
Saturday 9/24	7:00- 8:00 am	BCD/4/ 60-100		<a href="#">Lighthouse</a>	<b>The Light Century:</b> This pay-to-ride event begins at Questa College outside of San Luis Obispo. For more information, contact the San Luis Obispo Bicycle Club.
Saturday 9/24	8:30 am - 12:00 Noon	ABCD	Andrew Miguel	347-8967	<b>Cyclocross:</b> Ok all you roadies out there, looking for something different to try, it's time to knock the dust and cobwebs off those mountain bikes. Homegrown Cyclocross season starts up October 16 <sup>th</sup> . Come join me to learn about a fun local event sponsored by the Central California Off-Road Cyclists and take some practice laps around the course. <a href="http://WWW.CCORG.ORG">WWW.CCORG.ORG</a> for more information on the Homegrown Cyclocross Series. Even in you don't plan on riding in an event this year come on out and watch an event. That's how I got hooked.
Sunday 9/25	8:00 am	BCD/3/22 Social	Nancy Dooley	875-6399	<b>The Avila Beach Breakfast Ride:</b> Traditionally, the FCC has a breakfast ride out to the Custom House at Avila Beach on the Sunday following the Light House Century. If you would like to join us, feel free to do so. We will meet at the Travel Lodge on Monterey Street in San Luis Obispo and cycle out at a comfortable pace to Avila for breakfast. Notify your hotel that you will need a late check-out - we usually return by 11:00 am
Wednesday 9/28	7:00 pm	C/1/30 Social	Ron Quitoriano	299-0175	Annual September <b>full moon night ride</b> around the north end of Fresno. Lights are mandatory. Starts at Steven's Bicycles on Nees.
Thursday 9/29	8:00 am	B/1/40+ Social	Ken Herrington	299-2275	<b>Morning Ride East of Clovis:</b> Join Ken at Armstrong and Herndon for his midweek morning ride. Route to be determined by the group.
Saturday 10/1	9:00 am	B/2/35 Social	Ken Herrington Nancy Dooley	299-2275 875-6399	<b>The Blossom Trail Cafe Ride:</b> Meet Ken and Nancy at Shaw and Academy for this monthly ride out Belmont to Doyal's in Piedra. After snacks, cross the river, ride up the Tivy Valley Hill, pass the horse farm, and circle back to Belmont for a stop at the Blossom Trail Cafe for breakfast. Finish the ride up the Academy bike lane. Please park between the business areas on Shaw.
Sunday 10/2	9:00 am	B/2/25 Social	Don Green	307-4284	<b>Madera Ranchos:</b> Welcome our new ride leader, Don Green at the North gate of Woodward Park. Ride at a leisurely pace out to Liberty High School in Madera Ranchos for the turnaround. This is an out and back with mostly flat riding.



**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, 2<sup>nd</sup> 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](http://www.biketraxusa.com)

Cycle Path  
1165 E Champlain Dr.  
Fresno, CA  
(559) 325-0348  
[www.cyclepathbicycles.net](http://www.cyclepathbicycles.net)  
Roger Guzman

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

Herb Bauer Cycling  
6264 N. Blackstone  
Fresno, Ca 93710  
559-435-8600  
[www.herbbauersportinggoods.com](http://www.herbbauersportinggoods.com)  
Jacob Cisneros, Manager

Momentum Cycling  
7591 North Ingram Avenue, 3106  
Fresno, CA 93711  
(559) 449-0223  
[momentum-cycling.com](http://momentum-cycling.com)

Rubber Soul Bicycles  
132 W. Nees  
Fresno, CA  
(559) 435-BIKE  
[www.rubbersoulbicycles.com](http://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](http://www.stevensbicycles.com)

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

Tower Velo  
1435 N. Van Ness  
Fresno, CA 93728  
(559) 268-2863  
Michael Eacock  
between Olive and McKinley across from Tom's Trains

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

Visalia Cyclery  
1829 W. Caldwell Ave.  
Visalia, CA (559)732-2453  
[www.visaliacyclery.com](http://www.visaliacyclery.com)

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

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