



ROUGH DRAFT

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

Wednesday November 9th
7 pm
 Guest Speaker,
 To Be Announced

Board Meeting
 November 2nd

We're on the web!
www.fresnocycling.com



Mr. Q's Corner

Mr. Q's Corner

Last October 8 at 3:30AM, the first of 130 intrepid double century riders left the Clovis Veterans Memorial building. It was a cool clear, comfortable morning in the valley; ideal for a day on the bike. My job, along with my side-kick Kent Tanaka, was to SAG the course starting at 5:30AM from Clovis to the Auberry Elementary School. Ten miles from the start, we encountered our first of many stops to assist riders. A recumbent rider with free-hub problems turned around and was heading back. His free-hub started slipping and making noises. He said he thought he could make it back to Clovis, but told us that at Hwy 180 and McCall a rider was stopped with a broken chain. Unfortunately, I did not have the necessary chain tool or replacement pins to help him. We picked him up and transferred him to Richard Hoff's van for a ride back to Clovis; he was through for the day. As the morning progressed, we came across a number of riders with flat tires. It seems this year we have an especially abundant crop of goatheads from last season's rains. Every rider we encountered had experienced at least two flats and some had three within the first 40 miles. Other than flats in the early morning hours, the BLDC progressed with out a hitch.

There was a group of three riders who missed Richard's three-foot road markings and ended up at Humphry's Station asking how to get to Auberry School, the third rest stop. It is rumored that one of the locals took pity on them when hearing of their plight, loaded them into the back of his truck and hauled them to Auberry. Of course, this was just a rumor. In some doubles, this would be ground for a DQ. Another rider, within 20 yards of leaving the Clovis Veterans building at Hughes and 5th street, turned right and headed west through Old Town Clovis. After a couple of miles he figured out that he was heading in the wrong direction and came back to the start to take another go at it; this time in the right direction.

All in all, October 8th was a good day for an all-day ride. The weather was perfect, in the temperature range that was ideal for a great day on the bike.
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FCC Christmas/Holiday Party

The Annual Christmas/Holiday Dinner will be held Sunday December 11th at the Clovis Veterans Memorial Building at the NE Corner of 5th and Hughes from 5 to 9 PM

Join your cycling friends for a little holiday cheer!

Potluck Dinner:
 A to H – Bring Salad
 I to R – Bring Dessert
 S to Z – Bring Main Dish

RSVP by December 8th to
secretary@fresnocycling.com
 Limited to 120 people

American River Bike Trail Ride
November 12-13, 2011

November is here! That means it is time to go to Sacramento to have a great time on the American River Bike Path and watch the salmon run. Ken and Diana Herrington will be staying at the Best Western Sandman Motel, 236 Jibboom St., Sacramento, Calif. (Phone # 916-443-6515.)

Ken and Diana will be arriving on Friday the 11th; riding to Folsom via Nimbus on Saturday (starting at 8:30 so you can drive up for the day!) Lunch is at a wonderful cafe where everything is homemade. Possible short ride on Sunday the 13th.

Lots to do for non-riding family members.

For the starting place and more information, call Ken Herrington at 299-2275.

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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 Craft (559) 355-0534
Kaiser@fresnocycling.com



New October Club Members

Tom Abshere - Clovis
 Linn Gassaway - Miramonte
 Alison Moeschberger - Clovis
 Ignacio Gil - Fresno
 Keith Putirka - Clovis

Want Ads

For sale: Red Trek Madone 5.2 SL with Ultegra build and lots of goodies. \$1599 OBO Please contact Sunny at 559-930-6300 for full details.

Fueling/Training Seminar

Please join us for a morning of fun and education. Discussion topics will include: 1) What to do the day before your first event, 2) Training: Basics and Mistakes, 3) Pre/On-the-Bike/Post-Ride nutrition.

Each of the seminars is offered on a Sunday, November 6 & 20, 9:00 am - 11:00 am at Rubber Soul Bicycles. These are free, i.e. no cost. Space is limited and pre-registration is required. To sign up for one of these dates, please contact Steve Grusis at sgrusis@comcast.net or 360-1775.



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)

The success and reputation of the Bass Lake Double is due to the fantastic support the riders receive during the 200-mile ride. Without the volunteers, this would not be possible. Members like Adrienne Moser, our registrar for both Climb to Kaiser and the Bass Lake Double, who receives and processes applications practically all year for both of our events. Diana and Kendia Herrington have always put together a gourmet style after-ride meal that has become the talk of the Triple Crown circuit, a big thanks to you both. All the rest stop volunteers, Eric and Anne Zentner at Winton Park rest stop, Walter and Jeanette Reta, Sam Seaward and family at Auberry school rest stop, Mike Trafton at Bass Lake and finally the FACT group headed up by Tom and Elisabeth Guevara at the Millerton Store. Plus the SAG drivers and all FCC volunteers who gave up their Saturday to support the club and make this event a memorable experience for all the participants. Of course, let's not forget the coordinator of the BLDC, Richard Hoff; with 108 double centuries under his belt, he has the experience to know what double riders need during this grueling event. He has done a tremendous job of making the Bass Lake Double one of the best doubles in the Triple Crown series. To all, a grateful thank you for your continued support and help.

See you on the road
 Ron Quitoriano, FCC President

CALIFORNIA TRIPLE CROWN AWARD BREAKFAST

by Kent Tanaka

On September 25, 2011, my wife, Kathy, and I had the pleasure of being present in Vacaville for the California Triple Crown Hall of Fame presentation. FCC Club President, Ron Quitariano, members, Lori Cherry and Richard Hoff, were recognized for completing at least 50 or more double century (200-mile) rides recognized as a California Triple Crown ride.

Lori Cherry was recognized for riding 50 double centuries; Ron Quitariano for riding 53 double centuries; and Richard Hoff for riding a whopping 108 double centuries. Also present from FCC was Roehl Caragao, who was recognized in 2009. Roehl currently has ridden fifty-eight 200-mile rides.

The California Triple Crown Hall of Fame was started in June 1999 to recognize those who have accomplished a significant milestone in the Double Century Series by riding over 10,000 miles or over 50 double centuries!

If you see these riders on the road congratulate them. Plus, read Lori Cherry's story, which is on page 4, of her first experience at riding a double century. This story brought the most laughter at this year's awards breakfast.



FCC members and inductee's into the 2011 Triple Crown Double Century Hall of Fame. From left to right: Ron Quitariano, Roehl Caragao (2009 inductee), Richard Hoff, and Lori Cherry

FCC T-SHIRTS

Fresno Cycling Club blue T-shirts are available for purchase. The T-shirts sell for \$10.00. They are a 50/50 cotton, polyester blend. Sizes small - 3x-large are available. Contact Kathy Tanaka, club secretary at secretary@fresnocycling.com or 559--999-4579 if you are interested.

My Ultra "Story" for the Triple Crown Double Century Hall of Fame

By Lori Cherry

My second double century was unwittingly the Terrible Two. I had no idea how hard it was and thought that since I had done the Davis Double I was ready to do TT. Of course, Jeanine Spence, my riding buddy, was game for it too. That was 2003. One Horrible Hot year.

A rider we had met on the Davis Double rode with us and gave us some advice. He said grab food at every rest stop and eat as you go but don't stay at lunch too long because there is a big hot climb after. Take a sandwich and eat it at the summit but don't eat too much at lunch.

Jeanine and I took his advice. My pockets were crammed with food I picked up along the way. Our new friend, however, didn't take his own advice and ended up DNFing at lunch. We hosed ourselves off to cool down leaving him sitting in the shade with his feet up and we proceeded up Skaggs Springs Road without our mentor. Our computers were registering temperatures up and over 116 degrees. Riders were littering the side of the road, sidelined with cramps and dehydration. One guy was lying with his head under a weed that offered a plate size area of shade.

Jeanine and I plowed on. When it got too hard to pedal, we walked. But we kept going. We made it to the coast and reached Fort Ross. At Fort Ross, I took a moment to empty my food laden pockets out in the porta-potty - - broken up corn chips, whole-wheat fig Newtons, pieces of granola bars, etc. I felt that lightening up my load to go up the next climb was a good strategy.

On the climb and subsequent descent, I got ahead of Jeanine but knew she would catch up with me at the rest stop in Monte Rio. It was now getting dark and I couldn't believe how far we had come and how hard it had been. While waiting for Jeanine in Monte Rio, I ran to the restroom. When I sat down on the toilet I saw HOW incredibly hard the ride had really been on me physically because . . . I had crapped my shorts. I have never been an athlete, but I had seen videos where marathon runners totally lost control of all body functions. I never thought that it could happen to me. How could I, a sane and intelligent person, allow myself to do a ride so brutal that I would lose control and soil my pants!? And how could I crap my shorts and not even know it?!

Sitting there, I held my head in my hands. Then I looked at my shorts again. After that short mental breakdown, I realized that it was actually a whole wheat fig Newton smashed in my shorts. It must have fallen in there when I cleaned out my pockets at the previous

rest stop porta-potty. WHEW!! Shaken, but reassured, I went back out to the road to wait for Jeanine. She still hadn't shown and I was told by the rest stop volunteers that I had better just keep going because now we were pushing the time limit. I was so upset that Jeanine was somewhere behind, but knew I had to go on. Hopefully, she would get a ride in if she had problems on the road.

I remember riding through open fields and pastures in the dark - - frogs croaking, and stars twinkling overhead. The air finally cooled after the sun went down, and I realized I had never pictured myself riding late at night on unfamiliar roads with total strangers and only a tiny handlebar light to guide me in.

I reached the finish, too late for the "I did it" T-shirt, but in time to qualify as finishing the double. And there was Jeanine, already past the finish line. Evidently she had gone by the rest stop while I was having my pseudo-crisis in the bathroom and rode as hard as she could to try to catch up with me thinking I was ahead. Well, that was two doubles done. Of course we had to try one more for a Triple Crown Winner's jersey, and so our ultra destiny began.

My 2011 Summer Picnic Weekend

By "Bicycle Mark" Perkins

Fresno Cycling Club - Historian, Lifetime Member, and longest continuous member of 38-years.

Some of you may have heard by now that your Fresno Cycling Club - Historian, Mark Perkins, somehow made an appearance at this year's F.C.C. Summer Picnic. I've been living with (and helping out) my octogenarian mother, way up here in Lake County, and I decided a trip to Fresno to enjoy the picnic was something I needed to do. I tried to make plans to meet with some of my oldest cycling friends in Fresno, but somehow things didn't work out. I was supposed to meet with a group of cyclists at Cedar & Shepherd, at 7:30 Sunday morning, and I was there about 15 minutes early. But somehow, even though I was there, and 3 other cyclists were there, we missed each other. Probably because I drove and was preparing my bike and myself in one of the parking lots, while the other cyclists rode their bikes to the corner and met on the sidewalks, and didn't see me preparing myself because of the buildings, etc. that were blocking their view. So they left without me, and when I was ready to ride, and rode over to the corner to see if anyone was there, they had already left. So, in spite of this slight mix-up in communications, I decided to ride east on Shepherd, turn left and ride out Willow to Friant. Then if I didn't see my friends by then I would ride around "The Circuit," clockwise, for old time's sake. I didn't see my friends until after I got back to my vehicle, and then I only saw one of them. But I really enjoyed my ride,

even though I rode by myself, and in spite of the flat tire I had on Auberry road about ½-mi. north of the eucalyptus grove. And I did see my old friend Bob Arme at the Shell Station in Friant, which was definitely a good thing.

After my ride I proceeded to see if I could locate one of my cycling friends' home, thinking that he was one of the persons that I had missed on the ride. When I finally found his house, his brother, who had been on the ride, was sitting in his car outside the house. These two guys are Dave & Steve Mitchell, and were two of the very first people that I rode bikes with back in 1972, before I actually joined the club in '73. And at that point I finally figured out how we missed each other. Dave had been ill, and had doctor's orders not to go out in the sun because of his medication, and Steve, his brother, was the one who had been on the ride that I missed, which went out to Humphrey's Station and back. I spent about 3-hours with Dave at his home, and we made a trade of a pair of wheels for a pair of wheels, and another hub for a derailleur. We watched the last laps of the U.S. Pro Cycling Challenge, in Denver, Colorado, and later we went out for lunch. And while I was there, Dave offered for me to use his shower, which was the one thing that made my day, since I was camping out at Lost Lake Campground, which has no shower facilities.

After about 3 hours at Dave's, I decided to head out to Woodward Park and see if anyone was at the Mountain View Picnic Shelter. When I arrived, there were at least ½ dozen members already there, including Ron Quitoriano, and they already had the BBQ fired up. So I drove my pickup up to the shelter and laid out all of the stuff that I brought to share. I brought all of my Climb to Kaiser Survivor & Krew T-shirts, all of my Fresno Cycling Club jerseys (and Dave Lewis brought his earliest jersey too), all of my 36+ years worth of copies of *The Rough Draft*, and as an added bonus, almost all of my newsletters from The Wheelmen, which is my other bicycle club - a national antique bicycle club. I also brought my plaque, which I received along with my finisher's T-shirt, after completing the first ever *Fresno Uphill Climb to Kaiser* on June 25th, 1977.

While I was at the picnic I was treated to visits by two persons whom I had hoped would show up. The first was Ruth McCrory, widow of F.C.C. charter member Jim McCrory. I met Ruth and Jim back in the 80's, and have been the proud owner of Jim's '62 Bianchi Competizione almost since our first meeting. Ruth brought me a bag full of cycling treasure, which was once mostly Jim's cycling stuff. There were 4 copies of the club's newsletter, 2 from '62 & 2 from '63, 2 of Jim's F.C.C. membership cards, 2 copies of a club roster from the early 60's, the original receipt from Broadway Cyclery for Jim's Bianchi (plus the finance papers - he made payments on it), Jim's old leather "hairnet" racing helmet, his leather soled cycling shoes, Ruth's leather soled cycling shoes, and a few other

items from the Amateur Bicycle League Of America, which evolved into today's United States Cycling Federation and USA Cycling organizations. The most treasured items though, were those old F.C.C. newsletters, which were called the Grapevine, and are items that I never thought I would ever come across, and have provided me with a look into the activities of first two years of our soon to be 50-year old club. And, someday soon (I hope), Ruth will be sending me a copy of a photograph of her husband Jim holding his '62 Bianchi - a real treasure indeed, considering that I own the bike, his helmet, his shoes, the receipt and financing papers for the bike, and two of his F.C.C. membership cards. It is truly an honor to be the owner of so much memorabilia from one of our club's charter members.

The other person was Vicente 'Vince' Santiago, and Vince brought me a box full of what turned out to be past President Bill Bruce's personal files of Fresno Cycling Club papers. For a club historian, who is truly searching for more historical information on the club, this was also a treasure chest. After I got it home I found that among other things, there were at least 40 issues of *The Rough Draft*, and when I searched through them I found 2 of the 6 issues that I've been missing. So now I am only missing 4 issues since September 1974. After going through Bill's box, I called Bill and told him that his box of F.C.C. papers had finally found it's way into my hands, and that I am very pleased that he didn't throw that box of papers away. Bill is the person who made me the club's Historian.

Thanks to everyone for a great weekend, and for a great picnic. The food was great, and it was great to visit with everyone. And I think that almost everyone enjoyed seeing my Climb to Kaiser T-shirts and my F.C.C. jerseys.

DON'T THROW IT AWAY!

By Mark Perkins

If you, or any other members that you know of, are about to throw away any information, printed, photographic, or otherwise (ANYTHING related to the Fresno Cycling Club in any way), that could be used in compiling the history of our great club, PLEASE STOP!! Instead, contact me, F.C.C. Historian, Mark Perkins and tell me what you have. I may not have the material that you have, and it could very well fill in a blank, and/or help add to the recorded history of the Fresno Cycling Club.

At the present time, I am converting information from a, approximately 37-year collection of F.C.C. newsletters, *The Rough Draft*, into computerized documents, and I am still missing a few of those newsletters.

Those missing newsletters are:

- Sept. 1975
- Apr. 1978
- Jan. 1976
- Feb. 1999
- Any newsletters prior to September 1974.

On another note, if you have been a coordinator for the *Climb to Kaiser*, *The Central Valley Tandem Rally*, or any other club sponsored event, and/or you have any information at all about that event that wasn't included in our club's newsletter, I would appreciate very much if you would at least forward copies of that information to me. For example, there were several years ('77, '78, '79, '80, '81, '82, '83, & '85) that a *Climb to Kaiser* finishers list was omitted from the newsletter, and I would like to have copies of that information if any of it still exists. Also, any photographs that you or someone you know took, or any letters (or e-mail's) from participants in those events, which were sent to the club, or to any of its Board members, would be greatly appreciated as well. The key words here are ANYTHING related to the Fresno Cycling Club's HISTORY.

By forwarding what you have to me, you will be contributing to the Fresno Cycling Club's heritage, as eventually all of this information will become the possession of the club. I am also writing a book about the *Climb to Kaiser*, so what you contribute could possibly add to the content of that book, and your name will be also listed as a contributor.

I can be reached at:

Mark A. Perkins
6763 Collier Ave., space #8
Upper Lake, CA 95485
Phone: (707)-274-7126
E-mail: bicyclemark@hotmail.com

Please e-mail, phone, or write if you have anything that you think might be helpful. Thanks!

Making and Breaking

By Jeanine Spence

Fresno Cycling Club Members, Katie Bergen and Jeanine Spence, had a big year of training for and competing in endurance competitions. Katie started with *Climb to Kaiser*, finishing it in 11 hours and 48 minutes, while Jeanine did RAAM with team "Raw Milk Cats," breaking the record for four women in the 50+ age group by 23 hours!

Katie and Jeanine teamed up in August as team "Rock Ewe" to set a record as the first two-woman team to complete HooDoo 500. This tough cycling

event traveled through Southern Utah, went through or around three National Parks, three National Monuments and several Utah State Parks to cover 518 miles with over 30,000 feet of climbing! The scenery varied from majestic cliffs and striking red rock hoodoos to aspen and pine forests and high mountain meadows. The weather made this ride especially difficult with soaring temperatures - many times during the race, the bike computers registered over 100 degrees! With assistance from a great crew, Steve Decker and Lee "Fuzzy" Mitchell, and a lot of hard work, team "Rock Ewe" finished HooDoo 500 in an impressive 34 hours and 20 minutes, setting the record for the two-woman team division!

In October they continued as team "Rock Ewe" to compete in Furnace Creek 508 which is billed as "The Toughest 48 Hours in Sport." This 508-mile bicycle race is known for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available. The course has a total elevation gain of over 35,000 feet and crosses ten mountain passes. It started in Santa Clarita, crossed the Mojave Desert, went through Death Valley National Park and Mojave National Preserve, and finished at the gateway to Joshua Tree National Park - Twentynine Palms, California. Fresno Cycling Club members, Steve Decker and Rebecca Rising provided SAG support and "cheerleading" for this event. Katie and Jeanine "rocked" the course, finishing in the top ten overall and breaking the 30+ two women's record by 6 hours and 1 minute with an amazing time of 31 hours and 26 minutes.

Sadly, this dynamic duo will part ways after this season, as Katie plans to retire from endurance riding to pursue racing. Look for her to rock the racing world! As for Jeanine, she needs a new goal....

START YOUR CHRISTMAS SHOPPING EARLY

Fresno Cycling Club jerseys, wind vests and T-shirts make GREAT Christmas gifts! A new shipment of jerseys and wind vests will be arriving in November so there will be all sizes available for purchase. Be sure to purchase a jersey, wind vest and/or T-shirt for your favorite rider (or a special gift for yourself!). These will be available at the Club Christmas Party or by contacting Kathy Tanaka, club secretary, at secretary@fresnocycling.com or 559-999-4579. Shop early for the best selection of sizes!

GENERAL CLUB MEETING

October 5, 2011

By Kent Tanaka

For those who missed our last club meeting, John McCracken, owner of Sunnyside Bicycles, gave a very informative presentation on bike maintenance that you can do at home. His knowledge and enthusiasm on this subject made it understandable for all levels of riders.



John McCracken, owner of Sunnyside Bicycles, gives pointers on how to perform basic maintenance on your bike.

Topics that John covered included:

- Things to do before starting a ride
- Keeping your bike clean
- Tire pressure
- Lubing and cleaning your bike chain
- Bike washing
- Bike Components

John is a certified bike mechanic (as is his head mechanic, Jacob). John reminds me of the “old school mechanic” in that it must be done right. FCC is very appreciative of John taking time to come talk to us. Thank you, John!

An Epic Loop?

By Bob Kline

Most of my riding is in the foothills east and northeast of Clovis – Watts Valley Road, Pittman Hill, Wildcat, Burroughs, Millerton Road, Auberry, Prather, Lodge Road – many of you are probably familiar with all of them. I haven’t ridden the Climb to Kaiser or the Tollhouse Century, only the Millerton Metric. While the sights change with the seasons and the amount of rain (where were the wildflowers this year?), I was

interested in a change of scenery. I didn’t want an out-and-back ride so I looked for a loop that included Shaver Lake and Wishon Reservoir. There was nothing on Map My Ride, in any books, and none of my limited circle of cycling acquaintances had heard of anything either. However, US Forest Service and Google Maps showed a road, Blackrock Road, going from Wishon down the canyon of the North Fork of the Kings River to Balch Camp and then continuing to Pine Flat Reservoir and Fresno/Clovis, just the loop I was looking for!

Except when someone pities me and slows down, I usually ride solo and this ride was not an exception. My route ran from Clovis out Ashlan Avenue to Watts Valley Road, over Pittman Hill to Humphrey’s Station and then to Tollhouse. Up Tollhouse Road to Highway 168 and Shaver Lake (41 miles) and then Dinkey Creek/McKinley Grove Road to Wishon Village Resort (68 miles). A few miles short of Wishon Village, McKinley Grove Road branches off to the south – this is one way to connect to Blackrock Road but I didn’t take that way. At Wishon Village, I took Blackrock Road down to Balch Camp (96 miles) and then Trimmer Springs Road around Pine Flat Reservoir and onto Belmont Ave and back to Clovis. I made one wrong turn on Blackrock that added a couple miles but the ride totaled 151 miles according to my odometer. For an unsupported solo ride, it helps that there are stores at Humphreys, Tollhouse, Shaver, and Wishon. I hear there are some stores at Dinkey and maybe at Balch Camp although I didn’t see them. While I had driven the road from Shaver to Wishon a few years ago and I had ridden all the roads up to Tollhouse and from Trimmer to Clovis, I didn’t reconnoiter any other part of the trip – the route from Wishon to Balch Camp to Trimmer were squiggles on the map. The bike I used for the ride was a 1993 Diamondback Overdrive Comp. While it was an early version of a 29er MTB, it has rigid forks and no rear suspension. I modified it with drop bars, 700c x 35 Schwalbe Supreme tires, fenders and a rack. All told, the bike weighs about 30 pounds. I used panniers to carry repair equipment, extra food, and some clothes and this added about another 10 pounds.

I made the ride on Sunday, September 11th, despite the thunderstorms and rain that came on that weekend. I left my home at 2:00 AM (yes, in the morning and in the dark) and I’m sure the moon was full above the clouds although I couldn’t see it. Of course the stores at Humphreys and Tollhouse were not open but I was able to fill up my water bottles. There are advantages to riding in the early morning dark (I have a Portland Design Works Dreadnought Cruiser and a Planet Bike 2W head lights plus rear lights and a helmet light) – it forces you to slow down, you can’t see the hills ahead, and the traffic is almost nonexistent. No cars on Watts Valley, six cars to Tollhouse, two cars to the intersection with 168. Anyway, I arrived at Shaver for breakfast at 7:15 and left at 8:00 for Wishon. Up to that point, I was lucky and had missed the rain but showers caught up with me about half way to Dinkey. I

paused under the Big Trees at McKinley Grove for half an hour to wait for the rain to slow. I arrived at Wishon about 11:00, cold, wet and tired but on schedule and, after some food, ready for the road ahead.

I had the choice of backtracking 2 to 3 miles to the McKinley Grove Road branch to Blackrock Road or starting on Blackrock at Wishon Village. I asked the woman at the counter and she said Blackrock was more scenic, there were only 3 or 4 places where she needed to use four wheel drive, and there hadn't been enough rain to make the creeks rise so I could still cross them. I took Blackrock. She didn't say anything about the sewage spray field and the signs warning of the sprinklers coming on without warning but happily they didn't.

She was right about the scenery, not just the section of Blackrock from Wishon to the junction with McKinley Grove but the entire 28 miles to Balch Camp. Streams flowing over granite, deep pools, a pond covered with water lilies and wild rice, sections of the road cantilevered off the canyon wall, Granite Gorge below. I made my wrong turn early on but a check of the map showed my mistake. There were short sections early on where I had to dismount and walk (the 4WD sections?) but mostly it was rideable. I had hopes that the road surface would be better after the junction – it did get better but not by much.

The scenery remained great – roaring waterfalls a thousand feet below, granite cliffs, Rancheria Creek cascading down on the opposite side of the canyon. The cloudy weather eliminated any potential views of the high peaks but I'd stop periodically to take in the sights. But to go along with the scenery was a rough road – rocky, irregular, puddles, running water. I had to ride my brakes and couldn't go much faster than 3-4 mph. Even so, the surface was killing my wrists, arms, and shoulders. I used an abundance of caution, not wanting to risk injury. There was no cell phone reception and I saw only one car on the road from Wishon to Balch Camp. Given the conditions, the road is best suited for an MTB with front or full suspension but that may not be practical with the amount of paved road in the loop route. The road did become paved

near the turnoff to Blackrock Reservoir, about 12 miles below Wishon, but the pavement quality was not great – rough patching, rocky knobs, etc – for the most part, it wasn't about like riding on the highway shoulder rumble strips and for the lesser part, far worse.

In the higher parts of Blackrock Road, there are a number of side streams that could be used for water but the lower sections of the road are pretty dry. But this was in September so an early season ride (July?) would have had more side streams. I had hoped that Balch Camp had a store but I didn't see one. I also didn't look very hard since I was running "behind schedule" – the 28 miles from Wishon to Balch Camp took 4.5 hours. That was not a good choice – it is a dry ride all the way down the Kings River and around Pine Flat Reservoir to Doyals Store at Piedra (35 miles). Yes, I could have stopped and gotten water from the river or Pine Flat but chose not to. I was dry for the last 15-20 miles and got somewhat dehydrated.

There is one significant thousand foot hill on the ride from Balch Camp to Pine Flat – after leaving the Kings River, the road goes over a rise before dropping to Big Creek. Traffic that weekend was very light – I saw no cars from Balch Camp until that hill and only about half a dozen until Trimmer.

The rest of the ride was non-eventful and despite my shoulders and wrists, I made the 56 miles from Balch Camp to home in 3.5 hours, arriving at 7:30 PM, 17.5 hours after departing. It was a great ride, even approaching an epic. Immediately afterwards, I thought great for a one time ride but never again. If you are thinking about the ride, the choice of a bike is difficult – a road bike is best for all sections except Blackrock Road and skinny-tired road bikes are not really suitable for Blackrock. If someone can drop you off at Wishon and pick you up on the Kings River, that is the way to do that section on an MTB. The scenery is really worth it. But remember, no cell phone service and little to no traffic – don't expect anyone to rescue you!

B-Riders Have Been Busy

The B-Riders have been very busy this summer. The B-Riders are led by Coordinator Nancy Dooley, who is pictured (right) on the Boyden Cave to Cedar Grove ride in Kings Canyon National Park that took place on July 23rd. Other rides the B-Rider group has done this summer has included pedaling jaunts to Cayucos (August 27th), participating in the Lighthouse Century (September 24th), which included the traditional day-after-the-Lighthouse-ride to Avila Beach for breakfast (September 25th), riding a little more locally out to the 22-Mile House (September 18th), and the previously mentioned foray to Boyden Cave and Cedar Grove in Kings Canyon. Very busy indeed! The following are some pictures highlighting their cycling adventures.





The gang on the Cayucos ride. From lf to rt, Michael Monge, Don Green, Nancy Dooley, Tina, Mike Berr, Al Graves, John Iles (ride leader), Ty Moser, Roy Moser, Ken Herrington, and Rick Gibbs



On the road from Cayucos to San Simeon



The crew venturing on the 22-Mile House ride. From lf to rt, Ron Quitariano, Ben Liu, Walter Reta (ride co-leader), Mike Thomson, Pete Nicolas, Harvey Williams, Anne Quitariano, Rosie, Michael Quiroz, Nancy Dooley, Julia, Steve Ko, John. Not pictured, but behind the camera is ride co-leader Janette Reta



Anne Quitariano (lf) and Janette Reta (rt)



Boyden Cave to Cedar Group Contingent. From lf to rt.
Julia, Michael, Lynn, Peter, Tina, and Ken



Peter Kopriva (lf) and Ken Herrington (rt)



On the road at the Lighthouse Century. From lf to rt, Kathy and Marshall Taylor;
Kent Tanaka; and Bill Miks changing a flat tire while his wife, Connie, holds the
bike. Lending moral support are Kathy and Marshall Taylor



The huge FCC contingent participating in the After-the-Lighthouse-Breakfast ride to Avila Beach

November 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 Sierras to enjoy the mountains. Our rides always include a hearty lunch stop. Call for details.
Mondays and Wednesdays	9:00 a.m.	C ride	John Fries Tom Braner Bob Lindsey	313-1540 284-2777 250-9090	The Mountain Men meet at the Park and Ride lot at Frwy 168 and Temperance (next to the fire station) for C paced rides of 60 to 80 miles. The routes are loops into the foothills with occasional regrouping and at least one stop for refreshments. Mountain women are welcome too. Call for further details.
Saturday 11/5	8:00 a.m.	D/4/90	Dennis Ball	960-7127	Auberry – Pine Flat Loop: Start at Clovis Hills Church at Willow and International. Ride up to Auberry then to Pine Flat and around. Rain cancels.
Sunday 11/6	9:00 a.m.	B/3/35 Social	Ken Herrington Nancy Dooley	299-2275 875-6399	The Circuit: Meet Ken and Nancy at Armstrong and Herndon for our monthly ride around the Circuit. We regroup at Millerton Store before heading over to Friant for a breakfast stop at the Dam Dinner. Continue up the Friant Road bike lane and back to the start along the Clovis bike trails.
Tuesday 11/8	9:00 a.m.	B/3/35 Social	Ken Herrington	299-2275	Tuesday Morning Ride: Join Ken at Armstrong and Herndon for a ride out into the great beyond! Destination to be decided by the group (probably not the Circuit this time).
Saturday 11/12	9:00 a.m.	AB/1/26 Social	Kelly Morrow	287-7096	Kingsburg Loop: Meet Kelly at the water tower in Reedley. Cycle out west of town to the Sun Maid plant in Selma before looping back to Kingsburg for a treat at the local Starbuck's. Continue on through the farmland back to the start.
Saturday 11/12	8:30 a.m.	B/2/50+ Social	Ken Herrington	299-2275	Join Ken in Old Town Sacramento at the Best Western Sandman Motel (236 Jibboom St.) and ride up the American River Bike Trail to Folsom via Nimbus. Watch the salmon run in the river and then enjoy a wonderful lunch at a cafe where everything is homemade. Call Ken for more details about this fun weekend.
Saturday 11/12	8:30 a.m. Sharp!	D/5/50 Social	Ronald Quitoriano	299-0175	Auberry / North Fork Loop: Start at the bottom of the Four Lane Park and Ride. This ride has lots of climbing on rough roads. Ride SJ&E to Auberry and down Powerhouse to the bridge. Ride up towards Redinger Lake, up 225 towards Minarets Rd. and North Fork. Up 274 to Old Central Camp Rd, down Manzanita Lake Rd. with a stop at the North Fork Market. Back down Powerhouse with the last climb of the day up Powerhouse to Auberry and back to the start. There will be cue sheets to follow. Few stops, so carry enough water. No obligation to wait. Rain Cancels.
Sunday 11/13	9:00 a.m.	AB/2/25 Social	Al Graves	277-0279	Out to Friant and Back: Join new ride leader Al Graves at the Palm and Nees Shopping Center at the Le Parisienne restaurant. Cycle out through Woodward Park and down to Friant for the turnaround. Return same route. Plan on lunch at the Le Parisienne on our return.

Information the ride ratings can be found at
www.fresnocycling.com under rules of the road.

November 2011 Ride Calendar

Thursday 11/17	9:00 a.m.	B/1/43 Social	Ken Herrington	299-2275	East of Clovis Morning Ride: Meet Ken at Armstrong and Herndon for a ride out east of Clovis of a flatland course. Usually the turnaround is at the corner of Reed Ave. and Hwy 180.
Saturday 11/19	9:00 a.m.	B/3/26 Social	Marshall and Kathy Taylor	592-6761	Christmas Bazaar at Three Rivers: Meet Marshall and Kathy at the service station below the dam in Lemon Cove. Ride up to Three Rivers and enjoy browsing through the homemade crafts at their annual Christmas Bazaar. Continue on down the road for an ice cream cone at Reimer's before returning to the start. Optional lunch in Exeter on our return.
Saturday 11/19	8:00 a.m.	D/5/75	Mark Berry	259-2320	Power House Loop: Ride clockwise from Starbuck's at Perrin and Summerville. Heavy rain cancels. If we have fog or light rain we'll get to see how good are rain jackets are.
Sunday 11/20	9:00 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.) This monthly ride heads out east to Sanger over mostly backroads. Stop for your favorite treat at the local Starbuck's in Sanger. Continue on into the river bottom and then loop back around through Centerville to Ashlan and cycle back to the start. Good Beginner's ride!
Sunday 11/20	9:00 a.m.	D/3/60 Social	Sam Seward Richard Hoff	313-9921 875-3736	Humphrey's Station: Meet at city park Maple and Shepard. Ride to Humphrey's Station or town of Tollhouse depending on the group. Rain cancels!
Tuesday 11/22	9:00 a.m.	B/3/35 Social	Ken Herrington	299-2275	Tuesday Morning Circuit: Meet Ken at Armstrong and Herndon for a midweek ride around the Circuit. Food stop on our return at the Meat Market on Shepherd. Easy paced ride.
Saturday 11/26	9:00 a.m.	B/3/48 Social	Michael Monge	(209) 321- 0148	Turkey Burner to Prather! Meet Michael at Armstrong and Herndon for a turkey burner ride up to Prather and back. The beauty of this out and back ride is that when you've had enough, turn around and head on back! Plan on a good amount of climbing but with good bike lanes most of the way.
Sunday 11/27	9:00 a.m.	AB/1/18 Social	Ken Herrington	299-2275	The Red Caboose Ride: Join Ken at Armstrong and Herndon for a leisurely ride out to Shaw and Academy for breakfast at the Red Caboose. The route out is Bullard and Sierra and the return is up Shaw and Bullard. Good entry level ride at a comfortable pace.
Thursday 12/1	9:00 a.m.	B/1/43 Social	Ken Herrington	299-2275	East of Clovis Morning Ride: Once again, join Ken at Armstrong and Herndon for a ride out east of town. Pretty early morning scenery as you cycle through the riverbottom east of Sanger. Food stop at the Quick Stop at Shaw and Academy on our return trip.
Saturday 12/3	9:00 a.m.	B/2/35 Social	Nancy Dooley Ken Herrington	875-6399 299-2275	The Blossom Trail Cafe Ride: Meet Nancy and Ken at Shaw and Academy and ride out Belmont to Piedra for snacks at Doyal's Store. Continue across the bridge and up the Tivy Valley hill, past the horse farm and then back around to Belmont for a straight shot to the Blossom Trail Cafe for breakfast. Finish the ride up the Academy bike lane.

Information the ride ratings can be found at
www.fresnocycling.com under rules of the road.



**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
1165 E Champlain Dr.
Fresno, CA
(559) 434-8356
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

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

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
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

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

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.