



# The Rough Draft

VOLUME XLV, ISSUE 5 - MAY 2015



## THE PREZ SEZ

Greetings Fellow Bicyclists!

Welcome to all our new members. We are excited that you have decided to join us. We are endeavoring to provide as many riding opportunities as possible. Our rides appear on our monthly ride calendar posted in the monthly Rough Draft Newsletter and on our website at [fresnocycling.com](http://fresnocycling.com). If you don't see a selection of rides to meet your needs contact one of the Ride Coordinators or myself and let us know what your needs are, it's possible others may have the same needs. We are trying to include more rides that are oriented for beginners or those getting back into cycling. One of our popular weekly beginner rides, but it is open to everyone, is the Sunday evening "A" Train ride. Riders meet at the Chosen Yogurt shop at Shepherd and Chestnut at 5:30 pm. The ride goes around the neighborhood on bike lanes and trails and is 11.5 miles in length. It has been affectionately named the "A" Train, as it is an "A" paced ride, which is a beginner pace, 10 to 12 miles an hour. All our rides require the wearing of a helmet.

Another great group that has a lot of participants is the "Killer B" group, so named for the "B" pace average that they maintain. This group led by Patrick May and Joseph Cassinerio has been training the past several months with the goal of completing their first century ride by doing the Kirch Flat "Flat" century, a new addition to this

years annual Kirch Flat Century rides. The Kirch Flat ride is a fully supported ride put on for club members by club members. This group even has their own "Killer Bee" jerseys.

I want to thank the Clovis Big Hat ride director Mike Quiroz (club VP) and his co-director Yvonne Moreno for their hard work putting on a successful event. I also want to thank the Clovis Rotary for partnering with FCC to help make the event a success. We look forward to working with them again next year. Of course it wouldn't be a great event without all of the participants. Thanks to the cycling community for supporting our events.

Don't miss this year's All Club Annual Kirch Flat event. This year has rides for everyone, two-century rides (hilly and flat), two metric rides (hilly and flat), a half metric and a family fun ride. The club vice president Michael Quiroz and ride director Yvonne Moreno will host the event at the Quiroz residence (same place as last year). Be sure to sign-up at: <https://www.eventbrite.com/e/kirch-flat-century-rides-2015-tickets-16574500778>. This allows us to plan on how many riders to expect. If you're not a member yet or if your membership needs to be renewed you can take care of it at: <https://www.eventbrite.com/e/fresno-cycling-club-membership-2015-registration-15107644371>. There will be an after ride BBQ and party. See you there.

Next month it's Climb to Kaiser, or C2K as riders like to refer to one of the Nations top 10 toughest rides as listed by *Bicycling* magazine some years ago. This year will be the 38th edition of this event. Ride director Jen Collins is excited to once

again provide a first class event for the riders.

One thing that can make the C2K an even tougher event is the weather factor. Over the years riders have experienced everything from rain & snow, and cold to extreme heat, we never can tell what Mother Nature is going to throw at us. This ride is definitely one that requires training, not only to deal with all the climbing, estimated to be 15,000 feet, but the mileage as well at 155 miles. For those of us normal riders, not up to the task of C2K, there is the Tollhouse Century and the Millerton Metric as well. For more info go to the website at: [climbtokaiser.com](http://climbtokaiser.com).

Don't forget MAY IS BIKE MONTH. This is the month that has been declared nationwide by the League of American Bicyclists as the month to encourage everyone to get out and ride your bikes. There are numerous events being coordinated by the Fresno County Bicycle Coalition, IBIKEFRESNO, and FCC. First off is the annual Mall-to-Mall ride that goes from Sierra Vista Mall to Manchester Mall and then to Fulton Mall on Wednesday May 6th. There is info at [ibike-fresno.org](http://ibike-fresno.org), and on Facebook events. Another big event will be the annual Ride of Silence on Wednesday May 20th, which starts at the Steven's parking lot Willow-Nees, see event on Facebook and the Club Calendar. Keep an eye out for other cycling events this month and join in.

Look forward to seeing you on the road.

Cheers,

THE PREZ  
Dennis Ball

## WHY CLUB MEMBERSHIP

What's in a Club Membership? Does it really matter if it is expired? Two questions that until recently hadn't got much attention other than the normal, "Hey come join the club and have fun with like minded bicyclists."

So what was it that happened to bring a greater awareness? Well a few weeks ago one of our members was out riding on a club ride. There was an accident and the member was taken to the hospital for treatment. Treatment was administered and fortunately the rider's injuries were not more serious.

As with all accidents occurring during a club lead ride, the standard insurance forms were

completed documenting the accident. All Fresno Cycling Club rides are covered with a partial medical insurance that covers riders who suffer injuries during a ride requiring medical attention. The insurance is a gap insurance that covers what the rider's insurance doesn't cover, up to \$10,000 per incident.

A few days after the incident was reported a call was received from the insurance company to verify that the injured rider was in fact on a club ride when injured and whether or not the rider was a club member at the time of the accident. A check of the club membership database revealed that the rider's membership had lapsed four days prior to the accident. Had the rider needed the

insurance coverage the company could have denied the claim and the rider would have missed out on an important benefit of club membership. Don't let this happen to you.

The best way to determine that your membership is current is by the monthly email you receive delivering your copy of the club's monthly newsletter, *The Rough Draft*. The email lists your membership renewal date. If you don't receive the monthly email it is an indication that your membership is expired. We will generally send the email a month or two after your membership has expired.

Dennis Ball

**CLOVIS BIG HAT CENTURY IS A BIG SUCCESS!**

There are many people we would like to thank who participated in the Clovis Big Hat Century. First of all our riders and all our hard working volunteers who helped make this ride a success. To our sponsors Security First Bank, Blair Church and Flynn Consulting Engineers, Gary Gonzales Allstate, ACLS, Rubber Soul, Stevens Bicycles, Clovis Bicycle company, Clovis Rotary and Fresno Cycling Club thank you for your contribution, we would like to thank Clovis Rotary International for partnering with us in this event, Tina Summers/ Michael Monge, Linda Titus, Jose Flores, Lorenzo Rios, Robert Hemsath, Ken Church, Gary Gonzales Tom DeLany, Shawn, Kevin, Nelson and to all the other Rotarians that helped. Also would like to express my sincere gratitude to Yvonne Moreno, Betty Moreno and Cruz Moreno, Jen Collins and her registration staff, Kevin Nehring and his great sag crew, Rob Mavis and his staff Ham Radio, our rest stop sponsors, our great post meal ride crew and our FCC president Dennis Ball. The Big Hat Century and rides couldn't have been a success without all of you. Thank you.

Michael Quiroz

**THE BELMONT/ACADEMY TT (TIME TRIAL) IS BACK!**



Jonathan Eropkin

On April 16, 2015 the TC3 (Triathlon Club of Central California), the Activity Nut (Ray Keys-Bramlett) and the FCC (Fresno Cycling Club), teamed up to bring back the first of hopefully a full season of Time Trials.

This first event had 24 riders, 3 women and 21 men. The weather was perfect for this event with little to no wind. This year we had a first to the TT's, Club member Joseph Rocha brought out his Velo three wheeled recumbent. He had posted the fastest time with an average speed of 28.44 mph. This was an impressive time, even with the slow process of making the 3 point U-turn. Also impressive

were the speeds turned in by Upright bike riders Jonathan Eropkin, one second slower than Rocha and Joe Booth four seconds slower, in fact the top six riders were within seconds of one another with average speeds in the 28 mph range.

There were three ladies who came out and did an outstanding job. Way to go Sarah Mata, Lynn Rueter and Tami Moore. Hope to see you all and more on the next TT coming up on May 21, 2015.

Thanks to all our volunteers who came out to help with the event. Thanks also to the Blossom Café for allowing us to use their parking lot to stage the event and offer prizes for the top finishers.

Thanks to Sunnyside Bicycles for their support of the event and for surprising everyone with free ice cream from the Ice Cream truck.

Thanks Patricia Daily for helping to coordinate everything.



Joseph Rocha

**RESULTS**

Place	Name	Time	MPH	Place	Name	Time	MPH
Women				9	Scott Ramirez	23:19	25.73
1	Sarah Mata	28:10	21.30	10	Keith Mayes	23:31	25.51
2	Lynn Rueter	29:07	20.61	11	Dan Caton	25:08	23.87
3	Tami Moore	33:42	17.80	12	Gerrit Pock	25:13	23.79
Men				13	David Harless	25:42	23.35
1	Joseph Rocha	21:06	28.44	14	Faron Reed	26:04	23.02
2	Jonathan Eropkin	21:07	28.41	15	Nichael Kezian	26:11	22.92
3	Joe Booth	21:10	28.35	16	Jack Loyko	26:32	22.61
4	Chaz Turmon	21:13	28.28	17	Joseph Salazar	27:46	21.61
5	Ryan Brroks	21:33	27.84	18	Jonathan McBride	27:51	21.54
6	Nick Baird	21:47	27.54	19	Joshua Cash	30:00	20.00
7	Guy Vannatta	22:03	27.21	20	Paul Chrisman	30:29	19.68
8	David Kelley	23:03	26.03	21	Simon Dueck	32:21	18.55

**DOES THIS ISSUE OF THE ROUGH DRAFT APPEAR LACKING? - PARTICIPATE IN YOUR CLUB!**

All members of the Fresno Cycling Club are welcome to submit articles for inclusion in *The Rough Draft*. Let the rest of the club know what interesting rides and events you have participated in. Submit articles and photos via e-mail to [editor@fresnocycling.com](mailto:editor@fresnocycling.com). All submissions received on or before the 20<sup>th</sup> of the month will be considered for inclusion in the following month's newsletter.



In 2014, according the Fresno Police Department about 100 cyclists in Fresno have been injured including four fatalities in a traffic collision. In honor of these cyclists, and others who have been injured or killed around U.S cities, and the globe, a worldwide Ride of Silence will roll out to honor these cyclists on May 20, 2015, including cities of Clovis and Fresno.

On this day, and for three consecutive years, local cyclists will take to the roads in a silent procession at 7:00 p.m. from the Parkway Trails Shopping Center in Clovis at 1205-1395 N. Willow Avenue and ride 9-1-1 miles in respect and tribute.

The Ride of Silence is a free ride that asks its cyclists to ride no faster than 12 mph, wear helmets, follow the rules of the road, and remain silent during the ride. There are no sponsors and no registration fees. The ride, which is held during the Month of May in recognition of National Bike Month, aims to raise the awareness of motorists, police and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for and honor the lives of those who have been killed or injured.

The bike route will include a display of "Ghost Bikes" which are memorial bikes completely painted in all white and with decorated flower garlands in memory of injured or killed cyclists. The bikes were donated by the community and Don Valenzuela's Auto Body provided the professional paint job. Other highlights include a reading of the Ride of Silence Poem, a moment of silence, and members of the Fresno Cycling Club and Fresno County Bicycle Coalition who will help lead the ride.

The mission of the world wide Ride of Silence is to honor bicyclists killed by motorists, promote sharing the road, and provide awareness of bicycling safety.

Ride of Silence 2014 Highlights:

- 10,600 riders reported for 154 events (out of 315 known locations)
- 315 events were held worldwide to honor cyclists who were injured or killed
- 49 U.S. states participated in a Ride of Silence event
- 22 Countries and 7 Continents

To learn more about the Ride of Silence event in Clovis/Fresno and to get all the latest information be sure to visit the Facebook event page "Ride of Silence" for current and future postings. Visit MapMyRide.com [www.mapmyride.com/routes/view/679905114](http://www.mapmyride.com/routes/view/679905114) for the current bike route. Visit [rideofsilence.org](http://rideofsilence.org) to learn what other events are planned across the nation and globe.

**May is bike month!** 🚲

**14<sup>th</sup> annual Mall to Mall Ride**  
 Wednesday, May 6 2015 presented by

**From the Manchester Mall to Fulton Mall**

**Where?** 📍

- Riders meet at Sears Manchester at 8 am. *Please wear your helmet!*
- Clovis riders meet at Sierra Vista Starbucks to depart by 7:15 am for group ride to Manchester Mall

**Extras**

- Fresno Police Bike Unit Escort
- Coffee and snacks at ride's end @Little Bean Cafe

*All info on* [www.FresnoBike.org](http://www.FresnoBike.org)

*Brought to you by*

**REPRESENT THE VALLEY AND YOUR CLUB  
 JOIN THE NATIONAL BIKE CHALLENGE**

The National Bike Challenge is a nationwide event uniting thousands of current bicyclists—and encouraging countless new riders. It is a free and easy way to challenge yourself, your colleagues and your community to ride more while competing on a local, state and national level.

In 2014, more than 45,000 riders logged 23 million miles in the third year of this friendly online competition. Based on that success, we're upping the ante in 2015—aiming for 75,000 riders to pedal more than 35 million miles between May 1 and September 30.

The Challenge provides a way to promote teamwork within your business, create a healthier workplace and get people excited about bicycling. Register now at: [nationalbikechallenge.org](http://nationalbikechallenge.org).

**HOW MUCH DOES IT COST TO PARTICIPATE?**  
 The Challenge is offered free to all individuals, teams, schools and organizations.

**WHY SHOULD I PARTICIPATE?**  
 In addition to improving your health, saving money and helping the environment, the Challenge is a fun way for participants to meet other riders in the online community, track improvement and win prizes. For businesses, the Challenge provides a fun and free health and wellness program for employees.

**WHEN DOES IT START AND END?**  
 The Challenge is a five-month program that begins May 1, 2015 and ends September 30, 2015.

**Fresno Cycling Club Board of Directors**

President.....	Dennis Ball.....	559-960-7127.....	<a href="mailto:president@fresnocycling.com">president@fresnocycling.com</a>
Vice President.....	Mike Quiroz.....	559-360-1574.....	<a href="mailto:vp@fresnocycling.com">vp@fresnocycling.com</a>
Secretary.....	Jennifer Collins.....	831-224-3482.....	<a href="mailto:secretary@fresnocycling.com">secretary@fresnocycling.com</a>
Treasurer.....	Elida Gonzalez.....		<a href="mailto:treasurer@fresnocycling.com">treasurer@fresnocycling.com</a>
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A/B Ride Coordinator.....	Nancy Dooley.....	559-875-6399.....	<a href="mailto:abrides@fresnocycling.com">abrides@fresnocycling.com</a>
C/D Ride Coordinator.....	Michael Monge.....	559-708-2030.....	<a href="mailto:cdrives@fresnocycling.com">cdrives@fresnocycling.com</a>
Director at Large.....	Diana Millhollin.....	559-824-7127.....	<a href="mailto:directordiana@fresnocycling.com">directordiana@fresnocycling.com</a>
Appointee – Honorary Historian.....	Mark Perkins.....	707-274-7126.....	<a href="mailto:historian@fresnocycling.com">historian@fresnocycling.com</a>
Ride Director – Bass Lake Double.....	Tom Guevera.....	559-760-1222.....	<a href="mailto:doublecentury@fresnocycling.com">doublecentury@fresnocycling.com</a>
Ride Director – Climb To Kaiser.....	Jennifer Collins.....	831-224-3482.....	<a href="mailto:kaiser@fresnocycling.com">kaiser@fresnocycling.com</a>
Ride Director – Kirch Flats.....	Mike Quiroz &.....	559-360-1574.....	<a href="mailto:kirchflats@fresnocycling.com">kirchflats@fresnocycling.com</a>
	Yvonne Moreno		
Ride Director – Big Hat Days.....	Mike Quiroz.....	559-360-1574.....	<a href="mailto:bighatdays@fresnocycling.com">bighatdays@fresnocycling.com</a>
Ride Director – West Hills Metric.....	Al Graves.....	559-284-0787.....	<a href="mailto:westhills@fresnocycling.com">westhills@fresnocycling.com</a>
Brevet Director.....	Lori Cherry.....	559-906-1491.....	<a href="mailto:brevets@fresnocycling.com">brevets@fresnocycling.com</a>

Board Meeting  
6:00 PM  
Wednesday, May 6<sup>th</sup>  
Sequoia Brewery North  
Champlain & Perrin

General Club Meeting  
⇒⇒⇒⇒ **NEW START TIME** ⇐⇐⇐⇐  
6:30 PM  
Wednesday, May 13<sup>th</sup>  
Calaveras Room  
University Center  
550 E. Shaw Ave., Fresno

Guest Speaker: Dr. Kevin Lester, M.D. will be speaking on his book *The Truth about Testosterone*.

**New Members**

Vincent Amores	Brandi Kwiatkowski & Family
Eugene Carrizales & Family	Craig Lopez & Family
Ariel Cleofas	Albert Magnia & Family
Chris Coleman	Maria Mendoza & Family
Carlton Duty	Steven Mueller
Lon Edwards	Mark Myers
Richard Gabel & Family	Alan Parker
Richard Gabel	Mike Parrino & Family
Javier Gadea	Carl Schiefer & Family
Charlie Garoupa	Gregg Sholty
Janice Geide	Bikramjit Singh & Family
Kimberlee Gobel	Mark Updegraff & Family
Armi Ibanez	Julie Welton
Roy Kikunaga	
Greg Kosareff	

**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 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, Bella Fruta 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. Please call a club officer if you cannot reach the designated ride leader.

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.

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.
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+%)



Day(s)	Start Time	Rating	Leader(s)	Phone(s)	Description
<b>Weekly Repeating Rides</b>					
Sunday	5:30 PM leaves at 5:45 PM	A/1/11 Social	Michele Basham Mark Locatelli	930-0945 708-3837	<b>The A-Train:</b> Meet our ride leaders at the Chosen Yogurt Shop at Chestnut and Shepherd at 5:30 PM and be ready to leave at 2:00 PM for a beginner level ride for all ages. This will be an easy paced Sunday beginner ride. NO RIDE ON MAY 10 <sup>th</sup> - MOTHER'S DAY.
Monday & Wednesday	8:00 AM	C Rides Training	John Fries Tom Braner Kevin Adam	313-1540 284-2777 281-3855	<b>The Mountain Men:</b> Meet at the Park and Ride lot at Hwy 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 to verify time or check e-mail notice. If you would like to receive e-mail notices for the evening prior to each ride, send your e-mail address to John Fries (friesj@sbcglobal.net).
Tuesday	5:45 PM	BC/3/25 Training	Dennis Ball	960-7127	<b>Evening Ride to Millerton Store:</b> President Dennis Ball will lead these weekly evening training rides that begin at Steven's Bicycles parking lot (at Willow & Nees) that head up to Millerton Store and back. Be ready to ride at 5:45.
Tuesday	5:00 PM 5:30 PM	BC/2/31 D/2/31 Training	Show & Go		<b>Sanger Chili Ride:</b> Meet your riding partners at the Chuck Wagon at Academy and Annadale in Sanger for a ride out through Centerville and up to Piedra. Brief stop at the Tivy Valley Store. Continue over the Tivy Valley hill, past Sherwood Forest Golf Course on Frankwood, and back up Reed and then Annadale to the start. This is a beautiful evening ride at a brisk pace. Plan on enjoying a chili dog on your return to the Chuck Wagon.
Tuesday <b>Begins May 25<sup>th</sup></b>	5:45 PM leaves at 6:00 PM	A/1/13 Social	Michele Basham Mark Locatelli	930-0945 708-3837	<b>The A-Train Clovis Summer Trail Ride:</b> Michele and Mark will begin a weekly Tuesday evening summer trail ride beginning at the Clovis Recreation Center at Clovis Avenue and Dakota. This weekly ride will begin on May 25 <sup>th</sup> and continue throughout the summer. This A level ride will take the Clovis bike trails out to the Dry Creek Bike Park at Shepherd and Sunnyside. Bring snacks or a sandwich to enjoy at the park before our return.
Tuesday & Thursday	9:00 AM	B Rides Social	Ken Herrington	299-2275	<b>Mid-Week Morning Rides:</b> Meet Ken at Armstrong and Herndon for a mid-week morning ride with a 15-20 mile radius from our Clovis start. Tuesdays generally head in a north or west direction; Thursdays head in a south or easterly direction. Bring money for snack stops along the way or to eat at Cravings on our return.
Wednesday	8:00 AM	BC/2/20 Social	Steven's Bicycles	824-6342	<b>Steven's Hump Day Shop Ride:</b> Leaves from the Clovis Store at Willow and Nees. We ride out to the Friant Shell Station and back. No drop with a 16-18 mph pace for the C riders. A second ride leader will keep a B pace. Check the <a href="#">Steven's Bicycle Facebook</a> page for cancellations and further details.
Thursday	5:45 PM	CD/3/25 Training	Michael Quiroz	360-1574	<b>Road House Evening Training Rides:</b> Join Michael at Steven's Bicycles at Willow and Nees for a quick ride up to Millerton Store and back. Be ready to ride at 5:45 PM. Updates on <a href="#">Biking Buddies</a> and <a href="#">FCC</a> Facebook.
<b>Weekend and Special Event Rides</b>					
Saturday 5/2	7:30 AM	All Levels	Michael Quiroz  Dennis Ball	360-1574  960-7127	<b>Kirch Flat Century:</b> Gather at Michael Quiroz's house east of Clovis for Fresno Cycling Club's annual members only spring century ride – free to all club members. This year, there will be two century courses: our normal mountain course over Wildcat and beyond to Cellphone Hill and a more flat century course. Shorter versions of these rides will be offered to our metric riders. For our more conservative riders, a shorter 30 mile loop is in the works. All rides will be provided with rest stops and SAG support with an end of ride BBQ in Michael's back yard.
Sunday 5/3	9:00 AM	BC/2/28 Social BC/2/18	Michael Monge Ben Liu	708-2030	<b>Sunday to Sandals:</b> Join Michael at Armstrong and Herndon at 9:00 sharp and cycle out to Friant for our first of the month Sunday breakfast at Sandals. Join up with Ben's group at Enzo's Table (Willow & Shepherd) at 9:30. . Pick your pace – a brisk C pace or a slower B pace.
Wednesday 5/6	8:00 AM	All Levels Social	Fresno County Bicycle Coalition	875-3115	<b>Mall to Mall FCBC Ride:</b> The Fresno County Bicycle Coalition kicks off Bike Month with the 14 <sup>th</sup> Annual FCBC Mall-to-Mall Ride on Wednesday May 6 <sup>th</sup> at Manchester Mall. Meet at the bus depot in front of the mall at 8:00 AM. Ride departs at 8:15 AM.
Saturday 5/9	8:00 AM	B/2/34 Social	Rod Buckley	859-1676	<b>Reedley toward Sand Creek:</b> Join Rod at the double water tower in downtown Reedley. Ride out east of town, through Orange Cove and beyond into the low foothills to the bottom of the Sand Creek climb. (Optional climb up to the store adds three more miles that includes a moderate two mile climb).
Saturday 5/9	8:00 AM	C/4/50 Social	Nick Paladino	432-8830	<b>Reedley to Sand Creek/Squaw Valley:</b> Join Nick at the double water tower in Reedley and begin this split level ride with Rod's B group. Head out east of town, through Orange Cove and beyond to the Sand Creek Store. Continue climbing over the hill to Squaw Valley and along Ruth Hill Road. Descend down Hills Valley (Hwy 63) to the valley floor for a flatland ride back to the start.
Saturday 5/9	8:00 AM	CD/4/65 Training	Dennis Ball	960-7126	<b>Balloon on a String:</b> Meet Dennis at Steven's for a brisk paced loop ride up to Millerton Store, Prather, Lodge Road, Humphrey's, Millerton Store and back to the start.
Sunday 5/10	8:00 AM	B/1/25 Social	Pete Nicholas	978-1734	<b>Mother's Day Ride to Madera Ranchos:</b> Meet Pete at Marie Calendar's on Blackstone across from River Park. Cycle out through the west gate at the back of Woodward Park and beyond to Liberty High School in Madera Ranchos for the turn around. Plan on enjoying a Mother's Day breakfast buffet at the restaurant on our return. Bring money!

Day(s)	Start Time	Rating	Leader(s)	Phone(s)	Description
Saturday 5/16	8:30 AM	B/1/28 Social	Don Green	307-4284	<b>Cattleland Ride:</b> For those who want to forgo the excitement of the California Classic, Don offers a quieter option with his Cattleland Ride. Meet at Armstrong and Herndon and cycle out east of Clovis to explore Nees and Shepherd where they end at the base of the hills. Optional lunch at Cravings on our return.
Sunday 5/17	9:00 AM	B/2/31 Social	Brian Bellis	264-2645	<b>Sanger Chili Ride Relaxed:</b> Join Brian at the Chuck Wagon at Academy and Annadale in Sanger. Ride out northeast of town through Centerville to Piedra. Bring snacks for a short break at Winton Park before riding over the Tivy Valley hill, past the Sherwood Forest Golf Course, and back up Annadale to the start. Plan on lunch at the Chuck Wagon on our return.
Wednesday 5/20	7:00 PM	All Levels Social	Nanci Sumaya		<b>Ride of Silence:</b> Meet Nanci at Willow and Ness in front of Steven's Bicycles. Ride west on the bike trail across town for a lap around Woodward Park. This is a nationwide ride honoring all cyclists who have lost their lives in bicycle accidents. If you have lights, bring them.
Thursday 5/21	Register 4:30 PM Roll out 5:30 PM	All Levels 10 miles at high speed!	Patty Dailey Dennis Ball	875-3115 960-7127	<b>Belmont Time Trial:</b> Gather at the Blossom Trail Cafe at Academy and Belmont for the resumption of the Belmont Time Trails. Registration for this once per month event will begin at 4:30 p.m. First rider will leave at 5:30 p.m. This is a race against the clock to beat your best time. The fastest rider will get the bragging rights for the evening! Contact Patty Dailey from TC3 for more information.
Saturday 5/23	8:30 AM	B/1/51 Social  C/1/51 Social	Mary Moore  Michael Monge	455-3917  708-2030	<b>Fowler to Superior Dairy in Hanford:</b> Meet Mary and Michael at the Starbuck's in Fowler for this split level ride out to Superior Dairy in Hanford to sample their famous ice cream. Sandwiches are also available. The route travels up Clovis Avenue, through Laton, and meanders through green alfalfa fields dotted with huge oak trees. This flatland ride through dairy country is an out and back.
Sunday 5/24	8:30 AM	B/2/35 Social	Ken Herrington Nancy Dooley	299-2275 875-6399	<b>The Blossom Trail Cafe Ride:</b> Join Ken and Nancy at Shaw and Academy for a ride out Belmont to Piedra. Take a break at Winton Park, climb the Tivy Valley Hill, pass the horse ranch and loop back around to Belmont for a stop at the Blossom Trail Café for lunch. Finish the ride up the Academy bike lane.
Saturday 5/30	9:00 AM	B/3/20 Social	Peter Kopriva  Nancy Dooley	291-6955  875-6399	<b>Pinehurst Lodge to Grant Grove:</b> Peter had this ride on his "bucket list" so here it is! Drive up Hwy 180 to the Dunlap turn off. Continue past Dunlap School, through Miramonte and up to Pinehurst Lodge where the ride will begin. Climb up five miles of twisty mountain road to Hwy 180. Cycle on up to Grant Grove in Kings Canyon National Park. Take a snack break at the store and return back to the start for lunch at the Pinehurst Lodge. Park fee for individuals on bicycles is \$10 or use your Park pass.
Sunday 5/31	8:30 AM	AB/1/29 Social	Nancy Dooley	875-6399	<b>Sanger Starbucks Ride:</b> Join Nancy at Clovis East High School (parking lot on Leonard just north of Ashlan). Cycle out the back roads to Sanger for a stop at the local Starbucks. Continue into the river bottom east of town. Loop around through Centerville and back to Ashlan for a straight shot back to the start. This is a good entry level ride.
Saturday 6/6	9:15 AM	B/4/25 2800' Social  C/5/41 4500' Social	Henry Pretzer Susan Smith  Randy Griggs	706-2958 240-3717	<b>Hume Lake Loop plus Stony Creek:</b> Meet at Grant Grove Visitors Center in Kings Canyon National Park. Cycle out to Cherry Gap and head down a screaming descent to Hume Lake. Climb up the back side with a 10 mile climb to the General's Highway. B riders will head back to Grant Grove. The C group rides out to Stony Creek Store for a quick break. There's a 5 mile continuous climb out of Stony Creek and then mostly downhill back to Grant Grove. Plan on lunch at the Grant Grove restaurant or bring a lunch to enjoy after the ride. Remember the \$20 Park entrance fee or use your Park pass.

## Other California Cycling Events

### Gold Country Challenge May 9<sup>th</sup>

A ride through the historic gold mining country of western Nevada County. Quiet roads with well stocked rest stops hosted by local non-profits. Lunch at the halfway point. Experienced SAG and intersection control, well-marked route. Post ride BBQ with live entertainment and beer and wine garden. Visit historic gold mining towns after the ride. [www.rotarygoldcountrychallenge.com](http://www.rotarygoldcountrychallenge.com)

### California Classic Century Ride May 16<sup>th</sup>

Join 2,000 riders in the only ride in California on a closed freeway on Saturday May 16! We've got the best amenities: chip timing, dry-fit shirts, custom medallion, bike valet, free Giants' AAA Team baseball tickets, Barbecue by the Fresno Police Officer's Association, free Cold Stone Creamery ice cream and enjoy a Michelob Ultra or Heineken Light in our Celebration Beer Garden. Visit [californiaclassicevents.com](http://californiaclassicevents.com) for more info and registration.

### Apple Blossom Bike Tour May 17<sup>th</sup>

The Apple Blossom Bike Tour begins and ends at the El Dorado Adventist School near the quaint downtown district of Placerville, California. The roads and trails wind their way through blooming apple orchards,

vineyards and stunning mountain views. Riders can choose from three routes: the metric century, the metric half-century and the family ride. Visit [www.appleblossombiketour.com](http://www.appleblossombiketour.com) for more info.

### Great Western Bicycle Rally May 22<sup>nd</sup>—25<sup>th</sup>

For wine lovers and beer tasters. For families and foodies. For those that hammer and those that cruise.

The Great Western Bicycle Rally has something for everyone. A common passion for cycling brings all types of rider together for a simply awesome 4 day festival of all things to do with bikes, set in one of the most idyllic cycling locations in California; Paso Robles, one of California's nominated bicycle friendly cities. Visit [www.greatwesternbicyclerally.com](http://www.greatwesternbicyclerally.com) for more information.

### Hungry Buzzard Century May 30<sup>th</sup>

Many of Fresno Cycling Clubs' members will be riding in this popular Visalia ride. Training for Climb to Kaiser? This route will provide you with the challenge that you are looking for! Visit [www.sequoia-visaliakiwanis.com](http://www.sequoia-visaliakiwanis.com) for more info.



## FRESNO CYCLING CLUB MEMBERSHIP APPLICATION AND MEMBERSHIP RENEWAL FORM

The Fresno Cycling Club is a group of 500 plus cyclists 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 USA, the Bass Lake Powerhouse Double Century, and recently started offering a Brevet Series 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 cyclists. We hope and encourage you to join FCC. Please fill out the information below and mail to: Fresno Cycling Club, PO Box 27571, Fresno, CA 93729-7571. To order a club jersey, shirt or hat, contact: Mike Monge (559) 708-2030.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Registration is:  New  Renewal

Type:  Individual (\$25)  Family (\$30) 2 adults and minor children

Newsletter

Preference:  E-Mail  Mail a paper copy (\$10 additional)

Climb to Kaiser: last Saturday in June

Bass Lake Double

Big Hat Century: 1st weekend in April

Kirch Flats: Members Only ride, early May

Tour de Lakes: Members only ride, end of July

New Year's Day: Members only ride

Christmas Party: early December

Ride Leader: Weekly Ride; you choose route

Advocacy: Participate in advocacy efforts

Share E-Mail address with Fresno County Bicycle Coalition

### RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY, AND PARENTAL CONSENT AGREEMENT

("Agreement") for LEAGUE OF AMERICAN WHEELMAN D/B/A LEAGUE OF AMERICAN BICYCLISTS ("LAB")

(this form is to only be used for Individual Adults or for Adults on behalf of Minors)

IN CONSIDERATION of being permitted to participate in any way in Fresno Cycling Club ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the 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 RISKS AND DANGERS 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 conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known 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 may incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, its respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" 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 "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS. And, I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim. I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY 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. I AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



PO Box 27571  
Fresno CA 93729-7571

### **Bicycle Shop Directory Support Your Local Bike Shop**

A Different Bent  
755 N Peach Ave Ste H8  
Clovis, CA, 93611  
(559) 492-7896  
[www.adifferentbent.com](http://www.adifferentbent.com)

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

Rubber Soul Bicycles  
132 W. Nees  
Fresno, CA 93711  
(559) 435-BIKE  
[www.rubbersoulbicycles.com](http://www.rubbersoulbicycles.com)

Tri-Sport Unlimited  
9433 N Fort Washington # 101  
Fresno, CA 93730  
(559) 433-3000  
[www.tri-sport.com](http://www.tri-sport.com)

Bike Trax  
1760 11th St.  
Reedley, CA 93654  
(559) 638-2398  
[www.biketraxusa.com](http://www.biketraxusa.com)

Fulton Cycle Works  
1428 Fulton St.  
Fresno, CA 93721  
(559) 917-3678  
[www.fultoncycleworks.com](http://www.fultoncycleworks.com)

Steven's Bicycles  
4045 W Figarden #105  
Fresno, CA 93722  
(559) 229-8163  
Willow and Nees  
(Riverpark Trails Center)  
Brent & Tina Kutzback  
[www.stevensbicycles.com](http://www.stevensbicycles.com)

Clovis Bicycle Company  
1398 Shaw Ave, Ste 103  
Clovis, CA 93612  
559-325-2453  
clovisbikeco@yahoo.com  
[www.clovisbicycle.com](http://www.clovisbicycle.com)

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

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

Visalia Cyclery  
1829 West Caldwell Ave.  
Visalia, CA 93277  
(559)732-2453  
[www.visaliacyclery.com](http://www.visaliacyclery.com)

Cycle Path  
1165 E. Champlain Dr.  
Fresno, CA 93720  
(559) 434-8356  
[www.cyclepathbicycles.net](http://www.cyclepathbicycles.net)

REI  
7810 N. Blackstone Ave.  
Fresno, CA 93720  
(559) 261-4168  
[www.rei.com](http://www.rei.com)

Tower Velo  
1435 N. Van Ness Ave.  
Fresno, CA 93728  
(559) 268-2863  
Michael Eacock  
[www.towervelo.com](http://www.towervelo.com)

Special Supporter  
Blossom Trail Cafe  
Belmont and Academy Ave  
Sanger, CA 93657  
(559) 875-2500

Some shops offer discounts to club members. Please identify yourself as an FCC member and check with each shop about their policy before purchasing.