



The Rough Draft

VOLUME XLV, ISSUE 7 - JULY 2015



THE PREZ SEZ

Greetings Fellow Bicyclists!

Welcome as always to our new members and those who continue to remain faithful to staying active members. It is great to see new members with new

energy get excited and passionate about our favorite pastime - bicycling. Our club is dedicated to promoting bicycling as a fun and healthy form of recreation as well as a viable form of transportation.

Unfortunately, I am unable to comment on the success of this the 39th Annual Climb to Kaiser at the time of this writing, but I can say that the preparations are being made to make it every bit as great as those of past years. Let that sink

in for a minute ... the Club has been putting on the Climb to Kaiser, described by Bicycling Magazine as one of the Nation's Top 10 Toughest Most Challenging rides and it is right here in our own back yard. Riders that take this ride seriously have been in training mode for weeks and months leading up to the big challenge of completing the C2K, as it is affectionately referred to. This ride attracts riders from all over the nation. At 155 miles, with 15,000 plus feet of elevation gain, it is not your typical bike ride. Back again this year we will have the timing chips to track the riders and provide the official ride times. Although this is not a race, most riders do try to improve their times from previous years and it is the ultimate race against the clock. Jennifer Collins, the current Ride Director, has taken on the challenge of putting this ride together for the past two years and is determined to provide an outstanding rider experience.

Last month I had the opportunity to meet with a few Board members of the Fresno County Bicycle Coalition. The focus of our discussion was how to go about forming a better partnership to work together to reach a greater bicycling community in the Fresno/Clovis area. The idea is to bring together all factions of bicycle riders for the common purpose of promoting better and safer bicycling. We can gain a better understanding of the needs of the bicycling community by identifying all the various bicycle groups. We will be looking for new ideas and a willingness to implement those ideas.

This is the month of July, a typically hot month for the Valley. Many of our rides will be adjusted accordingly either early or late to avoid the heat. Be sure to check the Ride Calendar.

That's it for now. Stay safe and see you on the road.

The Prez
Dennis

I CAN BIKE CAMP SUMMER SESSION NEEDS YOUR SUPPORT!



The goal of iCan Bike is to teach individuals with disabilities to ride a conventional two-wheeled bicycle and to become lifelong independent riders. iCan Bike uses adapted bicycles, a specialized instructional program, trained staff, and lots of volunteers to help achieve this goal.

We still need of volunteers for our June 29 - July 3 Bike Camp which is located in the main gym at Sanger High

School. Each camp rider is assigned two volunteer "spotters" who will attend the same camp session each day. The volunteers start the first few days of camp walking alongside their rider as he or she first begins riding on the specialized bike around the inside of the gym. Riders (and their volunteers) attend one 75-minute session each day for five consecutive days, where they learn to ride; accompanied and encouraged by volunteer "spotters." During their camp session; the specialized bikes

are adjusted in an effort to challenge the riders appropriately as they gradually discover the skills and joys of riding. By the fourth day of camp, most riders have transitioned to a traditional two-wheeled bicycle which has been modified with a "handle" on the back. The volunteers will use the handle to hold the bike for the rider as they mount the bike and start pedaling on their own. By the fifth day of camp nearly all riders are riding outside of the gym in a secured parking lot area.



No specialized cycling skills are needed to volunteer for this event, just a genuine concern to help others and the ability to follow the instructions of the iCan Bike staff. It is so fulfilling as a volunteer to watch the progress and success of your rider. At the end of the last day of camp, the riders

are awarded a medal by their volunteers for successfully completing the camp. Believe me, there's not a dry eye in the house during this ceremony. If you've ever thought of volunteering for an event, I hope you will consider coming out for this one! Please go to icanbikefresnoclovis.info to register as a volunteer or email Volunteer Coordinator Ranay Franklin at bikevolunteers@gmail.com if you have questions.

Fresno Cycling Club and its members have generously supported iCan Bike Camp for the last two years with both donations and volunteers. All volunteers receive an awesome iCan Bike tech t-shirt with Fresno Cycling Club's logo on it.

What's the Deal with Those Insanely Long Rides with the Funny French Names?

By Dave Robinson

Good evening, my name is Dave and I'm a randonneur—no use trying to pretend otherwise. I'm not quite sure how it happened. I thought I was just experimenting and could stop any time I wanted. But I'm hooked. I recently finished my first 600km ride, and my when my wife asked me why I did such crazy rides, I wasn't quite able to explain the allure to her. And then I remembered.

I first heard about ultra-distance bike riding about 5 years ago from Dana Lieberman, owner of Bent Up Cycles in North Hollywood. Dana was building a custom recumbent bike for me, and one day in the shop we got to talking about some of the rides we'd done. I proudly told him I had recently completed my first century ride (which was a big deal for me). I thought he'd be impressed. He smiled and told me that he was getting ready to go to Alaska for a 1200-kilometer ride. I was flabbergasted—1200 kilometers! Why, that works out to something like 750 miles. He told he was a "randonneur" (a random who?) and that he regularly rode with a group who did rides that he called "brevets" (he pronounced the word breh-vays) of 200, 400, 600 . . . and yes, 1200 kilometers.

Suddenly, I wasn't so proud of my paltry 100-mile ride. But I was intrigued. Dana didn't look like a super athlete. I had done a few short rides with him, and I had thought we were fairly compatible riders. If he could do it, what about . . . nah, I couldn't conceive of myself doing anything like that. I asked him how in the world he was able to ride such distances. And maybe more important, why did he do it? Was he some sort of genetic freak? Dana tried, but he wasn't able to adequately articulate anything that made a lot of sense to me. He did say that ultra-distance riding wasn't for everybody, but it was definitely something he enjoyed. He told me that maybe the only way that I would really understand what the appeal of riding long distance rides was and whether I would be able to do such rides would be for me to jump into the deep end and give it a try for myself.

And then a year or two after I got my bike, Dana invited me to join his group, the Pacific Coast Randonneurs, for a 200km ride (about 125 miles) from Ventura to Goleta and back. It was the furthest ride I'd ever done—and, to my surprise, it didn't seem to be appreciably more difficult than any of the century rides I had done. OK, so maybe there's nothing all that significant about the 100-mile mark. And I wondered, just what were my personal limits?

That's where matters stood for me until last year when I saw on the FCC site that there was a new Fresno Randonneurs group starting up. From my one brevet with Dana's group, I knew I could do 120+ miles, but I still didn't know how many more miles I might have in me. What would it take for me to ride 300km or, gulp, 400km rides? So with a bit of curiosity and a whole lot of trepidation I signed up for the initial 200km Raymond Brevet—and ended up thoroughly enjoying the ride. And then I thought, what have I got to lose? And I signed up for the 300km Bass Lake Brevet. On that ride, I met a fellow rider named Lori, who accompanied me for most of the day. It turns out this person was Lori Cherry, the organizer and driving force behind the new Fresno Randonneurs group. (By the way, I wrote a report of that ride last year for a recumbent message board that ended up being published here as well.)

Somehow, without me really thinking too much about it, the ultra-distance bug had gotten under my skin. When the Fresno Randonneurs 2015 schedule appeared on the FCC site late last year, I saw that there would be a complete series (rides of 200, 300, 400, and 600km). Riders who completed the series would be eligible for 1200km rides (the granddaddy of them all, Paris-Brest-Paris, is held every 4 years). I had no idea if I would be able to complete a ride longer than the 300km ride I had done last year, but I resolved to tackle the series one ride at a time. If I did OK on the 200km Raymond and Mountain House brevets, I would sign up for the 300km ride. If that went well, I would tackle the 400km ride. And if I survived that, I would attempt the 600km ride

(Fresno-Monterey-Fresno). Well, things didn't go quite according to plan. I had to skip this year's 300km ride due to family commitments. I jumped from 200 to 400km—and, you know what? That jump turned out just fine. And then I did 600km Monterey ride. I did OK. I survived. Nothing is broken. The thing is, I still don't know what my outer limits are—but I know that I'm capable of doing a lot more than I had previ-



ously suspected. Who knows, maybe one day I'll actually attempt one of those fabled 1200km rides.

Here are a few things that this fledgling randonneur has learned over the course of this year's series of brevets:

- Ultra-distance riding is only possible if you ingest an enormous quantity of food along the way—muffins, cookies, energy bars, french fries, you name it. If you keep fueling the machine, it will keep running. One rider on the Monterey brevet told me that randonneuring is nothing more than a fancy name for an expensive eating disorder. He was joking—I think.
- My Garmin's battery doesn't hold enough charge for more than a 200km ride. In order to have a functioning computer for 30+ hours, I ended up buying an external battery pack for my Garmin. Other randonneurs opt for electricity-generating hubs on their front wheels to power computers and lights. I've discovered that randonneuring can be an expensive hobby.
- Reliable—and long-lasting—lights are essential. I have learned the hard way to carry back-up lights for when my primary lights fail. You will end up riding long stretches in the dark. On the recent 600km Monterey brevet, I rode all night long on 2 consecutive nights.
- When you're riding through desolate hills in a part of the world that you've never been to before, and it's the middle of the night, and you're cursing the darkness . . . and then the moon rises--it's magical, transformative, almost a mystical experience. There's nothing quite like riding after 2am with moonlight illuminating the contours of the surrounding mountains. Trust me.
- You will make friends quickly with fellow riders—by necessity randonneurs are a supportive bunch. We're not competing with each other—we're helping each other get to the end. Most of the riders who participated in this year's Fresno Randonneurs rides were not locals. We've had riders come join us from Sacramento, the SF Bay area, and Palmdale. I'm building a network of friends throughout the state. But that doesn't mean that locals can't get in on this. I do hope to see more Fresno (and Visalia) riders come out and try some of these amazing rides next year.

- During a long ride, when you get a chance to rest—make the most of it. On the 600km Monterey brevet, I got exactly one hour of sleep in the 38 hours it took to complete the ride. You want to prepare for the longer rides by getting an extra hour or more of sleep every night the week beforehand. You will inevitably end up riding sleep-deprived, there's no escaping that, but you don't want to start a ride out that way.
- Brevets are challenging rides—but you will never know if you're up for the challenge unless, and until, you accept the challenge for yourself. I had all kinds of doubts that I would be able to complete

my first 400 and 600km rides—but I now know that I'm capable of accomplishing much more than I would have ever attempted on my own.

I now get why, five years ago, Dana couldn't explain to my satisfaction what the big deal was about ultra-distance riding. I've become one of those riders, like him, who can't quite explain what the point of riding such long distances is. I do know that I'll be eagerly checking this site for the Fresno Randonneurs 2016 schedule of rides. I admit it. I'm in this thing up to my neck. Is it something for you? There's only one way to find out.

Bass Lake in June

story and pictures by Nancy Dooley

As the hot weather descends on our valley, cyclists generally head for the hills as a way to keep cool. On June 13th, long time Fresno Cycling Club members Roy and Ty Moser graciously offered their home at Bass Lake as the starting point for a loop ride around the lake. Fifteen FCC riders took advantage of this opportunity and drove up from the valley to experience the beauty of the mountains and the hospitality of our host and hostess.

Bass Lake is not flat – it's a very hilly place! So, we offered two rides for the day: a longer 25-mile route with 2,800 feet of climbing and a shorter route that bypassed the long climb out of North Fork. Nick Paladino led eight riders around the longer course, while Peter Kopriva led the remaining riders across the dam for the 14 mile version. Both groups enjoyed the beautiful vistas along the shoreline road with the ultimate goal of meeting up for hamburgers at The Forks.

Our large group was able to sit together at The Forks, on their new outdoor patio, so the happy buzz of conversation continued throughout lunch. After lunch, the group continued along the lake and looped around on the high road back to the start. Sitting on the Moser's deck



However, as can happen, the ride took an unexpected turn when the handlebars on Terry Winant's bike came loose and flopped forward, disconnecting any ability to brake or control her bike. Down she went! Luckily she was riding slowly and didn't cause too much bodily damage – just a bloody knee. Ken Herrington, who was riding behind her, said "It was really scary watching that accident happen." A family of good samaritans drove up in their pickup and stopped to render first aid – offering to share their supply of bandages and disinfectant. After Ken tightened up her handlebars, and being the true trooper that she is, Terry was able to continue.

overlooking the lake was a relaxing way to end our day's adventure. With a cool drink in hand, munching on homemade chocolate chip cookies, and with that contented feeling of a ride well done, it was time to sit back and enjoy the company of good friends. Thanks go to Roy and Ty who have been leading rides and offering their hospitality to Fresno Cycling Club members at Bass Lake for 14 years.

NEWS FROM THE FRESNO COUNTY BICYCLE COALITION

Last month we had the good fortune to inform you that bike lanes were going in on Millbrook. Now we have the good news that Cedar Avenue between Clinton and McKinley is being repaved by the County and having bike lanes put in! They may be a little narrower than we'd like, we'll see when they're done, but a hooray for expanding our bike lane network and filling the gaps!

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Board Meeting
6:00 PM
Wednesday, July 1st
Sequoia Brewery North
Champlain & Perrin

General Club Meeting
No Meetings in July or August
Enjoy your Summer Riding

New Members

David Bryant
 Alyssa Gramespacher
 Andrew Lawson
 Todd Pigott
 Heberto Sanchez & Family

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 Sommersville, 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
Weekly Repeating Rides					
Monday & Wednesday	7:30 AM	"C" Rides Training	John Fries Tom Braner Kevin Adam	313-1540 284-2777 281-3855	The Mountain Men: 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	6:15 PM	BC/3/25 Training	Dennis Ball	960-7127	Evening Ride to Millerton Store: President Dennis Ball will lead these weekly evening training rides that begin at Steven's Bicycles parking lot (at Willow & Nees) and head up to Millerton Store and back. Meet at 6:00 and be ready to ride at 6:15.
Tuesday	5:00 PM 5:30 PM	BC/2/31 D/2/31 Training	Brian Bellis Show & Go	264-2645	Sanger Chili Ride: Meet Brian at the Chuck Wagon at Academy and Annadale in Sanger at 5:00 for a more relaxed ride out through Centerville and up to Piedra. The faster riders pull out around 5:30 – it's usually a race around the course for this group! 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. Brian will not be riding on Tuesday, July 21st.
Tuesday	5:45 PM leaves at 6:00 PM	A/1/13 Social	Michele Basham Mark Locatelli	930-0945 708-3837	The A-Train Clovis Summer Trail Ride: 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	8:00 AM	B Rides Social	Ken Herrington	299-2275	Mid-Week Morning Rides: 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. New Start Time: 8:00 AM
Wednesday	8:00 AM	BC/2-3/ 20-25 Social	Tina Kutzbach	824-6342	Steven's Hump Day Shop Ride: Meet Tina at the Clovis Store at Willow and Nees and we'll head out to either the Friant Shell Station or the Millerton Store, switching it up each week. A fun morning ride good for all kinds of riders. Check the Steven's Bicycles Facebook page for route and cancellations. Check the Steven's Bicycle Facebook page for cancellations and further details.
Thursday	5:45 PM	CD/3/25 Training	Michael Quiroz	360-1574	Road House Evening Training Rides: 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 Biking Buddies and FCC Facebook.
Weekend and Special Event Rides					
Thursday 7/2	5:45 PM	BC/2/23 Social	Patty Dailey	360-3760	Climb to the Corrals: Meet behind the Chevron at Shaw & Academy. Cycle out east of town up Watts Valley Road to the corrals for a turn around.
Friday 7/3	8:30 AM	BCD/1/50 Social	Patty Dailey	360-3760	Sunnyside Bicycle Shop to the New Reedley Shop: Patty will lead a flatland ride from the Sunnyside Bicycle Shop at Fowler & Old Hwy 180 to John & Vanessa Mc Cracken's new bicycle shop in downtown Reedley. Cycle out Belmont through Centerville, up Annadale and Reed Avenues to help launch their new shop! This is an out and back ride.
Saturday 7/4	8:00 AM	B/3/28 Social	Mary Moore	455-3917	Old School House to Pine Flat Dam: Meet Mary at the corner of Frankwood and Hwy 180 across from the Old School House restaurant. Ride up the Tivy Valley hill (backwards) to Piedra and beyond to the bottom of the Pine Flat Dam. Return same route. Enjoy a Fourth of July lunch at the Old School House.
Saturday 7/4	8:30 AM 9:30 AM	C/4/34 B/4/22 Social	Michael Monge	708-2030	Shaver to Huntington: Join Michael at the last boat dock at the north end of Shaver Lake. Cycle up the seven mile climb to Tamarack Ridge. Then, descend into Huntington Lake for lunch at the Shoreline Lodge. Return up the stair-step climb to the top of Tamarack and enjoy the seven mile decent back to Shaver. Michael says if any B riders want to join their group for a shorter ride, gather at the top of Tamarack at about 9:30 for a 22 mile version - down to Huntington and back up to Tamarack. Be advised, there is still a lot of climbing on this shorter route.
Sunday 7/5	7:00 AM	C/3/35 Social	Bill Lutjens	908-2485	Sunday Circuit: Join Bill at the Dry Creek Trailhead Park at Sunnyside and Shepherd. Ride the popular Circuit route in the cool of the morning and get back before it gets too hot!
Sunday 7/5	8:00 AM 8:30 AM	BC/2/28 Social BC/2/18	Michael Monge Ben Liu	708-2030	Sunday to Sandals: Meet Michael at Armstrong and Herndon at 8:00 sharp and cycle out to Friant for our first of the month Sunday breakfast at Sandal's. Join up with Ben's group at Enzo's Table (Willow & Shepherd) at 8:30. Pick your pace – a brisk C pace or a slower B pace.
Thursday 7/9	5:45 PM	BC/2/31 Social	Patty Dailey	360-3760	Sanger Chili Ride: 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.
Saturday 7/11	7:30 AM	B+/4/55 Social	Nick Paladino	432-8830	Humphrey Station Loop: Nick will begin his ride at Steven's Bicycle's parking lot at Willow & Nees. Ride up to Millerton Store, east out to Humphrey Station, over Pittman Hill, and down Watts Valley Road and back to the start on the flats. Bring lots of water and snacks. Nick's target pace will be 14-15 mph pace along the flats. Strong "B" riders and low "C" riders.

Day(s)	Start Time	Rating	Leader(s)	Phone(s)	Description
Saturday 7/11	8:00 AM	B/2/28 Social	Don Green	307-4284	Lost Lake: Meet Don at Armstrong and Herndon for a ride out Friant Road to Lost Lake. Bring along snacks to enjoy as we take a break by the river. Optional lunch at Cravings on our return to the start.
Saturday 7/11	8:00 AM	C/4/55 Social	Bill Lutjens	908-2485	Shaver to Wishon: Bill will start his ride at the Community Center parking lot at Hwy 168 & Dinkey Creek Road in the town of Shaver Lake. Plan for an easy paced C ride with lots of climbing – over 5,000 feet combined for this out and back.
Sunday 7/12	7:00 AM	B/2/31 Social	Brian Bellis	264-2645	Sanger Chili Ride Relaxed: Notice the earlier start time of 7:00 AM. Gather at the Chuck Wagon in Sanger at Academy and Annadale. Ride out northeast of town through Centerville to Piedra. Bring snacks for a short break at Winton Park. Ride over the Tivy Valley hill, past Sherwood Forest Golf Course, and back up Annadale to the start.
Sunday 7/12	7:00 AM	C/3/35 Social	Bill Lutjens	908-2485	Sunday Circuit: Join Bill at the Dry Creek Trailhead Park at Sunnyside and Shepherd. Ride around the popular Circuit course – north to Millerton Store, across the plateau by Table Mountain, down the Dam hill through Friant, and back up Friant Road to the start. Leaving early means getting back before it gets too hot!
Thursday 7/16	Register 5:30 PM Rollout 6:00 PM	All Levels 10 Miles at high speed!	Patty Dailey Dennis Ball	360-3760 960-7127	Belmont Time Trial: Gather at the Blossom Trail Café at Academy and Belmont. Note: 105 degree heat or hotter will cancel! Registration is at 5:30 – be ready to roll out at 6:00. 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 7/18	8:30 AM	C/4/35 Social	Henry Pretzer Susan Smith	706-2958 240-3717	Stony Creek Lodge to Giant Forest: Park at Stony Creek Lodge in Sequoia National Park. (After the Park entrance, take the right hand turn at the Y.) Ride time is 8:30. We will ride out the Generals Highway past Wuksachi Lodge and Lodgepole Visitor's Center to the beautiful majestic Giant Forest. (The Giant Forest Village has been turned into a museum to save the giant sequoias in this area from the continued deterioration from the barrage of car exhaust). Henry and Susan will take a break here that will allow you to explore the museum before saddling up for the ride back. Remember the \$20 Park entrance fee or use your pass.
Sunday 7/19	7:00 AM	C/3/35 Social	Bill Lutjens	908-2485	Sunday Circuit: Join Bill at the Dry Creek Trailhead Park at Sunnyside and Shepherd. Ride around the popular Circuit course – north to Millerton Store, across the plateau by Table Mountain, down the Dam hill through Friant, and back up Friant Road to the start. Leaving early means getting back before it gets too hot!
Sunday 7/19	8:00 AM	B/2/35 Social	Ken Herrington	299-2275	The Blossom Trail Café Ride: Meet Ken at Shaw and Academy for the monthly ride down Belmont to Piedra. Take a break at Winton Park. Then, continue over the Tivy Valley hill, past the horse ranch, and loop around back to Belmont for a straight shot to the Blossom Trail Café for lunch. Finish up the ride along the Academy bike lane back to the start.
Sunday 7/19	11:00 AM	A/1/8 Social	Tina Kutzbach	824-6342	Steven's Family Fun and Fitness Ride: Tina will begin this ride at Steven's Bicycles at Willow and Nees. Come out and join us for an eight mile loop on the car free Clovis bike trails. Optional stop at Sonic on our return. All riders and bikes are welcome. Because of the summer heat, we are starting earlier.
Saturday 7/25	8:00 AM 9:30 AM	CD/4/55 B/4/28	Dennis Ball Tina Summer	960-7127 708-2030	Tour de Lakes: Escape the Valley heat and head up to the mountains to Shaver Lake for this all club ride. President Dennis Ball will meet the CD riders for the longer version at the Park n' Ride one mile east on the Dinkey Creek Road at 8:00. Ride out to the Dinkey Creek bridge and beyond to Wishon Reservoir. There is an option to cycle up to Courtwright Reservoir as well. Tina Summer will meet the B riders at the Dinkey Creek bridge at 9:30 and ride out to Wishon for their turn around. There will be one rest stop (6 miles above Dinkey Creek) at McKinley Grove. SAG support will be provided.
Sunday 7/26	8:00 AM	AB/1/29	Nancy Dooley	875-6399	Sanger Starbucks: Join Nancy at Clovis East High School (at the parking lot on the SE corner of Leonard and Ashlan). Cycle out the back roads to the Starbucks in Sanger for a refreshment stop. Then, continue on into the river bottom and through Centerville. We will circle back to Ashlan and head back to the start. This is a great entry level ride.
Saturday 8/1	9:00 AM	B/4/25 Social	Brian Bellis	264-2645	Hume Lake Loop: Meet Brian at Grant Grove Visitor's Center in Kings Canyon National Park. Cycle out to Cherry Gap and descend down to Hume Lake. Then, climb 10 miles up the back side to the General's Highway before turning to the start. Plan on lunch at the Grant Grove restaurant before heading home.
Sunday 8/2	8:00 AM 8:30 AM	BC/2/28 Social BC/2/18	Nancy Dooley Ben Liu	875-6399	Sunday to Sandals: Gather at Armstrong and Herndon for our first of the month ride out to Sandal's for breakfast. We will join up with Ben's group at Enzo's Table at Willow & Shepherd. Pick your pace, either a faster "C" ride or a more leisurely "B" pace.

PROGRAM RECYCLES GEL PACKETS FOR FREE

Energy gels are a far cry from an ice cream shop or a bakery, but sometimes the incredibly efficient — if not always delicious — gels are the best way to get a quick boost on a long ride far from town. But those pesky foil packets can't be recycled, not until now.

Popular gel maker GU Energy has enlisted recycling provider TerraCycle to launch the Performance Nutrition Brigade. Cyclists can send all single-serve packaging to TerraCycle to be recycled, including packaging for gels, chews, drink packets, and pouches.

The Performance Nutrition Brigade will accept foil packets for any endurance gel food, regardless of brand. Shipping is free and any school, organization, family, or individual is welcome to participate. The waste collected will be recycled into new, innovative consumer products ranging from flowerpots to recycling bins to playgrounds.

Sign up for free at terracycle.com. Once signed up, the packaging can be mailed in any cardboard box. Just download a UPS prepaid shipping label and drop boxes off at any UPS store or pick-up site.



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

Fulton Cycle Works
1428 Fulton St.
Fresno, CA 93721
(559) 917-3678
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

Clovis Bicycle Company
1398 Shaw Ave, Ste 103
Clovis, CA 93612
559-325-2453
clovisbikeco@yahoo.com
www.clovisbicycle.com

Herb Bauer Cycling
6264 N. Blackstone Ave.
Fresno, CA 93710
559-435-8600
www.herbbauersportinggoods.com

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

Visalia Cyclery
1829 West Caldwell Ave.
Visalia, CA 93277
(559)732-2453
www.visaliacyclery.com

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

REI
7810 N. Blackstone Ave.
Fresno, CA 93720
(559) 261-4168
www.rei.com

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

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

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

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

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

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