



The Rough Draft

VOLUME XLVI, ISSUE 1 - JANUARY 2016

THE BLACK HILLS OF SOUTH DAKOTA

(a serial story to be presented in monthly installments) – Journal Entry #4 - story and pictures by Nancy Dooley

As we left off at the end of Journal #3, a description was given of a few of the main characters that were part of this summer's bicycle tour in South Dakota. The people who populate a story are usually the main focus of a well written article; but my interaction with the like-minded adventurers who were a part of this journey, was just part of this story. The Black Hills themselves, with all they have to offer the wanderer who ventures here, were the major draw that brought me 1500 miles for a visit.

The Black Hills, home for centuries to the Sioux Indians, has a historical mystique about it. It has an astounding assortment of wonderful places to visit, as many of us did on this versatile trip. Aside from Deadwood, that amazingly preserved old western town, there were a steady stream of interesting places to explore (some natural, some man-made) with each passing day of the tour: the Crazy Horse Monument; the Mammoth Pit in Hot Springs; Wind Cave National Park; the Coolidge Overlook; Custer State Park with all its hundreds of buffalo; and probably the most famous – Mt. Rushmore.

Each place would have been a spectacular place to visit by itself, but to have all of them together in one week was incredible! My focus for the trip switched from doggedly riding every mile – something that I realized early on was not going to happen – to enjoying the unique opportunity to explore and experience these amazing places.

On the third riding day, the Michelson Trail continued out of the Crooked Creek Resort in Hills City. We had spent our third night here, camped in a wooded meadow like place, complete with a stream that ran through the center of camp. The "hotel" was across that crooked creek – made out of wooden logs that blended into this picturesque setting.

Hitting the trail early, I climbed the mild grade for 11 miles, enjoying the cool morning, knowing that I was ahead of the majority of our riders – a good feeling. At the top of the long climb, the trail skirted the Crazy Horse Monument. I had visited this place 10 years ago and seeing little change in the sculpture emerging from the mountain, decided to just take a picture or two and move on down the trail – keeping my lead.

When (and if) this monument to the Sioux

Indians of this region is completed, it will overshadow Mt. Rushmore and its group of four of our most esteemed presidents. Crazy Horse was a Sioux War Chief – representing the courage and tenaciousness of these people – people who were the custodians of this land before the Europeans overran it. When finished, this monument will be a fitting tribute to all the Native Americans who came before us.

I continued down the Mickelson Trail to Pringle – a small group of buildings with a most unusual sculpture – a pile of old discarded bicycles – where our lunch stop was set up. I



had decided to pack it in here and get a lift into Hot Springs in order to be on time to visit the Mammoth Pit – a fascinating place, one of two places in the world that contains a large pit full of young male mammoth bones – not fossilized but preserved where they lay with their DNA leached out by water and other minerals over a millennium of time – fragile, yet preserved for the study of paleontologists who come from all over the world to study these bones.

How did these bones get here? Mammoths lived and traveled in herds led by the Matriarch – the oldest female. She would kick out the young males at age 12 and only allow them back in the herd at age 35, after they had matured. As these young males were frolicking

about out in the world, they got in trouble in this area of South Dakota where they encountered a deep hole in the ground. Being curious, they would fall into this pit and couldn't get out because the sides were steep and were made of a slippery material. So the poor young boys were trapped! Eventually, the pit was filled in over time – and there you have it!

Camp Life on a Bicycle Tour

Our traveling group camped in Centennial Park in Hot Springs overnight. There was an opportunity to visit an indoor hot spring in the evening as a few of the riders did. The morning

saw the usual activity of our traveling camp – tents being dismantled and repacked, the two pieces of allowed luggage (a maximum of 25 pounds each) taken to the luggage truck and piled on the large tarp placed there to receive them, sandwiches being made for the lunch ice chest, breakfast being consumed, and riders getting on their bikes and heading out for the next leg of our journey.

For the men on the staff, loading the truck in the morning and unloading it in the afternoon at our new camp site was a regular part of their day. Kelly, our tour director, divided the work load among her five staff members: luggage truck duty – to load it, drive it for supplies, and set up at the next camp site; driving the van or

pickup to set up and man the rest stops and the lunch stop; shuttling anyone who needed this assistance; riding sweep on bicycles – within the group, and the most important – the final sweep at the end of the pack. This behind the scene operation ran smoothly, with all the focus placed on providing a wonderful experience for all the “guests”. Kelly is a master of managing this operation by making good use of her staff.

After Hot Springs, the next major side trip was a visit to Wind Cave National Park – a short detour off the main road to Custer State Park, our destination for this the fourth riding day. As I was now in complete tourist mode, I had elected, with a few other riders, to be shuttled directly to this amazing underground cave system in order to take the morning tour. The

BIGGER AND BETTER WEST HILLS CENTURY-METRIC CENTURY SET FOR SATURDAY, MARCH 12, 2016

Online registration is now underway for participants in the 3rd annual West Hills College-Fresno Cycling Club bicycle ride to benefit the College and the Club. This year will mark the introduction of a new full Century route in addition to sister routes measuring 62 miles, 38 miles and 10 miles. As in the past, all routes will start and end on the campus of West Hills College in Coalinga.

Since its inception in 2014, this event has been a joint effort of the Fresno Cycling Club and West Hills College Coalinga, and has quickly become recognized as a “true partnership”. According to ride coordinator and West Hills College Instructor, Al Graves, “This year the College and the Club will introduce an ‘enhanced partnership’”. Graves explained: “West Hills College will again host the event and provide volunteers, while the cycling club will encourage participation and provide SAG support.” Graves added, “After deducting the cost of the after ride meal, all funds collected from registration will be split 50:50 with the Club.” According to Club President, Dennis Ball, “If we can attract 200 riders, almost \$3,000 could be added to the Club’s coffers. This would be good for the Club. We can use all the financial help we can get.” College president, Dr. Carole Goldsmith, noted, “All of the College’s profits will go to student programs—particularly our ‘President’s Scholars’ program.” In parallel with the West Hills Century-Metric Century, President Goldsmith will lead an effort to attract direct gifts from individuals, corporations and institutions to further college-specific fundraising goals. She added, “I genuinely want to see this event grow in popularity. By ‘partnering’ with the Fresno Cycling Club in this mutually-beneficial way we can grow this event. I am sure of it.” The seldom-wordy Dennis Ball said, “I agree.”

This year, four ride levels are offered in an attempt to grow participation:

10-mile/176 ft. “Fun” ride - \$10 registration fee

wind cave was sacred to the Oglala Lakota Sioux – never venturing into the small hole in the ground that either sucked in or spit out an object. Today, it is understood that the barometric pressure on the surface and that within the underground cave system determines its flow of air.

Our group of five riders, with Gary the pilot included, all took the tour of this spectacular underground warren. (“Down we go into the depths of the Earth. Let’s all stick together, shall we?”) The passages extend for miles upon miles. Our Park Ranger had a PhD in Speleology – the study of caves and cave environments; he also had a PhD in Anthropology, the study of early man. He was a very knowledgeable guide, and we learned a lot from this 90-minute tour. Fantastic – and worth getting

38-mile/1,384 ft. “Mini-Metric” ride - \$35 registration fee

60-mile/+3,023 ft. “Metric Century” ride - \$45 registration fee

104-mile/+6,240 ft. “Century” ride - \$55 registration fee

Included in the registration fee will be secure bike parking/storage; SAG support from beginning to end, plentifully-stocked rest stops and a top-quality after ride meal. In addition, special gift bags will be given to the first 100 participants to register online for the Century, Metric Century or Mini-Metric routes. Each of the 100 gift bags given to early registrants will include one (1) free ticket for an after-ride drawing.

This year, the Fun ride will be hosted by the West Hills College Athletic Department with the support of the Associated Student Body of West Hills College Coalinga. Cameron Olson—coach of the 2016 Golden Coast League and NCFC American Division Bowl Champion West Hills College Falcon’s football team—promises to provide a fun hamburger and hot dog BBQ for all Fun Ride participants. The Fun ride will depart between 10:00 a.m. and 10:30 a.m. The BBQ will take place between noon and 2:00 p.m.

Online registration will continue until March 10, 2016. Visit <http://www.westhillscollege.com/metriccentury/> to register.

On-site registration/sign-in on March 12, 2016, will be available from 7:00 a.m. – 10:00 a.m., on the campus bordering Highway 198/33 (Elm Avenue).

This year, the California Highway Patrol will be on duty to assist Century riders on Hwy 198 as they pass Harris Ranch Inn and Restaurant, cross I-5, and continue on to the Hwy 198/Hwy 33 junction. At their request, we are requiring that ALL Century riders depart the College between the hours of 7:00 a.m. and 8:00 a.m.

Metric riders will depart before 8:30 a.m. while

off that heavy rental bicycle for part of the morning!

I did get back on my trusty bike and ride several miles toward Custer State Park. Patrick was the sweep for the day, and he said that his duty for the morning was to get me down the trail - he softened this announcement by saying, he was also here because he was in need of adult supervision! Fat chance he’s getting it from me!

As we rode out of Wind Cave on its access road, Patrick had passed me and was standing on a slight hill up ahead to take my picture – (with no warning from him and unbeknown to me), along with a very large male buffalo who was standing directly behind me. To be continued ...

Mini-Metric riders will depart by 9:00 a.m. The opening-closing hours for all rest stops will be based upon these required start times and will assume a “between stops” cycling speed of 12 miles/hour for Metric and Mini-Metric riders and a 15-mile/hour cycling speed for Century riders.

Lunch in the college Café and patio will be available from 1:00 p.m. until 5:00 p.m. The menu will include tri-tip and chicken as well as full salad bar offerings. Additional lunches for non-riders can be purchased for \$12.50 either online or at the event. Full SAG support will be available from 8:00 a.m. – 5:00 p.m. while rest stops will be available as appropriate for each route. No one will be left on the road without rest stops and/or SAG support available to them. Rest rooms will be available at all rest stops, as well as throughout the campus.

The 10-mile “Fun” ride will traverse the flat lands just north and west of the community of Coalinga, passing farm lands, oil fields, the well-respected West Hills College Coalinga “Farm of the Future” and the College’s unsurpassed new rodeo arena and stock facility.

Riders in the “Mini-Metric” will venture an additional 13 miles up Los Gatos Creek Canyon to the County Park and back for a total of 38 miles.

Metric Century riders will continue another 8 miles beyond Los Gatos Park to the San Benito County line and back for a total of 60 miles. “The last couple of miles of the metric century ride up to the county line will offer deceptively-tough 8-12% grades,” said Coalinga businessman and tri-athlete Tom Kulikov.

The new Century route will take riders even further into the hills. Approximately 12 miles beyond the San Benito county line riders will reach Laguna Mountain Park where they will be offered a substantial lunch before reversing course for the forty-mile ride—mostly downhill—to the college campus and a well-earned

after ride-meal.

After last year's ride, Coordinator Al Graves asked many of his Club associates this question: "What did you like about the ride?" According to Graves, the most common answers were "the food" and meeting "the kids". Said Graves, "Trust me. This year you will again enjoy the food and you will for sure get to meet more really good kids."

West Hills College Coalinga is located at 300



THE PREZ SEZ

HAPPY BICYCLING NEW YEAR 2016!!!

Greetings fellow bicycle riders!

Please welcome our new members as you see them out on the road. You may ask how to tell if someone is a new member! Good question! A good rule of thumb is to treat any rider you haven't met yet as a possible new member. Introduce yourself to them, get to know them and creating a bicycling buddy.

I want to thank all the club members who participated in this past election for board members. This was the most participation we have had in the past several years. This year we added the option of electronic voting which many members took advantage of. We also had voting available by mail, and at the Christmas party. The majority of votes were cast at the Christmas Party. It is nice to know that, even though there are positions on the Board that run unopposed, the members show their support by casting their votes.

I want to congratulate vice president Michael Quiroz who received the majority of votes and retained his position as vice president. I also want to welcome your new secretary, Janet Lucido, to the board. I look forward to working with our board members to make 2016 another great year for our club members.

One thing I love about being a bicyclist is the

Cherry Lane in Coalinga, California. West Hills College is a Hispanic-serving institution; more than 60% of our entire student population is considered low income. The college is host to more than 200 out-of-state and/or international students who come to see Coalinga and the college as their second home.

This event is being promoted throughout the region with media announcements, posters

love and support for one another among the cycling community. If someone gets a flat on the road we offer to help or at least make sure they have everything they need to get rolling again. If a bike gets stolen then we spread the word and keep an eye out for it, and in some cases arrange for a replacement bicycle. If one of us gets injured in a crash we are there to make sure needs are met. It's this kind of community that makes bicycling with friends more enjoyable. This togetherness is what the Fresno Cycling Club is all about, providing the catalyst for all things bicycling to happen in our community! We encourage all bicyclists to be a part of our big bicycling community. It's how we organize to get things done, like making our streets safer for bicyclists with the installation of bike lanes, street signs or helping to get laws like the "Three foot law" passed. By being a member of the club you are adding your support to getting these tasks accomplished.

Did you make it to the 2015 Annual Christmas Party? If not, you missed a fun time. This year the FCC Board decided to try something new with the dinner meal; rather than the traditional Pot Luck (turns out means lucky to get food), we decided that the club would provide the meal. This resulted from complaints the previous year (2014) about the lack of food choices, running out of food and the fact that the observation was made that there were many who had filled their plates with food apparently wanting to sample the variety of dishes but wound up throwing a lot of food away because they either didn't like it or couldn't eat it all. From the feedback I received at the Party the change was a big success. HUGE THANKS to Diana and Kendia Herrington, Diana Millhollin, and their helpers for preparing and serving the fabulous dinner. If you have any constructive comments on how we can make the annual party even better please contact Michael Quiroz or me.

Okay folks this is the dawn of a new year. You know what that means? New Year resolutions! Have you made any regarding how much bicycling your going to do in 2016? Have you signed up for any century, metric century, double century or other challenging rides like the Climb to Kaiser? This year FCC will be hosting and co-hosting a plethora of cycling events. Starting off this year with the West Hills Metric and Century rides on March 12,

and flyers, and on the web. Says College President, Carole Goldsmith, "We'll co-brand your agency. Sponsorships and donations can take many forms. Let's be creative." To contact President Goldsmith, call 559-934-2200 or email presidentsoffice@whccd.edu.

For ride-specific information, contact Al Graves by phone at 559-934-2789 (office) or 559-284-0787 (cell) or email him at an-bgraves@msn.com.

2016 followed by the Clovis Big Hat Century and rides in April, the Kirch Flat Century and rides in May and the Climb to Kaiser and Tollhouse Century in June. Signups for the West Hills Century are now available at <http://www.westhillscollge.com/metriccentury/>. Signups for the C2K are also open now at <http://www.climbtokaiser.com>.

The question was posed to me the other day, what happened to all the "C/D" rides? My first thought was "what do you mean, where are all the C/D rides?" we have plenty of rides on the calendar, but I realized that the person was correct; we don't seem to have the variety of C/D rides that we used to. It's not for the lack of diligence on the part of our ride coordinators, Henry Pretzer and Nancy Dooley, who are constantly seeking out new ride leaders and getting rides on the calendar. I had to pause and give this some thought. I recalled asking myself that question a year or so ago. What I realized then and it has become even more evident for us as a recreational club today, is that many riders come to us as beginners or haven't cycled in a while. They start riding our rides and develop their skills, getting faster and faster enjoying the "B" rides, then the "C" rides and then the "D" rides. What I have seen happening in the past couple years is that there has been a growth of racing teams and other clubs in our area, upwards of seven to eight teams of men and women racers, triathlon clubs, etc. [After all that's how FCC started was as a racing team]. Of course, as riders get faster they want to ride with fast riders. They are attracted to the racing teams to help them get more experienced and enjoy the sport on a different level than just recreational. Some of the teams also have a non-racing or recreational aspect that still allows the rider to feel a part of the team by riding and training with the team. What this has done to the Fresno Cycling Club is that it has become a drain on our C/D ride members. It's difficult with the limited riding time people have to do rides with their teams and also with the club. Fortunately, there are still those who, although they join a team, still remain a member of FCC and contribute by attending club rides. Unfortunately, once a rider gets involved with their team their allegiance is to the team. This creates a challenge of introducing new riders to the club and providing the types of rides that our riders want to

Fresno Cycling Club Board of Directors

President.....	Dennis Ball.....	559-960-7127	president@fresnocycling.com
Vice President.....	Mike Quiroz	559-360-1574.....	vp@fresnocycling.com
Secretary.....	Janet Lucido	559-360-1921.....	secretary@fresnocycling.com
Treasurer	Elida Gonzalez	treasurer@fresnocycling.com
Newsletter Editor.....	Dave Hubbell	559-776-8466	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	Henry Pretzer.....	559-706-2958.....	cdrides@fresnocycling.com
Director at Large - Outreach	Diana Millhollin	559-824-7127	directordiana@fresnocycling.com
Director at Large - Volunteer Coordination	Ranay Franklin.....	559-862-5188.....	volunteer@fresnocycling.com
Appointee – Honorary Historian	Mark Perkins	707-274-7126	historian@fresnocycling.com
Ride Director – Bass Lake Double.....	Tom Guevera	559-760-1222.....	doublecentury@fresnocycling.com
Ride Director – Climb To Kaiser	Jennifer Collins	831-224-3482.....	kaiser@fresnocycling.com
Ride Director – Kirch Flats.....	Mike Quiroz &	559-360-1574.....	kirchflats@fresnocycling.com
	Yvonne Moreno		
Ride Director – Big Hat Days	Mike Quiroz	559-360-1574.....	bighatdays@fresnocycling.com
Ride Director – West Hills Metric.....	Al Graves.....	559-284-0787	westhills@fresnocycling.com
Brevet Director.....	Lori Cherry	559-906-1491.....	brevets@fresnocycling.com

Board Meeting

6:30 PM

Wednesday, January 6th

Sequoia Brewery North
Champlain & Perrin, Fresno

General Meeting

7:00 PM

Wednesday, January 13th

University Center - Calaveras Room
550 E. Shaw Ave., Fresno

Guest Speaker: Ironman winner Chris Montross

New Members

Ed Ambruster

Michelle Garcia

Rockie Stevens

El Niño is coming! Be ready!

This winter is expected to be a very wet, El Niño one, but of course, that doesn't mean you stop riding your bike. Riding comfortably when you get caught in a downpour is easy -- as long as you're prepared. Here are a few equipment ideas.

Be sure to check that your lights work and that the batteries are fresh before you get out on the road. You just don't want to be caught in low light conditions without reflectors or lights.

Maintain that drive train! Lube your chain with a thicker grease. This helps protect the chain from the gritty conditions you get riding in wet weather. First, clean the chain and make sure it is dry. Then, squirt the thicker, more viscous grease onto the chain and make sure it gets into all the links.

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, hex key 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, Enzo's Table, formerly Bella Frutta, and the Chuck Wagon 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 Station (5-8%)
5	Hillmania = Wildcat; Sky Harbor; Walker Grade (8-13%)
6	Unbelievable = Tollhouse Grade; Big Creek Rd. (13+%)

We're on the Internet at: www.fresnocycling.com and on Facebook at [Fresno Cycling Club](#) and [Fresno Cycling Club Riders & Rides](#)

continued from page 3

attend. As club members we can all help this by occasionally leading the types of rides we want to ride, especially those C/D rides.

Be sure to check the proposed event calendar

on the Club website for cycling related events throughout the year. Also check the website often for new content and information that pertains to club business and events.

That's it for now! See you on the road.

The Prez,
Dennis Ball

Day(s)	Start Time	Rating	Leader(s)	Phone(s)	Description
Weekly Repeating Rides					
Monday & Wednesday	9:00 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 & Thursday	9:00 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 mainly easterly direction, but sometimes south. Bring money for snack stops along the way or to eat at Cravings on our return.
Wednesday	1:00 PM NEW START TIME	B/4/5-9 Training	Nancy Dooley	875-6399	Climbing the 4-Lane: Nancy is up to riding 6 miles up the mountain at a comfortable pace (4.0 mph average). Park at the Park-n-Ride at the bottom of the 4-lane. This climb is 9 miles long and has over 2,000 ft. of climbing. It will be an up and back course riding at your own pace! Turn around and sail down the hill when you have had enough! This is an excellent way to train for a long climb! RSVP please. Rain Cancels.
Non-Repeating Rides					
Friday 1/1	9:00 AM	All Levels Social	Dennis Ball	960-7127	The Annual Fresno Cycling Club New Year's Day Ride: Meet at Willow & Nees at the Steven's Bicycle Shop parking lot. All club members and invited guests are welcome to join us on this our annual New Year's Day ride. All levels of riders from beginners to advanced are welcome. Ride down Friant Avenue to the Lost Lake Rest Stop for treats: muffins, hot oatmeal, hot chocolate and coffee will be prepared and served by Diana and Kendia Herrington. Optional rides that continue beyond Lost Lake include: Back Side of Millerton; the Circuit Loop; or Spring Valley School – separate extension rides arranged and overseen by individual groups.
Saturday 1/2	9:00 AM	CD/5/83 6,000' Training	Jerry Rendon Doug Raylee	916-0868	Hilly Loop East of Fresno: Join Jerry and Doug for a big ride to start the new year. Start at the Blossom Trail Café at Academy and Belmont for this hilly loop east of Fresno. Ride up Watts Valley, Wildcat, Maxon, Elwood, Squaw Valley and back to the start. Strong "C" pace or above. Rain cancels. Contact Jerry with questions at 559-916-0868. Route map is available at: https://ridewithgps.com/routes/6848263 .
Saturday 1/2	9:00 AM	AB/1/29 Social	Nancy Dooley	875-6399	Sanger Starbucks Ride: Join Nancy at Clovis East High School (SE corner of Leonard and Ashlan) at the parking lot on Leonard just north of Ashlan. Cycle out the back roads to Sanger for a stop for refreshments at Starbucks. Then, continue east of town into the river bottom, through Centerville, and back to Ashlan for our return back to the start. This is a great entry level ride so come on out!
Sunday 1/3	9:00 AM	AB/1/18 Social	Mark & Michele Locatelli	930-0945 708-3837	Red Caboose Breakfast Ride: Meet Mark and Michele at Armstrong and Herndon for a spin out east of Clovis to the Red Caboose (at Shaw and Academy) for breakfast. This is a leisurely paced Sunday morning ride with nobody left behind. Bring money and a good appetite!
Saturday 1/9	9:00 AM	BC/2/45 Social	Patty Dailey	360-3760	Monterey: 17 Mile Drive: Enjoy riding the beautiful Monterey Peninsula. Meet at 1150 Jewell in Pacific Grove at 9:00 a.m. This social ride will tour the Peninsula and include a lunch stop in Carmel. Contact Patty for more details.
Saturday 1/9	9:00 AM	B/3/50 Social	Bill Lutjens	908-2485	Humphrey Station and Back: Start at Sunnyside and Shepherd Avenues in Clovis. Social ride to Humphrey Station and back with numerous regroupings. January social pace, please!
Saturday 1/9	9:00 AM	B/1/40 Social	Peter Kopriva Nancy Dooley	291-6955 875-6399	Kingsburg Breakfast Ride: Meet Nancy and Peter at Shaw and Academy for a flatland ride down Academy Avenue through Sanger and beyond to Kingsburg for breakfast at the Dalia Horse Restaurant on Main Street. This restaurant serves GREAT food! We will ride straight up and back on Academy to avoid the dogs that hassled us last month on Mendocino Avenue.
Sunday 1/10	9:00 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 snacks to enjoy as we take a break in the park beside the tranquilly flowing San Joaquin River. Plan on lunch at Cravings on our return to the start.
Sunday 1/10	11:00 AM	B/2/25 Social	Kudzai Nyan-doro	577-3964	Broken Bridge Climb: Meet Kudzai at Steven's Bicycles (Nees and Willow) and ride out to Friant to climb the broken bridge hill. Turn around at the intersection of Road 206 and 145. Rain cancels.
Saturday 1/16	9:00 AM	BC/1/34 Social	Henry Pretzer Susan Smith	706-2958 240-3717	Madera Starbucks to Chowchilla Starbucks: Get your caffeine fix on this flat, fun paced coffee shop ride. Meet at the Starbucks in Madera – Avenue 16/Hwy 99 (west of 99 next to Home Depot). We will ride out to and past the two state prisons, then over to the Chowchilla Starbucks. A quick caffeine recharge then back to the start. It's flat, and the pace will be friendly to all. Rain cancels.

Day(s)	Start Time	Rating	Leader(s)	Phone(s)	Description
Saturday 1/16	9:00 AM	B/2/26 Social	Kathy & Marshall Taylor	592-6761	Exeter Mural Ride: Meet Marshall and Kathy at the water tower in Exeter. (Take Hwy 99 to the Visalia turnoff; follow Hwy 198 out east to the Exeter turnoff – plan on one hour driving time – this ride is worth the trip!). Pedal around town to see the 18 full sized murals painted on the brick walls of its turn of the century buildings. These amazing murals depict the early history of this rural town. Then, ride through the countryside to Lindsay, another early American town. View the murals here as well before cycling back to Exeter for lunch at the Home Town Emporium.
Saturday 1/16	9:00 AM	C/3/50 1,500' Social	Bill Lutjens	908-2485	22 Mile House and Beyond: Start at Enzo's Table (Shepherd and Willow). Social ride to Friant, over the bridge, up Road 211 and Road 208 to the 22 Mile House Junction (at Hwy 41). Go to the end of the road and back. This is a January social (no drop) ride.
Sunday 1/17	9:00 AM	B/2/35 Social	Ken Herrington Nancy Dooley	299-2275 875-6399	The Blossom Trail Café Ride: Join Nancy and Ken at Shaw and Academy for our monthly ride out Belmont to Piedra. Regroups along the way at Belmont, the Packing Shed, and then a longer break at Winton Park. Continue over the Tivy Valley hill, past the horse farm, and back around to Belmont for a straight shot back to the Blossom Trail Café for lunch. Afterward, continue along the Academy bike lane to the start.
Saturday 1/23	9:00 AM	C/3/40+ Social	Bill Lutjens	908-2485	Watts Valley Road (Wildcat??) and Back: Start at Herndon and Armstrong in Clovis. Ride east to the foothills, up Watts Valley Road to the corral. Then, ride as far as you want up Wildcat before turning around and returning to the start. Social January pace (you can let it go on the climb!).
Saturday 1/23	9:00 AM	BC/1/60 Social	Nick Paladino	432-8830	Flatland Ride to Orange Cove: Nick will repeat the listing for this rained out ride. Meet at Shaw & Academy and head out on a flatland ride over country roads to Orange Cove. Nick tries to keep a high B - low C pace. Plan on a light lunch at the Orange Cove Market which features a small deli that sells tacos and burritos. Nick will select an alternate route on our return to the start.
Sunday 1/24	9:00 AM	B/2/30 Social	Brian Bellis	264-2645	Sanger Chili Ride Relaxed: Meet Brian at the Chuck Wagon in Sanger at Academy and Annadale. Ride over the Sanger Chili Ride course at a more leisurely pace. Cycle through Centerville and up to Winton Park for a break (bring snacks) or stop at the Tivy Valley Market. Continue over the Tivy Valley hill, past the Sherwood Forest golf course, and back up Annadale to the start. Optional lunch at the Chuck Wagon on our return.
Sunday 1/24	9:00 AM	C/4/22 Adventure	Henry Pretzer Susan Smith	706-2958 240-3717	All Roads Adventure Ride – 22 Miles from 22 Mile House: Start at the 22 Mile House on Hwy 41 and Road 208 (north of Hwy 145). Meet at 9:00 a.m. We will explore the area west of Hwy 41 on pavement and off. Here's a route map (subject to change) http://ridewithgps.com/routes/11527135 .
Sunday 1/24	11:00 AM	B/2/25 Social	Kudzai Nyandoro	577-3964	Broken Bridge Climb: Meet Kudzai at Steven's Bicycles (Nees and Willow) and ride out to Friant to climb the broken bridge hill. Turn around at the intersection of Road 206 and 145. Rain cancels.
Saturday 1/30	9:00 AM	B/4/28 Social	Jan Harms Nancy Dooley	227-1797 875-6399	Climbing Ride to Trimmer: Join Jan and Nancy at the parking area just east of the old Doyal's Store location. Cycle up the two mile climb to Oak Knolls and beyond to Trimmer. This is a beautiful ride that got rained out last month, so Jan and Nancy will try it again. The course is hilly but worth the effort it takes to ride the 1,800 feet of climbing. Bring snacks to enjoy at our break at Trimmer – there are no facilities along the way.
Saturday 1/30	9:00 AM	C/4/55 5,400' Social	Bill Lutjens	908-2485	Raymond to Mariposa: Great ride to beat the fog! Start at the Raymond General Store and follow lightly traveled roads along Ben Hur Road to Mariposa for a short lunch break. Return same way. This is a very hilly course both coming and going so be prepared!
Saturday 1/30	9:00 AM	BC/1/26 Social	Patty Dailey	360-3760	Sanger Wine Tasting Ride: Start at Walmart 2761 Jensen Ave Sanger at 10am (park closer to the Lamba Juice). Come along and ride to Kings River (4276 S Greenwood Ave) and Cedar View (1734 S Central Ave) wineries to taste their products. Tastings are \$5 at each location. Bring snacks to enjoy with your wine.
Sunday 1/31	9:00 AM	BCD/4- 5/40-46 Social	Marty West Nancy Dooley	349-8900 875-6399	Watts Valley Road - Wildcat: This split level ride will begin at Armstrong and Herndon. Ride out east of town, stopping for a brief regroup at Shaw & Academy. Then, continue up Watts Valley Road to the corral, the turn-around for the B riders. Marty will take the more ambitious riders up Wildcat for those who want to feel some pain! This is an out and back with an optional lunch at Cravings on our return.

SAVE THE DATE REMINDERS

2/20/16	Fresno Cycling Club's Raymond 200 Brevet
3/5/16	Fresno Cycling Club's Bass Lake 300 Brevet
3/5/16	Blossom Trail Ride
3/12/16	West Hills Metric Century
3/19/16	Fresno Cycling Club's Mountain House 200 Brevet
4/2/16	Fresno Cycling Club's Bakersfield 400 Brevet
4/2/16	California Classic Century
4/23/16	San Luis Obispo Cycling Club's Wildflower Century
5/1/16	Napa Valley Tour de Cure



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 Dennis Ball via email: president@fresnocycling.com or phone: 559-960-7127

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

E-mail: _____

- Registration is: New Renewal
- Type: Individual (\$35.00) Family (\$50.00) 2 adults and minor children
- Newsletter
- Preference: E-Mail Mail a paper copy (\$20.00 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, late 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 NEGLIGENT 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 50 W Bullard Ave. #110 Clovis, CA, 93612 (559) 492-7896 W-F: 12-5:30, Sat: 10-5 www.adifferentbent.com	Clovis Bicycle Company 1398 Shaw Ave, Ste 103 Clovis, CA 93612 559-325-2453 T-F: 10-6, Sat: 11-5, Sun: 12-5 www.clovisbicycle.com	Cycle Path 1165 E Champlain Dr Fresno, CA 93720 (559) 434-8356 W-F: 10-6, Sat.,Sun: 11-5 www.cyclepathbicycles.net	Fresno Schwinn 2444 E Ashlan Ave Fresno, CA 93726-3100 (559) 226-2453 M-F: 10-6, Sat: 10-5, Sun: 12-4 www.fresnoschwinn.com	Wilson's 284 W Shaw Ave Clovis, CA 93612 (559) 237-0215 Tue-Sat: 9-7 www.wilsonsmc.com
Fulton Cycle Works 1428 Fulton St Fresno, CA 93721 (559) 917-3678 M-F: 10-7, Sat: 11-4 www.fultoncycleworks.com	Herb Bauer Cycling 6264 N Blackstone Ave Fresno, CA 93710 559-435-8600 M-F: 9-9, Sat: 9-7, Sun: 10-5 www.herbbauersportinggoods.com	REI 7810 N Blackstone Ave Fresno, CA 93720 (559) 261-4168 M-Sat: 10-9, Sun: 11-6 www.rei.com	Rubber Soul Bicycles 132 W Nees Ave Fresno, CA 93711 (559) 435-BIKE (2453) M-F: 10-7, Sat: 10-5, Sun: 12-5 www.rubbersoulbicycles.com	Visalia Cyclery 1829 W Caldwell Ave Visalia, CA 93277 (559)732-2453 M-F: 9:30-6, Sat: 10-5, Sun: 12-5 www.visaliacyclery.com
Steven's Bicycles 4045 W Figarden #105 Fresno, CA 93722 (559) 229-8163 M-Sat: 10-7, Sun: 11-5	Sunnyside Bicycles 6105 E Kings Canyon Fresno, CA 93727 (559) 255-7433 T-F: 10-7, Sat: 9-5, Sun: 12-5			
Steven's Bicycles 1365 N Willow Ave Clovis, CA 93619 (559) 797-0148 M-Sat: 10-7, Sun: 11-5 www.stevensbicycles.com	Sunnyside Bicycles 1760 11th St Reedley, Ca 93654 (559) 726-2153 T-F: 9:30-6, Sat: 9-4 www.sunnysidebicycles.com			
			Blossom Trail Cafe Belmont and Academy Sanger, CA 93657 (559) 875-2500 M-Tue: 7-2, W-F: 7-2, 5-9 Sat: 7-2:30, 5-9, Sun: 7-2:30	Special Supporters Sandals at the Beach 17541 N Friant Rd Friant, CA 93626 (559) 822-4949 M-Th: 11-9, F: 11-10, Sat: 8-10, Sun: 8-9 www.sandalsfriant.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.