

# The Rough Draft

VOLUME XLV, ISSUE 3 MARCH 2015



## THE PREZ SEZ

Greetings fellow *People on Bikes!*

Welcome to all our new members. Thank you for deciding to share your passion for bicycling with other like minded individuals. We look forward to seeing you out on the road in one of our many Club rides. Don't hesitate to contact me or one of the Board members if you need assistance getting plugged into a ride. Our friendly ride leaders are always very helpful. If you're new to the Club you can explore our website at [fresnocycling.com](http://fresnocycling.com) for more information.

This cycling year is getting off to a great

start. Although we are in much need of rain, the lack of it has been providing great riding weather. This past month Ride Director Lori Cherry got the Club's Brevet Series kicked off with two terrific 200km rides, with a 300km this month. If you not familiar with Brevets there is an explanation at the website. Our ride leaders have been offering some great rides on the calendar. This month starts off with everyone's favorite local ride the Blossom Trail ride out of Reedley, then on the 21<sup>st</sup> is the Second Annual West Hills Metric, a great ride co-sponsored with West Hills College at Coalinga. It is a fully supported ride offering riders a chance to enjoy the foothills west of Coalinga. On April 11<sup>th</sup> will be the Third Annual Clovis Big Hat Century which takes riders up around beautiful Bass Lake and back through the San Joaquin River Gorge. Be sure to take advantage of your Club member discount when signing up for the Clovis Big Hat rides.

As members of the cycling community we have a responsibility to treat our fellow travelers with courtesy and mutual respect. By becoming members of the Fresno Cycling Club we are giving a stronger and louder voice to the promotion of our val-

ues. As members we know that our actions while riding our bicycles can be praised as well as scrutinized, by not only our fellow riders but motorists as well. As bicycle riders we are all advocates for bicycling, it is important that our actions in traffic provide a positive reflection to the motorists. It takes the negative actions of but a few bicyclists to impact the behavior of motorists toward all bicyclists. Rather than having to be road warriors protecting ourselves from angry motorists, we would much rather be thought of as "People on Bikes" sharing the road with our fellow travelers. By becoming a member of the Fresno Cycling Club you are committing to do your part by being a safe and responsible bicyclist.

If you have ever thought about being a Ride Leader, you still have time to take part in the Ride Leaders Training ride coming up on March 14<sup>th</sup>. This ride and meeting is designed to make sure all the Club ride leaders are on the same page. Sign up at [Eventbrite.com](http://Eventbrite.com).

See you on the road and be safe.

The Prez,  
Dennis Ball

## LADIES OF THE FRESNO CYCLING CLUB

You are invited to join us on Sunday, March 8<sup>th</sup> at Steven's Bicycles Clovis at an event just for you! Specialized's "Your Ride, Your Rules" Women's Tour will stop at our Clovis store with a demo fleet of ladies specific bicycles and we're celebrating with a special day designed just for women - Two different rides, special clinics and social time too (mimosas, yay!). See the Ride Calendar for ride specifics. Ride your own favorite bike or call us and reserve one of Specialized's women's bikes today. Come join us for the fun and make some new friends, too! Call us for more information: Fresno: 229-8163 or Clovis: 797-0148.

## BASS LAKE BLOSSOM TRAIL 300KM BREVET SATURDAY, MARCH 14, 2015

This is the next longer brevet in a full series of randonneuring events offered for the first time in the Fresno area. Riders will follow a cue sheet and be required to check in at designated control points to receive RUSA credit for the ride. RUSA membership (RUSA.org \$20/yr.) prior to the event records successful completion for members and is important to riders wanting to qualify for various awards and events such as the 1200km Paris-Brest-Paris brevet held in August 2015. The 300km route starts in Clovis and loops through the mountain towns of Bass Lake, Auberry and Wonder Valley before returning to the valley floor for a flat finish through several small valley towns. Register online at [Eventbrite](http://Eventbrite).

## AROUND THE WATER BOTTLE



EVENTS, DISCUSSION, GENERAL INTEREST



**Fresno State Bulldog Cycling Team**

### FRESNO CYCLING CLUB SUPPORTS FRESNO STATE BULLDOG CYCLING

Another year has come and gone for the Fresno State Cycling Club. What a year full of great accomplishments, unprecedented club growth and plenty of bike riding. With the support of the Fresno Cycling Club we were able to have the most successful year in our club's history. The year started February 1<sup>st</sup> in what we thought would be sunny San Diego, but to our amazement it actually snowed on our riders during the early morning race. After that chilly first weekend came a rain filled race weekend on the campus of Cal Poly which saw a few of our bravest members racing through the downpour. Eventually the race venues began to heat up and so did our results as a team with numerous top 10 finishes in all our categories. We raced strong all the way through April at the end of which we hosted the Western Collegiate Cycling Conference Championships. The two day event was an enormous success for our program as several hundred collegiate racers from all over the state converged first in Raymond CA for our Saturday road race and then in Clovis for our Sunday crit. The racers loved the courses and we received high praise from the conference for hosting such a top notch race weekend. The collegiate racing stopped for the summer as we continued to train and prepare for the upcoming mountain bike season. The mountain bike season began on September 21 with the first race being our

annual mountain bike weekend at China Peak. The turnout was great and the race weekend, we were told by the other students, was the best of the year. We had a few great results with Ryan Brooks winning the Men's B's cross country race and Tadeh Issakhanian taking 2nd in the men's C's short track. These great results followed us throughout the season from one race venue to another eventually resulting in the most successful mountain bike race season in Fresno State history. We ended the year with Peiman Hadjian taking 1<sup>st</sup> in the men's B's overall classification, Tadeh Issakhanian taking 2nd in the men's C's endurance overall classification as well as numerous top 5 finishes from our other riders. This upcoming year is looking to be a big step forward with the team putting more racers in the top end categories and looking to put in the groundwork for a possible nationals run in 2016. Aside from the racing aspect of things we are always trying to be more involved in the local cycling community. We truly appreciate all the support and encouragement we hear when riding in our Bulldog colors locally and all over the state from Fresno State alumni, FCC members and our local cycling community in general. The Bulldogs truly appreciate Dennis Ball and Fresno Cycling Club's continuous unwavering support and hope to make the Central Valley proud of who we are and how we race.

Tadeh Issakhanian  
Fresno State Cycling President

## Preventing Saddle Sores

By Dr. Rick Ross

For many recreational cyclists, the worst part about getting back on a bike is the inevitable saddle soreness. Depending on how long you've been away, it may only take a few minutes before pain in the rear starts taking the joy out of your ride. Fortunately, it will get better with time. The more you ride, regardless of physical exertion, the longer you'll be able to sit as your tissues adapt to the added stress.

### A Short Order

One way to reduce saddle soreness is by wearing cycling shorts. You will notice a huge difference when you stop using shorts over cotton underwear. Cotton absorbs and holds sweat, leading to a very chafed bottom.

I recommend using bib-shorts. This style, which has built-in suspenders, usually fits better than traditional shorts and does not shift while riding. When the chamois moves, it causes friction. Friction can cause irritation, chafing and eventually saddle sores.

It's important to clean yourself right after a ride so organisms don't start to grow and multiply. Make sure your bottom and crotch are as clean as possible before a ride to help prevent organisms from growing in the first place. For long-distance rides, cyclists might consider changing shorts at various points to help cut down on possible infections and chaffing.

It's important to remember that when you stop riding your sweat starts to dry. Because it contains salt, sweat will turn into solid crystals that start to sand the skin. The longer you're on the bike, the more you will need to apply chamois crème. Reapply when you stop to help decrease friction and keep a barrier from the potential salt crystals. Most crèmes on the market work pretty well, but try a few and see

what works best for you. I do not recommend Vaseline. It is hard to get out of clothes, clogs pores, and stays on the hands, which can get into your gloves and cause a big mess.

### The Right Saddle for Your Ride

Research has shown that traditional saddles compress various nerves and blood vessels. Over the past few years, saddle manufacturers have been trying to decrease the pressure to these areas, and many companies now sell saddles with an open channel down the center.

Riders should also pay attention to saddle size and cushioning. There is a reason other than weight that you don't see huge saddles on the pro tour. Having a large area of contact with the bike increases the potential for pressure, which in turn causes nerve and blood-vessel issues. You want your sit bones and some buttock tissue to receive most of the pressure from the seat, not the area where most of the blood vessels and nerves connected to your genitals are located. Some companies, such as MoonSaddle, have taken this idea to the next level when designing seats.

Serious amateur riders and enthusiasts who spend long hours on their bikes need a comfortable, light saddle that eliminates all numbness. This cuts down the risk of damage due to repetitive micro-trauma.

I sometimes hear or read advice telling people to lower the tip of their saddle. This may help, but it creates an entirely different health issue. This adjustment changes the biomechanics of the bike. Riders can develop knee pain or other issues, which often leads to more bike adjustments and so on and so forth. The end result is an ill-fitting bike that causes more harm than good. The saddle should remain level, allowing the rider to slide a bit back on long climbs and allow the body to utilize fresh muscle fibers.

So what saddles are best for you? Experiment before choosing one. See if you can get a loaner saddle from your local bike shop. I use two different versions of the Selle SMP, a minimalist Stratos for my racing bike and a Glider, which has a bit more padding and is wider, for my touring bike. This saddle has a huge gap in the middle of the seat as well as a curved overall shape to help eliminate the pressure of the nerves and blood vessels. Its front is bent forward for added control when climbing or descending. In addition, the back portion of the saddle has a drop-out to prevent the tailbone from hitting the seat on uneven surfaces or hard bumps.

I just finished the 1200-kilometer Paris-Brest-Paris ride without any numbness whatsoever. Selle Italia also makes a few models I think are good alternatives for riders that experience numbness. In addition, Specialized has a broad range of sizes and gender-specific saddles developed by Dr. Andy Pruitt, one of the most knowledgeable professionals in cycling on body position and injury.

The best way to deal with chafing and saddle sores is to treat your bottom like a baby's. Use Destin, Balmex or any ointment with zinc oxide. In addition, using triple antibiotic plus a pain reliever on long rides is helpful. Remember, be picky when choosing your saddles, shorts, and creams; keep that area clean and you will find your rides to be much less of a pain in the butt.

For answers to women-only cycling issues, visit Gale Bernhardt's column here.

Dr. Rick Rosa, D.C., D.A.A.P.M., is a practicing chiropractor based in Maryland. He is the owner of Rosa Rehab in the Washington, D.C. area, and has worked as a team doctor for a wide variety of champion boxers and cycling teams. For more information, visit his website at [www.recoverydoc.net](http://www.recoverydoc.net).

### FRESNO CYCLING CLUB MEMBERSHIP BENEFITS

- 10% discount on purchases at many local bike shops.
- Attend Club social events; Membership appreciation BBQ, members only Kirch Flats and Tour de Lakes rides and BBQ dinners, annual Christmas party with dinner and prizes.
- Club Newsletter and Website with news and Club ride and event schedules.
- Monthly Club meeting featuring cycling education.
- Participate in out of town club rides; Lighthouse in Morro Bay, Windmill in Santa Maria, etc.



Pictured back row left to right: Liz Pianetta, Mark Seawell, Jane Tomambo, Marshall and Kathy Taylor, Airel Cleofoas, Tim Inouye, Marty West, Daniel Daza. Front row: Nancy Dooley

### THE EXETER MURAL RIDE - Story and photos by Nancy Dooley

Marshall and Kathy Taylor have been leading rides for the Fresno Cycling Club in the Exeter and Three Rivers areas for more than a dozen years. One of their popular rides for the club is the Exeter Mural Ride which they hosted on January 31<sup>st</sup>.

Ten club members gathered at the Exeter water tower in downtown Exeter and headed out on our bikes for a tour of this small town's eighteen colorful murals. Artists from the local area have been commissioned over the years to paint scenes that depict life as it once was in this early farming region. Colorful murals now cover brick walls of buildings that date back to the late 1800's, providing a pictorial history of the area throughout the last century.

The ride continues to the south, through orchards and fields at the base of the foothills, to the town of Lindsay where more murals are on display. Their 9-11 mural of firefighters working in the smoldering ruins of the bombed out World Trade Center in New York is a stark reminder that the evil that orchestrated this event is still out there. The murals on the walls of the town's power plant depict the early industrial development of this area.

Riding back to Exeter, our route travels over the hard-packed gravel along the bank of the Friant/Kern canal. The remains of the old water flume that once brought lumber out of the mountains to this side of our valley can be glimpsed as we cycle along. Nearing the end of our ride, as Marshall attended to a flat tire, five of our group rode ahead and tackled the famous Rocky Hill climb. Lunch at the Home Town Emporium in Exeter was a nice ending to today's journey through time. As always, thanks goes to Marshall and Kathy for leading this ride.



## 2015 CLOVIS BIG HAT CYCLING EVENT

**Saturday, April 11<sup>th</sup>**

Come join the Fresno Cycling Club and the Clovis Rotary Club for the 3<sup>rd</sup> Annual Clovis Big Hat Century as we kick off the bicycle riding season with this community and family friendly cycling event! We encourage riders and children of all levels to participate.

The Century route will take you up to and around the scenic and serene Bass Lake. The Metric route will travel out to the west side of Millerton Lake and back. The Half Metric will take you up to the Millerton Lake Dam and back. The Family Fun Ride will take you up the Old Town bike trail a few miles and back, perfect for children!

All rides will be fully supported with rest stops and SAG. Riders will enjoy a scrumptious after ride meal upon their return.

All rides start at 7:30 AM at Sierra Vista Mall • 1050 Shaw Avenue • Clovis

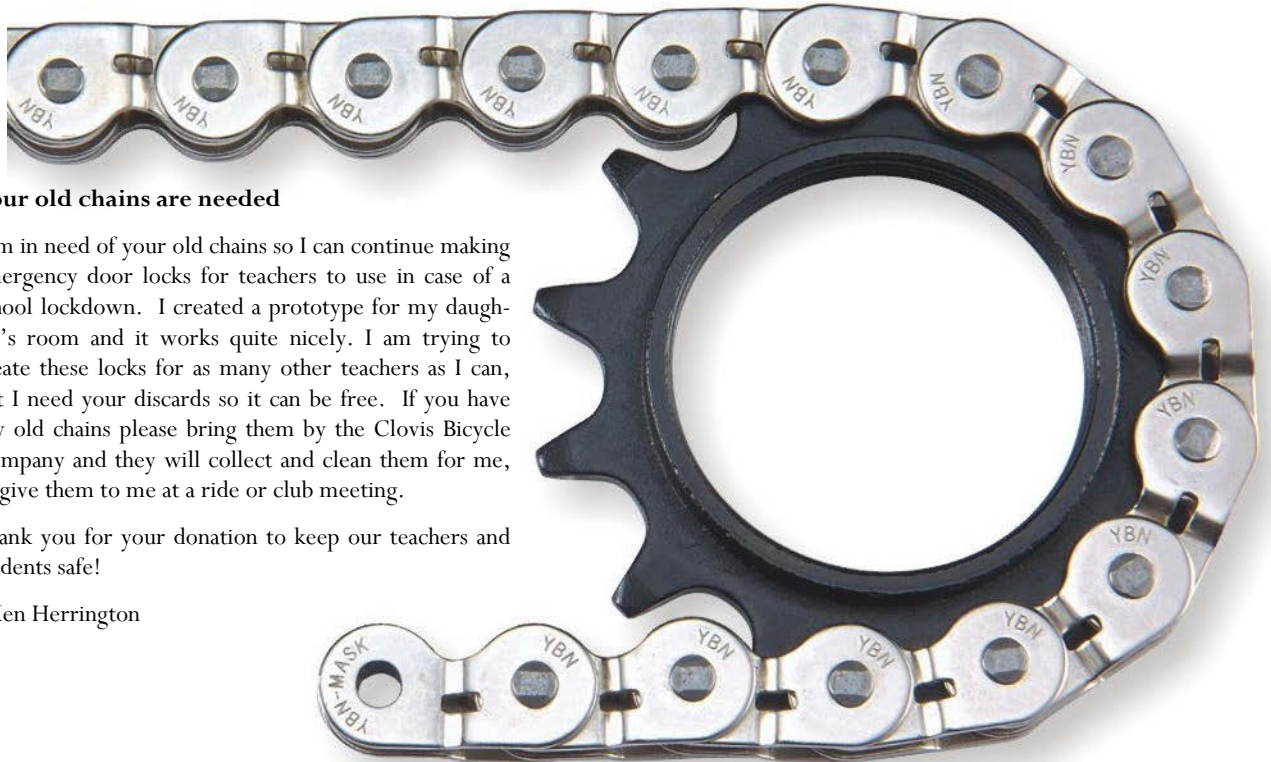
Registration Pickup / Check-In: Clovis Bicycle Company • 1398 Shaw Ave #103 Clovis • Friday, April 10<sup>th</sup> • 5 PM to 8 PM

Register online at [Eventbrite](http://Eventbrite). More info at [bighatcentury.com](http://bighatcentury.com) or by calling Mike Quiroz • 559-360-1574

## REGISTER NOW!

**CLIMB TO KAISER** Saturday, June 27, 2015

The Fresno Cycling Club invites all riders to take the challenge at this year's 39<sup>th</sup> Annual [Climb to Kaiser](http://Climb to Kaiser) on Saturday, June 27, 2015. We offer three different rides to choose from: The traditional Climb to Kaiser, rated as one of the 10 toughest rides in America by Bicycling Magazine; The Tollhouse Century; and the Millerton Metric Century. See the website, [www.climbtokaiser.com](http://www.climbtokaiser.com), for more info. Register by mail or online at [Eventbrite](http://Eventbrite).



### Your old chains are needed

I am in need of your old chains so I can continue making emergency door locks for teachers to use in case of a school lockdown. I created a prototype for my daughter's room and it works quite nicely. I am trying to create these locks for as many other teachers as I can, but I need your discards so it can be free. If you have any old chains please bring them by the Clovis Bicycle Company and they will collect and clean them for me, or give them to me at a ride or club meeting.

Thank you for your donation to keep our teachers and students safe!

- Ken Herrington

## 2<sup>nd</sup> WEST HILLS METRIC CENTURY SET FOR SATURDAY, MARCH 21, 2015

Online registration is now underway for participants in the second annual West Hills Metric Century, starting and ending on the campus of West Hills Community College in Coalinga on Saturday, March 21, 2015. As of February 28, forty riders had already registered online. Hurry! Be part of the first 100 to register online.

This event is 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, “West Hills College hosts and provides the volunteers for this ride, while the cycling club encourages participation in the event and provides SAG support, with absolutely no cost to the club. All profits go to student programs. That’s a true partnership.” College president, Dr. Carole Goldsmith, noted, “The College would like to see this event grow in both ride/route offerings and in popularity. We’re looking forward to developing a long-term partnership.” FCC President, Dennis Ball said, “I agree.”

Again this year, three ride levels are offered:

- 17-mile “fun” ride - \$15 registration fee
- 40-mile “mini-metric” ride - \$35 registration fee
- 61-mile “metric century” ride - \$45 fee

Included in the registration fee will be secure “valet” bike parking/storage; three rest stops and after ride meal.

In addition, special gift bags will be given to the first 100 participants to register online. Approximately twenty additional prizes ranging from \$20-\$250 in value, including “Dinner and Overnight for Two at Harris Ranch Inn and Restaurant”, will be awarded as prizes in a drawing. Each of the 100 gift bags given to early registrants will include 1 free ticket for the drawing.

Also, this year the Associated Student Body—led by new cycling enthusiast and President Ashlee Rocha—will conduct a companion “walk/run” event for students without bicycles or helmets.

Online registration will continue until March 20, 2015. To register online, follow the link posted on the [Fresno Cycling Club website](#), [Eventbrite](#) or go to [www.westhillscollge.com/metriccentury/](http://www.westhillscollge.com/metriccentury/).

On-site registration/sign-in on March 21, 2015, will be available from 8:00 a.m. – 10:00 a.m., on the campus bordering Highway 198/33 (Elm Avenue).

To facilitate those commuting from Fresno-Clovis and other distant locations, the “metric century” ride will start at 9:00 a.m.; the “mini-metric” will start at 9:30 a.m.; while the “fun ride” will start at 10:00 a.m. All riders must be “on the road” by 10:15 a.m. Lunch in the college Café and patio will be available from 12:00 noon until 3:30 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 \$12.00 either online or at the event. Full SAG support will be available from 9:00 a.m. – 3:00 p.m. while rest stops will be available from 10:00 a.m. – 2:00 p.m. Rest rooms will be available at all rest stops, as well as throughout the campus.

The 17-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 40 miles, while “metric century” riders will continue another 8 miles beyond the park to the San Benito County line and back for a total of 61 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 cyclist Tom Kulikov.

Hello Fresno Cycling Club Members,

My name is Ashlee Sian Rocha. I am the Associated Student Body President at West Hills College, Coalinga. I am so excited—with many of my student colleagues and friends—as we prepare for our 2nd West Hills Metric Century. You see, last year I rode for my very first time and fell in love with cycling. That time I was only able to ride to the Los Gatos Campground, the mini-metric 40 mile ride. This year, I am challenging myself, and my friends, to make it all the way to the top at Condon Park. That is 60 miles and 3,400 feet of climbing. I am so excited for this year’s ride!



So, I hope you accept my personal invitation to join us in Coalinga on Saturday, March 21<sup>st</sup>. Your support will help our small school in so many ways.

See You Soon,

Ashlee S. Rocha  
Associated Student Body President  
West Hills Community College Coalinga

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Last year's ride left many Fresno Cycling Club members with many fun and fond memories. Liz Pianetta recalls the enjoyment of meeting a bunch of "the kids", including Jariquez Collier and Laryan Fletcher, two football players who manned the Los Gatos Park rest stop; these two cousins hail from the little town of Pe-lahatchie, Mississippi. Mike Monge declared with enthusiasm, "I got to drink all the chocolate milk I wanted!" Many others commented on having enjoyed the experience of revisiting a part of the Valley seldom seen, while others, like Mary Silveira, enjoyed revisiting her childhood home. Rest assured: This year, Liz will meet more students than ever before; Mike can again drink choco-

late milk 'til his belly pops; and Mary can come "home" again.

On March 20-21, the day before and the day of our ride, West Hills College will be hosting a collegiate rodeo at their new arena on Gayle Avenue and on the day of the ride, the West Hills College Falcon baseball team will play Porterville Community College on campus at 1:00 p.m. All riders are encouraged to enjoy the best in community college rodeo and/or baseball before departing Coalinga.

West Hills College Coalinga is located at 300 Cherry Lane in Coalinga, California. For further information, contact Al Graves by phone at 559-934-2789 (office) or 559-284-0787 (cell) or email him at [anbgraves@msn.com](mailto:anbgraves@msn.com).

## California Cycling News and Events

### Fresno Makes National Cycling News

Local bike retailer Sunnyside Bicycles pioneered the [People-ForBikes](#) Retail Roundup program, where customers round up their purchases to the nearest dollar with a donation to People-ForBikes. PeopleforBikes doubled their donations and awarded two grants to the Fresno County Bicycle Coalition.

### Blossom Bike Ride: Reedley College March 7<sup>th</sup>

Rides: 20, 40, 60 mile distances thru the orchards and foothills of the Central Valley. Fee includes SAG, lunch, fully-stocked rest stops. The start site is located at 995 North Reed Ave. Visit [www.blossombikeride.com](http://www.blossombikeride.com) for more info.

### The Life Ride March 21<sup>st</sup>-22<sup>nd</sup>

Santa Ynez. Tackle the legendary Mount Figueroa, cruise through the vineyards and sweep down to the Pacific Ocean on a quiet country road as part of the ThinkClimb! Challenge. On day two you'll explore the beautiful towns and canyons of the Santa Ynez Valley and discover many of its delights and gastronomic treats as part of the ThinkTaste! Rides. ThinkCure! is an innovative, com-

munity-based nonprofit that raises funds to accelerate collaborative research to cure cancer. Visit [www.thinkcure.org](http://www.thinkcure.org) for more info.

### Eroica California April 11<sup>th</sup> & 12<sup>th</sup>

The Ride: We are excited to bring Eroica to the USA in 2015 and we are thrilled to gather with American cycling enthusiasts and bike collectors in Paso Robles, California this spring.

Eroica California wants to offer a memorable cycling experience with 3 routes for the ride and a weekend of cycling entertainment with the first Eroica Concourse d'Elegance for vintage bikes in North America.

The Festival: Two Days of Festival Fun! We are excited to see everyone! Come join the fun at the first ever Eroica California, a unique bicycle event in the United States.

Meet your fellow cyclists traveling from all over the world to enjoy California's Central Coast Wine Country. Enjoy the laid back

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## Wildflower Century Registration

Event Date: April 25, 2015

Registration Opens: Sunday, January 4, 2015 at 12:00 noon (85% Full)

Registration Fee: \$75

Participant Limit: 1400 riders

Registration Fills Quickly: **NO day-of-ride registration**

The ride will be held rain or shine: No refunds will be given. We register PEOPLE not BICYCLES: Every rider must register separately. Email registration and confirmation questions or problems to: [registration@slobc.org](mailto:registration@slobc.org) or register at [slobc.org/wildflower/registration.html](http://slobc.org/wildflower/registration.html)

## BAKERSFIELD 400KM BREVET SATURDAY, APRIL 11, 2015

This is a new route and starts across the street from the Amtrak Station in Bakersfield and ends near the Amtrak Station in Fresno. Riders can utilize the train for transportation between points and drop bags can be carried from the start to the finish. The route leaves Bakersfield and climbs east. It's a "ville" ride....Glenville, Porterville, Springville and then connects the dots of valley towns on its final leg toward Fresno. Route and Cue Sheet available at [fresnocycling.com](http://fresnocycling.com) brevet series calendar. Register online at [Event-brite](#).

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atmosphere of Paso Robles, meanwhile enjoying the festivities of live music, great food, and our World Class Vintage Bicycle Concours d'Elegance. Visit [www.eroicacalifornia.com](http://www.eroicacalifornia.com) for more info.

**Cycle For Sight Returns To The Napa Valley Saturday April 18<sup>th</sup>**

Registration is now open for the 7th Annual Wine Valley Cycle for Sight / Rotary Ride for Veterans!

Cycle for Sight has three scenic 50, 25, and 15 mile courses, that wind among the hills and vineyards of the World Famous Napa Valley. The ride starts and finishes at Justin Siena High School, 4026 Maher Street - Napa, CA 94558, where the Cycle for Sight Wine and Music Festival will take place.

During the festival enjoy wine tasting from Napa Valley wineries, beer tasting from local microbreweries and local cuisine from Napa Valley restaurants, all while listening and dancing to the sounds of "Pride and Joy". Visit [cycle4sight.com](http://cycle4sight.com) for details.

**Chico Velo Wildflower Century April 26<sup>th</sup>**

Silver Dollar Fairgrounds, Chico. Century with 8 route options ranging from 12 mi. to 125 mi. The Wildflower 100 climbs Humboldt, Honey Run, and Table Mountain and

The Wildflower 65, which climbs only Honey Run, offer plenty of challenge. The two Wildcat options, will put any rider to the test. The Flatflowers (12, 30 or 60 mi.) and Childflower 12 boast absolutely no hills at all! Pre-reg.: depending on route: Early reg. - \$15 - \$65, by 1/31/15; reg.: between \$15 & \$75, by 4/22; on-site registration between \$15 & \$85 by 4/25-26, if room available. Fee includes Saturday expo complete with live music, food truck court and vendors. Loaded rest stops with baked goods, fruit and lunch items that cater to dietary constraints. Ride Rangers and SAG on all routes to assist you. All riders get a rider bag. All riders except the Flatflower 12 and Childflower 12 get the catered dinner. The Childflower riders get a kids rider bag and entry into the bike rodeo. Visit [www.chicovelo.org](http://www.chicovelo.org) for more info.

**3F Century May 2<sup>nd</sup>**

A flat, fast & fun bike ride! Colusa. Century, Metric Century and 37 mile rides. This is a great ride for a first century. The course is really flat. It travels through farmland, primarily rice and around the Sutter Buttes, the smallest mountain range in the world. And at the end of the ride is a great pulled pork meal provided by the Colusa Lions Club. All proceeds from the ride are used by the Colusa Lions Club to support youth

activities. Visit [www.3fcentury.com](http://www.3fcentury.com) for more info.

**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.

**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.

CLUB MEMBER FACEBOOK PHOTOS



Some of the FACT team members participated in the Mountain House Brevet, and had the best time! Thank you for putting on a great ride, Lori Cherry. We loved it, especially the dinner afterwards! Photo by Nancy Sumaya



Climbing into the gloomy skies of Pancake Day! Photo by Henry Pretzer



and  
Manchester Center  
Present  
**BIKE & FITNESS EXPO**

Manchester Center  
Fresno, CA  
May 23<sup>rd</sup> 9:00 AM to 3:00 PM  
**Free admission and parking**



At the show  
*Local Bike shops and Fitness centers*  
Sport Massages  
Sports specialist shops and much more



**EXHIBITORS & SPONSORS WELCOME — FRESNO BIKE & FITNESS EXPO**

Fresno Cycling Club and Manchester Center will sponsor a free bicycle and fitness expo on May 23, 2015. If you would like to be a Vendor or a Sponsor we invite you to take part in the show. You don't want be left out of this show! Contact Milt Contreras at 559-476-7175 or [miltcontreras@yahoo.com](mailto:miltcontreras@yahoo.com).



## 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.

- AA** Slow. Less than 10 mph. For families with children and for those who would like a slower pace. Re-groups often. Waits for slower riders.
- 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.

### **Terrain**

- 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+%)

### **Example**

When you look on the ride calendar and see in the Rating Column something like B/3/26 Social; that means ride is a B skill level rated ride, with a number 3 rated terrain, 26 miles long, and a social pace.

MARCH RIDE SCHEDULE					
Day	Start Time	Rating*	Ride Leader(s)	Phone(s)	Description
<b>WEEKLY REPEATING RIDES</b>					
Sundays	2:00 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 1:45 PM and be ready to leave at 2:00 PM for a beginner level ride for all ages. This is an easy paced beginner ride.
Mondays & Wednesdays	9:00 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. <b>Mountain women are welcome too.</b> 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 ( <a href="mailto:friesj@sbcglobal.net">friesj@sbcglobal.net</a> ).
Tuesdays & Thursdays	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.
Tuesdays After DST March 8 <sup>th</sup>	5:45 PM	BC/3/25 Training	Dennis Ball	960-7127	<b>Evening Ride to Millerton Store:</b> Club 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 PM. Plan on bringing lights the first few weeks.
Tuesdays After DST March 8 <sup>th</sup>	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 that begins after Daylight Savings Time change March 8th.
Wednesdays	8:00 AM	C/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. Check the <a href="#">Steven's Bicycle Facebook</a> page for cancellations and further details.
Wednesdays & Saturdays	Call for Start	D Ride Training	Eric Zentner	859-4131	<b>Sierra Ride:</b> Join Eric for a ride up in the Sierras to enjoy the mountains. Our rides always include a hearty lunch stop. Call for details.
Thursdays After DST 3/8	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 Riders &amp; Rides</a> Facebook pages.
Thursdays Beginning 3/26	5:45 PM	C/4/26	Patty Dailey	875-3115	<b>Riverbend Hills:</b> Patty's first evening ride in March will be on the 26th. Meet her at Sunnyside Bicycles and ride out Belmont to Riverbend. Climb the two hills (both sides) and return to the start. Be ready to roll at 5:45 PM.

Day	Start Time	Rating	Ride Leader(s)	Phone(s)	Description
<b>WEEKEND &amp; SPECIAL EVENT RIDES</b>					
Sunday 3/1	9:00 AM	BC/2/28 Social	Michael Monge	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 Bella Frutta at Willow & Shepherd at 9:30. This is becoming a popular outing so come on out and join the fun!
	9:30 AM	BC/2/18	Ben Liu		
Saturday 3/7	7:30 AM	Pay to Ride Event	Reedley Lion's Club		<b>Blossom Bike Ride:</b> This popular pay-to-ride bicycle event is put on by the Reedley Lion's Club and features 62, 40 and 30 mile routes. The ride begins at Reedley College and heads out north of town through early spring blossoming fruit trees. For more information go to their web site at <a href="http://blossombikeride.com">blossombikeride.com</a> .
Saturday 3/7	8:00 AM	B/2/56 Training	Patrick May	355-2629	<b>Killer Bees Century Training Ride #2:</b> A group of FCC riders calling themselves The Killer Bees are training for a flat century over nine consecutive Saturdays. They will meet at the Dry Creek Trailhead Park at Shepherd and Sunnyside and cycle out east of Clovis to Winton Park in Piedra for this, their second official outing in the series. Each Saturday, they will add 5 miles to their distance. If you are not part of this group but wish to join in, call Patrick the night before for any updates.
			Joe Cassinerio	352-1236	
Sunday 3/8	9:00 AM	BC/3/38 Social	Bill Titus	472-6826	<b>Clovis Bicycle Company to the Corral:</b> Join Bill at the Clovis Bicycle Company at the east end of Sierra Vista Mall at Shaw & Sunnyside. Cycle out east of town, up Watts Valley Road to the Corral for the turn around. Bring snacks and plenty of water.
Sunday 3/8	8:45 AM	BC/3/33 Social	Tina Kutbach	797-0148	<b>Steven's Special Event Rides for the Ladies:</b> Steven's Bicycles in Clovis (Willow & Nees) will host two rides for lady riders. The first route takes the riders to the gates of Millerton Lake (the backside). The later ride will head down to the Shell Station in Friant for the turn around. Both are out and back.
	9:30 AM	AB/2/20 Social			
Saturday 3/14	9:00 AM	BC/3/22 Working Ride	Dennis Ball	960-7127	<b>Ride Leader Training Ride:</b> The Fresno Cycling Club is hosting a Ride Leader Training Ride and informational update for all ride leaders and those interested in becoming ride leaders for the club. We will gather at the Red Caboose Restaurant at Shaw & Academy and cycle up Watts Valley Road. There are 30 slots available – register at <a href="http://www.eventbrite.com">www.eventbrite.com</a> . The ride will be followed by an after ride meal hosted by the Club.
Saturday 3/14	6:00 AM	CD/4/300 km Training	Lori Cherry	906-1491	<b>Bass Lake/Blossom Trail 300 KM Brevet:</b> Meet Lori at the Park-n-Ride at Hwy 168 & Temperance for the start of this next and longer brevet in the full series of randonneuring events. Riders will follow a cue sheet and be required to check in at designated control points to receive RUSA credit for the ride. The 300 km route starts in Clovis and loops through the mountain towns of Bass Lake, Auberry and Wonder Valley before returning to the valley floor for a flat finish. Register online at <a href="http://Eventbrite">Eventbrite</a> . There is a \$20/year fee for RUSA.
Saturday 3/14	8:00 AM	B/2/59 Training	Patrick May	355-2629	<b>Killer Bees Century Training Ride #3:</b> Patrick and Joseph will add 5 more miles to their training ride. Begin at the Dry Creek Trailhead Park at Shepherd & Sunnyside and ride out to Piedra and over the Tivy Valley hill before returning to the start.
			Joe Cassinerio	352-1236	

Day	Start Time	Rating	Ride Leader(s)	Phone(s)	Description
Sunday 3/15	9:00 AM	B/2/31 Social	Brian Bellis	264-2645	<b>Sanger Chili Ride Relaxed:</b> Meet Brian at the Chuck Wagon at Academy and Annadale in Sanger. Ride out northeast of town through Centerville and on to Piedra. Bring snacks for a short break at Winton Park before riding over the Tivy Valley hill, past Sherwood Forest Golf Course, and back up Annadale to the start.
Friday 3/20	4:00 PM	B/1/23 Social	Brian Bellis	264-2645 288-2094	<b>Gazebo Garden Ride:</b> Join Brian at Gazebo Gardens Nursery at Van Ness and Clinton in central Fresno. We'll head out on low traffic roads and bike trails for a loop around Fresno and Clovis. Hang out at the nursery after the ride and enjoy the food trucks, live music, and beer bar.
Saturday 3/21	9:00 AM	Pay to Ride Event	Al Graves	284-0787	<b>West Hills Metric Century:</b> West Hills College and the FCC jointly sponsor this 2 <sup>nd</sup> annual pay-to-ride event out in the Coalinga hills. The ride begins at West Hills College in Coalinga and head up Los Gatos Road. The ride is fully supported, including SAG, rest stops, and a full BBQ lunch, and special rewards for the first 100 riders who register online. Register online at <a href="#">Eventbrite</a> . Allow 90 minutes travel time from Fresno.
Saturday 3/21	8:00 AM	B/2/66 Training	Patrick May Joe Cassinerio	355-2629 352-1236	<b>Killer Bees Century Training Ride #4:</b> Begin at Dry Creek Trailhead Park at Shepherd and Sunnyside. Ride out to Piedra, over the Tivy Valley hill, and back into Clovis. Add the Appaloosa loop for the extra 5 miles for this outing.
Sunday 3/22	9:00 AM	B/3/28	Don Green	307-4284	<b>Millerton Store:</b> Join Don at Armstrong and Herndon for a ride north of Clovis up to Millerton Store and back. Plan on lunch at Cravings on our return.
Saturday 3/28	8:00 AM	B/2/70 Training	Patrick May Joe Cassinerio	355-2629 352-1236	<b>Killer Bees Century Training Ride #5:</b> Begin at Dry Creek Trailhead Park at Shepherd and Sunnyside. Ride out to Piedra, over the Tivy Valley hill, and add the extra miles by riding into and around Sanger. If you have been training, you are halfway there! The final goal is a special flat century attached to the Kirch Flats Century for Club members on May 2 <sup>nd</sup> .
Saturday 3/28	9:00 AM	BC/4/22 Social	Peter Kopriva Nick Paladino	291-6955 432-8830	<b>Dunlap/Pinehurst Red Bud Ride:</b> Meet Peter and Nick at Dunlap School above Squaw Valley. (Turn right at Clingen's Junction and take the Dunlap Road 4 miles up to the school.) Ride up to Miramonte past red buds in spring bloom. Continue on up through the oaks and pine trees to 100-year-old Pinehurst Lodge for lunch. This is a pretty mountain climb at an easy pace with great scenery. It's downhill all the way back!
Sunday 3/29	9:00 AM	B/2/35 Social	Ken Herrington Nancy Dolley	299-2275 875-6399	<b>The Blossom Trail Café Ride:</b> Join Ken and Nancy at Shaw & Academy for our monthly ride out Belmont to Piedra. After a short break at Winton Park, climb the Tivy Valley hill, pass the horse ranch, and circle around back to Belmont for a straight shot back to the Blossom Trail Café for lunch. Finish the ride up the Academy bike lane.
Saturday 4/4	9:00 AM	C/5/60 Training	Michael Monge	708-2030	<b>Big Hat Tune Up!</b> Join Michael at Steven's Bicycles at Willow & Nees for a training ride for the Big Hat Century. Ride up Watts Valley Road, up Wildcat, Borough's Valley, Humphrey's Station, Millerton Store, and back to the start. This should get you ready for that Big Hats mountain century on April 11th.

# 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.** **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)

Which events or positions would you be interested in volunteering for?

<input type="checkbox"/> Climb to Kaiser: last Saturday in June	<input type="checkbox"/> Bass Lake Double
<input type="checkbox"/> Big Hat Century: 1st weekend in April	<input type="checkbox"/> Kirch Flats: Members Only ride, early May
<input type="checkbox"/> Tour de Lakes: Members only ride, end of July	<input type="checkbox"/> New Year's Day: Members only ride
<input type="checkbox"/> Christmas Party: early December	<input type="checkbox"/> Ride Leader: Weekly Ride; you choose route
<input type="checkbox"/> Advocacy: Participate in advocacy efforts	

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: \_\_\_\_\_

P.O. Box 27571  
Fresno, CA 93729

## Bicycle Shop Directory

### Support Your Local Bike Shop

A Different Bent  
755 N Peach Ave Ste H13  
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  
852 E. Divisadero 102  
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](mailto: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)  
Roger Guzman

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.