



FCC Rides: Weekly

To submit rides or become a Ride Leader, please contact A/B Ride Coordinator Nancy Dooley at abrides@fresnocycling.com or C/D Ride Coordinator Henry Pretzer at cdrides@fresnocycling.com.

October		
Day and Start Time	Event Name	Event Description
Sundays at 9:00 AM	Sunnyside Sanger Starbucks Ride	A/1/20 - Social No Drop Join us for a friendly, social ride to Starbucks in Sanger! Meets at Sunnyside Bicycles at 9:00am, rolls at 9:15am. Call 255-7433 for more info.
Mondays at 8:00 AM	Mountain Men	Ride Leader: Tom Braner - 284-2777 The Mountain Men: Starting point varies between Copper/Willow and 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 or check email notice to verify time and starting point. Email tcbraner@comcast.net to join the Mountain Men email list.
Mondays at 5:45 PM	FCC A-Train	The FCC A-Train will hold this ride each Monday at this time. This is a ride for beginners, so please, tell all the beginner riders you know about this ride. FCC would like to extend an invitation to ALL CLUB MEMBERS, Groups and Bike Shops, to join us in support and to help us maintain this project. Please share this post. Let's get this out there as far as we can. New riders are new business. Business supports our community. Let's build our community, together as a Family. All riders/participants must wear a helmet. All bikes should have a blinking red tail light as well. We will meet at Chosen Yogurt (Chestnut and Shepherd) at 5:45, roll at 6:00. 8-9 miles at 8-11 mph
Tuesdays at 8:30 AM	Mid-Week Morning Rides - 8:30 Start Time!	B/1-2/30 - Social Ride Leader: Ken Herrington - 299-2275 Meet Ken at Armstrong and Herndon and ride out to the west or north. Usual destinations include Friant, Millerton Store, Dragon Fly Golf Course, Madera Ranchos, or Le Parisian. Bring money for snacks along the way or to eat lunch at Cravings on our return. Roll out at 8:30 am.
Tuesdays at 5:15 PM	Ladies Club Tuesday Night Training Rides	BC/1-2/15-20 - Training Ride Leader: Tina Kutzbach - 797-0148 Meet at Steven's Bicycles Clovis parking lot at Willow and Nees to get some miles in after work. Routes vary. Meets at 5:15 pm and ride out at 5:30 pm.
Tuesdays at 6:00 PM	Killer Bee Tuesday Training Ride	B-C/1-2/20-25 Training Ride Leader: Joe Cassinerio - 352-1236 Joe will begin this weekly Killer Bee evening ride at the Starbucks at Cedar and Shepherd. He has three alternating choices of routes (the Appaloosa loop, and a town loop that can be ridden clockwise or counter clockwise). Meet at 5:45 and be ready to roll at 6:00. Lights mandatory. Each ride will have a sweep who will maintain a B pace (14mph) and a designated sprint zone for the BC riders. All riders will then reform the peloton at the designated regroup point.
Wednesdays at 8:00 AM	Wednesday Morning Hump Day Ride	BC/1-3/25 - Social Ride Leader: Tina Kutzbach - 797-0148 Starts at Steven's Bicycles parking lot at Willow and Nees. We alternate routes between the Shell Station in Friant and Millerton Store. Speeds start at 13 mph and up. There is always a fast and a slower group. No drop ride.
Wednesdays at 8:00 AM	Mountain Men	Ride Leader: Tom Braner - 284-2777 The Mountain Men: Starting point varies between Copper/Willow and 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 or check email notice to verify time and starting point. Email tcbraner@comcast.net to join the Mountain Men email list.
Thursdays at 8:30 AM	Mid-Week Morning Rides - 8:30 Start Time	B/1-2/30 - Social Ride Leader: Ken Herrington - 299-2275 Meet Ken at Armstrong and Herndon and pedal out to the east or south on Thursdays. Usual route includes the Sanger area or out to Fowler occasionally. Bring money for snack stops along the way or to eat lunch at Cravings on our return. Roll out at 8:30 am.

Fridays at 8:00 AM	Rubber Soul ride to Friant Shell	Ride to Friant Shell CD/1/25 8am Ride leader: Helen Guenther helen@rubbersoulbicycles.com Ride from Rubber Soul Bicycles to Friant Shell and back
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