



# FCC Rides: Weekly

**PLEASE CHECK THE FCC WEBSITE FOR UPDATES/CANCELLATIONS**

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

December		
Day and Start Time	Event Name	Event Description
Mondays at 8:30 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 <a href="mailto:tcbraner@comcast.net">tcbraner@comcast.net</a> to join the Mountain Men email list.
Tuesdays at 9:00 AM	Mid-Week Morning Rides - 9:00 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 9:00 am.
Tuesdays at 6:00 PM	CX (cyclocross) Rides - Woodward Park	CX (cyclocross) Rides - Woodward Park Meet 5:45 near The Bike Shop Ride at 6 Ride Leader: Patty Dailey Come join for CX trail riding at WWP. Mountain bikes are ok to bring. Front/back lights required. We will be jumping some hills on the trail and some grass riding.
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 8:30 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 <a href="mailto:tcbraner@comcast.net">tcbraner@comcast.net</a> to join the Mountain Men email list.
Thursdays at 9:00 AM	Mid-Week Morning Rides - 9:00 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 9:00 am.
Thursdays at 6:00 PM	CX (cyclocross) Rides - Woodward Park	CX (cyclocross) Rides - Woodward Park Meet 5:45 near The Bike Shop Ride at 6 Ride Leader: Patty Dailey Come join for CX trail riding at WWP. Mountain bikes are ok to bring. Front/back lights required. We will be jumping some hills on the trail and some grass riding.
Thursdays at 6:00 PM	Night Ride - Stevens Clovis to Friant	Ride Leader: Janet Manuszak-Lucido 6 pm rollout from Stevens to Friant and back. C pace, about 20 miles. Regroup at Friant Shell station. "C" and faster "B" riders welcome. Lights required front and rear.
Fridays at 8:30 AM	Rubber Soul ride to Friant Shell	Ride to Friant Shell CD/1/25 8am Ride leader: Helen Guenther <a href="mailto:helen@rubbersoulbicycles.com">helen@rubbersoulbicycles.com</a> Ride from Rubber Soul Bicycles to Friant Shell and back