



The Rough Draft

Volume XLVII, Issue 05 – May 2017

The Prez Sez...

Greetings Fresno Cycling Club members and fellow bicyclists everywhere.

MAY IS BIKE MONTH

Okay bicyclists, this is our month to shine, to show just how much we love bicycling, and also show how many of us there really are out using the roadways every day. It is national **May is Bike Month**. The idea being – to highlight the importance of bicycle riding as a means of transportation, recreation and sport. It is a vehicle like no other: not only can it transport you to your destination, but gives you exercise to help keep you healthy while doing so.

One of the fun things happening again this year is the "May is Bike Month Million Mile Challenge". You can sign-up at cvbikemonth.com. I encourage ALL club members to sign up and encourage all your cycling friends to sign up: it's free. You can form teams or enter as individuals. The idea is to log as many miles as we can during this month whether it be 10 miles or 1000 miles. Getting more people out on bicycles promotes better bicycle safety. The more motorists see bicyclists out and about, the more practice they have in dealing with us.

In May, there are many bicycling activities sponsored by various bicycling groups, such as the Fresno County Bicycle Coalition (Fresno County's Non-Profit Bicycle Advocacy Group). They will be hosting the *Mall to Mall Ride* on Wednesday, May 3rd, from Manchester Center (ALTERNATE STARTS: REI-Starbucks at 7:00 AM, and Armstrong & Herndon at 6:45) to downtown Fresno. They will also host the *Ride to Work Day* on Friday, May 19th. See promos in this newsletter for more info.

FCC will also have a full ride calendar of daily and weekly rides to encourage bicyclists to get out and ride, to put on the miles and get in shape

KIRCH FLAT CENTURY

The Fresno Cycling Club will host its annual *Kirch Flat Century ride* on May 6th, offering rides for all levels of riders. The Club is charging a minimal fee again this year, as this ride has become a full-blown ride with fully staffed rest stops, SAG and an after-ride meal. Much bigger and better than the Club-members-only ride of a few years past. Sign up through <https://www.eventbrite.com/e/2017-kirch-flat-cinco-de-mayo-century-rides-by-fresno-cycling-club-tickets-31985925765>.

RIDE OF SILENCE

FCC will be hosting the *World Wide Ride of Silence* in the Fresno/Clovis area on Wednesday night May 17 at 6:30 pm at Willow – Nees, to honor all those bicyclists who have been injured or killed while riding their bicycles. We had a great turn out for last year's ride. Let's show Fresno/Clovis motorists how much we value our safety and that of our fellow bicyclists by having a huge turnout for this year's event. Try to come early as the ceremony will begin at 6:30 pm with the ride leaving at 7:00 pm. Helmets are mandatory.

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General Meeting

7:00 PM Wednesday, May 10th

Steven's Bicycles - Clovis

Willow & Nees

TOPIC: Proper Nourishment During Rides

CLIMB TO KAISER

Plans for the Fresno Cycling Club's Premiere event; the *Climb to Kaiser*, are in process. This year's C2K, as it is affectionately nicknamed, is on Saturday, June 24th. It is one of the Top 10 toughest bicycling events in the United States, according to *Bicycling* magazine. How is it that the Fresno Cycling Club, now in its 55th year of existence, has been able to accomplish putting on this event, now in its 41st year? It is because of the continued dedication and enthusiasm of FCC members, Board members, and of course the many stalwart bicyclists who love the challenge of this tough ride every year. Ever year offers different elements to the challenge with the changing variety of weather. This year we are focusing on two rides; the C2K and the Tollhouse Century.

We are in need of volunteers! Please contact Tina Sumner or myself as soon as possible. We need three more Rest stop coordinators, rest stop workers, SAG drivers, registration helpers, kitchen helpers, equipment helpers (pick up & sort out day before event), clean up helpers, equipment return helpers, and others as needed. This event is the biggest event the Club puts on to help fund our operations, our advocacy and our support of all things bicycling. If you have never helped with a rest stop or other function of this great event, you're in for a treat. We have a great time and it is loads of fun to help riders achieve their dreams of rising to the challenge. Please help us out. Thank you in advance. Contact us at kaiser@fresnocycling.com.

FCC/TC3 Time Trial Series

This year's *Time Trial series*, co-sponsored by FCC and TC3 (Triathlon Club of Central California) has gotten off to a great start. The Belmont - Academy Time trials have been a fixture of the Fresno Cycling Club for many years. Time Trials are a race against the Clock: they are the safest form of racing and one that the Club's insurance allows. The race is a 5 mile out and back on Belmont from Academy, making it a 10-mile TT. Last month, the event attracted 32

riders. Our new timing system is working perfectly, allowing us to track each rider's time and have results shortly after the event is completed. It is a fun event and really gives the riders a great measure of their conditioning. Come and give it try next month on Wednesday evening, May 24th. You don't have to be a racer to enjoy this event. It is for all levels of rider. The first rider is sent off at 6 pm with riders following at 30 second intervals. There are Time Trials scheduled for June 14th, July 22nd, Aug 12th and September 20th. The Prez, aka Dennis Ball

May is Bike Month!

The *Fresno County Bicycle Coalition* is holding the 16th Annual ***Mall to Mall Ride*** to kick off Bike Month on Wednesday May 3 at 8 am at Manchester Center. (Sears parking lot, by the former Transit Center). (ALTERNATE STARTS: *Armstrong & Herndon 6:45AM, or REI-Starbucks RiverPark 7:00AM*) This free and fun event will start off with Bike Month Proclamations by local elected officials at 8 am, followed by a group ride down Blackstone Avenue to downtown, accompanied by the Fresno Police Department Bike Unit. At our downtown destination at the Mariposa Mall at 2550 Mariposa Mall, there will be some fresh brewed Lanna Coffee with banana and pumpkin bread treats from the Tree of Life Cafe.

Log your May miles and sign up online with *Central Valley Bike Month* cvbikemonth.com. Join the ***Million Mile Challenge*** as well as one of various Employer Challenges, including for ***Bike to Work Day*** on Friday May 19, 2017! Stop by one of the Bike to Work Day Energy Stations, such as the FCBC Energy Station at the Tower Theater from 6-8 am, at Kaiser Permanente, or various others.

Finally, attend the FCBC's ***End of Bike Month Celebration*** at 7pm on Friday June 2, 2017 at Full Circle Brewery located at 620 F Street, Fresno for some brews, bikes and live music with all \$10 cover charge proceeds to benefit CenCalVia Open Streets Event coming up Sunday October 1, 2017!

Hungry Buzzard Info

From Bill Zigler of the Southern Sierra Cyclists.

The annual Hungry Buzzard event will be held on May 20 out of Woodlake and we wanted to extend a special invitation to our friends in the FCC. A discount code for our FCC friends. Details follow:

Discount code: FCCHB2017

The code gets FCC riders \$10 off the \$50 early registration cost. Early registration closes on May 8th.

Here's the website to register online (we will take mail-in registration with the discount as well, as long as riders indicate they are FCC members):

Event website (has route info, link to the online registration page, and a link to the mail-in registration form):

<http://www.sequoia-visaliakiwanis.com/home.html>

Active.com event website for online registration (our club picks up the service fee):

<http://www.active.com/woodlake-ca/cycling/races/hungry-buzzard-century-2017>

Thanks! We appreciate you folks.

MS Bay to Bay Ride

From FCC member John Luke

The MS Society *Bay to Bay Ride* is October 21 & 22, riding from Irvine to San Diego in that 2 day span. There are century, 75 mile and 50 mile route choices for the first day and 50 miles for the second day. There is an outstanding party at the Carlsbad resort on Saturday night. The link below will take you to the web site for the event where you can get all the fine details.

http://main.nationalmssociety.org/site/TR/Bike/CASBikeEvents?pg=entry&fr_id=29046

Questions? call or email John Luke at johnandbeach@comcast.net or (559)999-9741

More info will follow in future *Rough Drafts*



Kirch Flat Century

The Fresno Cycling Club is excited to make the **Kirch Flat Century** (May 6, 2017) an event open to members and non-members alike (for years it has been a members-only event). It is such a great ride that we decided to make it available to everyone.

Our ride directors Yvonne Moreno and Mike Quiroz would like to invite you to the **2017 Annual Kirch Flat/Cinco De Mayo Century & rides**. The Event will start and finish at the **Pasa Tiempo Park** located at Barstow - De Wolf Avenue in Clovis, Ca. There are 5 rides to choose from; a Century, Hilly and Flat Metric Centuries, a Half Metric and a 15 mile family ride. All rides will start 07:30 am, except the family ride starts at 9:00 am. All rides will be discounted for Fresno Cycling Club members. Non-member tickets will be \$50.00 and \$35 depending on the ride selected. If you are interested in becoming a Club member, you obtain your annual membership for \$35.00 for individuals or a family membership with children 17 and under for \$50.00.

There will be registration available at packet pickup at Clovis Steven's Bicycles Friday night May 5, 4-7 pm.

No registration on day of ride.

<https://www.eventbrite.com/e/2017-kirch-flat-cinco-de-mayo-century-rides-by-fresno-cycling-club-tickets-31985925765>.



FCC/TC3 Series Schedule

The first time trial was held on Wednesday, March 22nd, as the rain somewhat cooperated! Check out the results at www.fresnocycling.com.

There are still 5 events remaining on the schedule, and each rider's best 5 will count towards a Series Championship in each category. (Men/Women/Tandem). Events are free for current FCC/TC3 members, non-member fee will be \$5 per event.

Riders of all levels are encouraged to attend. By participating in several events, you can monitor your improvement as the season progresses.

Remaining Time Trials & Location:

Wednesday, May 24: Belmont

Wednesday, Jun 14: Belmont

Saturday, Jul 22: Location TBD

Saturday, Aug 12: Location TBD

Wednesday, Sept 20: Belmont

For Wednesday Events: Registration/check-in between 5:20-5:50 pm, first rider off at 6:00 pm.

For Saturday Events: Registration/check-in between 6:50-7:20 am, first rider off at 7:30 am.

** Dates, times, locations and prizes are subject to change. Please check the FCC website for updates and latest information.

Brevet Series Continues

June 3 - Clovis to Cedar Grove

June 4- Cedar Grove to Clovis

These are back-to-back 200km RUSA Brevets. Leave Clovis very early Saturday morning and ride up to Kings Canyon National Park and camp or stay at the lodge down in the Canyon at Cedar Grove. Sunday morning, return back to Clovis. This is a spectacular ride with a full day of climbing on Saturday (10,000 ft el gain). On Sunday you will get the climbing done early when you head up from Cedar Grove....then its downhill to the heat of the valley. SAG for your camping gear will be provided as well as dinner Saturday night and a light breakfast Sunday morning. Your registration fee will pay for these services. You will have to pay a Park Entrance fee of \$10 or present your own pass. A group campsite has been secured at the Canyon View Campground for 40 people. If you prefer staying at the Cedar Grove Lodge, 1/4 mile from the campground, reservations can be made by calling 877-436-9615.

<https://www.eventbrite.com/e/200km200km-clovis-to-kings-canyon-and-back-2017-registration-31205673008>

Climb to Kaiser

June 24, 2017

The Fresno Cycling Club invites all riders to take the challenge at this year's 41st Annual Climb to Kaiser on Saturday, June 24, 2017. We offer two rides to choose from: The traditional Climb to Kaiser, rated as one of the 10 toughest rides in America by Bicycling Magazine, and The Tollhouse Century.

The Climb to Kaiser is not an easy ride. How much you enjoy the ride will depend on your training in the months prior to the event. The Climb to Kaiser riders should be able to complete a century with 8,000 to 10,000 feet of climbing in 8 to 10 hours. We suggest that each rider have a bicycle in excellent condition, carry two water bottles and tools for doing your own minor repairs.

The Tollhouse Century is 95 miles with 7,500 feet of climbing. Perfect for the intermediate climber who aspires to complete the Climb to Kaiser but wants to feel it out first and get a taste of the Fresno foothills and heat.

Website: www.climbtokaiser.com

Facebook: <https://www.facebook.com/climbtokaiser/>

Fresno Cycling Club Website

Over the last few months, a lot of work has gone on behind the scenes to update the FCC website.

What began with some frustration in accessing current ride information from the FCC website in the Fall has turned into a project for William Ewy, our new Director of Technology.

William spent time in November and December investigating several options for re-doing the entire website, but ended up using an updated version of Joomla, the current content management system. Prior to his untimely death in mid-2016, Dave Hubbell had been working on this same option to improve the website.

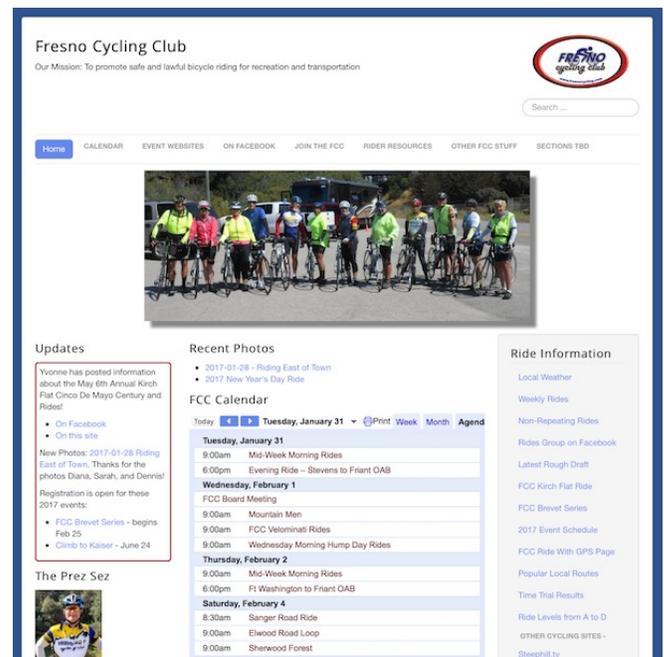
At this point, we have an *improved, "live"* ride calendar available on the website.

It is *improved* in that:

- ride coordinators will "post" the ride once, and that same data will be in the newsletter and on the website.
- ride calendar will often contain *Map My Ride* links, which will allow members to download a map and route directions for the ride.

It is *"live"* in that:

- the ride calendar on the main page of the website shows the next rides coming up.
- when the ride coordinators make any changes (e.g., weather cancellation), that update will appear on the website calendar.
- Club members who use Google calendar can link the FCC calendar with their own, thereby having all the rides on their own calendar.



Check out the Fresno Cycling Club website:
www.fresnocycling.com

Keep up to date on:

- Ride Calendars & Latest Updates
- Photos from Recent Rides
- Specific Construction Updates
- Other Events & Happenings

2017 Event Schedule

To help in planning your training schedule for the new year, here's the current listing of upcoming cycling events. Be sure to check the website to confirm dates/times!

5/6/2017	Kirch Flat Century	✓
5/7/2017	Napa Valley Tour de Cure	
5/20/2017	Davis Double	
5/26/2017	Great Western Bicycle Rally	
05/??/2017	Hungry Buzzard Century	
6/3/2017	Clovis to Kings Canyon 200K Brevet	✓
6/4/2017	Kings Canyon to Clovis 200K Brevet	✓
6/4/2017	America's Most Beautiful Bike Ride - Lake Tahoe	
6/24/2017	Climb to Kaiser	✓
7/29/2017	Tour de Lakes	✓
8/19/2017	FCC Coastal Lighthouse Training Ride	✓
9/4/2017	Tandem / Recumbent Ride	✓
9/9/2017	FCC Annual Picnic	✓
9/10/2017	Tour de Tahoe	
9/16/2017	Tour de Fresno	
9/23/2017	SLOBC Lighthouse Century	
9/30/2017	Levi's Gran Fondo	
10/7/2017	The Jense Gran Fondo of Marin	
10/14/2017	Bass Lake Double Century	✓
10/14/2017	Sacramento Century	
10/28/2017	Fall Color Yosemite Ride	✓
11/11/2017	FCC Sacramento River Ride	✓
12/2/2017	FCC San Luis Obispo Vineyards to the Sea	✓
12/9/2017	FCC Christmas Party	✓

New Club Members

Matt Pombo	Michael Ruelas
Lanse Wood	Michelle Blackburn
Mary Ojeda	Dave Weil
Sergio Lopez	Kasey Jensen
Blake Barnett	

Board Member List

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	559-355-4874	treasurer@fresnocycling.com
Newsletter Editor:	Bill Reddington	559-448-8402	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 – Membership	Gia Parker	559-269-6122	membership@fresnocycling.com
Director at Large – Events/Volunteers:	Patricia Dailey	559-360-3760	volunteers@fresnocycling.com
Director at Large – Party Coordinator:	Diana Millhollin	559-824-7127	directordiana@fresnocycling.com
Director of Technology/Website	William Ewy	559-393-1641	webmaster@fresnocycling.com
Appointee – Honorary Historian:	Mark Perkins	707-274-7126	historian@fresnocycling.com
Ride Director – Bass Lake Double:	Angelo Quitorio	559-917-6299	doublecentury@fresnocycling.com
Ride Director – Climb to Kaiser:	Jennifer Collins	831-224-3482	kaiser@fresnocycling.com
Ride Director – Kirch Flats:	Yvonne Moreno	559-360-1574	kirchflats@fresnocycling.com
Brevet Director:	Lori Cherry	559-906-1491	brevets@fresnocycling.com
Director at Large – Radio Communications:	David Smith	559-260-5511	communications@fresnocycling.com

General Meeting
7:00 PM Wednesday, May 10th
 Steven's Bicycles - Fresno
 Brawley - Fig Garden Drive
 TOPIC: Proper Nourishment During Rides

Board Meeting
Wednesday, May 3 6:30PM
 Sequoia Brewery North
 Champlain & Perrin, Fresno

BICYCLIST CODE OF CONDUCT

Safety

As a member in good standing I will:

- 1 **Have** a bicycle in good working condition including functioning brakes.
- 2 **Wear** a helmet whenever riding.
- 3 **Obey** all applicable California Statutes including stopping at stop signs and red lights and use approved hand signals for turns, slowing and stopping.
- 4 **Ride** predictably, not erratic.
- 5 **Call** out road hazards and other dangers to other cyclists in the group.
- 6 **Call** out and pass another cyclist on the left side.
- 7 **Not** cross or overlap wheels with another cyclist unless passing.
- 8 **Not** ride under the influence of any substance that impairs your abilities.
- 9 **Heed** the ride leader's instructions.

Courtesy

As a member in good standing I will:

- 1 **Recognize** that as a participant in club activities that I represent the Fresno Cycling Club to other cyclists, government officials and the general public.
- 2 **Avoid** confrontation with motorists, other cyclists or pedestrians even if they are in the wrong.

Good sportsmanship

As a member in good standing I will:

- 1 **Respect** other cyclists even if they are not Fresno Cycling Club members.
- 2 **Refrain** from the use of foul language, obscene gestures, physical or verbal abuse or malicious actions towards any person and/or any lewd behavior.

This code cannot comprehensively address all possible scenarios. Rather it should function as a standard of behaviors implemented along with common sense and the principle of what a reasonable person would do in a similar situation. It is the intent of the Fresno Cycling Club to promote good will and safety for all.

Developed and Approved by the Board of Directors, Fresno Cycling Club 2014



PO Box 27571
Fresno CA 93729-7571

Bicycle Shop & FCC Supporters Directory • Support Your Local Bike Shops and Restaurants

Clovis Bicycle Company &
A Different Bent
50 W Bullard Ave. #113
Clovis, CA, 93612
(559) 492-7896
T-F: 10-6, Sat: 11-5
www.adifferentbent.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: 12-5
www.fresnoschwinn.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

Bike Shop @ Woodward
9433 Ft Washington, #102
Fresno, CA 93720
(559) 392-6657
M-Fri: 11-7, Sat-Sun: 8-4

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

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 Dr. #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
M-F: 10-7, Sat: 9-5, Sun: 12-5
www.sunnysidebicycles.com

Special Supporters

Steven's Bicycles
1365 N Willow Ave
Clovis, CA 93619
(559) 797-0148
M-Sat: 10-7, Sun: 11-5
www.stevensbicycles.com

Blossom Trail Cafe
Belmont and Academy
Sanger, CA 93657
(559) 875-2500
M-T: 6-2, W-F: 6-2 & 5-9
Sat: 6-2:30 & 5-9, Sun: 6-2:30

Sandals at the Beach
17541 N Friant Rd
Friant, CA 93626
(559) 822-4949
M-Th: 11-6, F: 11-7, Sat: 10-7
www.sandalsfriant.com

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