

# Be sure to check the Website for Ride Updates



## FCC Rides: Weekly

### January 2018

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).

| January               |   |  |
|-----------------------|---|--|
| Day and Start Time    | Event Name                                | Event Description  |
| Mondays at 8:30 AM    | Mountain Men                              | Ride Leader: Tom Braner - 284-2777<br>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.<br>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<br>Ride Leader: Ken Herrington - 299-2275<br>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. Note: If you arrive by car, please do not park in the parking lot in front or across from the businesses. The owner of this shopping area asks that cyclists park in the dirt area east of the businesses. Ken has gotten permission from the pastor of the church diagonal to this area to park on the north side of the church. A few of our riders parked in the nearby GB3 parking lot across the street. |
| Tuesdays at 6:00 PM   | Killer Bee Tuesday Training Ride          | B-C/1-2/20-25 Training<br>Ride Leader: Joe Cassinerio - 352-1236<br>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<br>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.<br>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<br>Ride Leader: Ken Herrington - 299-2275<br>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. Note: please use the dirt parking area at the east end of the businesses per the owner of this shopping center. Or, Ken has received permission from the pastor of the nearby church to the southwest to use the north side of the churches parking lot. Or, some of our riders used the GB3 parking lot across the street to the northwest.   |
| Thursdays at 6:00 PM  | Night Ride - Stevens Clovis to Friant     | Ride Leader: Janet Manuszak-Lucido<br>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.  |