

# OCTOBER 2016 RIDE CALENDAR

## FFBC RIDE CLASSIFICATION

Ride leaders are encouraged to maintain their ride paces as outlined at <http://www.ffbc.org/html/RideClassification.html>.

## MAPS TO FREQUENTLY USED START LOCATIONS

Maps to the start locations for October are available at: [http://www.ffbc.org/html/start\\_locations.html](http://www.ffbc.org/html/start_locations.html).

## THANK YOU TO ALL THE OCTOBER RIDE LEADERS

Please check to make sure the rides you submitted are listed correctly. If there is an error in the listing below, please contact the ride coordinator at <mailto:ridecoordinator@ffbc.org> pronto.

## LOOKING AHEAD:

The October 2016 Calendar you see before you is the last version to use this familiar format. Starting in November, the calendar will be based on a Google calendar format. Please watch for more details as the transition continues.

- One of our recent training series continues this month: Brisk pace riders who wish to train for the annual loop around Mt. Hamilton in mid-October will appreciate the series of **Mt. Ham Loop Training** rides continuing in October. The 107-mile culminating event on Oct. 15 comes with two pace leaders, Andy Sass (M) and Tim O'Hara (B), and offers SAG support.
- The FFBC Race Team will reprise its series of team rides on Sunday mornings in October. Please also note that the regularly scheduled Tuesday evening training rides have been temporarily cancelled.
- Also, please, take a close look at the "Ride Leader in Training" ride Julia Walker has scheduled for Oct. 29.
- Want to get away? Ken Goldman and Cindy Maxwell are leading three rides at the end of Oct. out of Paso Robles.

A section of Palomares Road is undergoing a construction project through October and will be closed to traffic, including cyclists. Please note the changes made to the Tuesday rides that regularly traverse Palomares Road. In addition, Calaveras Road will be closed to through traffic on weekdays for the foreseeable future. It will be open to cyclists and motor vehicles on weekends.

## 1st Week in October

### CLUB PICNIC DAY

**Sat October 1, 8:30 AM**

**Calaveras Clockwise**

**37 miles, 3, M & B**

**Start location: downtown Niles parking lot across from H St on Niles Blvd.**

This is our traditional "1st Saturday of the Month" ride. We will meet in the Niles parking lot and ride up Niles Canyon into Sunol then on to Calaveras. Our traditional route brings us out in Milpitas and we return via a route that stays close to the hills. Today we will cut out the usual coffee stop at Starbucks/Noah's to get back in time for the Annual FFBC Summer Picnic at the Quarry Lakes Regional Park. Route sheets provided. Rain or a serious threat of rain cancels.

**M: Donna Kaplan; [luporini@aol.com](mailto:luporini@aol.com); (415) 584-7621**

**B: Tim and Robin O'Hara on the Tandem; 510 418-2672;**

**[tohara2938@aol.com](mailto:tohara2938@aol.com)**

**Sat Oct 1, 9:00AM**

**Picnic Loop**

**25 miles, 3 (1100'), T-M**

**Start location: Quarry Lakes by the bathrooms**

Let's earn those calories we are going to consume at the picnic! Starting at Quarry Lakes, we will climb Stenhammer, the Animals backwards, Curtner Rd, followed by Yakima backwards with a return to the picnic via Paseo Padre, backwards, of course.

Route map: <https://ridewithgps.com/routes/16845209> A route sheet will be provided. No drops & regroup as needed. Bad weather cancels or modifies the ride. Any changes will be announced on FFBC Yahoo Group site or call, email or text me.

**Cindy Maxwell 408-506-6860 [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net)**

**Sun Oct 2, 8:00AM**

**Mt. Ham Loop Training Ride #4: San Gregorio**

**73 miles, 5 (5000+'), B**

**Start location: Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

Over the bridge, up Old La Honda, out to the coast and back via Tunitas Creek.

**Tim O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 418-2672**

**Sun October 2, 8:30 AM SHARP**

**40 miles, 2, F**

**Race Team Ride #1: Low-key Ride**

**Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.**

Our first team ride of the season, on roads where we can do an easy spin and practice some rotating pacelines. Niles Canyon to Sunol, Calaveras road to the bottom of the Calaveras climb where U-Turn (at Geary Road) and then to Pleasanton via Happy Valley and back to Sunol by way of Foothill Road.

All race team members are requested to wear their latest team uniform. Rain will stop play. No stopping but minimal regroup at the top of the climbs. This is a no-drop ride. Bring \$\$\$ for post-ride refreshments at the Niles Cafe.

**Prashant Singh; [psingh.d700@gmail.com](mailto:psingh.d700@gmail.com); (952) 393-0920**

**Sun October 2, 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, M**

**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

## 2nd Week in October

**Mon October 3, 8:30 AM**

**Monday Morning Recovery Ride**

**40 miles, 1-2 (610'), M**

**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

**Mike Brasseur; [mbrasseur00@yahoo.com](mailto:mbrasseur00@yahoo.com); 510-449-6233**

**Tue October 4, 8:45 AM**

**Tour de Fremont Hills**

**29 miles, 3 (~1,900'), M, B**

**Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail**

Join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to Peet's for a well-deserved coffee and the end of our ride. Rain or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! Group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

**B: Jay Gilson; [jaymgilson@gmail.com](mailto:jaymgilson@gmail.com); (510) 468-0285 -C, (510) 790-3564 -H**

**M: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829**

**Tue October 4, 9:00 AM**

**Show & Go**

**20-50 miles, 1-5, L-T-M**

**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue October 4**

**TuNT (Tuesday Night Training)**

**CANCELLED UNTIL FURTHER NOTICE**

**Wed October 5, 8:30 AM**

**Mid-week Morning Ride**

**35-45 miles, 2-3, M-B**

**Start location: the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

Ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.

**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Wed October 5, 6:15 PM**

**WNT (Wednesday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.** Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left. This series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory.

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 819-0247**

**Thu Oct 6, 9:00AM**

**Thursday Morning Coffee Ride - REI to Alum Rock**

**34 miles, 2-3, T-M**

**Start location: REI, Fremont**

We are riding to Alum Rock. Since REI isn't open at 9:00AM, you may need to use the facilities at Starbucks or wait until we reach the Jose Higuera Adobe. We will ride along the foothills and once we get into the park, there are options to head straight to the Visitor's Center or climb the Inspiration Loop and/or Miguelita. Also, you don't have to go all the way to the park...you can turn early to coffee to reduce mileage significantly. If you are a slow climber, but want to do the extra climbing, please be considerate of the group and turn around when you see the faster riders returning OR bring yourself to coffee on your own. We will have lunch at Noah's Bagels/Starbucks (\$) before heading back on a flat route, with no regroup. Extreme temperatures, park closure, construction or the whim of the ride leader may modify the route. Rain cancels, check the FFBC Yahoo! Group, email or call me.

**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thu October 6, 6:15 PM**

**TNT (Thursday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.** Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.

When dark, lights required. Helmets are mandatory.

**Larry Nolan; [teamnolan@hotmail.com](mailto:teamnolan@hotmail.com); (510) 790-0118**

**Fri October 7, 8:30 AM**

**The Friday Bike Club**

**35-45 miles, 3-4, M-B**

**Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).**

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Sat Oct 8, 8:00AM**

**Mt. Ham Loop Training Ride #5: Mt. Diablo**

**83 miles, 5 (5800'), B**

**Start location: The Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.**

Out Foothill, over to Pleasanton-Sunol road, left at Valley then through a bunch of street name changes to Summit road to the top and back home.

**Tim O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 418-2672**

**Sat October 8, 8:30 AM**

**Saturday Tour de Fremont Hills**

**30 miles, 3 (2,100'), M**

**NEW START LOCATION: Fremont Central Park Teen Center parking lot; enter from Sailway Drive off Paseo Padre Parkway; Teen Center lot is on the left and is signed. The address: 39770 Paseo Padre Parkway, Fremont, CA 94538.**

Get all of the Tuesday Tour de Fremont Hills ride fun on the weekend and join us for a few of Fremont's finest hills. We'll warm up crossing Fremont before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and the grind up Sabrecat. If we haven't managed to elevate our heart rates sufficiently we'll head back up Pine; otherwise, it's up Paseo Padre the wrong way again before ending the ride at Peet's with a well-deserved coffee. Rain or threat of rain cancels the ride.

**M: Julie Gilson; [jmgilson1@yahoo.com](mailto:jmgilson1@yahoo.com); 510-468-0284**

**Sun October 9, 8:30 AM SHARP**

**45 miles, 2, F**

**Race Team Ride #2: Low-key Ride**

**Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.**

On roads where we can do an easy spin and practice some rotating pacelines. Niles Canyon to Sunol, Calaveras road to the bottom of the Calaveras climb where U-Turn (at Geary Road) and then to Pleasanton via Happy Valley and back to Sunol by way of Foothill Road. This will be followed by a steady noodly climb of Kilkare and then back to Niles. All race team members are requested to wear their latest team uniform. Rain will stop play. No stopping but minimal regroups at the top of the climbs. This is a no-drop ride. Bring \$\$\$ for post-ride refreshments at the Niles Cafe.

**Prashant Singh; [psingh.d700@gmail.com](mailto:psingh.d700@gmail.com); (952) 393-0920**

**Sun October 9, 9:00 AM**

**"The Sunday Social": the ride formerly known as the "Get to Know Us Ride"**

**20-25 miles, 1-2, L-T-M**

**Start location: Bicycle Garage, 5006 Mowry Ave., Fremont**

Please join us on this monthly "Sunday Social". This casual, social ride is always fun and offers everyone the chance to meet other cyclists. Bring your cycling friends along and help us introduce newcomers and guests to the club. Don't forget \$\$ for a coffee/snack stop. If you have a club jersey or jacket, this is a great time to wear it.

**Gary Smith; [gsmith289@aol.com](mailto:gsmith289@aol.com); (510) 304-0956**

**Sun October 9, 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, M-B**

**Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

## **3rd Week in October**

**Mon October 10, 8:30 AM**

**Monday Morning Recovery Ride**

**40 miles, 1-2 (610'), M**

**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

**Davis Quan; [davisquanh50@yahoo.com](mailto:davisquanh50@yahoo.com); (510) 386-3245**

**Mike Brasseur; [mbrasseur00@yahoo.com](mailto:mbrasseur00@yahoo.com); 510-449-6233**

**Tue October 11, 8:45 AM**

**Tour de (South) Fremont Hills**

**30-40 miles, 3-4 (Plenty'), M-B**

**Start location: Old Mission Park, Pine St. @ Ibero Way, Fremont**

Palomares, one of our favorite hills, is closed until the end of October, necessitating a change in our Tuesday Hills schedule. This month we're changing the start of the ride on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays to Old Mission Park so we can ride some of the hills south of Fremont. There are plenty of good hills to choose from - Calaveras (to the closure), Old Calaveras, Felter (with or without Marsh), Sierra, Sweigert, Suncrest, Country Club. Did I mention Sierra? We'll choose a different set of hills each week depending on how sadistic the ride leaders are feeling on the morning :-). There will of course be a coffee stop cos' all good rides have a coffee stop. Rain cancels (you never know!). The ride leaders will post to the FFBC Yahoo! Group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

**B: Jay Gilson; [jaymgilson@gmail.com](mailto:jaymgilson@gmail.com); (510) 468-0285 -C, (510) 790-3564 -H**

**M: Terri Yi; [terriyi@yahoo.com](mailto:terriyi@yahoo.com); (510) 304-5571**

**Tue October 11, 9:00 AM**

**Show & Go**

**20-50 miles, 1-5, L-T-M**

**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue October 11**

**TuNT (Tuesday Night Training)**

**CANCELLED UNTIL FURTHER NOTICE**

**Wed October 12, 8:30 AM**

**Mid-week Morning Ride**

**35-45 miles, 2-3, M-B**

**Start location: DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.

**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Wed October 12, 6:15 PM**

**WNT (Wednesday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.** Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory.

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 819-0247**

**Thu Oct 13, 9:00AM**

**Thursday Morning Coffee Ride across the Dumbarton Bridge**

**25-35 miles, 2-3, T-M**

**Start location: Visitor Center, Don Edwards Wildlife Refuge**

This ride starts at the Don Edwards Visitor Center (Don Edwards National Wildlife Refuge, 1 Marshlands Rd, cross-street Thornton Ave, Fremont) and we head across the Dumbarton Bridge to various destinations. For a flat ride we head through East Palo Alto and along a few paths to Shoreline Park for lunch. For a ride with climbing we do Woodside Road, Sand Hill/Whisky Hill, Alpine Loop, Arastradero or Edgewood Road. Sometimes the climbing is optional. We always stop for coffee and riders are welcome to head back on their own if they know the way. Usually we ride without route sheets so we regroup as necessary and no one is left behind. Bring \$ for lunch. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call! me!

**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thu October 13, 6:15 PM**

**TNT (Thursday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.** Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.

When dark, lights required. Helmets are mandatory.

**Larry Nolan; [teamnolan@hotmail.com](mailto:teamnolan@hotmail.com); (510) 790-0118**

**Fri October 14, 8:30 AM**

**The Friday Bike Club**

**35-45 miles, 3-4, M-B**

**Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).**

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Sat Oct 15, 7:00AM**

**Mt Hamilton Loop**

**107 miles, 5 (7500+), M & B**

**Start location: Start location: The Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.**

This is what we have been training for!!! We will have snacks, but be self sufficient, make sure you and your bike are up for the ride! Let me know if you have any questions. Be sure to bring \$\$ for the SAG drivers.

**B: Tim O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 418-2672**

**M: Andy Sass; [andrew.sass@yahoo.com](mailto:andrew.sass@yahoo.com); (520) 490-8098**

**Sat October 15, 8:30 AM**

**Portola Loop**

**30 miles, 3, T-M**

**Start location: Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).**

Monthly club ride over the Dumbarton Bridge, quiet neighborhood side streets of Palo Alto, Roberts Market for snacks, and cruise back downhill. No drop ride with regroups. Bring \$ for snacks, Rain cancels. Please park in upper lot at request of visitor center staff.

**TBD: No ride leader at press time**

**Sun October 16, 8:30 AM SHARP**

**45 miles, 2, F**

**Race Team Ride #3: Low-key Ride**

**Start from the Snap Fitness at 43480 Mission Boulevard.**

Snap Fitness has been a great team sponsor for five years now. Lets show them so love. I am hoping we can get a group photo outside the gym.

Alum Rock Park will be our destination. We may also include Crothers Road if it is passable. All race team members are requested to wear their latest team uniform. Rain will stop play. No stopping but minimal regroups at the top of the climbs. This is a no-drop ride. Bring \$\$\$ for post-ride refreshments at Mission Coffee.

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 819-0247**

**Sun October 16, 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, M-B**

**Start location: downtown Niles parking lot across from H St on Niles Blvd.**

## 4th Week in October

**Mon October 17, 8:30 AM**

**Monday Morning Recovery Ride**

**40 miles, 1-2 (610'), M**

**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

**Mike Brasseur; [mbrasseur00@yahoo.com](mailto:mbrasseur00@yahoo.com); 510-449-6233**

**Tue October 18, 8:45 AM**

**Tour de Fremont Hills**

**29 miles, 3 (~1,900'), M, B**

**Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail**

Join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotec leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a



short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to Peet's for a well-deserved coffee and the end of our ride. Rain or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).  
**B: Jay Gilson; [jaymgilson@gmail.com](mailto:jaymgilson@gmail.com); (510) 468-0285 -C, (510) 790-3564 -H**  
**M: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829**

**Tue October 18, 9:00 AM**  
**Show & Go**  
**20-50 miles, 1-5, L-T-M**  
**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue October 18**  
**TuNT (Tuesday Night Training)**  
**CANCELLED UNTIL FURTHER NOTICE**

**Wed October 19, 8:30 AM**  
**Mid-week Morning Ride**  
**35-45 miles, 2-3, M-B**  
**Start location: the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**  
Ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.  
**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Wed October 19, 6:15 PM**  
**WNT (Wednesday Night Training)**  
**60-90 minutes, 1, M-B-F**  
**Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.** Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.  
This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory.  
**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 819-0247**

**Thu Oct 20, 9:00AM**  
**Thursday Morning Coffee Ride From Endless Cycles**  
**20-30 miles, 2-3, T-M**  
**Start location: Endless Cycles, 20825 Nunes Avenue, Castro Valley**  
This ride starts at Endless Cycles, 20825 Nunes Avenue, Castro Valley (across from the Jack In The Box and the B-of-A parking lot, near the T Kane Kung Foo/Karate Martial Arts School). Park on the street or in the B-of-A parking lot and bring your bike through the alley/gate to the back patio. Jeff will open the shop early so we can use the restroom and maybe even enjoy some coffee before we head take off. Buy a last minute item or check out the large showroom, repair shop, kitchen, back patio, meeting space, vintage bike museum, and the new bike fit area while we sign in. We will choose our route based on the weather. We may climb Cull Canyon and Dublin Grade (with a Schaefer Ranch option) or Cull Canyon, Procter Hill and some of Redwood Road, or Proctor Hill and Redwood Road all the way to Pinehurst or Cull Canyon and Eden Canyon. We may do a flatter ride and head over to Alameda via Lake Chabot Road. Bring \$ for lunch. Extreme temperatures, construction or the whim of the

ride leader may modify the route. Rain cancels, check Yahoo group, email or call me.  
**Lori Sommer (510) 693-8624 cell [lorinsommer@gmail.com](mailto:lorinsommer@gmail.com) - C**  
**Thu October 20, 6:15 PM**  
**TNT (Thursday Night Training)**  
**60-90 minutes, 1, M-B-F**  
**Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.** Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.  
Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work. When dark, lights required. Helmets are mandatory.  
**Larry Nolan; [teamnolan@hotmail.com](mailto:teamnolan@hotmail.com); (510) 790-0118**

**Fri October 21, 8:30 AM**  
**The Friday Bike Club**  
**35-45 miles, 3-4, M-B**  
**Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).**  
Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.  
**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Sat October 22, 8:30 AM**  
**Calaveras CCW**  
**38 miles, 3-4, M**  
**Start location: Downtown Niles parking lot across from H St.** Sometimes it's good to go against the grain, or in this case counter-clockwise instead of clockwise. This counter clockwise loop of Calaveras meets in downtown Niles and takes the usual route to Calaveras. Map and route sheet online at: <http://ridewithgps.com/routes/3945502>  
Coffee at the end of the ride at Peet's in Fremont.  
**TBD: No ride leader at press time**

**Sat October 22, 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, B**  
**Start location: downtown Niles parking lot across from H St on Niles Blvd.**

**Sun October 23, 8:30 AM SHARP**  
**45 miles, 2, F**  
**Race Team Ride #4: Low-key Ride**  
**Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.**  
On roads where we can do an easy spin and practice some rotating pacelines. Niles Canyon to Sunol, Calaveras road to the bottom of the Calaveras climb where U-Turn (at Geary Road) and then to Pleasanton via Happy Valley and back to Sunol by way of Foothill Road. This will be followed by a steady noodly climb of Kilkare and then back to Niles. All race team members are requested to wear their latest team uniform. Rain will stop play. No stopping but minimal regroupings at the top of the climbs. This is a no-drop ride. Bring \$\$\$ for post-ride refreshments at the Niles Cafe.  
**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 819-0247**

**Sun October 23, 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, M, B**

**Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

## **5th Week in October**

**Mon October 24, 8:30 AM**

**Monday Morning Recovery Ride**

**40 miles, 1-2 (610'), M**

**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

**Davis Quan; [davisquanh50@yahoo.com](mailto:davisquanh50@yahoo.com); (510) 386-3245**

**Mike Brasseur; [mbrasseur00@yahoo.com](mailto:mbrasseur00@yahoo.com); 510-449-6233**

**Tue October 25, 8:45 AM**

**Tour de (South) Fremont Hills**

**30-40 miles, 3-4 (Plenty'), M-B**

**Start location: Old Mission Park, Pine St. @ Ibero Way, Fremont**

Palomares, one of our favorite hills, is closed until the end of October, necessitating a change in our Tuesday Hills schedule. This month we're changing the start of the ride on the 2<sup>nd</sup> and 4th Tuesdays to Old Mission Park so we can ride some of the hills south of Fremont. There are plenty of good hills to choose from - Calaveras (to the closure), Old Calaveras, Felter (with or without Marsh), Sierra, Sweigert, Suncrest, Country Club. Did I mention Sierra? We'll choose a different set of hills each week depending on how sadistic the ride leaders are feeling on the morning :-). There will of course be a coffee stop cos' all good rides have a coffee stop. Rain cancels (you never know!). The ride leaders will post to the FFBC Yahoo! Group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

**B: Jay Gilson; [jaymgilson@gmail.com](mailto:jaymgilson@gmail.com); (510) 468-0285 -C, (510) 790-3564 -H**

**M: Terri Yi; [terriyi@yahoo.com](mailto:terriyi@yahoo.com); (510) 304-5571**

**Tue October 25, 9:00 AM**

**Show & Go**

**20-50 miles, 1-5, L-T-M**

**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue October 25 Tue October 4**

**TuNT (Tuesday Night Training)**

**CANCELLED UNTIL FURTHER NOTICE**

**Wed October 26, 8:30 AM**

**Mid-week Morning Ride**

**35-45 miles, 2-3, M-B**

**Start location: DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.

**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Wed October 26, 6:15 PM**

**WNT (Wednesday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.**

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting.

When dark, lights required. Helmets are mandatory.

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 819-0247**

**Thu Oct 27, 9:00AM**

**Thursday Morning Coffee Ride - Sunol start**

**25-35 miles, 2-3, T-M**

**Start location: gravel lot across from the Sunol Train Station**

This week the route starts from the gravel lot across from the Sunol Train Station. There are lots of places we can go and sometimes a portion of the climbing is optional and mileage can be reduced. Our favorite destinations include the Corner Bakery via Kilkare, the water tower and Bernal Bump or maybe out to Plantation Coffee in Livermore by way of Sycamore Grove/Holdener Park or the climbs out by Signal Hill and the fun descent on Croak Road with lunch at Panera in Livermore. Bring \$ for coffee or lunch. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check Yahoo group, email or call me.

**Lori Sommer (510) 693-8624 cell [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com)**

**Thu October 27, 6:15 PM**

**TNT (Thursday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.**

Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.

When dark, lights required. Helmets are mandatory.

**Larry Nolan; [teamnolan@hotmail.com](mailto:teamnolan@hotmail.com); (510) 790-0118**

**Fri October 28, 8:30 AM**

**The Friday Bike Club**

**35-45 miles, 3-4, M-B**

**Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).**

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Fri Oct 28, 1:00PM**  
**Paso Robles Adventure -- San Miguel and Cross Canyon Rd.**  
**31 miles, 3 (1100'), T-M**  
**Start location: Paso Robles City Park, 12th St. and Spring St.**

We will kick the weekend off with an afternoon ride to Mission San Miguel and to the northeast on Cross Canyon Rd, returning through some of the newer vineyards. Please be ready to roll promptly at 1:00pm. We will not be able to wait for late arrivals.  
<http://ridewithgps.com/routes/10859507> Route sheets will be available.

**Ken Goldman** [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net) 510-378-5027(C)  
**Cindy Maxwell** [Maxwell.c@sbcglobal.net](mailto:Maxwell.c@sbcglobal.net) 408-506-6860(C)

**Sat Oct 29, 8:00AM**  
**Ride Leader in Training Ride**

**30 miles, 2-3 (1700'), T-M**  
**Start location: Warm Springs Starbucks - 46655 Mission Boulevard**

Have you ever wanted to lead a ride but were not sure what was involved? Would you like to help with one of the upcoming series? Join us for an open discussion on leading rides: how to post the ride, what to bring, what to expect on the ride, etc. Afterwards we will have a fun ride out to Alum Rock Park.

**Please RSVP so we know how many people to expect.**

**Julia Walker** 510-468-9712 [walk9422@gmail.com](mailto:walk9422@gmail.com)

**Sat Oct 29, 9:00AM**  
**Paso Robles Adventure ---Santa Margarita Express**

**53 miles, 3 (2500'), T-M**  
**Start location: Paso Robles City Park, 12th St. and Spring St.**

This is our favorite ride in the area. We start out with some rolling hills to the southeast taking a coffee break at about 15 miles at the general store in Creston(pop. 15) with fresh baked cookies. Along the way we will point out the small-scale railroad and trestle on a farm as well as Alex Trebek's horse ranch for all you Jeopardy fans. At 32 miles we will get some great sandwiches at the general store/deli in Santa Margarita and take them to eat in the city park. Then we will ride a flatter portion through Atascadero and some short hills into Templeton at 47 miles for an ice cream or cold drink at the convenience store before the last 5 miles back into Paso Robles. Although this is not a flat ride, there are no long steep hills on this ride and because of the three built in breaks, it seems easier than it sounds.

<http://ridewithgps.com/routes/10859007> Route sheets will be available.

**Ken Goldman** [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net) 510-378-5027(C)  
**Cindy Maxwell** [Maxwell.c@sbcglobal.net](mailto:Maxwell.c@sbcglobal.net) 408-506-6860(C)

**Sat Oct 29, 9:30AM**  
**Los Altos**

**38-40 miles, 3-4 (1200'), T-M**  
**Start location: Don Edwards National Wildlife Refuge Visitor Center, Fremont**

Yes, we really are meeting at 9:30 AM. If you show up earlier, you might be the only one there. We will cross the bay and take Alpine, Arastradero and Purissima to Los Altos. Our return ride will be on Foothill before crossing the bay again. We'll regroup a few times and make sure nobody gets left behind. Bring \$ for a refreshment stop in downtown Los Altos.

**Gary Smith; 510-304-0956; [GSMITH289@aol.com](mailto:GSMITH289@aol.com)**

**Sat October 29, 8:30 AM**

**Show & Go**  
**20-50 miles, 2-4, M, B**

**Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun October 30, 8:30 AM**  
**Women's Social Ride: Hallows Eve**  
**15-20 miles, 1-2 T-M**

Start Location: Bicycle Garage, 5006 Mowry Ave, Fremont  
This is Hallows Eve if you dare outfit your helmet, your bike or yourself to celebrate Halloween on Hallows Eve. May the best one win a prize. Come join us this month for another low key, leisurely ride around the tri-city area. This ride is geared (pun intended) towards our female riders but men are also welcome. We will re-group as needed. Nobody will be left behind. Optional coffee and extra socialization at Starbucks at the end. Rain or threat of rain will cancel the ride.

**Carrie Payne; [carriepayne@att.net](mailto:carriepayne@att.net) (510) 754-0276**

**Sun October 30, 8:30 AM SHARP**  
**45 miles, 2, F**

**Race Team Ride #5: Tempo Ride**  
**Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.**

This is the first ride where we are splitting the Race Team rides in to groups. We will ride out thru Niles Canyon to Pleasanton and Livermore. From the top of the hill above Del Valle, there are options to turn around there or descend to the lake for extra mileage and vertical feet. All race team members are requested to wear their latest team uniform. Rain will stop play. No stopping, no dropping. Minimal regroupings. Bring \$\$\$ for purchases at Del Valle and back at the Niles Cafe upon our return.

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 819-0247**

**Sun Oct 30, 9:00AM**  
**Paso Robles Adventure ---Around the Hills of Adelaide**  
**28 miles, 3 (2086'), T-M**

**Start location: Paso Robles City Park, 12th St. and Spring St.**

This is a very pretty ride through the vineyards west of Paso Robles. It has some rolling hills and there is one longer climb of about 3 miles which is similar to the climb to the false summit on Calaveras. Bring two water bottles and some snacks as there is no place to stop for food until we get back to town. We will make arrangements to use the restrooms at one of the wineries along the way. The ride finishes up with a fabulous 7-mile descent back into town. <https://ridewithgps.com/routes/10858282> Route sheets will be available.

**Ken Goldman** [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net) 510-378-5027(C)  
**Cindy Maxwell** [Maxwell.c@sbcglobal.net](mailto:Maxwell.c@sbcglobal.net) 408-506-6860(C)

**Sun October 30, 8:30 AM**  
**Show & Go**

**20-50 miles, 2-4, B**

**Start location: downtown Niles parking lot across from H St on Niles Blvd.**

## 6th Week in October

**Mon October 31, 8:30 AM**

**Monday Morning Recovery Ride**

**40 miles, 1-2 (610'), M**

**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

**Davis Quan; [davisquanh50@yahoo.com](mailto:davisquanh50@yahoo.com); (510) 386-3245**

**Mike Brasseur; [mbrasseur00@yahoo.com](mailto:mbrasseur00@yahoo.com); 510-449-6233**