

## FFBC Calendar (preliminary)

Thu Dec 1, 2016

### 9:30am - 1:30pm Thursday Morning Coffee Ride - REI to Alum Rock

**Where:** REI, Fremont

**Calendar:** calendar@ffbc-temp.org

**Description:**

Length: 34 miles; Elevation: feet; Terrain: 2,3 Pace: T,M PLEASE NOTE THE NEW START TIME FOR WINTER! We are riding to Alum Rock. Since REI isn't open at 9:30AM, you may need to use the facilities at Starbucks or wait until we reach the Jose Higuera Adobe in Milpitas. 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 Road. Also, you don't have to go all the way to the park...you can turn early to coffee to reduce milage 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 FFFBC Yahoo! Group, email or text me. RidewithGPS URL: Lori Sommer lorimsommer@gmail.com 510-693-8624

### 6:15pm - 7:45pm TNT (Thursday Night Training)

**Where:**

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.

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 15-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F 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. RidewithGPS URL: Larry Nolan teamnolan@hotmail.com 510-790-0118

Fri Dec 2, 2016

### 8:30am - 12:30pm Friday Bike Club

**Where:**

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

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 35-45 miles; Elevation: feet; Terrain: 3,4 Pace: M,B Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

Sat Dec 3, 2016

### 8:30am - 12:30pm Calaveras Clockwise

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

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 40.5 miles; Elevation: 2,300 feet; Terrain: 3 Pace: M,B 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. Bring \$\$ for a coffee stop at Noah's/Starbucks in Milpitas. Rain or a serious threat of rain cancels. RidewithGPS URL: Donna Kaplan luporini@aol.com 415-584-7621 Tim and Robin O'Hara tohara2938@aol.com 510-418-2672

## FFBC Calendar (preliminary)

### 8:30am - 12pm Show and Go

**Where:** Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.  
**Calendar:** calendar@ffbc-temp.org  
**Created by:** Dave Fishbaugh  
**Description:** 20-50 miles; 2-4; M

### 9:30am - 12:30pm December Jolly Ride

**Where:** McCarthy Ranch Shopping Center parking lot, by Starbucks, in Milpitas.  
**Calendar:** calendar@ffbc-temp.org  
**Description:**  
Length: 27 miles; Elevation: 300 feet; Terrain: 1 Pace: T Leave the shopping and decorating behind...let's have a jolly old time on our bikes! Today's ride begins in Milpitas and loops down into the South Bay. We'll use the Guadalupe Creek and San Tomas Creek Bike Trails and stop for hot chocolate & goodies midway through the ride. No drops. Faster riders welcome to go ahead. Rain or wet roads will cancel the ride. Changes will be announced on FFBC Yahoo Group site or call/text/email me directly. RidewithGPS URL: <https://ridewithgps.com/routes/17851625> Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860

Sun Dec 4, 2016

### 8:30am - 12:30pm Show & Go

**Where:**  
Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).  
**Calendar:** calendar@ffbc-temp.org  
**Created by:** Dave Fishbaugh  
**Description:**  
Length: 20-50 miles; Elevation: feet; Terrain: 2,3,4 Pace: M,B RidewithGPS URL: TBD

### 9:30am - 12:30pm Thinking About Cinderella Training?

**Where:** Former Newark Raley's (Jarvis and Newark Blvd.), near Tutti Frutti  
**Calendar:** calendar@ffbc-temp.org  
**Description:**  
Length: 16 miles; Elevation: feet; Terrain: 1 Pace: L,T This short, slow, flat ride is intended to figuratively get your feet wet for Cinderella Training. Considering signing up for training, but have some fears about your ability? Already signed up, but worried about the first ride? Haven't been on your bike in a while? Come ride; see how fun it can be. You'll be able to meet some Cinderella ride leaders that will be helping out with the coaching and the conditioning series! Michelle Dudley, Donna Stidolph, Carrie Payne, and Becky Hoffman plan to attend at least one of these two rides (one in December and one in January) to meet you and help me out too. We will meet in the Former Newark Raley's shopping center parking lot (east side, close to Tutti Frutti) and ride at a leisurely pace down to Auto Mall for coffee. No one left behind. Rain cancels, check FFBC's yahoo group, email or call me. Everyone is welcome! RidewithGPS URL: Lori Sommer lorimsommer@gmail.com 510-693-8624

## FFBC Calendar (preliminary)

Mon Dec 5, 2016

### 8:30am - 11:30am Monday Morning Recovery Ride

**Where:**

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

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 40 miles; Elevation: 610 feet; Terrain: 1,2 Pace: M 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. Ride with GPS URL: Robin O'Hara; rjohara6@gmail.com; (510) 418-2669 Louis Friedenberglouispf@sbcglobal.net; (510) 673-3203

Tue Dec 6, 2016

### 8:45am - 12:45pm Tour de Fremont Hills

**Where:**

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

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 29; Elevation: 1,912-2,500; Terrain/Pace: 3/M,B Join us for a few of Fremont's finest hills. We might ride the neighborhood hills we affectionately call "The Stupid Hills" (including Pine, Sabercat, "The Animals" and our friend Paseo Padre), or we might head through Niles Canyon to Palomares Road for a quite, scenic climb to Castro Valley. From Castro Valley we'll either head to Pleasanton and tackle the rollers on Foothill before returning through the canyon, or for a little extra climbing, we'll head up Five Canyons Pkwy and return via Hayward. Bring money for coffee and/or a snack, we'll definitely stop for a well deserved break! Rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by one (or both) ride leaders on the morning of the ride if it is being cancelled (no email, means the ride is on). If unsure of the ride status call or text the appropriate ride leader on the morning of the ride. Ride Leader Info: B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466 M: Terri Yi terriyi@yahoo.com 510-304-5571

### 9am - 12pm Show & Go

**Where:** Bicycle Garage 5006 Mowry Ave at Blacow Rd.

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 20+ miles; Elevation: feet; Terrain: 1,2 Pace: L,T,M Easy riding in the Fremont area with a recurring group of friendly riders. Ride with GPS URL:

### 6:15pm - 7:45pm TuNT: Tuesday Night Training

**Where:**

Genmark Automation Inc. parking lot, North side (facing Warren & Club Sport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538

**Calendar:** calendar@ffbc-temp.org

**Description:**

Length: 25 miles; Elevation: feet; Terrain: 3 Pace: M,B,F Club members of all levels and abilities are welcome to join the race team for hill-climb training. Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Google Group if the plans are changed. Headlights, tail lights, and Helmets are required. Ride with GPS URL: Keith Strong Khstrong10@gmail.com 510-435-9479

## FFBC Calendar (preliminary)

Wed Dec 7, 2016

### 8:30am - 12:30pm Mid-week Morning Ride

**Where:** Downtown Niles parking lot across from H St on Niles Blvd.

**Calendar:** calendar@ffbc-temp.org

**Description:**

Length: 35-45 miles; Elevation: feet; Terrain: 2,3 Pace: M We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$\$. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

### 6:15pm - 7:45pm WNT (Wednesday Night Training)

**Where:** Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 20-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F 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. RidewithGPS URL: Garry Birch garry\_b94568@yahoo.com 925-819-0247

Thu Dec 8, 2016

### 9:30am - 1:30pm Thursday Morning Coffee Ride across the Dumbarton

**Where:** Visitor Center, Don Edwards Wildlife Refuge

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 25-35 miles; Elevation: feet; Terrain: 2,3 Pace: T,M 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! RidewithGPS URL: Lori Sommer lorimsommer@gmail.com 510-693-8624

### 6:15pm - 7:45pm TNT (Thursday Night Training)

**Where:**

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.

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 15-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F 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. RidewithGPS URL: Larry Nolan teamnolan@hotmail.com 510-790-0118

## FFBC Calendar (preliminary)

**Fri Dec 9, 2016**

### 8:30am - 12:30pm Friday Bike Club

**Where:**

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

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 35-45 miles; Elevation: feet; Terrain: 3,4 Pace: M,B Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

**Sat Dec 10, 2016**

### 8:30am - 12pm Saturday Tour de Fremont Hills

**Where:**

: 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.

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 30 miles; Elevation: 2100 feet; Terrain: 3 Pace: M 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. RidewithGPS URL: Julie Gilson Jmgilson1@yahoo.com 510-468-0284

### 8:30am - 12pm Show & Go

**Where:**

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

**Calendar:** calendar@ffbc-temp.org

**Description:**

Length: 20-50 miles; Elevation: feet; Terrain: 2,3,4 Pace: M,B Show and go. RidewithGPS URL: TBD

**Sun Dec 11, 2016**

### 8:30am - 12pm Show and Go

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

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:** 20-50 miles; 2-4; M

## FFBC Calendar (preliminary)

### 9am - 12pm "The Sunday Social": the ride formerly known as the "Get to Know UsRide"

**Where:** The Bicycle Garage, 5006 Mowry Ave, Fremont, CA 94538, USA

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 20-25 miles; Elevation: feet; Terrain: 1,2 Pace: L,T,M 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. Ride with GPS URL: David Walker dbwalker0min@gmail.com 510-468-4454 Julia Walker walk9422@gmail.com 510-468-9712

### 5pm - 8:30pm FFBC Holiday Party at Massimo's in Fremont

**Where:** Massimo's in Fremont

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Mon Dec 12, 2016**

### 8:30am - 11:30am Monday Morning Recovery Ride

**Where:**

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

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 40 miles; Elevation: 610 feet; Terrain: 1,2 Pace: M 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. Ride with GPS URL: Robin O'Hara; rjohara6@gmail.com; (510) 418-2669 Louis Friedenberg; louispf@sbcglobal.net; (510) 673-3203

**Tue Dec 13, 2016**

### 8:45am - 12:15pm Tour de Fremont Hills

**Where:**

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

**Calendar:** calendar@ffbc-temp.org

**Description:**

Length: 38 miles; Elevation: 1,912- 2,500 feet; Terrain: 3 Pace: M,B Join us for a few of Fremont's finest hills. We might ride the neighborhood hills we affectionately call "The Stupid Hills" (including Pine, Sabercat, "The Animals" and our friend Paseo Padre), or we might head through Niles Canyon to Palomares Road for a quite, scenic climb to Castro Valley. From Castro Valley we'll either head to Pleasanton and tackle the rollers on Foothill before returning through the canyon, or for a little extra climbing, we'll head up Five Canyons Pkwy and return via Hayward. Bring money for coffee and/or a snack, we'll definitely stop for a well deserved break! Rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by one (or both) ride leaders on the morning of the ride if it is being cancelled (no email, means the ride is on). If unsure of the ride status call or text the appropriate ride leader on the morning of the ride. Ride with GPS URL: B: Vanessa McDonnell vanessa@mcmcm.com 510-441-7607 M: Terri Yi terriyi@yahoo.com 510-304-5571



## FFBC Calendar (preliminary)

### 9am - 12pm Show & Go

**Where:** Bicycle Garage 5006 Mowry Ave at Blacow Rd.

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 20+ miles; Elevation: feet; Terrain: 1,2 Pace: L,T,M Easy riding in the Fremont area with a recurring group of friendly riders. RidewithGPS URL:

### 6:15pm - 7:45pm TuNT: Tuesday Night Training

**Where:**

Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538

**Calendar:** calendar@ffbc-temp.org

**Description:**

Length: 25 miles; Elevation: feet; Terrain: 3 Pace: M,B,F Club members of all levels and abilities are welcome to join the race team for hill-climb training. Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Google Group if the plans are changed. Headlights, tail lights, and Helmets are required. RidewithGPS URL: Keith Strong Khstrong10@gmail.com 510-435-9479

Wed Dec 14, 2016

### 8:30am - 12:30pm Mid-week Morning Ride

**Where:**

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

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 35-45 miles; Elevation: feet; Terrain: 2,3 Pace: M,B 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 \$\$\$. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

### 6:15pm - 7:45pm WNT (Wednesday Night Training)

**Where:** Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 20-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F 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. RidewithGPS URL: Garry Birch garry\_b94568@yahoo.com 925-819-0247

## FFBC Calendar (preliminary)

Thu Dec 15, 2016

### 9:30am - 1:30pm Thursday Morning Coffee Ride From Endless Cycles

**Where:** Endless Cycles, 20825 Nunes Avenue, Castro Valley

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 20-30 miles; Elevation: feet; Terrain: 2,3 Pace: T,M This ride starts at Endless Cycles, 20825 Nunes Avenue, Castro Valley (near TKane's Kung Foo/Karate Martial Arts School). Park on the street or in the BofA parking lot and bring your bike through the alley/gate to the back patio and step inside to sign-in. Jeff will open the shop early so we can use the restroom, purchase a last minute item and maybe even enjoy some coffee before we head take off. 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 Procter 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. Ride with GPS URL: Lori Sommer lorimsommer@gmail.com 510-693-8624

### 6:15pm - 7:45pm TNT (Thursday Night Training)

**Where:**

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.

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 15-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F 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. Ride with GPS URL: Larry Nolan teamnolan@hotmail.com 510-790-0118

Fri Dec 16, 2016

### 8:30am - 12:30pm Friday Bike Club

**Where:**

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

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 35-45 miles; Elevation: feet; Terrain: 3,4 Pace: M,B Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop. Ride with GPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

Sat Dec 17, 2016

### 8:30am - 12:30pm Portola Loop

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

**Calendar:** calendar@ffbc-temp.org

**Description:**

Length: 30 miles; Elevation: feet; Terrain: 3 Pace: T,M 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 regroupings. Bring \$ for snacks, Rain cancels. Please park in upper lot at request of visitor center staff. Ride with GPS URL: Michelle Dudley mdudley13@gmail.com (408) 230-5209



## FFBC Calendar (preliminary)

### 8:30am - 12pm Show and Go

**Where:** Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.  
**Calendar:** calendar@ffbc-temp.org  
**Created by:** Dave Fishbaugh  
**Description:** 20-50 miles; 2-4; M

### 5:30pm - 5:30pm Holiday Lights

**Where:** Peet's at 2780 Mowry Ave, Fremont, CA  
**Calendar:** calendar@ffbc-temp.org  
**Description:**  
Length: 20 miles; Elevation: feet; Terrain: 1 Pace: L Join us for my 3rd annual Christmas Lights Ride! Get in the Holiday spirit with a festive ride through Fremont to enjoy some local light displays. We will visit our favorites from last year, but if you know of a good light display, let me know and maybe I can work it in. As with any night ride, everyone must have a headlight and a taillight. A reflective vest is recommended. Decorate your bike with additional lights for extra visibility and fun! Don't be a Scrooge! RidewithGPS URL: <https://ridewithgps.com/routes/17910966> David Walker dbwalker0min@gmail.com 510-661-9422 Julia Walker walk9422@gmail.com 510-661-9422

## Sun Dec 18, 2016

### 8:30am - 12:30pm Show & Go

**Where:**  
Meet at the former Raley's shopping center parking lot east side, closeto Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).  
**Calendar:** calendar@ffbc-temp.org  
**Created by:** Dave Fishbaugh  
**Description:**  
Length: 20-50 miles; Elevation: feet; Terrain: 2,3,4 Pace: M,B RidewithGPS URL: TBD

## Mon Dec 19, 2016

### 8:30am - 11:30am Monday Morning Recovery Ride

**Where:**  
Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)  
**Calendar:** calendar@ffbc-temp.org  
**Created by:** Dave Fishbaugh  
**Description:**  
Length: 40 miles; Elevation: 610 feet; Terrain: 1,2 Pace: M 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. RidewithGPS URL: Robin O'Hara; rjohara6@gmail.com; (510) 418-2669 Louis Friedenberg; louispf@sbcglobal.net; (510) 673-3203

## FFBC Calendar (preliminary)

Tue Dec 20, 2016

### 8:45am - 12:15pm Tour de Fremont Hills

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

**Calendar:** calendar@ffbc-temp.org

**Description:**

Length: 30-40 miles; Elevation: 1,912-2,500 feet; Terrain: 3,4 Pace:M,B When our favorite local hill (Palomares) was closed for 3 months due to road works we were forced to choose different routes and a different starting location for some of our Tuesday rides. We liked the new routes so much we decided to keep them in the rotation. On the 3rd and 5th Tuesdays (if there is a 5th Tuesday) we will ride some of the hills in South Fremont, Milpitas and San Jose. We might ride "The Hills of Insanity" (Scott Creek, Country Club, Sweigert and Suncrest) or for a little tamer climb we're ride Calaveras to Marsh with a side of "The Wall", or we might try something else completely. Bring money for coffee and/or a snack, we'll definitely stop for a well deserved break! Rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by one (or both) ride leaders on the morning of the ride if it is being cancelled (no email, means the ride is on). If unsure of the ride status call or text the appropriate ride leader on the morning of the ride. Ride with GPS URL: VanessaMcDonnell vanessa@mcmc.com 510-441-7607 Amy Giles apgiles@sbcglobal.net 510-224-0829

### 9am - 12pm Show & Go

**Where:** Bicycle Garage 5006 Mowry Ave at Blacow Rd.

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 20+ miles; Elevation: feet; Terrain: 1,2 Pace: L,T,M Easy riding in the Fremont area with a recurring group of friendly riders. Ride with GPS URL:

### 6:15pm - 7:45pm TuNT: Tuesday Night Training

**Where:**

Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538

**Calendar:** calendar@ffbc-temp.org

**Description:**

Length: 25 miles; Elevation: feet; Terrain: 3 Pace: M,B,F Club members of all levels and abilities are welcome to join the race team for hill-climb training. Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Google Group if the plans are changed. Headlights, tail lights, and Helmets are required. Ride with GPS URL: Keith Strong Khstrong10@gmail.com 510-435-9479

Wed Dec 21, 2016

### 8:30am - 12:30pm Mid-week Morning Ride

**Where:** Downtown Niles parking lot across from H St on Niles Blvd.

**Calendar:** calendar@ffbc-temp.org

**Description:**

Length: 35-45 miles; Elevation: feet; Terrain: 2,3 Pace: M We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$\$. Ride with GPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

### 6:15pm - 7:45pm WNT (Wednesday Night Training)

**Where:** Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 20-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F 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. Ride with GPS URL: Garry Birch garry\_b94568@yahoo.com 925-819-0247

## FFBC Calendar (preliminary)

Thu Dec 22, 2016

### 9:30am - 1:30pm Thursday Morning Coffee Ride - Sunol Start

**Where:** The gravel lot across from the Sunol Train Station

**Calendar:** [calendar@ffbc-temp.org](mailto:calendar@ffbc-temp.org)

**Created by:** Dave Fishbaugh

**Description:**

Length: 25-35 miles; Elevation: feet; Terrain: 2,3 Pace: T,M 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. RidewithGPS URL: Lori Sommer [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com) 510-693-8624

### 6:15pm - 7:45pm TNT (Thursday Night Training)

**Where:**

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.

**Calendar:** [calendar@ffbc-temp.org](mailto:calendar@ffbc-temp.org)

**Created by:** Dave Fishbaugh

**Description:**

Length: 15-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F 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. RidewithGPS URL: Larry Nolan [teamnolan@hotmail.com](mailto:teamnolan@hotmail.com) 510-790-0118

Fri Dec 23, 2016

### 8:30am - 12:30pm Friday Bike Club

**Where:**

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

**Calendar:** [calendar@ffbc-temp.org](mailto:calendar@ffbc-temp.org)

**Created by:** Dave Fishbaugh

**Description:**

Length: 35-45 miles; Elevation: feet; Terrain: 3,4 Pace: M,B Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop. RidewithGPS URL: Al Quintana [alanq44@hotmail.com](mailto:alanq44@hotmail.com) 510-760-9245

Sat Dec 24, 2016

### 8:30am - 12:30pm Calaveras CCW

**Where:** Downtown Niles parking lot across from H St on Niles Blvd.

**Calendar:** [calendar@ffbc-temp.org](mailto:calendar@ffbc-temp.org)

**Description:**

Length: 38 miles; Elevation: feet; Terrain: 3,4 Pace: M 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 indowntown Niles and takes the usual route to Calaveras. Map and routesheet online at RidewithGPS. Coffee at the end of the ride at Peet's in Fremont. RidewithGPS URL: <http://ridewithgps.com/routes/3945502> Mike Brasseur [mbrasseur00@yahoo.com](mailto:mbrasseur00@yahoo.com) 510-449-6233

## FFBC Calendar (preliminary)

### 8:30am - 12pm Show & Go

**Where:**

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

**Calendar:** calendar@ffbc-temp.org

**Description:**

Length: 20-50 miles; Elevation: feet; Terrain: 2,3,4 Pace: M,B Show and go.  
RidewithGPS URL: TBD

**Sun Dec 25, 2016**

### 8:30am - 12pm Show and Go

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

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:** 20-50 miles; 2-4; M

**Mon Dec 26, 2016**

### 8:30am - 11:30am Monday Morning Recovery Ride

**Where:**

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

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 40 miles; Elevation: 610 feet; Terrain: 1,2 Pace: M 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. RidewithGPS URL: Robin O'Hara; rjohara6@gmail.com; (510) 418-2669 Louis Friedenberg; louispf@sbcglobal.net; (510) 673-3203

**Tue Dec 27, 2016**

### 8:45am - 12:15pm Tour de Fremont Hills

**Where:**

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

**Calendar:** calendar@ffbc-temp.org

**Description:**

Length: 38 miles; Elevation: 1,912-2,500 feet; Terrain: 3 Pace: M,B Join us for a few of Fremont's finest hills. We might ride the neighborhood hills we affectionately call "The Stupid Hills" (including Pine, Sabercat, "The Animals" and our friend Paseo Padre), or we might head through Niles Canyon to Palomares Road for a quite, scenic climb to Castro Valley. From Castro Valley we'll either head to Pleasanton and tackle the rollers on Foothill before returning through the canyon, or for a little extra climbing, we'll head up Five Canyons Pkwy and return via Hayward. Bring money for coffee and/or a snack, we'll definitely stop for a well deserved break! Rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by one (or both) ride leaders on the morning of the ride if it is being cancelled (no email, means the ride is on). If unsure of the ride status call or text the appropriate ride leader on the morning of the ride. RidewithGPS URL: Vanessa McDonnell vanessa@mcnmc.com 510-441-7607 Terri Yi terriyi@yahoo.com 510-304-5571

## FFBC Calendar (preliminary)

### 9am - 12pm Show & Go

**Where:** Bicycle Garage 5006 Mowry Ave at Blacow Rd.

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 20+ miles; Elevation: feet; Terrain: 1,2 Pace: L,T,M Easy riding in the Fremont area with a recurring group of friendly riders. RidewithGPS URL:

### 6:15pm - 7:45pm TuNT: Tuesday Night Training

**Where:**

Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538

**Calendar:** calendar@ffbc-temp.org

**Description:**

Length: 25 miles; Elevation: feet; Terrain: 3 Pace: M,B,F Club members of all levels and abilities are welcome to join the race team for hill-climb training. Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Google Group if the plans are changed. Headlights, tail lights, and Helmets are required. RidewithGPS URL: Keith Strong Khstrong10@gmail.com 510-435-9479

Wed Dec 28, 2016

### 8:30am - 12:30pm Mid-week Morning Ride

**Where:**

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

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 35-45 miles; Elevation: feet; Terrain: 2,3 Pace: M,B 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 \$\$\$. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

### 6:15pm - 7:45pm WNT (Wednesday Night Training)

**Where:** Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 20-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F 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. RidewithGPS URL: Garry Birch garry\_b94568@yahoo.com 925-819-0247

## FFBC Calendar (preliminary)

Thu Dec 29, 2016

### 9:30am - 1pm Thursday Morning Coffee Ride to Zachary's Pizza

**Where:** Central Park in San Ramon (12501 Alcosta Blvd)

**Calendar:** calendar@ffbc-temp.org

**Description:**

Length: 19 miles; Elevation: 1400 feet; Terrain: 3,4 Pace: T,M Meet at Central Park in San Ramon. Directions to the parking lot from Fremont: 680N, exit Bollinger, right turn onto Bollinger, left at the light on Marketplace (the turn is finally open again, parking lot on the RHS). We will climb to the top of Norris Canyon (looking for the miniature donkeys and peacocks along the way) and then turn back and head up Bollinger Canyon and look for the ostrich. Both climbs are out and back so you can turn around any time you feel like it. After a regroup at Las Trampas parking lot, we will head back to our cars and drive the couple of miles to Zachary's so we don't have to ride after eating (and Walt doesn't have to worry about riding with his leftovers in a pizza box). No one left behind. Bring \$ for lunch. Extreme temperatures or construction or whim of the ride leader can modify the route. Rain cancels, check yahoo group, email or call me. RidewithGPS URL: Lori Sommer lorimsommer@gmail.com 510-693-8624

### 6:15pm - 7:45pm TNT (Thursday Night Training)

**Where:**

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.

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 15-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F 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. RidewithGPS URL: Larry Nolan teamnolan@hotmail.com 510-790-0118

Fri Dec 30, 2016

### 8:30am - 12:30pm Friday Bike Club

**Where:**

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

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:**

Length: 35-45 miles; Elevation: feet; Terrain: 3,4 Pace: M,B Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

Sat Dec 31, 2016

### 8:30am - 12pm Show and Go

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

**Calendar:** calendar@ffbc-temp.org

**Created by:** Dave Fishbaugh

**Description:** 20-50 miles; 2-4; M