

FFBC Ride Calendar

Sun Jan 1, 2017

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 Jan 2, 2017

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: Mike Brasseur mbrasseur00@yahoo.com 510-449-6233

Tue Jan 3, 2017

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: Amy Giles apgiles@sbcglobal.net 510-224-0829

FFBC Ride Calendar

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 Jan 4, 2017

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

Thu Jan 5, 2017

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 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 FFFBC Yahoo! Group, email or text me. RidewithGPS URL: Lori Sommer lorimsommer@gmail.com 510-693-8624

FFBC Ride Calendar

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 Jan 6, 2017

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 Jan 7, 2017

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

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

FFBC Ride Calendar

Sun Jan 8, 2017

8:30am - 11:30am PRS #1: Alum Rock

Where: CVS Pharmacy/Shopping Center on the corner of Mission Blvd. and Warm Springs Blvd.

Calendar: calendar@ffbc-temp.org

Description:

Length: 35 miles; Elevation: 1374 feet; Terrain: 2 Pace: M Meet at the CVS Pharmacy/Shopping Center on the corner of Mission Blvd. and Warm Springs Blvd. for a ride down to beautiful Alum Rock Park. Bring money for the coffee stop during the ride. Rain cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens. RidewithGPS URL: <http://ridewithgps.com/routes/3722545> Dave Epps depps55@gmail.com 510-552-2615

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

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

Where: URBAN BIKE FITTERS, 1205 Fulton Pl, Fremont, CA 94539, 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. RidewithGPS URL: David Walker dbwalker0min@gmail.com 510-468-4454 Julia Walker walk9422@gmail.com 510-468-9712

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 Ride Calendar

Mon Jan 9, 2017

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: Mike Brasseur mbrasseur00@yahoo.com 510-449-6233

Tue Jan 10, 2017

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: B: Vanessa McDonnell vanessa@mcnmc.com 510-441-7607 M: Terri Yi terriyi@yahoo.com 510-304-5571

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 Jan 11, 2017

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

FFBC Ride Calendar

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 Jan 12, 2017

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

Fri Jan 13, 2017

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

FFBC Ride Calendar

Sat Jan 14, 2017

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

9am - 11:30am Saturday Conditioning Ride #1 - Fremont/Newark/Union City

Where: Bicycle Garage

Calendar: calendar@ffbc-temp.org

Description:

Length: 21 miles; Elevation: 157 feet; Terrain: 1 Pace: T,M It's timeto start training for 100k rides, including the annual CinderellaClassic ride! For our first conditioning ride we'll do an easy loop ofFremont, Newark and Union City. This ride is open to all club members (male and female). Optional coffee at Starbucks beside The BicycleGarage after the ride. RidewithGPS URL:<http://ridewithgps.com/routes/6390679> Becky Hoffmann tigger5@aol.com 510-816-5171 Carrie Payne carriepayne@att.net 510-754-0276

Sun Jan 15, 2017

8:30am - 11:30am PRS#2: Hills of Fremont

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

Description:

Length: 29 miles; Elevation: 1860 feet; Terrain: 3,4 Pace: M For oursecond ride in the series we'll tackle some of Fremont's finest hills -Yakima, "The Animals", Paseo Padre, Pine, Sabercat and Pine again (inreverse this time). Bring money for the coffee stop during the ride. Rain cancels. Please check the FFBC Yahoo! Group on the morning of theride (or contact one of the ride leaders) if rain threatens.RidewithGPS URL: [http://ridewithgps.com/routes/3747676%20Julie GilsonJmgilson1@yahoo.com](http://ridewithgps.com/routes/3747676%20Julie%20Gilson) 510-468-0284 Pat Wai patbikes59@gmail.com

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

FFBC Ride Calendar

9am - 12:30pm FFBC 2017 LAP 01 San Ramon Loop

Where:

Bollinger Canyon Park & Ride, southwest corner of I-680 & Bollinger Canyon, San Ramon. Location map: <https://goo.gl/maps/pSNemqc4dJD2>

Calendar: calendar@ffbc-temp.org

Description:

Length: 32 miles; Elevation: 1200' feet; Terrain: 3,4 Pace: T,M Our first ride in the series this year is a new route developed by KenGoldman! We're sure you'll like it. We start at the Park & Ride lot in San Ramon at Bollinger Canyon and I-680. It's located between the Chevron station and I-680, on the south side of Bollinger Canyon. There are bathrooms we can use at the Chevron station. We will make a clockwise loop heading north to Danville, then taking Camino Tassajarin a long arc on down to the city of Dublin. At mile 21, we will stop for refreshments at Panera Bread.) Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us. RidewithGPS URL: <https://ridewithgps.com/routes/18346780> LoriSommer lorimsommer@gmail.com 510-693-8624 Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860 Ken Goldman;ken.goldman@comcast.net; (510) 791-1095 (H)

Mon Jan 16, 2017

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: Mike Brasseur mbrasseur00@yahoo.com 510-449-6233

Tue Jan 17, 2017

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. RidewithGPS URL: B: VanessaMcDonnell vanessa@mcnmc.com 510-441-7607 M: Terri Yi terriyi@yahoo.com 510-304-5571

FFBC Ride Calendar

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 Jan 18, 2017

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

Thu Jan 19, 2017

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. RidewithGPS URL: LoriSommer lorimsommer@gmail.com 510-693-8624

FFBC Ride Calendar

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 Jan 20, 2017

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 Jan 21, 2017

8am - 12pm Cinderella Coaching Ride

Where: Please check the Cinderella Coaching ride listing for start times and the route.

Calendar: calendar@ffbc-temp.org

Description:

Length: 21 miles; Elevation: feet; Terrain: 1 Pace: L The Cinderella Coaching series is open to registered women riders. Check the Cinderella tab for more information. RidewithGPS URL: Margaret Koniniec koniniec@sbcglobal.net 510-917-2461

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 regroup. Bring \$ for snacks, Rain cancels. Please park in upper lot at request of visitor center staff. RidewithGPS URL: TBD: No ride leader at the moment

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

FFBC Ride Calendar

9am - 11:30am Saturday Conditioning Ride #2 - The Animals

Where: Centripedal

Calendar: calendar@ffbc-temp.org

Description:

Length: 23 miles; Elevation: 980 feet; Terrain: 1,2 Pace: T,M For our second ride in the series we'll go south and tackle "The Animals". The route is a little more challenging than last week's ride with a few short "kickers". After "The Animals" we'll get a well-deserved downhill along Mission Blvd. to downtown Niles. We'll make our way from there around Quarry Lakes and back to the start. Optional coffee at Suju's after the ride. Remember these conditioning rides are open to all club members. RidewithGPS URL: <http://ridewithgps.com/routes/6619531> Julia Walker walk9422@gmail.com 510-468-9712

Sun Jan 22, 2017

8:30am - 12:30pm PRS #3: Portola Valley

Where: Burgess Park on Alma in Menlo Park

Calendar: calendar@ffbc-temp.org

Description:

Length: 40 miles; Elevation: feet; Terrain: 3 Pace: M Not your typical Portola Valley loop, this one's twice the fun with a double loop! Meet at Burgess Park on Alma in Menlo Park. Bring money for the coffee stop during the ride. Rain cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens. RidewithGPS URL: <http://ridewithgps.com/routes/3751089> Dave Epps depps55@gmail.com 510-552-2615 Pat Wai patbikes59@gmail.com Donna Kaplan luporini@aol.com 415-584-7621

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

9am - 12:30pm FFBC 2017 LAP02 Collier Canyon/Bernal Bump

Where: FFBC 2017 LAP02 Collier Canyon/Bernal Bump

Calendar: calendar@ffbc-temp.org

Description:

Length: 34 miles; Elevation: 1400' feet; Terrain: 3,4 Pace: T,M Today's route, LAP 02, is a great ride into scenic rural areas. We will meet on the Pleasanton side of the Dublin-Pleasanton BART station (not the West Dublin-Pleasanton near Stoneridge mall), in the small side parking lot near the intersection of Owens and Willow. (<https://ridewithgps.com/routes/18209817>). We will ride through Pleasanton followed by climbs on Gleason, Fallon, Camino Tassajara, Highland and Collier Canyon. This is a clockwise loop with a descent into Livermore. We will stop at Denica's in Livermore (Starbucks is another alternative) for coffee and meander back before climbing Bernal Bump as the finish to our ride. Extreme weather or construction may modify the route and rain cancels. RidewithGPS URL: <https://ridewithgps.com/routes/18209817> Lori Sommerlorimssommer@gmail.com 510-693-8624 Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860 Ken Goldman; ken.goldman@comcast.net; (510) 791-1095 (H)

FFBC Ride Calendar

Mon Jan 23, 2017

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: Mike Brasseur mbrasseur00@yahoo.com 510-449-6233

Tue Jan 24, 2017

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: B:Vanessa McDonnell vanessa@mcnmc.com 510-441-7607 M: Amy Giles apgiles@sbcglobal.net 510-224-0829

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

FFBC Ride Calendar

Wed Jan 25, 2017

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

Created by: Dave Fishbaugh

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 Jan 26, 2017

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

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 Kilcare, 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 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 Ride Calendar

Fri Jan 27, 2017

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 Jan 28, 2017

8am - 12pm Cinderella Coaching Ride

Where: Please check the Cinderella Coaching ride listing for start times and the route.

Calendar: calendar@ffbc-temp.org

Description:

Length: 15 - 56 miles miles; Elevation: feet; Terrain: 1,2 Pace: L,T The Cinderella Coaching series is open to registered women riders. Check the Cinderella tab for more information. RidewithGPS URL: Margaret Koniniec koniniec@sbcglobal.net 510-917-2461

8:30am - 12:30pm Calaveras CCW

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

Calendar: 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> TBDfish1950@comcast.net 555-555-5555

8:30am - 12pm Saturday Conditioning Ride #3 - Collier Canyon

Where: Former Crank-2 parking lot

Calendar: calendar@ffbc-temp.org

Description:

Length: 34 miles; Elevation: 1375 feet; Terrain: 2,3 Pace: T,M We "borrowed" this gem of a ride from Lori Sommer who leads it occasionally on her Thursday rides. It's a great ride through Pleasanton, Dublin and Livermore and goes through some surprisingly scenic, rural areas. Bring money for a coffee stop at Denica's in Livermore. Rain cancels. Please check the FFBC Yahoo! Group or the ride leader on the morning of the ride if the weather is questionable. RidewithGPS URL: <http://ridewithgps.com/routes/3941888> Julia Walkerwalk9422@gmail.com 510-468-9712

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 Ride Calendar

Sun Jan 29, 2017

8:30am - 2pm PRS #4: Round the Bay

Where: The former Raley's Shopping Center in Newark

Calendar: calendar@ffbc-temp.org

Description:

Length: 55 miles; Elevation: feet; Terrain: 2 Pace: M This ride has been around the club in various forms for a long time. It takes us through many communities, and in roughly this order: Newark, Fremont, Milpitas, San Jose, Santa Clara, Sunnyvale. Los Altos, Los Altos Hills, Palo Alto, Stanford Univ., Menlo Park and East Palo Alto. There are fewer hills, but more miles than last week. Bring money for a lunch stop. Rain cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens. RidewithGPS URL: <http://ridewithgps.com/routes/6482080> Donna Kaplan luporini@aol.com 415-584-7621 Colin Moy moyboys@comcast.net 510-690-7749

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

8:30am - 12pm Women's Social Ride

Where: Bicycle Garage, 5006 Mowry Ave, Fremont

Calendar: calendar@ffbc-temp.org

Description:

Length: 15-20 miles; Elevation: feet; Terrain: 1,2 Pace: T,M 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. RidewithGPS URL: Michelle Dudley; mdudley13@gmail.com; (408) 230-5209

9am - 1pm FFBC 2017 LAP 03 Alum Rock, Miguelita, Old Piedmont

Where: Lake Elizabeth, Teen Center, Sailway Dr.

Calendar: calendar@ffbc-temp.org

Description:

Length: 43 miles; Elevation: 1400'-2200' feet; Terrain: 3,4 Pace: T,M This ride is always a club favorite winding along the foothills into beautiful Alum Rock Park. (<https://ridewithgps.com/routes/13563433>) Meet at the Teen Center in Lake Elizabeth, Fremont. To access the correct parking lot, turn in from Paseo Padre at the light on Sailway Drive then take the second left and head toward the back of the lot. We will warm up climbing Paseo Padre and have a quick regroup at the top of Warren with a restroom stop at Jose Adobe Higuera. We will ride along the foothills and into Alum Rock Park where there are options to head straight to the Visitor's Center or climb the Inspiration Loop and/or Miguelita. We will head up Miguelita via Alum Rock Road and climb to the intersection at Mt. Hamilton Road. We return the same way but when we reach the park we will enter the gate on the right and climb to (and descend) Inspiration Point. After a regroup at the Visitor's Center, we return along the foothills detouring on Old Piedmont with an option to climb the bottom loop of Sweigert. We will have lunch at Noah's Bagels/Starbucks (bring \$) before heading back on a mostly flat route to Lake Elizabeth. Extreme weather or construction may modify the route and rain cancels. RidewithGPS URL: <https://ridewithgps.com/routes/13563433> Lori Sommer lorimsommer@gmail.com 510-693-8624 Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860 Ken Goldman; ken.goldman@comcast.net; (510) 791-1095 (H)

FFBC Ride Calendar

5pm - 8pm Ride Leader Recognition Party

Where: Bronco Billy's Pizza Blacow and Grimmer
Calendar: calendar@ffbc-temp.org
Created by: Dave Fishbaugh

Mon Jan 30, 2017

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: Mike Brasseur mbrasseur00@yahoo.com 510-449-6233

Tue Jan 31, 2017

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

Where: Old Mission Park, Pine St. @ Ibero Way, Fremont
Calendar: calendar@ffbc-temp.org
Description:
Length: 38 miles; Elevation: 2,310-2,844 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. RidewithGPS URL: B: VanessaMcDonnell vanessa@mcnmc.com 510-441-7607 M: Amy Giles apgiles@sbcglobal.net 510-224-0829

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. RidewithGPS URL: Keith Strong Khstrong10@gmail.com 510-435-9479