

## FFBC Ride Calendar

Wed Feb 1, 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](mailto: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](mailto: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 Feb 2, 2017

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

**Where:** REI, Fremont

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

### 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 510-790-0118

## FFBC Ride Calendar

Fri Feb 3, 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](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 510-760-9245

Sat Feb 4, 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](mailto: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 Clockwise

**Where:**

DOWNTOWN Niles Parking Lot across from H St on Niles Blvd, 37400 Niles Blvd, Fremont, CA 94536, USA

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

**Created by:** Dave Fishbaugh

**Description:**

Length: 40.5 miles; Elevation: 2,300 feet; Terrain: 3 Pace: M,B NOTE:Due to the recent, weather-related closure of Calaveras Road, the route for this ride may change. Riders should check emails from the YahooGroup for last minute updates or be prepared for a route variation on the day of the ride. 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 - 12:30pm Conditioning Ride #4 - Alum Rock Park & Inspiration Point

**Where:** REI

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

**Description:**

Length: 35 miles; Elevation: 1490 feet; Terrain: 2 Pace: T,M Join us for a ride down to beautiful Alum Rock Park. This perennial club favorite winds its way along the foothills to San Jose. Once in the park we'll re-group at the Visitor's Center and then take the paved trail behind it up to Inspiration Point. On our way back we'll stop for coffee so bring money for a snack. Rain cancels. Please check the FFBC Yahoo! Group or contact the ride leader on the morning of the ride if the weather is questionable. RidewithGPS URL: <http://ridewithgps.com/routes/3941919> Julia Walker walk9422@gmail.com 510-468-9712

### 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](mailto: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 Feb 5, 2017

### 8:30am - 1pm PRS #5: Five Canyons

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

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

**Description:**

Length: 45 miles; Elevation: feet; Terrain: 4 Pace: M Our annual PRS (Progressive Ride Series) rides run every Sunday. The PRS series gets riders ready for a full century (such as the Primavera Worker's Ride on April 10th). These rides start out gradually and proceed at an M-pace. Bring money for a coffee stop en route. 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/3751078%20Donna Kaplan Iuporini@aol.com](http://ridewithgps.com/routes/3751078%20Donna%20Kaplan%20Iuporini@aol.com) 415-584-7621 Colin Moy [moyboys@comcast.net](mailto:moyboys@comcast.net) 510-690-7749 Pat Wai [patbikes59@gmail.com](mailto:patbikes59@gmail.com)

### 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](mailto:calendar@ffbc-temp.org)

**Created by:** Dave Fishbaugh

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

### 9am - 1pm FFBC 2017 LAP04 Alpine (to the END) Portola Loop

**Where:** Don Edwards Wildlife Refuge

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

**Description:**

Length: 41 miles; Elevation: 1850' feet; Terrain: 3,4 Pace: T,M Today's LAP ride takes us over the Bay to the Portola Loop, a popular route for local bicyclists. (<https://ridewithgps.com/routes/13563850>) Let's meet at Don Edward's Wildlife Refuge. Please ride over or park in the upper parking lot (not the Visitor Center lot), to the west/left side of Marshlands Rd. Meet at the Visitor Center's restrooms. Our route will cross the Dumbarton Bridge and take us on the bike bridge over 101 with a regroup at Burgess Park in Menlo Park. We will climb Sandhill, Alpine and then another seven miles to the gate at the end of Alpine. After catching our breath, we'll U-turn back to Robert's Market for a quick lunch. If you want to reduce the climbing, just turn into Robert's Market as we pass it the first time and take a long coffee break. We will return on Portola/Sandhill and Willow. 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/13563850> Lori Sommer [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com) 510-693-8624 Cindy Maxwell [cmaxwell.c@sbcglobal.net](mailto:cmaxwell.c@sbcglobal.net) 408-506-6860 Ken Goldman; [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net); (510) 791-1095 (H)

Mon Feb 6, 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](mailto: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](mailto:Robin.O'Hara;rjohara6@gmail.com); (510) 418-2669 Louis Friedenberg; [louispf@sbcglobal.net](mailto:louispf@sbcglobal.net); (510) 673-3203

## FFBC Ride Calendar

Tue Feb 7, 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

### 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 Feb 8, 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 Feb 9, 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 Feb 10, 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 Feb 11, 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](mailto:calendar@ffbc-temp.org)

**Description:**

Length: 15 - 56 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 Koninieć [koninieć@sbcglobal.net](mailto:koninieć@sbcglobal.net) 510-917-2461

### 8:30am - 11:30am Brisk Primavera Training Ride #1, 5 Canyons

**Where:** Niles

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

**Description:**

Length: 43 miles; Elevation: 2000 feet; Terrain: 4 Pace: B Up over Palomares, Crow Canyon, Norris and back through Niles Canyon. RidewithGPS URL: Tim O'Hara [tohara2938@aol.com](mailto:tohara2938@aol.com) 510-418-2672 Robin O'Hara 510-471-2464

### 8:30am - 1pm Conditioning Ride #5 - Peninsula Loops

**Where:** Bayfront Park

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

**Description:**

Length: 39 miles; Elevation: 2018 feet; Terrain: 2 Pace: T,M This is a classic ride of the Cinderella Training Series. The route takes us up Alpine, around Arastradero, Foothill, Sandhill, Manzanita, Mountain Home and Woodside Road, to name a few. It's quite the adventure! There will be a coffee stop in the middle so bring money. Rain cancels. Please check the FFBC Yahoo! Group or contact the ride leader on the morning of the ride if the weather is questionable. RidewithGPS URL: <http://ridewithgps.com/routes/3953563> Julia Walker [walk9422@gmail.com](mailto:walk9422@gmail.com) 510-468-9712

### 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](mailto: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 Sabrekat. 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](mailto:jmgilson1@yahoo.com) 510-468-0284

### 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](mailto:calendar@ffbc-temp.org)

**Created by:** Dave Fishbaugh

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

## FFBC Ride Calendar

Sun Feb 12, 2017

### 8:30am - 1:30pm PRS #6: Old La Honda

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

**Description:**

Length: 50 miles; Elevation: feet; Terrain: 4 Pace: M If you have never ridden Old La Honda road, be prepared for a quiet and scenic climb (about 3.5 mi.) up to Skyline Rd. We'll head back to Woodside and then up by Canada into Redwood City with a lunch stop at Prima Deli. 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/3758965> Donna Kaplan [luporini@aol.com](mailto:luporini@aol.com) 415-584-7621 Jim Fehrle; [fehrle@sbcglobal.net](mailto:fehrle@sbcglobal.net); (650)387-7425 cell

### 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](mailto: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

### 9am - 1:30pm FFBC 2017 LAP05 Edgewood, Olive Hill, Huddart Park

**Where:** Don Edwards Wildlife Refuge, by restrooms

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

**Description:**

Length: 45 miles; Elevation: 2000' feet; Terrain: 3,4 Pace: T,M LAP05 takes us over the Bay, to sample more scenic Peninsula roads. (<https://ridewithgps.com/routes/13583165>) Once again, we meet at Don Edwards and cross the Dumbarton Bridge. Remember to use the upper parking lot and meet at the restrooms! This time we will ride behind Facebook and regroup at Bayfront Park. We will ride through some nice residential neighborhoods to reach Alameda de Las Pulgas and then we will hit the Brewster Bump (a short but steep hill). We climb the neighborhood streets to reach Edgewood Road and eventually return on Canada Road. Our route will climb through the Olive Hill Loop and Huddart Park where we will descend Woodside Road. We will plan some options to reduce climbing. Our well-deserved lunch will be at Plantation Coffee, in Menlo Park, before returning on Willow. 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/13583165> Lori Sommer [lorisommer@gmail.com](mailto:lorisommer@gmail.com) 510-693-8624 Cindy Maxwell [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net) 408-506-6860 Ken Goldman; [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net); (510) 791-1095 (H)

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

**Where:** Warm Springs Starbucks

**Calendar:** [calendar@ffbc-temp.org](mailto: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](mailto:dbwalker0min@gmail.com) 510-468-4454 Julia Walker [walk9422@gmail.com](mailto:walk9422@gmail.com) 510-468-9712

# FFBC Ride Calendar

Mon Feb 13, 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. Ride with GPS URL: Robin O'Hara; rjohara6@gmail.com; (510) 418-2669 Louis Friedenberg; louispf@sbcglobal.net; (510) 673-3203

Tue Feb 14, 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. Ride with GPS URL: B: Vanessa McDonnell vanessa@mcnmc.com 510-441-7607 M: 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 & 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 Ride Calendar

Wed Feb 15, 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 Feb 16, 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: 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 Feb 17, 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 Feb 18, 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 - 1:30pm Brisk Primavera Training Ride #2 , Del Valle

**Where:** Niles

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

**Description:**

Length: 61 miles; Elevation: 2990 feet; Terrain: 4 Pace: B Out to Livermore, down to the lake and back out. RidewithGPS URL: Tim O'Hara tohara2938@aol.com 510-418-2672 Robin O'Hara 510-471-2464

### 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 - 1:30pm Conditioning Ride #6 - Redwood City Cross

**Where:** Don Edwards

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

**Description:**

Length: 40 miles; Elevation: 2020 feet; Terrain: 2,3 Pace: T,M We startoff by making our way to Woodside, then it's on to Canada road and into the Emerald Hills area in search of the Redwood City Easter cross. We climb to the cross where, on a clear day, the view is spectacular, and then zig-zag our way back down to Redwood city. We'll stop at Prima Deli for coffee/lunch before making our way back to Fremont. Rain cancels. Please check the FFBC Yahoo! Group or contact the ride leader on the morning of the ride if the weather is questionable. RidewithGPS URL: <http://ridewithgps.com/routes/3949823> Becky Hoffman [tigger5@aol.com](mailto:tigger5@aol.com) 510-816-5171 Carrie Payne [carriepayne@att.net](mailto:carriepayne@att.net) 510-754-0276

Sun Feb 19, 2017

### 8:30am - 2:30pm PRS #7: Del Valle

**Where:** Downtown Niles Parking lot across from H Street

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

**Description:**

Length: 61 miles; Elevation: 2650 feet; Terrain: 3 Pace: M There is only one major hill on this ride; only problem is that we have to do it twice. Enjoy the Livermore Valley as we make our way to Mines Rd. and our destination of Lake Del Valle. Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Bring money for a coffee stop en route. Rain cancels. RidewithGPS URL: <http://ridewithgps.com/routes/3759093> Donna Kaplan [luporini@aol.com](mailto:luporini@aol.com) 415-584-7621 Pat Wai [patbikes59@gmail.com](mailto:patbikes59@gmail.com)

### 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](mailto:calendar@ffbc-temp.org)

**Created by:** Dave Fishbaugh

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

### 9am - 1:30pm FFBC 2017 LAP06 MT PLEASANT & SAN FELIPE

**Where:** Cardoza Park, Milpitas

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

**Description:**

Length: 42 miles; Elevation: 2500 feet; Terrain: 3,4 Pace: T,M Are you ready for more climbing? This time we will head south. (<https://ridewithgps.com/routes/13583705>) We will meet at Cardoza Park in Milpitas. From the 680 freeway, head east on Jacklin Rd. Turn south on N. Park Victoria Dr. and then east on Kennedy Dr. Meet in the first parking lot on the right by the bathrooms. From there, we'll ride to San Jose's Mt. Pleasant to warm-up our calves. After looping around Evergreen Community College and head towards San Felipe Road. Once we reach the summit, we'll roll back down for coffee/lunch at LaBoulangerie. The route includes options to skip major climbs. Our return to Milpitas will be on rollers at the base of the foothills. 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/13583705> Lori Sommer [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com) 510-693-8624 Cindy Maxwell [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net) 408-506-6860 Ken Goldman; [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net); (510) 791-1095 (H)

## FFBC Ride Calendar

Mon Feb 20, 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. Ride with GPS URL: Robin O'Hara; rjohara6@gmail.com; (510) 418-2669 Louis Friedenberglouispf@sbcglobal.net; (510) 673-3203

Tue Feb 21, 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. Ride with GPS URL: B: Vanessa McDonnell vanessa@mcnmc.com 510-441-7607 M: 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 & 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 Ride Calendar

Wed Feb 22, 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 Feb 23, 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 or Peet's via Kilcare, the water tower and Bernal Bump or maybe out to Panama Red 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. Another favorite is Denica's in Dublin via Windemere. 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 Feb 24, 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](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 Feb 25, 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](mailto:calendar@ffbc-temp.org)

**Description:**

Length: 15 - 56 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](mailto:koniniec@sbcglobal.net) 510-917-2461

### 8:30am - 1pm Brisk Primavera Training Ride #3 , Old La Honda

**Where:** Old Raley's Market Newark

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

**Description:**

Length: 51 miles; Elevation: 3000 feet; Terrain: 4 Pace: B Over the bridge, up Old LaHonda, down the other side and back up and over 84. RidewithGPS URL: Tim O'Hara [tohara2938@aol.com](mailto:tohara2938@aol.com) 510-418-2672 Robin O'Hara 510-471-2464

### 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> Laura Spano 510-209-9542 [laura@spanofamily.com](mailto:laura@spanofamily.com)

### 8:30am - 1pm Conditioning Ride #7 - Calaveras

**Where:** Former Crank-2 parking lot

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

**Description:**

Length: 40 miles; Elevation: 2360 feet; Terrain: 2,3 Pace: T,M Join us for the traditional "Cindy" version of Calaveras. We'll start at Crank-2 and make our way out to Calaveras Rd. We'll climb, with are-group at the "False Summit", continue to the "Wall" and then U-turn and return to Crank-2. Note: at press time Calaveras Road is closed -please check back closer to the ride date to see if an alternative route is posted. Rain cancels. Please check the FFBC Yahoo! Group or contact the ride leader on the morning of the ride if the weather is questionable. RidewithGPS URL: <http://ridewithgps.com/routes/6838882> Julia Walker [walk9422@gmail.com](mailto:walk9422@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](mailto:calendar@ffbc-temp.org)

**Created by:** Dave Fishbaugh

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

# FFBC Ride Calendar

Sun Feb 26, 2017

## 8:30am - 3pm PRS #8: Corral Hollow

**Where:** Livermore Park & Ride lot on E. Airway Blvd. at Rutan Dr.

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

**Description:**

Length: 63 miles; Elevation: 2753 feet; Terrain: 3 Pace: M This ride takes us into Tracy via Corral Hollow and returns via Altamont pass road. Meet at Livermore Park & Ride lot or E. Airway Blvd. at Rutan Dr. Bring money for a coffee stop en route. Rain cancels. RidewithGPS URL: <http://ridewithgps.com/routes/3976230%20> Jim Fehrle; [fehrle@sbcglobal.net](mailto:fehrle@sbcglobal.net); (650) 387-7425 cell

## 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](mailto: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](mailto: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](mailto:mdudley13@gmail.com); (408) 230-5209

## 9am - 2:30pm FFBC 2017 LAP 07 Livermore Hills

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

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

**Description:**

Length: 52 miles; Elevation: 2700' feet; Terrain: 3,4 Pace: T,M Let's play on the highway! We will meet in the gravel lot across from the Train Station. We will meet in the gravel lot across from the Sunol Train Station. If it is still full of equipment or gravel, we have permission to overflow into the Sunol Train Station parking lot as a backup. We will ride on Highway 680 (for one exit only, it is legal) to access Vallecitos (Highway 84). Caution, there is a short portion without a bike lane where you must take the lane. We will regroup at the top, ride through some beautiful vineyards then head out to Holdener Park and up Tesla to the top of Corral Hollow. It is an out and back. We will stop in Livermore for lunch and then head back to Sunol via the vineyards (in the other direction) then up the Bernal Bump, Happy Valley and Foothill. If you want to join us but don't want to do ALL the climbing you are welcome to modify the route and turnaround anytime on the out and backs. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us. For reference For reference only: <https://ridewithgps.com/routes/13585140> RidewithGPS URL: <https://ridewithgps.com/routes/13585140> Lori Sommerlorimsommer@gmail.com 510-693-8624 Cindy Maxwell [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net) 408-506-6860 Ken Goldman; [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net); (510) 791-1095 (H)

## FFBC Ride Calendar

Mon Feb 27, 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. Ride with GPS URL: Robin O'Hara; rjohara6@gmail.com; (510) 418-2669 Louis Friedenberg; louispf@sbcglobal.net; (510) 673-3203

Tue Feb 28, 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. Ride with GPS URL: B: Vanessa McDonnell vanessa@mcnmc.com 510-441-7607 M: Amy Giles apgiles@sbcglobal.net 510-224-0829

### 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@mcnmc.com 510-441-7607 M: Terri Yi terriyi@yahoo.com 510-304-5571



## FFBC Ride Calendar

### 9am - 12pm Show & Go

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

**Calendar:** [calendar@ffbc-temp.org](mailto: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](mailto: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](mailto:Keith Strong Khstrong10@gmail.com) 510-435-9479