



# Spoke'n Truth

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## Volume 45, Issue 2, February 2017

Photo and article submissions for each month's e-Newsletter must reach Eve Ben-Ora ([ffbc.newsletter@gmail.com](mailto:ffbc.newsletter@gmail.com)) by the 20th of the month.

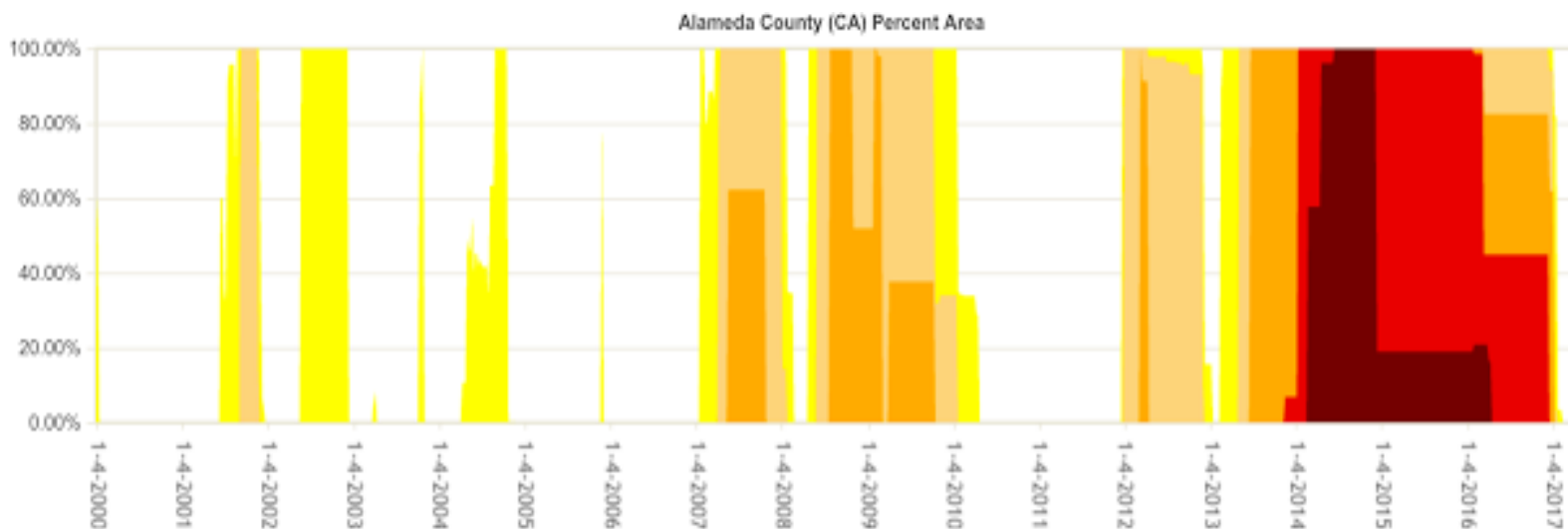
### FFBC Gear - Get in the program

FFBC Logo Bike Clothing & Custom-made Clip-On Bike Mirrors: Jerseys (\$52), windbreakers (\$45), vests (\$45), arm warmers (\$20), headbands (\$5), and DeFeet socks (\$6) are available for sale. Mirrors (\$10) adjust to fit the earpiece of almost any glasses frame gives you a broader field of view, and are guaranteed for life. These items can be purchased either at FFBC's monthly meeting or by calling for an appointment at my home. Contact [clothing-sales@ffbc.org](mailto:clothing-sales@ffbc.org) for clothing, and Molly and Neil Michelfelder (510) 797-6458 for mirrors. For all of the latest updates about club activities, visit our website at [www.ffbc.org](http://www.ffbc.org).

### Rain, Rain, Go Away?

The drought we had for the last five years has certainly made the Bay Area convenient for bicycling! But good grief! Now we have many of our favorite roads closed (think Calaveras that will apparently be closed until at least December of this year), every other weekend all the rides get canceled or need to get rerouted to avoid flooding or road closures. All the while, we sit on our couches and watch the rain and our collective fitness levels fall.

It's not fake news that we need the rain. The graph below shows the intensity of the drought in Alameda County for the last 20 years (taken from <http://droughtmonitor.unl.edu/>). In the chart, darker colors represent a higher intensity of the drought.



So we all need to be patient as the rain falls and we wait to ride our bikes and wait for our favorite roads to be reopened. Remember that blue skies are ahead.

I want to thank all of the ride leaders who have had to reroute and revise rides and make the sometimes difficult call to cancel a ride. You are keeping our club members safe and I appreciate your efforts.

David Walker, FFBC President



30 Cinderella Training Riders at Coyote Hills *Photo from Joyce Tanaka*



Cinderella Coaching Training Riders on staging area off the Alameda Creek Trail. ➔

➔ Training Riders on road to Coyote Hills Park. *Photo from Sydney Friedenberg*



**Tuesday Hill Climb:** Marsh Road overlooking Calaveras Reservoir



Eating banana muffins with friends: Joyce, Terri, Louis, and Amy

**From Donna Kaplan:** Joe Banchero and David Walker. On my February 4<sup>th</sup>, Calaveras Clockwise ride—which actually turned into an Alum Rock Park ride because Calaveras Road is closed—Joe and David jumped off their bikes at the intersection of Warm Springs Blvd and Mayten Way to help a woman in need. She was just sitting in her SUV at the light, her car dead, unsure about what to do, when Joe flagged down another car. He and David then jumped her car's battery back to life, and they got back on their bikes and rode on home.

Way to go Joe and David!







### Al's Wednesday riders:

Cold ride and warm friendships make for a wonderful ride to Ed Levin park. Some of the regulars on Al Quintana's Wednesday morning ride.

Friday, January 27, 2017, Al will be leading his 1,500 ride!



From Jon Graff: I had fun on today's ride - except for the Lions, Tigers and Bears, Oh My! I heard a werewolf howl while we were going through the underpass - did you?

The Tuesday, Feb 28, Show n Go group at the Union City Anderson's. From the left: Herman Rosenbaum, Donna Boomershine, Neil Michelfelder, Suzanne Reinlib, Randy Fewel, Ron Razura, Jon Graff, Lambert Caulfield, and Sydney Friedenberg.

The rained-out Tuesday Show n Go at Panera Bread for lunch, Feb. 21.

From the left, Sydney Friedenberg, Becky Smith, Donna Boomershine, Herman Rosenbaum and Jon Graff.







Becky and Joan



Bob working on  
Leila's tire

The first Thursday Morning Coffee Ride in a while and the sun was shining! Cindy and Jim coordinated efforts to pull off this birthday "surprise". They both cut their rides short to get the cake and lunch to Peet's! There were lots of laughs in addition to the sweat and fun! Dale did the entire 26 miles and ALL the climbing...even passing people on the climbs. Nancy couldn't ride but brought her dog, Frankie to the celebration. Even Sandra and Phil joined in at the Pleasanton Peet's. The first Thursday ride in a while and the sun was shining! Thanks so much to everyone!



Cindy and Dale



Connie keeping warm



Dave and Randy at the  
top of Kilkare.



Dave and Vanessa



Julie's first time to the  
top of Kilkare



Ken in his usual pose

Happy Birthday Lorri!





Mike and Vicki  
discussing bird?



Ron Mitchell



Stephen



Suzanne



Pete's



Walt, Barry and Mary



These pictures of Del Valle picnic area and restrooms were taken by a club member before there were "closed" signs at the guard shack, nor did he even get stopped at the guard shack...I think the guard actually looked the other way...until I arrived on scene. Let's just say the photographer was "on his own"....January 27, 2017. *From Amy Giles*



View from the top of Nike Hill February 2017



# Thanks to February Ride and Training Leaders

Garry	Birch
Mike	Brasseur
Michelle	Dudley
Jim	Fehrle
Louis	Friedenberg
Julie	Fuller
Amy	Giles
Julie	Gilson
Ken	Goldman
Becky	Hoffman
Donna	Kaplan
Margaret	Koninieć
Cindy	Maxwell
Vanessa	McDonnell
Colin	Moy
Larry	Nolan
Tim	O'Hara
Robin	O'Hara
Carrie	Payne
Al	Quintana
Lori	Sommer
Laura	Spano
Keith	Strong
Pat	Wai
Julia	Walker
David	Walker
Terri	Yi

## Monthly FFBC Board & General Meeting

Held every month except July and December

**Board Meeting:** Second Tuesday of the month, 6:30 pm

**General Meeting:** Second Tuesday of the month, 7:30 pm

Meetings are held at the **Fremont Adult School (Room N6)**

**4700 Calaveras Ave., Fremont**

For more than 40 years FFBC has been the proud sponsor of the popular [Primavera Century](#). The Primavera is a club-supported bicycle tour of the local area.

The next event is scheduled for Sunday April 23. Stay tuned for more details!

Last year's event took place on Sunday April 17, 2016. Check out the [Primavera Facebook page](#) for photos and more!

# Freemont Freewheelers Statistics for 2016

Presented at the Ride Leaders Appreciation Party  
at Bronco Billy's January 29, 2017

## ***Overall FFBC Statistics for 2016***

Total number of Club Rides - 499

Total number of Club Members who rode at least once - 280

Total Distance Ridden by All Club Members - 184,737 miles = 7.4 times around earth

Total Elevation Climbed by All Club Members - 8,215,855' = 283 climbs up Everest

## ***Individual Achievements in 2016***

Most number of rides led: Al Quintana - 90 rides (Robin-57, Vanessa-49, Tim-46, Lori-40)

Most number of rides participated (man): Louis Friedenberg - 204 rides

Most number of rides participated (woman): Robin O'Hara - 174 rides

Farthest ridden (man): Louis Friedenberg - 7,964 miles

Farthest ridden (woman): Robin O'Hara - 7,003 miles

Highest climbed (man): Louis Friedenberg - 356,633'

Highest climbed (woman): Robin O'Hara - 293,573'

Toughest (cumulative elevation gained per mile traveled: man): Steve Cannon - 22,759' in 295 miles

Toughest (cumulative elevation gained per mile traveled: woman): Terri Yi - 81,709' in 1,206 miles

## ***Distinguished Rides in 2016***

Most Popular: Monday Morning Recovery, 775 total riders

Longest: Mt Hamilton Loop: 108 miles

Toughest (Elevation gained per mile traveled): Mt Hamilton Laps and Repeats, 9,800' in 70 miles

Greatest total distance covered by all participants in a ride: Monday Morning Recovery, 28,715 miles

Highest elevation climbed by all participants: Friday Bike Club 715,000 ft





Have you joined the  
FFBC Facebook page?  
This is a closed group  
open only to members.

Please go to this link and  
request to be added:

[https://www.facebook.com/  
groups/129389617321/](https://www.facebook.com/groups/129389617321/)

Once you request to be  
added, send an e-mail to:  
[ffbc.newsletter@gmail.com](mailto:ffbc.newsletter@gmail.com)

then you will be added to  
the group. Please allow up  
to 5 days for approval.



If you have not yet renewed  
your membership in the FFBC, I  
encourage you to do so. Our  
club is made stronger with  
your participation and your  
membership.

Go online to - [www.ffbc.org](http://www.ffbc.org) -  
click on to the membership  
page, log in and then renew  
your membership. The price is  
still the same: \$20 for an  
individual membership, \$26 for  
a family membership.

Becky (FFBC membership)

