

## FFBC Ride Calendar

Wed Mar 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 Mar 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 Mar 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 Mar 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 - 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 - 2:30pm Saturday Conditioning Series - Pleasanton / Livermore Hills

**Where:** dirt lot across from Sunol Train Station

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

**Description:**

Length: 56 miles; Elevation: 2457 feet; Terrain: 3,4 Pace: T,M Today's ride takes us from downtown Sunol through Pleasanton, to the scenic Livermore Valley. Between the wildflowers, the green hills and the vineyards the ride should be a feast for the senses. Previous participants of the Cinderella Classic will be familiar with parts of the ride. There are options to shorten the ride and climbing. Bring money for coffee/snack/lunch in downtown Livermore. 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: Jeanne Moncada mjeanne@comcast.net 510-303-6147

### 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

Sun Mar 19, 2017

### 8am - 3:30pm PRS #11 San Gregorio

**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)

**Description:**

Length: 74 miles; Elevation: 5323 feet; Terrain: 4 Pace: M It's over the bridge, over the hill and almost to the coast we go, to San Gregorio for lunch. Go easy on the heavy stuff though, because after lunch we will make the climb up Tunitas Creek for the return trip. Meet at the Raley's Shopping Center parking lot, east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark). Bring money for a lunch stop en route. Rain cancels. Ride with GPS URL: <http://ridewithgps.com/routes/3759693> 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 - 3pm FFBC 2017 LAP 10 Patterson Pass

**Where:** Bernal Community Park, 7001 Pleasanton Ave, Pleasanton, CA 94566

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

**Description:**

Length: 58 miles; Elevation: 3500 feet; Terrain: 3,4 Pace: T,M This will be a new start location. Please park in the Bernal Community Park's old lot near the playground rather than the new ones near the sports fields. We are pulling out an "old route" from the Cinderella Challenge Series. The Bernal Bump will warm us up and then we will be ready for Cross and Patterson Pass. After a short break in Tracy we will return on Grant Line and Altamont before tackling Carroll and Flynn. After lunch in Livermore, it will be a direct route via Stanley to the finish. For reference only: <https://ridewithgps.com/routes/13651592>. We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regroupings as needed. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us. Ride with GPS URL: <https://ridewithgps.com/routes/13651592> 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)

Mon Mar 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](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. Ride with GPS URL: [rjohara6@gmail.com](mailto:rjohara6@gmail.com); (510) 418-2669 Louis Friedenberg; [louispf@sbcglobal.net](mailto:louispf@sbcglobal.net); (510) 673-3203

## FFBC Ride Calendar

Tue Mar 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 Hill 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: VanessaMcDonnell vanessa@mcm.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 & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538

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

**Description:**

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

Wed Mar 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 \$\$\$. Ride with GPS 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 Mar 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 Kilkare, 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

Fri Mar 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

**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 Mar 25, 2017

### 8am - 2:30pm Brisk Primavera Training Ride #5 Martinez

**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)

**Description:**

Length: 72 miles; Elevation: 5500 feet; Terrain: 5 Pace: B Out Redwood Road, Pinehurst, the three Bears, Pig Farm Hill, and out to Martinez for a quick lunch and back San Ramon Blvd. Note: 8:00am start time! RidewithGPS URL: [Timothy O'Hara tohara@illumina.com](mailto:Timothy O'Hara tohara@illumina.com) 510-363-2967 Robin O'Hara 510-471-2464

### 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: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](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 - 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

### 9am - 2pm Saturday Conditioning Ride #11 - Tunnel Road

**Where:**

East Side of Rockridge BART Station -- Start time is 8:00 AM at Fremont BART, or 9 AM from Oakland Rockridge BART Station.

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

**Description:**

Length: 39 miles; Elevation: 2540 feet; Terrain: 3 Pace: T,M Start time is 8:00 AM at Fremont BART, or 9 AM from Oakland Rockridge BART Station. From Fremont you can board at the Fremont BART Station and ride the 8:14 a.m. Richmond train to the Rockridge Station in Oakland. (Transfer at the 19th St. Station in Oakland for a Pittsburg/Bay Point train that will deliver us to the Rockridge station at 9:00 am. Meet at ground level, outside on the south side of the station and near the taxis, buses & "kiss & ride" stop.) From the Rockridge BART station, we will first head up Old Tunnel Road and make a quick stop at the Oakland Hills Fire Memorial Park; then we will go up and over the Caldecott Tunnel. If there's no fog, the views will be spectacular. We will continue south along Skyline and descend Redwood Road with a stop in Castro Valley for lunch/coffee. Afterward we will have a mostly flat ride home, with one fun kicker. 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: <https://ridewithgps.com/routes/13094478> Julia Walker [walk9422@gmail.com](mailto:walk9422@gmail.com) 510-468-9712

# FFBC Ride Calendar

Sun Mar 26, 2017

## 8am - 4pm PRS #12 Metric Primavera with Canyons

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

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

**Description:**

Length: 80 miles; Elevation: 5481 feet; Terrain: 5 Pace: M This is the metric version of the Primavera with the addition of the canyons from our 5 Canyons ride. Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Bring money for a lunch stop en route. Rain cancels. RidewithGPS URL: <http://ridewithgps.com/routes/4059703> Colin Moy; moyboys@comcast.net; 510-690-7749 Donna Kaplan luporini@aol.com 415-584-7621

## 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: TBD

## 9am - 3:30pm FFBC 2017 LAP 11 Palomares Calaveras Clockwise Metric

**Where:** Niles, in the Niles Blvd. parking lot across from H Street

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

**Description:**

Length: 63 miles; Elevation: 3600' feet; Terrain: 4 Pace: T,M It's the last ride of the LAP series, so let's ride a metric century! We will start in downtown Niles and generally follow the Club's Primavera 100K route, but backward. The best thing is we've already done the climbs on previous LAP rides; we just need to put them together! We will ride through Niles Canyon and climb Palomares. After Dublin grade, we will have a bite to eat at the Corner Bakery Café then head up Calaveras. By then we will be elated to roll back on a mostly flat ride to the start and finally finish our first metric century of 2017! We can celebrate finishing the ride series at Broncho Billy's in Niles. We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regroup as needed. 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/13651757> RidewithGPS URL: <https://ridewithgps.com/routes/13651757> 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

Mon Mar 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 Friedenberglouispf@sbcglobal.net; (510) 673-3203

Tue Mar 28, 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@mcmcm.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 Mar 29, 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](mailto: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](mailto:Garry_Birch_garry_b94568@yahoo.com) 925-819-0247

Thu Mar 30, 2017

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

**Where:** Central Park in San Ramon

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

**Description:**

Length: 26 miles; Elevation: 1,400 feet; Terrain: 3 Pace: T,M Meet at Central Park in San Ramon. Directions to the parking lot from Fremont: 680N, exit Bollinger, right turn onto Bollinger, left at the light on Marketplace (the turn is finally open again, parking lot on the RHS). Sydney has created a new route for us through San Ramon, Danville and Diablo, with a coffee stop at Starbuck's in Blackhawk. We will continue on to some familiar areas and roads like Tassajara and Windemere before returning back to our cars on Bollinger Canyon. Drive the couple of miles to Zachary's and join us for a slice of pizza after the ride. I'd like to get a count for Zachary's in advance so please RSVP the night before if possible. No worries about last minute additions to the group though as they are pretty flexible. We can sit outside if the day is nice! No one left behind. Bring \$ for coffee and lunch. Extreme temperatures or construction or whim of the ride leader can modify the route. Rain cancels, check yahoo group, email or call me. RidewithGPS URL: <https://ridewithgps.com/routes/16864870> Sydney Friedenber [sydneyf50@gmail.com](mailto:sydneyf50@gmail.com) 510-299-1611 Lori Sommer [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com) 510-693-8624

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

**Where:**

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

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

**Created by:** Dave Fishbaugh

**Description:**

Length: 15-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work. When dark, lights required. Helmets are mandatory. RidewithGPS URL: [Larry\\_Nolan\\_teamnolan@hotmail.com](mailto:Larry_Nolan_teamnolan@hotmail.com) 510-790-0118

## FFBC Ride Calendar

Fri Mar 31, 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