

FFBC Ride Calendar

Mon Apr 17, 2017

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

Where:

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 40 miles; Elevation: 610 feet; Terrain: 1,2 Pace: M Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride. RidewithGPS URL: Mike Brasseur; mbrasseur00@yahoo.com; 510-449-6233 (cell)

Tue Apr 18, 2017

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

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 30-40 miles; Elevation: 1,912-2,500 feet; Terrain: 3,4 Pace:M,B When our favorite local hill (Palomares) was closed for 3 months due to road works we were forced to choose different routes and a different starting location for some of our Tuesday rides. We liked the new routes so much we decided to keep them in the rotation. On the 3rd and 5th Tuesdays (if there is a 5th Tuesday) we will ride some of the hills in South Fremont, Milpitas and San Jose. We might ride "The Hills of Insanity" (Scott Creek, Country Club, Sweigert and Suncrest) or for a little tamer climb we're ride Calaveras to Marsh with a side of "The Wall", or we might try something else completely. Bring money for coffee and/or a snack, we'll definitely stop for a well deserved break! Rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by one (or both) ride leaders on the morning of the ride if it is being cancelled (no email, means the ride is on). If unsure of the ride status call or text the appropriate ride leader on the morning of the ride. RidewithGPS URL: B: VanessaMcDonnell vanessa@mcnmc.com 510-517-1466 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

FFBC Ride Calendar

Wed Apr 19, 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 Apr 20, 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 Apr 21, 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: AlQuintanaalanq44@hotmail.com 510-760-9245

Sat Apr 22, 2017

8:30am - 12:30pm Calaveras CCW

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 38 miles; Elevation: feet; Terrain: 3,4 Pace: M Sometimes it's good to go against the grain, or in this case counter-clockwise instead of clockwise. This counter clockwise loop of Calaveras meets indowntown Niles and takes the usual route to Calaveras. Map and routesheet online at RidewithGPS. Coffee at the end of the ride at Peet's in Fremont. RidewithGPS URL: <http://ridewithgps.com/routes/3945502> TBDfish1950@comcast.net 555-555-5555

8:30am - 12pm Show and Go

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

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

Sun Apr 23, 2017

7am - 3pm The Primavera Experience Ride

Where: Mission San Jose High School, at the entrance on Palm Ave., Fremont.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 79 miles; Elevation: 3,200 feet; Terrain: 4 Pace: M,B,F The 100k, 85 mile and 100 mile rides will be a little shorter and with a lot less climbing than normal. Riders are to show up at 7 AM, and to bring a lunch. Paul Arvin will transport the lunches to Rios Lovell, our one true rest stop. There will be toilet and water stops along the way. The 100 mile ride stops at Rios Lovell Winery twice. There is an opportunity to drop clothes at the winery. There will be water, Gu Brew Powder, electrolyte pills, sun block, and hand sanitizer, along with some first aid stuff, there. We can use the restrooms at the tasting area, just remove your cleats before entering. We have three SAGs! We could use a brisk 100 mile and 85 mile ride leader. I can bring the sign in sheets and we can pick some ride leaders Sunday morning. Given the length of ride, it will break into groups of people with similar abilities anyway. Suggested attire is a Primavera jersey. If you do not have one, a club jersey. With the cancellation of the actual Primavera, we have extra jerseys which are available for the bargain price of \$100 email Terri Yi at terriyi@..., or at clothing-sales@... RidewithGPS URL: <http://ridewithgps.com/routes/20369125>
B: TBD M: Andy Sass; andrew.sass@yahoo.com; (520) 490-8098

FFBC Ride Calendar

7am - 4:30pm The Primavera Experience Ride

Where: Mission San Jose High School, at the entrance on Palm Ave., Fremont.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 96 miles; Elevation: 4,400 feet; Terrain: 5 Pace: M,B,F The 100k, 85 mile and 100 mile rides will be a little shorter and with a lot less climbing than normal. Riders are to show up at 7 AM, and to bring a lunch. Paul Arvin will transport the lunches to Rios Lovell, our one true rest stop. There will be toilet and water stops along the way. The 100 mile ride stops at Rios Lovell Winery twice. There is an opportunity to drop clothes at the winery. There will be water, Gu Brew Powder, electrolyte pills, sun block, and hand sanitizer, along with some first aid stuff, there. We can use the restrooms at the tasting area, just remove your cleats before entering. We have three SAGs! We could use a brisk 100 mile ride leader. I can bring the sign in sheets and we can pick some ride leaders Sunday morning. Given the length of ride, it will break into groups of people with similar abilities anyway. Suggested attire is a Primavera jersey. If you do not have one, a club jersey. With the cancellation of the actual Primavera, we have extra jerseys which are available for the bargain price of \$100 email Terri Yi at terriyi@..., or at clothing-sales@.... RidewithGPS URL: <http://ridewithgps.com/routes/20296636> B: TBD M: Andy Sass; andrew.sass@yahoo.com; (520) 490-8098

7am - 2pm The Primavera Experience Ride

Where: Mission San Jose High School, at the entrance on Palm Ave., Fremont.

Calendar: calendar@ffbc-temp.org

Description:

Length: 69 miles; Elevation: 2,400 feet; Terrain: 4 Pace: M,B,F The 100k, 85 mile and 100 mile rides will be a little shorter and with a lot less climbing than normal. Riders are to show up at 7 AM, and to bring a lunch. Paul Arvin will transport the lunches to Rios Lovell, our one true rest stop. There will be toilet and water stops along the way. The 100 mile ride stops at Rios Lovell Winery twice. There is an opportunity to drop clothes at the winery. There will be water, Gu Brew Powder, electrolyte pills, sun block, and hand sanitizer, along with some first aid stuff, there. We can use the restrooms at the tasting area, just remove your cleats before entering. We have three SAGs! Given the length of ride, it will break into groups of people with similar abilities anyway. Suggested attire is a Primavera jersey. If you do not have one, a club jersey. With the cancellation of the actual Primavera, we have extra jerseys which are available for the bargain price of \$100 email Terri Yi at terriyi@..., or at clothing-sales@.... RidewithGPS URL: <http://ridewithgps.com/routes/20298093> Colin Moy moyboys@comcast.net 510-690-7749 Dave Fishbaugh fish1950@comcast.net 510-364-2207

11am - 3pm The Primavera Experience Ride

Where: Mission San Jose High School, at the entrance on Palm Ave., Fremont.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 25 miles; Elevation: 464 feet; Terrain: 1 Pace: L, T The 25 (with option for 29) mile Fun Ride starts at 11 AM. Please note that we are still looking for a rest stop captain at Coyote Hills to transport people's lunches from the start to Coyote Hills, then take any clothes bags back to the start. David Godinez will lead the ride, but we still need to have a rest stop captain to make this a memorable family ride. Please be nice to your ride leader. Let him/her know your intentions at the beginning of the ride, or during the ride if you plan on breaking off from the main group. Remember that a Minor Release form must be filled out and given to the ride leader, and any rider under 16 must be accompanied by an adult. RidewithGPS URL: <http://ridewithgps.com/routes/20369468> David Godinez dggodinez@gmail.com 510-552-4334 Marie Hughes macmadame@gmail.com 510 364 2936

FFBC Ride Calendar

Mon Apr 24, 2017

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

Where:

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 40 miles; Elevation: 610 feet; Terrain: 1,2 Pace: M Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride. RidewithGPS URL: Mike Brasseur; mbrasseur00@yahoo.com; 510-449-6233 (cell)

Tue Apr 25, 2017

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

Where:

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 38 miles; Elevation: 1,912-2,500 feet; Terrain: 3 Pace: M,B Join us for a few of Fremont's finest hills. We might ride the neighborhood hills we affectionately call "The Stupid Hills" (including Pine, Sabercat, "The Animals" and our friend Paseo Padre), or we might head through Niles Canyon to Palomares Road for a quite, scenic climb to Castro Valley. From Castro Valley we'll either head to Pleasanton and tackle the rollers on Foothill before returning through the canyon, or for a little extra climbing, we'll head up Five Canyons Pkwy and return via Hayward. Bring money for coffee and/or a snack, we'll definitely stop for a well deserved break! Rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by one (or both) ride leaders on the morning of the ride if it is being cancelled (no email, means the ride is on). If unsure of the ride status call or text the appropriate ride leader on the morning of the ride. RidewithGPS URL: B:Vanessa McDonnell vanessa@mcnmc.com 510-517-1466 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

FFBC Ride Calendar

Wed Apr 26, 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 Apr 27, 2017

9:30am - 1:30pm Thursday Morning Coffee Ride - New Start at Bernal Park

Where: 7001 Pleasanton Avenue, Pleasanton

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 32 miles; Elevation: 1050 feet; Terrain: 2, 3 Pace: T, M A new start this week and a new route too, but familiar roads - all courtesy of Ken. Meet at Bernal Park in Pleasanton. We'll find a new way to the top of Windermere and ride Highland and Manning before our coffee stop at Starbucks in Livermore. Bring \$ for coffee or lunch. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check Yahoo group, email or call me. RidewithGPS URL: <https://ridewithgps.com/routes/19774299> Lori Sommer lorimsommer@gmail.com 510-693-8624 Ken Goldman ken.goldman@comcast.net 510-791-1095 home

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 Apr 28, 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 Apr 29, 2017

8:30am - 12pm Show & Go

Where:

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

Calendar: calendar@ffbc-temp.org

Description:

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

Sun Apr 30, 2017

8:30am - 12pm Show and Go

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

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

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

Where: Bicycle Garage, 5006 Mowry Ave, Fremont

Calendar: calendar@ffbc-temp.org

Description:

Length: 15-20 miles; Elevation: feet; Terrain: 1,2 Pace: T,M Join us this month for another low-key, leisurely ride around the tri-city area. This ride is geared (pun intended!) towards our female riders but men are also welcome. We will re-group as needed. Nobody will be left behind. Optional coffee and extra socialization at Starbucks at the end. Rain or threat of rain will cancel the ride. RidewithGPS URL: Julia Walker; walk9422@gmail.com; (510) 468-9712