

FFBC Ride Calendar

Mon May 1, 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 May 2, 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. 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 May 3, 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

6pm - 8:30pm Pizza Ride

Where: Bronco Billy's Pizza Palace, 37651 Niles Blvd.

Calendar: calendar@ffbc-temp.org

Description:

Length: 20-25 miles; Elevation: feet; Terrain: 1,2,3 Pace: M,B It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? Meet in the parking lot across the street from Bronco Billy's in downtown Niles. If you plan on staying for pizza, \$5 buys you 3 slices of pizza and soft drinks after the ride (participation optional). When signing in, remember to check "YES" or "NO" on the sign-in sheet for pizza so we order the appropriate amount of pizza. The pizza order is placed before the ride starts, so late arrivals will miss out. Food will be ready at 7:30 pm. The rides meet at 6:00 pm for sign in, to be completed by 6:10. Departure time is 6:15 sharp. RidewithGPS URL: Carrie Payne carriepayne@att.net 510-754-0276 Andy Payne

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 May 4, 2017

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

Where: REI, Fremont

Calendar: calendar@ffbc-temp.org

Description:

Length: 34 miles; Elevation: feet; Terrain: 2,3 Pace: T,M Spring has sprung - We are back to the REGULAR start time for May - 9:00AM! Hopefully it has stopped raining, the days are warmer, the grass is green, the trees are blossoming, and everything seems to have new life. We are riding to Alum Rock. Since REI isn't open, use the facilities at Starbucks or wait until we reach the Jose Higuera Adobe in Milpitas. We will ride along the foothills and once we get into the park, there are options to head straight to the Visitor's Center or climb the Inspiration Loop and/or Miguelita Road. Also, you don't have to go all the way to the park...you can turn early to coffee to reduce mileage significantly. If you are a slow climber, but want to do the extra climbing please be considerate of the group and turn around when you see the faster riders returning OR bring yourself to coffee on your own. We will have lunch at Noah's Bagels/Starbucks (\$) before heading back on a flat route, with no regroup. Extreme temperatures, park closure, construction or the whim of the ride leader may modify the route. Rain cancels, check FFFBC Yahoo! Group, email or text me. RidewithGPS URL: Lori Sommer lorimsommer@gmail.com 510-693-8624

FFBC Ride Calendar

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

Where:

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

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

Fri May 5, 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 May 6, 2017

8:30am - 12:30pm Calaveras Clockwise

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 40.5 miles; Elevation: 2,300 feet; Terrain: 3 Pace: M,B This is our traditional "1st Saturday of the Month" ride, however due to the closure of Calaveras Road, we will ride to Alum Rock Park instead. The route will still bring us out in Milpitas, and we will still return via a route that stays close to the hills. Bring \$\$ for a coffee stop at Noah's/Starbucks in Milpitas. Rain or serious threat of rain cancels. RidewithGPS URL: <https://ridewithgps.com/routes/18944890> Donna Kaplan luporini@aol.com 415-584-7621 Tim and Robin O'Hara tohara2938@aol.com 510-418-2672

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 May 7, 2017

8:30am - 12:30pm 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

Created by: Dave Fishbaugh

Description:

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

FFBC Ride Calendar

9am - 12pm Sunday Funday Ride

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 23 miles; Elevation: 300 feet; Terrain: 1 Pace: L,T Social type ride catered to Novices or those looking for a nice relaxing cruise. Plan on ending at the Niles Depot after the ride, for Pizza, Coffee or BYO lunch in the park. RidewithGPS URL: <https://ridewithgps.com/routes/20582852> Tonya Godinez tonyagodinez@gmail.com 510-557-7119 David Godinez dggodinez@gmail.com 510-552-4334

Mon May 8, 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: [Robin O'Hara;rjohara6@gmail.com](mailto:Robin.O'Hara;rjohara6@gmail.com); (510) 418-2669 Louis Friedenberg; louispf@sbcglobal.net; (510) 673-3203

Tue May 9, 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](mailto:Vanessa.McDonnell@mcnmc.com) 510-517-1466 M: [Terri Yi terriyi@yahoo.com](mailto:Terri.Yi@yahoo.com) 510-304-5571

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:

FFBC Ride Calendar

6:15pm - 7:45pm TuNT: Tuesday Night Training

Where:

Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538

Calendar: calendar@ffbc-temp.org

Description:

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

Wed May 10, 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

6pm - 8:30pm Pizza Ride

Where: Bronco Billy's Pizza Palace, 37651 Niles Blvd.

Calendar: calendar@ffbc-temp.org

Description:

Length: 20-25 miles; Elevation: feet; Terrain: 1,2,3 Pace: M,B It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? Meet in the parking lot across the street from Bronco Billy's in downtown Niles. If you plan on staying for pizza, \$5 buys you 3 slices of pizza and soft drinks after the ride (participation optional). When signing in, remember to check "YES" or "NO" on the sign-in sheet for pizza so we order the appropriate amount of pizza. The pizza order is placed before the ride starts, so late arrivals will miss out. Food will be ready at 7:30 pm. The rides meet at 6:00 pm for sign in, to be completed by 6:10. Departure time is 6:15 sharp. RidewithGPS URL: Carrie Payne carriepayne@att.net 510-754-0276 Andy Payne

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

FFBC Ride Calendar

Thu May 11, 2017

7:30am - 12:30pm Bike to Work Day!

Where: Fremont Station, 2000 Bart Way, Fremont, CA 94536, USA

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 25-35 miles; Elevation: feet; Terrain: 2,3 Pace: T,M Bike to Work Day
Swag! Let's get some!! We've got to get up very early and get to "work". Rob Tashjian is working on a route to hit more than a few Energizer Stations. We will be meeting earlier for this ride only, the ride starts at 7:45AM PROMPT! This means arrive in time to get your stuff together, sign-in and be ready to roll at 7:45AM. Rob will also try to get a hill or two in somewhere along the route (even if it is only the Dumbarton both ways) so we will have our "work" to do. This ride starts at the Fremont BART Station. Details on the actual meetup spot at BART will be forthcoming via yahoo email. 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 Rob Tashjian rob@tashjian.com

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 May 12, 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 May 13, 2017

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

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 Sabrecat. 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. Ride with GPS URL: Julie Gilson jmgilson1@yahoo.com 510-468-0284

8:30am - 12pm Show & Go

Where:

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

Calendar: calendar@ffbc-temp.org

Description:

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

9am - 1pm Leading Ladies - Collier Canyon (Guys welcome!)

Where: Dublin-Pleasanton BART

Calendar: calendar@ffbc-temp.org

Description:

Length: 35 miles; Elevation: 1400 feet; Terrain: 2,3 Pace: T,M This is a "Cinderella friendly", no-drop ride open to all club members. It is a scenic ride through Pleasanton, Dublin, and Livermore. Bring money for a coffee stop at Starbucks. Extreme weather or construction may modify the route and rain cancels. Please check the FFBC Yahoo! Group or the ride leader on the morning of the ride if the weather is questionable. Ride with GPS URL: Julia Walker walk9422@gmail.com 510-468-9712

Sun May 14, 2017

8:30am - 12pm Show and Go

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

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

FFBC Ride Calendar

9am - 12pm "The Sunday Social": Mother's Day Rose Garden Tour Edition

Where: Alviso Marina County Park, 1195 Hope St, Alviso, CA 95002, USA

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 19 miles; Elevation: 200 feet; Terrain: 1 Pace: L Please join us for this special edition of the "Sunday Social". We'll start from Alviso and visit several rose gardens along the way. Bring the kids (or your parents). 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. Ride with GPS URL: <http://ridewithgps.com/routes/20604756> David Walker dwalker0min@gmail.com 510-468-4454 Julia Walker walk9422@gmail.com 510-468-9712

Mon May 15, 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](mailto:Robin.O'Hara;rjohara6@gmail.com); (510) 418-2669 Louis Friedenberglouispf@sbcglobal.net; (510) 673-3203

9am - 4:30pm

Show and Go to Watch the Amgen Race at Mines Rd. and Del Puerto Canyon Rd.

Where:

Parking off road at the start of the Mines Rd hill, just after the left turn at the Del Valle Rd junction, on the right.

Calendar: calendar@ffbc-temp.org

Description:

Length: 50 miles; Elevation: 3600 feet; Terrain: 4 Pace: T,M I will be, one way or another, going up Mines Rd to see the Amgen pro race go by. Mines Rd IS a long uphill to the Junction, (with the Café verified as being open that day). Most of the slope is not that bad- as I have done it twice with our previous Cinderella Challenge training groups! One little section shows on Ride with GPS at 12.8%, but it is short. The upper part of the ride is just like the wooded low slopes of the Sierras, & will be gorgeous. I have confirmed with the Amgen Tour that the racers will be at the top of the Del Puerto Canyon hill approximately 1:15PM- where they have a King of the Hill challenge. We will have time for lunch at the Café before the racers come by. Their route that day can be viewed at <http://amgentourofcalifornia.com/stage2>. They start at 11:45 in Modesto, & end at the Motor Park at the south end of San Felipe Rd. Note: there are no services or restroom facilities for the entire length until we reach the Junction Café. This is "Show & Go" for several reasons: I am slow enough that many who would do Mines Rd would just have to be ahead; plus, if we really have a heat wave that day, I may actually drive up Mines Rd!. So, please email me directly (debbie254@comcast.net) if you are interested. Ride with GPS URL: <https://ridewithgps.com/routes/12297526/> Debbie Frederick debbie254@comcast.net 510-882-1500

FFBC Ride Calendar

Tue May 16, 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@mcnmc.com 510-517-1466 M: Terri Yi terriyi@yahoo.com 510-304-5571

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 May 17, 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 \$\$\$. Ride with GPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

FFBC Ride Calendar

6pm - 8:30pm Pizza Ride

Where: Bronco Billy's Pizza Palace, 37651 Niles Blvd.

Calendar: calendar@ffbc-temp.org

Description:

Length: 20-25 miles; Elevation: feet; Terrain: 1,2,3 Pace: M,B It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? Meet in the parking lot across the street from Bronco Billy's in downtown Niles. If you plan on staying for pizza, \$5 buys you 3 slices of pizza and soft drinks after the ride (participation optional). When signing in, remember to check "YES" or "NO" on the sign-in sheet for pizza so we order the appropriate amount of pizza. The pizza order is placed before the ride starts, so late arrivals will miss out. Food will be ready at 7:30 pm. The rides meet at 6:00 pm for sign in, to be completed by 6:10. Departure time is 6:15 sharp. Ride with GPS URL: Carrie Payne carriepayne@att.net 510-754-0276 Andy Payne

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. Ride with GPS URL: Garry Birch garry_b94568@yahoo.com 925-819-0247

Thu May 18, 2017

9am - 1pm 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. Ride with GPS 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. Ride with GPS URL: Larry Nolan teamnolan@hotmail.com 510-790-0118

FFBC Ride Calendar

Fri May 19, 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 May 20, 2017

8am - 2:30pm Al's Birthday Ride (18th Annual)

Where: Don Edwards Wildlife Refuge (9800 Thornton Ave., Fremont, CA.)

Calendar: calendar@ffbc-temp.org

Description:

Length: 63 miles; Elevation: 1000 feet; Terrain: 2 Pace: M Join us on this annual ride and help me celebrate ANOTHER 29th birthday (my 40th one)! Meet by the bathrooms at Don Edwards Wildlife Refuge. We will take a circuitous route down toward the southern end of Fremont, then head directly south to Milpitas. We will make a brief stop there for coffee and a snack, then proceed around the south end of the Bay to our lunch destination in Palo Alto. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

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 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 May 21, 2017

8:30am - 12:30pm Mike's Sunday Version of the Portola Loop

Where: Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 30 miles; Elevation: feet; Terrain: 3 Pace: M Couldn't make the 5/20 Portola Loop ride? Mike will reprise that standard 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: Mike Brasseur; mbrasseur00@yahoo.com; 510-449-6233 (cell)

FFBC Ride Calendar

8:30am - 12:30pm Show & Go

Where:

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

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

Mon May 22, 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: Robin O'Hara; rjohara6@gmail.com; (510) 418-2669 Louis Friedenberg; louispf@sbcglobal.net; (510) 673-3203

Tue May 23, 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:

FFBC Ride Calendar

6:15pm - 7:45pm TuNT: Tuesday Night Training

Where:

Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538

Calendar: calendar@ffbc-temp.org

Description:

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

Wed May 24, 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

6pm - 8:30pm Pizza Ride

Where: Bronco Billy's Pizza Palace, 37651 Niles Blvd.

Calendar: calendar@ffbc-temp.org

Description:

Length: 20-25 miles; Elevation: feet; Terrain: 1,2,3 Pace: M,B It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? Meet in the parking lot across the street from Bronco Billy's in downtown Niles. If you plan on staying for pizza, \$5 buys you 3 slices of pizza and soft drinks after the ride (participation optional). When signing in, remember to check "YES" or "NO" on the sign-in sheet for pizza so we order the appropriate amount of pizza. The pizza order is placed before the ride starts, so late arrivals will miss out. Food will be ready at 7:30 pm. The rides meet at 6:00 pm for sign in, to be completed by 6:10. Departure time is 6:15 sharp. RidewithGPS URL: Carrie Payne carriepayne@att.net 510-754-0276 Andy Payne

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

FFBC Ride Calendar

Thu May 25, 2017

9am - 1pm 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](mailto: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](mailto:Larry_Nolan_teamnolan@hotmail.com) 510-790-0118

Fri May 26, 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](mailto:Al_Quintana_alanq44@hotmail.com) 510-760-9245

Sat May 27, 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> Laura Spano laura@spanofamily.com 510-209-9542

FFBC Ride Calendar

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 May 28, 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: Michelle Dudley; mdudley13@gmail.com; (408) 230-5209

Mon May 29, 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: Robin O'Hara; rjohara6@gmail.com; (510) 418-2669 Louis Friedenberg; louispf@sbcglobal.net; (510) 673-3203

FFBC Ride Calendar

Tue May 30, 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: VanessaMcDonnell vanessa@mcmcm.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. 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 May 31, 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 \$\$\$. Ride with GPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

FFBC Ride Calendar

6pm - 8:30pm Pizza Ride

Where: Bronco Billy's Pizza Palace, 37651 Niles Blvd.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20-25 miles; Elevation: feet; Terrain: 1,2,3 Pace: M,B It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? Meet in the parking lot across the street from Bronco Billy's in downtown Niles. If you plan on staying for pizza, \$5 buys you 3 slices of pizza and soft drinks after the ride (participation optional). When signing in, remember to check "YES" or "NO" on the sign-in sheet for pizza so we order the appropriate amount of pizza. The pizza order is placed before the ride starts, so late arrivals will miss out. Food will be ready at 7:30 pm. The rides meet at 6:00 pm for sign in, to be completed by 6:10. Departure time is 6:15 sharp. Ride with GPS URL: Carrie Payne carriepayne@att.net 510-754-0276 Andy Payne

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. Ride with GPS URL: Garry Birch garry_b94568@yahoo.com 925-819-0247