Mon Feb 10, 2020

8:30am - 12:30pm  Monday Morning Recovery Ride
Where: Isherwood Staging Area, 2200 Isherwood Way, Fremont, CA 94536, USA
Calendar: ffbccalendar1868@gmail.com
Created by: ronincopp@gmail.com
Description:
DescriptionLength: ~37-40 miles; Elevation: ~700-1200 feetTerrain: 1, 2; Pace: M
Meet at 8:30 am for an 8:45 am start at the Isherwood Staging Area (onIsherwood Way next to Quarry Lakes Park near Paseo Padre Pkwy). Enjoy an easy-going ride down Paseo Padre with a regroup at the Chevron station at the corner of Paseo Padre and Stevenson. Continue down PaseoPadre to the next regroup at Grimmer. Then it's a flat ride to south Fremont and to our chosen coffee stop. Then we will make our way to Coyote Hills Regional Park with a final regroup at the picnic tables on the Coyote Creek Trail. The day's coffee stop will be announced either before or the day of the ride so the routes will vary among these three routes: Panera coffee stop: https://ridewithgps.com/routes/31759143Specialty's coffee stop: https://ridewithgps.com/routes/31800026Tous Les Jour coffee stop: https://ridewithgps.com/routes/31800028The PDF cue sheets are attached to this calendar event. Please print and bring your own copy. Rain, significant chance of rain or poor riding condition cancels. A ride cancellation email will be sent to https://ffbc.groups.io/g/info/topics the morning of the ride if it is cancelled (no email means the ride is on). If you are unsure of theride status, call or text a ride leader on the morning of the ride. Linda Fung: fungfive@sbcglobal.net, (510) 240-0574

9am - 2pm  RESCHEDULED LAS #3 Huddart Park
Where: Shoreline Trail Parking (Base of Dumbarton), 808 Marshlands Rd, Fremont, CA 94555, USA
Calendar: ffbccalendar1868@gmail.com
Created by: lorimsommer@gmail.com
Description:
Mileage: 32 Elevation: 1364’ Pace: M/T RESCHEDULED! LAS 3 takes us overthe Bay, to sample scenic Peninsula roads. We will meet at Don Edwardsand cross the Dumbarton Bridge. Route change: Meet at base of Dumbarton Bridge at the end of Marshlands Road. We will ride behind Facebook and regroup at Bayfront Park. We will pass through some nice residential neighborhoods to reach Alameda de Las Pulgas and climb Woodside Road to Kings Mountain and into Huddart Park via Greer. Coffee is at Starbucks in Menlo Park and there are a couple of other places nearby if you want something else. There are options to reduce climbing and mileage. Skip Marshlands and meet us at the base of the bridge which reduces themileage about 4.5. Or, skip Huddart entirely and reduce mileage by 2.6 and climbing apx. 550’. Skip both and your route is 30 miles and 831’. Make the route your own. https://ridewithgps.com/routes/31710215 Wewill be using the ridewithgps generated route sheet. You can generateland print your own, print the one will send out to FFBC’s https://ffbc.groups.io/g/info/topics a few days before each ride or print the route sheet attached to this ride posting. We ask that youprint one and bring it to the ride as we will only have a few available. We will maintain a Touring through Moderate pace (10 to 16mph). No drops and regroups as needed. Extreme weather or construction may modify the route and rain cancels. A ride cancellation email will be sent to https://ffbc.groups.io/g/info/topics by the ride leader on the morning of the ride if it is being cancelled (no email means the ride is on). If you are unsure of the ride status, call or text ride leader on the morning of the ride. Lori Sommer lorimsommer@gmail.com 510-693-8624 Ken Goldman ken.goldman@comcast.net 510-791-1095 (H) 510-378-5027 (C)
FFBC Ride Calendar

Tue Feb 11, 2020

8:45am - 1:45pm  Tour de Hills - Moderate Pace

Where:  
Shoreline Trail Parking (Base of Dumbarton), 808 Marshlands Rd, Fremont, CA 94555, USA

Calendar: ffbccalendar1868@gmail.com
Created by: baruch.saeed@gmail.com

Description:
Length: 36 miles; Elevation: 2214 ft Terrain: 3-4; Pace: M
Meet at 8:45 am for a 9:00 am start from the base of the Dumbarton Bridge at the end of Marshlands road. Let’s ride Portola Loop clockwisewith a climb to the top of Alpine! We will stop for a snack at Roberts Market. The cue sheet is attached to this calendar event. Please print and bring your own copy.

RideWithGPS: https://ridewithgps.com/routes/29023873
A significant chance of rain, heat, or poor air quality cancels. A ride cancellation email will be posted to https://ffbc.groups.io/g/info/topics on the morning of the ride (no email, means the ride is on).

Gary Schaps: gschaps@sbcglobal.net, (510) 427-1002

8:45am - 12:45pm  Tuesday Hills - Brisk Pace

Where: Parking lot at the base of the Dumbarton Bridge (at the end of Marshlands Rd)

Calendar: ffbccalendar1868@gmail.com
Created by: baruch.saeed@gmail.com

Description:
Length: 40 miles; Elevation: 1,912- 2,500 feet Terrain: 3; Pace: B
Meet at 8:45 am for a 9:00 am start at the base of the Dumbarton Bridge, approximately 3 miles past the Don Edwards Visitor Center. Join us for a few of the peninsula’s finest hills. After crossing the Bay via the Dumbarton, we may find our way into Woodside, Portola Valley, Palo Alto or beyond. Bring money for coffee and/or a snack, we’ll definitely stop for a well deserved break! Rain, significant chance of rain or poor riding condition cancels. A ride cancellation email will be sent to https://ffbc.groups.io/g/info/topics the morning of the ride if it is being cancelled (no email means the ride is on). If you are unsure of the ride status, call or text the ride leader on the morning of the ride.

Jay Gilson: jaymgilson@gmail.com, 510-468-0285

9am - 12pm  Show & Go

Where: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Calendar: ffbccalendar1868@gmail.com
Created by: dmfishbaugh@gmail.com

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:

Wed Feb 12, 2020

8:30am - 12:30pm  Mid-week Morning Ride

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

Calendar: ffbccalendar1868@gmail.com

Description:
Length: 35-45 miles Terrain: 2, 3; Pace: M
NOTE FOR WEEKEND RIDES: Riders arriving by car are asked to park in the unpaved parking area south of the train station. Meet at 8:30 for an 8:45 start. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring $$. Rain, significant chance of rain or poor riding condition cancels. A ride cancellation email will be sent to https://ffbc.groups.io/g/info/topics by the ride leader on the morning of the ride if it is being cancelled (no email means the ride is on). If you are unsure of the ride status, call or text ride leader on the morning of the ride.

Al Quintana: alanq44@hotmail.com, 510-760-9245
**FFBC Ride Calendar**

**Thu Feb 13, 2020**

**9:30am - 2pm  Thursday Morning Coffee Ride across the Dumbarton**

**Where:** Parking lot at the base of the Dumbarton Bridge (at the end of Marshlands Rd (map)

**Calendar:** ffbccalendar1868@gmail.com

**Created by:** lorimsommer@gmail.com

**Description:**
Length: 25-35 miles; Elevation: feet; Terrain: 2,3 Pace: T,M Meet at the parking lot at the base of the Dumbarton Bridge (at the end of Marshlands Road) and we will head across the bridge to various destinations. For a flat ride we head through East Palo Alto and along a few paths to Shoreline Park for lunch. For a ride with climbing, we do Woodside Road, Sand Hill/Whisky Hill, Alpine Loop, Arastradero or Edgewood Road. Sometimes the climbing is optional. We always stop for coffee and riders are welcome to head back on their own if they know the way. Usually we ride without route sheets so we regroup as necessary and no one is left behind. Bring $ for lunch. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check https://ffbc.groups.io/g/info/topics, email or call! Lori Sommer lorimsommer@gmail.com 510-693-8624

**6:15pm - 8pm  TNT (Thursday Night Training)**

**Where:** (Cellotape parking lot) 39611 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:** ffbccalendar1868@gmail.com

**Created by:** ronincopp@gmail.com

**Description:**
Length: 15-30 miles Terrain: 1; Pace: F Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities meet at 6:15 PM and we will start a structured program at 6:30 PM, training for 60-90 minutes. We always do a combination of skills practice, speed and endurance work. When dark, lights are required. Helmets are mandatory. Larry Nolan: teamnolan@hotmail.com, (510) 790-0118 Jennifer Steele: jensteele03@gmail.com, (510)-396-3604

**Fri Feb 14, 2020**

**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:** ffbccalendar1868@gmail.com

**Created by:** ronincopp@gmail.com

**Description:**
Length: 35-45 miles Terrain: 3, 4; Pace: M, B Meet at 8:30 for an 8:45 start from the northeast corner of the parking lot. Bring $$ for a coffee stop. Rain, significant chance of rain or poor riding conditions cancels. A ride cancellation email will be sent to https://ffbc.groups.io/g/info/topics by the ride leader on the morning of the ride if it is being cancelled (no email means the ride is on). If you are unsure of the ride status, call or text ride leader on the morning of the ride. Al Quintana: alanq44@hotmail.com, 510-760-9245
FFBC Ride Calendar

Sat Feb 15, 2020

8:30am - 1pm  CCRS #5 - Alum Rock
Where: REI, 43962 Fremont Blvd, Fremont, CA 94538, USA
Calendar: ffbccalendar1868@gmail.com
Created by: baruch.saeed@gmail.com
Description:
Length: 35 miles; Elevation: 1490 feet
Terrain: 2, 3; Pace: T, M
Join us for a ride down to beautiful Alum Rock Park. This perennial club favorite winds its way along the foothills to San Jose. Once in the park we’ll re-group at the Visitor’s Center and then take the paved trail behind it up to Inspiration Point. On our way back we’ll stop for coffee so bring money for a snack. This ride is open to all club members. The cue sheet is attached to this calendar event. Please print and bring your own copy.

RidewithGPS URL: https://ridewithgps.com/routes/12297655
Rain or significant chance of rain cancels. A ride cancellation email will be sent to https://ffbc.groups.io/g/info/topics the morning of the ride if it is being cancelled (no email means the ride is on). If you are unsure of the ride status, call or text ride leader on the morning of the ride.
Sydney Friedenberg sydneyf50@gmail.com 510-299-1611
Becky Smith metalcowgurl@gmail.com 510-449-9892
Steve Snyder: hockeyhouse99@yahoo.com, (510) 928-5929

8:30am - 12:30pm  Portola Loop
Where: Meet near the Sprouts Farmers Market at Jarvis Ave & Newark Blvd (Newark)
Calendar: ffbccalendar1868@gmail.com
Created by: ronincopp@gmail.com
Description:
Length: 42 miles; Elevation: 1600 feet
Terrain: 3; Pace: M
Meet at 8:30 for an 8:45 start. Monthly club ride over the Dumbarton Bridge to Portola Valley. We'll take Willow Road over 101 to Burgess Park. Then head up Sand Hill Rd and down Junipero Serra to Page Mill Rd. Right on Page Mill Rd and right on Arastradero, go past the beautiful Arastradero Reserve to a left on Alpine Rd. Then up Alpine Rd past Portola Road to Willowbrook and back to Portola Road. We will then head down Portola Rd to our Coffee break at Woodside Bakery or Starbucks', both in the Shopping Center at Sharon Park off of Sand Hill Rd. After coffee we will head back home down Sand Hill Rd to Willow Rd on to the bike path on Bayfront Expwy and back across the Dumbarton Bridge to Sprouts; or we may change it up and go a different direction around Portola Valley, depending on the ride leader's mental state. Bring $ for snacks.
Rain, significant chance of rain or poor riding condition cancels. A ride cancellation email will be sent to https://ffbc.groups.io/g/info/topics by the ride leader on the morning of the ride.
RidewithGPS URL: https://ridewithgps.com/routes/30577943
Mike Brasseur: mbrasseur00@yahoo.com, (510) 449-6233
David Critchfield: david.critchfield@gmail.com, (510) 612-0731
Gary Schaps: gschaps@sbcglobal.net, (510) 427-1002

8:30am - 12:30pm  Show & Go
Where: Meet near the Sprouts Farmers Market at Jarvis Ave & Newark Blvd (Newark).
Calendar: ffbccalendar1868@gmail.com
Created by: ronincopp@gmail.com
Description:
Length: 20-50 miles
Terrain: 2-4; Pace: M, B
Show and Go TBD
FFBC Ride Calendar

Sun Feb 16, 2020

8:30am - 3pm  PRS #7: Del Valle
Where: Kilkare Road & Main Street, Kilkare Rd & Main St, Sunol, CA 94586, USA
Calendar: ffbccalendar1868@gmail.com
Created by: baruch.saeed@gmail.com
Description:
Length: 61 miles; Elevation: 3357 feet Terrain: 3; Pace: M, M+
NOTE: Riders arriving by car are asked to park in the unpaved parking area south of the train station.
Additional parking is available along Main Street. Please do not park at the train station or the Casa Bella parking lot. Meet at 8:30 am for an 8:45 am start. Enjoy the Livermore Valley as we climb and descend Del Valle Rd to our destination of Lake Del Valle Marina. After climbing and descending out of the park, we will do the beautiful Cross Rd/Patterson Pass loop. Bring money for coffee and snacks. The PDF cue sheet is attached to this calendar event. Please print and bring your own copy. RideWithGPS: https://ridewithgps.com/routes/31486421
Rain, significant chance of rain or poor riding condition cancels. An email will be sent to https://ffbc.groups.io/g/info/topics if it is being cancelled (no email means the ride is on). If you are unsure of the ride status, call or text ride leader on the morning of the ride.
M: Pat Wai: patbikes59@gmail.com, (925) 784-9192
M: Donna Kaplan: luporini@aol.com, (415) 584-7621
M+ & B: Show & Go. Experienced riders, please bring a sign-in sheet and incident reporting form.

8:30am - 12:30pm  Show & Go
Where: Downtown Niles parking lot across from H St at Niles Blvd
Calendar: ffbccalendar1868@gmail.com
Created by: ronincopp@gmail.com
Description:
Length: 20-50 miles Terrain: 2-4; Pace: M, B
NOTE FOR WEEKEND RIDES: Riders arriving by car are asked to park in the unpaved parking area south of the train station. Show and Go. Experienced riders, please bring a sign-in sheet and incident reporting form.

Mon Feb 17, 2020

8:30am - 12:30pm  Monday Morning Recovery Ride
Where: Isherwood Staging Area, 2200 Isherwood Way, Fremont, CA 94536, USA
Calendar: ffbccalendar1868@gmail.com
Created by: ronincopp@gmail.com
Description:
Description Length: ~37-40 miles; Elevation: ~700-1200 feet Terrain: 1, 2; Pace: M
Meet at 8:30 am for an 8:45 am start at the Isherwood Staging Area (on Isherwood Way next to Quarry Lakes Park near Paseo Padre Pkwy). Enjoy an easy-going ride down Paseo Padre with a regroup at the Chevron station at the corner of Paseo Padre and Stevenson. Continue down Paseo Padre to the next regroup at Grimmer. Then it's a flat ride to south Fremont and to our chosen coffee stop. Then we will make our way to Coyote Hills Regional Park with a final regroup at the picnic tables on the Coyote Creek Trail. The day's coffee stop will be announced either before or the day of the ride so the routes will vary among these three routes: Panera coffee stop: https://ridewithgps.com/routes/31759143 Specialty's coffee stop: https://ridewithgps.com/routes/31800026 Toujours Jour coffee stop: https://ridewithgps.com/routes/31800028 The PDF cue sheets are attached to this calendar event. Please print and bring your own copy. Rain, significant chance of rain or poor riding condition cancels. An email will be sent to https://ffbc.groups.io/g/info/topics the morning of the ride if it is cancelled (no email means the ride is on). If you are unsure of the ride status, call or text a ride leader on the morning of the ride.
Robin O'Hara: rjohara6@gmail.com, (510) 418-2669
**FFBC Ride Calendar**

**Tue Feb 18, 2020**

**8:45am - 1:15pm  Tour de Hills - Moderate Pace**

Where: Jose Higuera Adobe Park, Wessex Pl, Milpitas, CA 95035  
Calendar: ffbccalendar1868@gmail.com  
Created by: baruch.saeed@gmail.com  
Description: Length: 30-40 miles; Elevation: 2000-2800 feet  
Terrain: 3, 4; Pace: M  
Meet at 8:45 am for a 9:00 am start. The tour will take us a bit further south to explore, just to name a few, Grant Ranch, Mt. Hamilton and Clayton Roads, or San Felipe. Bring water, money for coffee, snack, or lunch because, as always, we will definitely stop for a well deserved break! Rain, significant chance of rain or poor riding condition cancels. A ride cancellation email will be posted to: https://ffbc.groups.io/g/info/topics on the morning of the ride (no email means the ride is on). If you are unsure of the ride status, call or text ride leader on the morning of the ride. Terri Yi: terriyi@yahoo.com, (510) 304-5571

**8:45am - 12:45pm  Tuesday Hills - Brisk Pace**

Where: Parking lot at the base of the Dumbarton Bridge (at the end of Marshlands Rd)  
Calendar: ffbccalendar1868@gmail.com  
Created by: baruch.saeed@gmail.com  
Description: Length: 40 miles; Elevation: 1,912-2,500 feet  
Terrain: 3; Pace: B  
Meet at 8:45 am for a 9:00 am start at the base of the Dumbarton Bridge, approximately 3 miles past the Don Edwards Visitor Center. Join us for a few of the peninsula's finest hills. After crossing the Bay via the Dumbarton, we may find our way into Woodside, Portola Valley, Palo Alto or beyond. Bring money for coffee and/or a snack; we'll definitely stop for a well deserved break! Rain, significant chance of rain or poor riding condition cancels. A ride cancellation email will be sent to: https://ffbc.groups.io/g/info/topics the morning of the ride if it is being cancelled (no email means the ride is on). If you are unsure of the ride status, call or text the ride leader on the morning of the ride. Jay Gilson: jaymgilson@gmail.com, 510-468-0285

**9am - 12pm  Show & Go**

Where: Bicycle Garage 5006 Mowry Ave at Blacow Rd.  
Calendar: ffbccalendar1868@gmail.com  
Created by: dmfishbaugh@gmail.com  
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. sidewalkGPS URL:

**Wed Feb 19, 2020**

**8:30am - 12:30pm  Mid-week Morning Ride**

Where: Meet near the Sprouts Farmers Market at Jarvis Ave & Newark Blvd (Newark).  
Calendar: ffbccalendar1868@gmail.com  
Created by: dmfishbaugh@gmail.com  
Description: Length: 35-45 miles Terrain: 2, 3; Pace: M, B  
Meet at 8:30 for an 8:45 start. Ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, sobering $$. Rain, significant chance of rain or poor riding condition cancels. A ride cancellation email will be sent to: https://ffbc.groups.io/g/info/topics by the ride leader on the morning of the ride if it is being cancelled (no email means the ride is on). If you are unsure of the ride status, call or text ride leader on the morning of the ride. Al Quintana: alanq44@hotmail.com, 510-760-9245