

## FFBC Ride Calendar

Sun Oct 1, 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 NOTE: Riders arriving by car are asked to park in the unpaved parking area south of the train station.

Mon Oct 2, 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: TBD

Tue Oct 3, 2017

### 8:30am - 12pm Tour de Hills: Moderate Pace

**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: 38 miles; Elevation: 1,912-2,500 feet; Terrain: 3 Pace: M Joinme for a few of Fremont's finest hills. We might ride the neighborhood hills we affectionately call "The Stupid Hills" (Yakama, "The Animals", Paseo Padre, Pine, Sabercat). Plenty of escape routes are available if you weary of climbing! Bring water, money for coffee and/or a snack (Peet's/Philiz when it opens!). Ride leader is faint of heart on wet pavement so rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by 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. RidewithGPS URL: M: Amy Giles apgiles@sbcglobal.net 510-224-0829

## FFBC Ride Calendar

### 8:45am - 12:15pm TdFHs: Brisk Pace

**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: 38 miles; Elevation: 1,912-2,500 feet; Terrain: 3 Pace: 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 the ride leader 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 ride leader on the morning of the ride. RidewithGPS URL: B:Vanessa McDonnell vanessa@mcnmc.com 510-517-1466

### 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

Wed Oct 4, 2017

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

**Where:** Meet near the Sprouts Farmers Market at 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

## FFBC Ride Calendar

Thu Oct 5, 2017

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

**Where:** Central Park's Lake Elizabeth (Sailway Entrance, Teen Center area)

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

**Description:**

Length: 42 miles; Elevation: 1,800 feet; Terrain: 3,4 Pace: T,M Sleep in, we don't start until 9AM. However, until road construction is complete, we will be starting at our old location, Lake Elizabeth in Fremont. We will gather in the parking lot near the Teen Center. There are a lot of parking lots in Fremont's Central Park. To access the correct lot, turn in from Paseo Padre at the light on Sailway, then park in the big parking lot on the left, near the back. We will warm up climbing Paseo Padre and have a quick regroup at the top of Warren with a restroom stop at Jose Adobe Higuera (mile 10.6). If you'd like to shorten your ride, meet the group at Jose Adobe or along the route. 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 Miguelito. 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 (bring \$) before heading back on a mostly flat route, with no regroups. Extreme temperatures, park closure, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me. RidewithGPS URL: <https://ridewithgps.com/routes/25665940> Lori Sommer [lorimsommer@gmail.co](mailto:lorimsommer@gmail.co) 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:teamnolan@hotmail.com) 510-790-0118

Fri Oct 6, 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

## FFBC Ride Calendar

Sat Oct 7, 2017

### 8am - 3pm Mt. Ham Loop Training Ride #5: Mt. Diablo

**Where:** Downtown Niles Parking lot across from H Street

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

**Created by:** Dave Fishbaugh

**Description:**

Length: 83 miles; Elevation: 5800 feet; Terrain: 5 Pace: B Out Foothill, over to Pleasanton-Sunol road, left at Valley then through a bunch of street name changes to Summit road to the top and back home. RidewithGPS URL: TBD dmfishbaugh@gmail.com 555-555-5555

### 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. NOTE: Riders arriving by car are asked to park in the unpaved parking area south of the train station. RidewithGPS URL: M: Mike Brasseur mbrasseur00@yahoo.com +1 510.449.6233 cell B: TBD

### 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 NOTE: Riders arriving by car are asked to park in the unpaved parking area south of the train station.

Sun Oct 8, 2017

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

**Where:** Meet near the Sprouts Farmers Market at 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

### 9am - 12pm "The Sunday Social": the ride formerly known as the "Get to Know Us Ride"

**Where:** The Bicycle Garage, 5006 Mowry Ave, Fremont, CA 94538, USA

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

**Created by:** Dave Fishbaugh

**Description:**

Length: 20-25 miles; Elevation: feet; Terrain: 1,2 Pace: L,T,M Please join us on this monthly "Sunday Social". 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. RidewithGPS URL: Gary Smith gsmith289@aol.com 510-304-0956

## FFBC Ride Calendar

Mon Oct 9, 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: Donna Kaplan luporini@aol.com 415-584-7621

Tue Oct 10, 2017

### 8:30am - 1pm Tour de Hills - Moderate Pace

**Where:** Don Edwards Wildlife Center Visitor Center

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

**Description:**

Length: 40-45 miles; Elevation: 2000-2600 feet; Terrain: 3, 4 Pace: M And now for something completely different! A tour of peninsula hills! Many thanks to Vanessa for getting me "outside" the box! Note the route is a little longer so we will be getting back a bit later. You may return on your own at anytime if you need to be back sooner! Bring water, money for coffee and/or a snack. Ride leader is faint of heart on wet pavement so rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by 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. RidewithGPS URL: Amy Giles apgiles@sbcglobal.net 510-224-0829 151-022-4082

### 8:45am - 12:15pm TdFHs: Brisk Pace

**Where:** Visitor Center, Don Edwards Wildlife Refuge

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

**Description:**

Length: 40 miles; Elevation: 1,912- 2,500 feet; Terrain: 3 Pace: M, B 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 or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by the ride leader 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 ride leader on the morning of the ride. RidewithGPS URL: B: Vanessa McDonnell vanessa@mcnmc.com 510-517-1466

### 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 Oct 11, 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

Thu Oct 12, 2017

### 9am - 1pm Thursday Morning Coffee Ride across the Dumbarton

**Where:** Visitor Center, Don Edwards Wildlife Refuge

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

**Created by:** Dave Fishbaugh

**Description:**

Length: 25-35 miles; Elevation: feet; Terrain: 2,3 Pace: T,M PLEASE NOTE THE NEW START TIME! This ride starts at the Don Edwards Visitor Center (Don Edwards National Wildlife Refuge, 1 Marshlands Rd, cross-street Thornton Ave, Fremont) and we head across the Dumbarton 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 FFBC 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 Oct 13, 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 Oct 14, 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: 4 Pace: T, M Get allof the Tuesday Tour de Fremont Hills ride fun on the weekend and joinus for a few of Fremont's finest hills. We'll warm up crossing Fremontbefore our first mini-climb: Stenhammer. Then it's up Mission (with afew detours thrown in) to the next climb: the short but steep Yakima/Zapotek leg burner. A quick regroup and on to "The Animals" viaStanford. We'll head up Paseo Padre THE WRONG WAY followed by a shortcut steep kick up Skye and the grind up Sabrecat. If we haven't managedto elevate our heart rates sufficiently we'll head back up Pine;otherwise, it's up Paseo Padre the wrong way again before ending theride at Peet's with a well-deserved coffee. Rain or threat of raincancels the ride. Julie RidewithGPS URL:<http://ridewithgps.com/routes/21046723> T: Need a ride leader for thispace group M: Julie Gilson Jmgilson1@yahoo.com 510-468-0284

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

**Where:** Meet near the Sprouts Farmers Market at 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 Oct 15, 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 NOTE: Riders arriving by car are asked to park in the unpaved parking area south of the train station.

## FFBC Ride Calendar

Mon Oct 16, 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: Donna Kaplan luporini@aol.com 415-584-7621

Tue Oct 17, 2017

### 8:30am - 12pm Tour de Hills: Moderate Pace

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

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

**Created by:** Dave Fishbaugh

**Description:**

Length: 32-36 miles; Elevation: 2400-280 feet; Terrain: 3, 4 Pace: M Atour of the hills south of Fremont! Choices abound! Calaveras and downMarsh, with a delightful treat of "The Wall" on the way down Calaveras! Other options include a few of the "The Hills of Insanity" (ScottCreek, Country Club, Sweigert and Suncrest. Bring water, money for coffee, snack, or lunch because as always, we will definitely stop for a well deserved break (most likely Starbucks/Noah's in Milpitas)! Again, please be sure to thank Vanessa for this wonderful route! Rideleader is faint of heart on wet pavement so rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by 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. RidewithGPS URL: M: Amy Giles apgiles@sbcglobal.net 510-224-0829

### 8:45am - 12:15pm TdFHs: Brisk Pace

**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 the ride leader 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 ride leader on the morning of the ride. RidewithGPS URL: B: Vanessa McDonnell vanessa@mcnmc.com 510-517-1466



## FFBC Ride Calendar

### 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

**Wed Oct 18, 2017**

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

**Where:** Meet near the Sprouts Farmers Market at 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

**Thu Oct 19, 2017**

### 9am - 1pm Thursday Morning Coffee Rides the Highlands!

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

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

**Created by:** Dave Fishbaugh

**Description:**

Length: 30 miles; Elevation: 785 feet; Terrain: 3 Pace: T,M Come ride in the Highlands! This is a really nice loop through Dublin and Livermore, with regroupings. No one left behind. Bring money for coffee/quick lunch stop at Starbucks in Livermore (other lunch options are in the same plaza). 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 Ken Goldman ken.goldman@comcast.net 510-378-5027

## 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 Oct 20, 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 Oct 21, 2017**

### 8:30am - 12:30pm 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 Monthly club rideover the Dumbarton Bridge to Portola Valley (M pace). Maybe we'll go straight up Willow or possibly take the pedestrian bridge to Burgess Park before going up Sand Hill and then left on Junipero Serra to Page Mill. Right on Page Mill to right on Arastradero, go past the beautiful Arastradero Preserve to left on Alpine. Coffee break at Robert's Market on Alpine. Now comes the fun with the downhill on Portola Road along with the Sand Hill downhill, then back to Willow and cross the Dumbarton Bridge to Don Edwards. Or we may change it up and go a different direction around Portola Valley, depends on the ride leader's mental state. Bring \$ for snacks, Rain cancels. Please park in upper lot at request of visitor center staff. Meet at the visitor center at 8:30am with wheels rolling at 8:45am. RidewithGPS URL: <https://ridewithgps.com/routes/20225603> TBD

### 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 NOTE: Riders arriving by car are asked to park in the unpaved parking area south of the train station.

## FFBC Ride Calendar

Sun Oct 22, 2017

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

**Where:** Meet near the Sprouts Farmers Market at 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

### 9am - 3pm Dale and Ken's Excellent Adventure--Gilroy Hot Springs

**Where:** Las Animas Park, Gilroy

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

**Description:**

Length: 46 miles miles; Elevation: 1700 feet; Terrain: 3 Pace: T,M Come join us for a beautiful ride through the woods above Gilroy. If you've done the Tierra Bella, you know how pretty the Canada Loop is. We will add an out and back to the Old Hot Springs Lodge, which is not part of the T.B. This is a delightful ride on roads you will probably never see from your car. There is some climbing, but it is less than a Calaveras loop. Directions to the start: : 101 South to Gilroy. Exit 152 West (Leavesley Rd turning right--away from the outlet mall). Right on Church Left on Mantelli Left into Las Animas Veteran's Park parking lot. Restrooms are available. RidewithGPS URL: <http://ridewithgps.com/routes/4513589> Ken Goldman [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net) 510-378-5027 Dale Blanchard [dale-b@comcast.net](mailto:dale-b@comcast.net) 510-703-7474

Mon Oct 23, 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. RidewithGPS URL: [Donna Kaplan luporini@aol.com](mailto:Donna.Kaplan.luporini@aol.com) 415-584-7621

Tue Oct 24, 2017

### 8:30am - 12pm Tour de Hills: Moderate Pace

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

**Created by:** Dave Fishbaugh

**Description:**

Length: 32 miles; Elevation: 2600 feet; Terrain: 3,4 Pace: M Comecelebrate the opening of Palomares! This is one of my favorite rides -my Niles Canyon Alternative! Warning: Not many escape routes availableon the climbs! Bring water, money for coffee, snack, or lunch becauseas always, we will definitely stop for the well deserved break(Pearl's/Subway)! Ride leader is faint of heart on wet pavement so rainor significant chance of rain cancels. A ride cancellation email willbe sent to the FFBC Yahoo! group by ride leader on the morning of theride if it is being cancelled (no email, means the ride is on). If youare unsure of the ride status, call or text ride leader on the morningof the ride. RidewithGPS URL: M: Amy Giles [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net)510-224-0829

## FFBC Ride Calendar

### 8:45am - 12:15pm TdFHs: Brisk Pace

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

**Description:**

Length: 38 miles; Elevation: 1,912-2,500 feet; Terrain: 3 Pace: 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 the ride leader 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 ride leader on the morning of the ride. RidewithGPS URL: [B:Vanessa McDonnell vanessa@mcnmc.com](mailto:Vanessa_McDonnell@mcnmc.com) 510-517-1466

### 9am - 12pm Show & Go

**Where:** Bicycle Garage 5006 Mowry Ave at Blacow Rd.

**Calendar:** [calendar@ffbc-temp.org](mailto: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](mailto: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](mailto:Keith_Strong_Khstrong10@gmail.com) 510-435-9479

Wed Oct 25, 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](mailto: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](mailto:Al_Quintana_alanq44@hotmail.com) 510-760-9245

## FFBC Ride Calendar

Thu Oct 26, 2017

### 9am - 1pm Thursday Morning Coffee Rides in Fremont!

**Where:** Visitor Center, Don Edwards Wildlife Refuge (map)

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

**Created by:** Dave Fishbaugh

**Description:**

Length: 25-35 miles; Elevation: feet; Terrain: 2,3 Pace: T,M Wear an FFBC club jersey and let's stay close to home. This ride starts at the Don Edwards Visitor Center (Don Edwards National Wildlife Refuge, 1 Marshlands Rd, cross-street Thornton Ave, Fremont). We will mainly stay in Fremont but ride through Newark and sometimes Union City and Milpitas on occasion. 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 FFBC Yahoo! Group, email or call! me! RidewithGPS URL: Rob Tashjian rob@tashjian.com 510-593-6228 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 Oct 27, 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 Oct 28, 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. NOTE: Riders arriving by car are asked to park in the unpaved parking area south of the train station. RidewithGPS URL: <http://ridewithgps.com/routes/3945502> Mike Brasseur mbrasseur00@yahoo.com +1 510.449.6233 cell

## FFBC Ride Calendar

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

**Where:** Meet near the Sprouts Farmers Market at 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 Oct 29, 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 NOTE: Riders arriving by car are asked to park in the unpaved parking area south of the train station.

### 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: Carrie Payne carriepayne@att.net 510-754-0276

**Mon Oct 30, 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: Donna Kaplan luporini@aol.com 415-584-7621

## FFBC Ride Calendar

Tue Oct 31, 2017

### 8:30am - 12pm Tour de Hills: Moderate Pace

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

**Created by:** Dave Fishbaugh

**Description:**

Length: 41 miles; Elevation: 3600 feet; Terrain: 3, 4 Pace: M Halloween - Trick or Treat! How appropriate! Warning: Not many escape routes available on the climbs! However there is BART from Castro Valley/Hayward! Bring water, money for coffee, snack, or lunch because as always, we will definitely stop for the well deserved break! Ride leader is faint of heart on wet pavement so rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by 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. RidewithGPS URL: M: Amy Giles [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net) 510-224-0829

### 8:45am - 12:15pm TdFHs: Brisk Pace

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

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

**Created by:** Dave Fishbaugh

**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 the ride leader 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 ride leader on the morning of the ride. RidewithGPS URL: B: Vanessa McDonnell [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com) 510-517-1466

### 9am - 12pm Show & Go

**Where:** Bicycle Garage 5006 Mowry Ave at Blacow Rd.

**Calendar:** [calendar@ffbc-temp.org](mailto: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](mailto: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](mailto:Khstrong10@gmail.com) 510-435-9479