

FFBC Ride Calendar

Fri Dec 1, 2017

8:30am - 12:30pm Friday Bike Club

Where:

580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 35-45 miles; Elevation: feet; Terrain: 3,4 Pace: M,B Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop. RidewithGPS URL: AlQuintanaalanq44@hotmail.com 510-760-9245

Sat Dec 2, 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: 46.0 miles; Elevation: 2119 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: <https://ridewithgps.com/routes/19255990> Donna Kaplan luporini@aol.com 415-584-7621 B: Tim and Robin O'Hara tohara2938@aol.com 510-418-2672

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dennis Dong

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. TBD

Sun Dec 3, 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: Dennis Dong

Description:

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

5pm - 8:30pm FFBC Holiday Party at Massimo's in Fremont

Where: Massimo's in Fremont

Calendar: calendar@ffbc-temp.org

Created by: Dennis Dong

FFBC Ride Calendar

Mon Dec 4, 2017

8:30am - 12pm 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: Dennis Dong

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: Dave Epps; depps55@gmail.com, 510-552-2615

Tue Dec 5, 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 neighborhoodhills we affectionately call "The Stupid Hills" (Yakama, "The Animals", Paseo Padre, Pine, Sabercat). Plenty of escape routes are available ifyou 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 wetpavement so rain or significant chance of rain cancels. A ridecancellation email will be sent to the FFBC Yahoo! group by ride leaderon the morning of the ride if it is being cancelled (no email, meansthe ride is on). If you are unsure of the ride status, call or textride leader on the morning of the ride. RidewithGPS URL: M: Amy Gilesapgiles@sbcglobal.net 510-224-0829

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 Joinus for a few of Fremont's finest hills. We might ride the neighborhoodhills 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 toCastro Valley. From Castro Valley we'll either head to Pleasanton andtackle the rollers on Foothill before returning through the canyon, orfor a little extra climbing, we'll head up Five Canyons Pkwy and returnvia Hayward. Bring money for coffee and/or a snack, we'll definitelystop for a well deserved break! Rain or significant chance of raincancels. 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 beingcancelled (no email, means the ride is on). If unsure of the ridestatus, 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 Dec 6, 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 Dec 7, 2017

9:30am - 1:30pm Thursday Morning Coffee Ride - REI to Alum Rock

Where: REI, 43962 Fremont Blvd, Fremont, CA 94538, USA

Calendar: calendar@ffbc-temp.org

Description:

Length: 23-35 miles; Elevation: feet; Terrain: 2,3 Pace: T,M Back to an old start at REI and a later time of 9:30 for these cold mornings. 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 milage 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 Dec 8, 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 Dec 9, 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: Dennis Dong

Description:

Length: 30 miles; Elevation: 2100 feet; Terrain: 4 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 Skye 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. RidewithGPS URL: <http://ridewithgps.com/routes/21046723> M: Julie Gilson, jmgilson1@yahoo.com, 510-468-0284

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

Where: Meet near the Sprouts Farmers Market at Jarvis Ave & Newark Blvd (Newark).

Calendar: calendar@ffbc-temp.org

Created by: Dennis Dong

Description:

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

FFBC Ride Calendar

Sun Dec 10, 2017

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dennis Dong

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. TBD

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

Where: Warm Springs Starbucks, 46655 Mission Blvd, Fremont 94539

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. Ride with GPS URL: David Walker dbwalker0min@gmail.com 510-468-4454 Julia Walker walk9422@gmail.com 510-468-9712

Mon Dec 11, 2017

8:30am - 12pm 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: Dennis Dong

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: Dave Epps; depps55@gmail.com, 510-552-2615

Tue Dec 12, 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. Ride with GPS URL: Amy Giles apgiles@sbcglobal.net 510-224-0829 151-022-4082

FFBC Ride Calendar

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. Ride with GPS 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. 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 Dec 13, 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 \$\$\$. Ride with GPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

FFBC Ride Calendar

Thu Dec 14, 2017

9:30am - 1:30pm 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 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

Fri Dec 15, 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 Dec 16, 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. Ride with GPS URL: <https://ridewithgps.com/routes/20225603> Ride Leader : TBD

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: Dennis Dong

Description:

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

Sun Dec 17, 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: Dennis Dong

Description:

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

Mon Dec 18, 2017

8:30am - 12pm Monday Morning Recovery Ride

Where:

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

Calendar: calendar@ffbc-temp.org

Created by: Dennis Dong

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: Dave Epps; depps55@gmail.com, 510-552-2615

FFBC Ride Calendar

Tue Dec 19, 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 forcoffee, snack, or lunch because as always, we will definitely stop fora 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 chanceof rain cancels. A ride cancellation email will be sent to the FFBCYahoo! group by ride leader on the morning of the ride if it is beingcancelled (no email, means the ride is on). If you are unsure of theride 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 monthsdue to road works we were forced to choose different routes and adifferent starting location for some of our Tuesday rides. We liked thenew routes so much we decided to keep them in the rotation. On the 3rdand 5th Tuesdays (if there is a 5th Tuesday) we will ride some of thehills in South Fremont, Milpitas and San Jose. We might ride "The Hillsof Insanity" (Scott Creek, Country Club, Sweigert and Suncrest) or fora little tamer climb we're ride Calaveras to Marsh with a side of "TheWall", or we might try something else completely. Bring money forcoffee and/or a snack, we'll definitely stop for a well deserved break!Rain or significant chance of rain cancels. A ride cancellation emailwill be sent to the FFBC Yahoo! group by the ride leader on the morningof 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 McDonnellvanessa@mcnmc.com 510-517-1466

9am - 12pm Show & Go

Where: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Calendar: calendar@ffbc-temp.org

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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

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

FFBC Ride Calendar

Wed Dec 20, 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 Dec 21, 2017

9:30am - 1:30pm Thursday Morning Coffee Ride From Sprouts

Where: Sprouts Farmers Market, 6399 Jarvis Ave, Newark, CA 94560, USA

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. We will meet at Sprouts located in the former Raley's Shopping Center (6399 Jarvis Ave, Newark). 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: 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 Dec 22, 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 Dec 23, 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: 40-45 miles; Elevation: 3200 feet; Terrain: 3,4 Pace: M Since Calaveras is still closed (and assuming it'll still be closed at The Wall for cyclists) we'll do Calaveras to Felter to the top of Sierra instead. Bring money for coffee and/or a snack, we'll definitely stop for a well deserved break! NOTE: Riders arriving by car are asked to park in the unpaved parking area south of the train station. RideWithGPS URL: M: Vanessa McDonnell; vanessa@mcnmc.com, 510-517-1466

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dennis Dong

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. TBD

9am - 1:30pm Dale and Ken's Excellent Adventure--Palomares With a Twist-1

Where: Niles Parking Lot

Calendar: calendar@ffbc-temp.org

Description:

Length: 40 miles; Elevation: feet; Terrain: 4 Pace: T,M Come join us for a local loop over Palomares with a detour up Schafer Ranch/Inspiration and a great descent into Dublin. We'll stop for coffee/lunch on the way home at The Corner Bakery in Pleasanton (other lunch options available). This ride has a little more climbing than a Calaveras loop. This is a T/M ride and no one will be left behind. RidewithGPS URL: <https://ridewithgps.com/routes/3800479> Ken Goldman ken.goldman@comcast.net 510-378-5027 Dale Blanchard dale-b@comcast.net 510-703-7474

Sun Dec 24, 2017

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dennis Dong

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. TBD

Mon Dec 25, 2017

8:30am - 12pm Monday Morning Recovery Ride

Where:

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

Calendar: calendar@ffbc-temp.org

Created by: Dennis Dong

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

FFBC Ride Calendar

Tue Dec 26, 2017

8:30am - 12pm Tour de Fremont 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: 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 available on the climbs! Bring water, money for coffee, snack, or lunch because as always, we will definitely stop for the well deserved break(Pearl's/Subway)! 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. Ride with GPS URL: 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:

9am - 12:30pm 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: Dennis Dong

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. Ride with GPS URL: B: Vanessa McDonnell vanessa@mcnmc.com 510-517-1466

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

FFBC Ride Calendar

Wed Dec 27, 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

Thu Dec 28, 2017

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 Dec 29, 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 Dec 30, 2017

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dennis Dong

Description:

Length: 20-50 miles Terrain: 2-4 Pace: M, B NOTE: Riders arriving by car are asked to park in the unpaved parking area south of the train station. TBD

Sun Dec 31, 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: Dennis Dong

Description:

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

FFBC Ride Calendar

9am - 12:30pm Women's Social Ride

Where: CentriPEDAL Bikes, 3636 Thornton Avenue, Fremont

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

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