Fri Feb 1, 2019

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:** Dennis Dong

**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 or significant chance of rain cancels. A ride cancellation email will be sent to the 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 unsure of the ride status, call or text the ride leader on the morning of the ride. Al Quintana: alanq44@hotmail.com, 510-760-9245

Sat Feb 2, 2019

8:30am - 1pm  Calaveras Clockwise

**Where:** Downtown Niles parking lot across from H St at Niles Blvd

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

**Created by:** Dennis Dong

**Description:**
Length: 41 miles; Elevation: 2335 feet Terrain: 3; Pace: M, B
Meet at 8:30am for an 8:45am start. This is our traditional "1st Saturday of the Month" ride. We will meet in the Niles parking lot and ride up Niles Canyon into Sunol then on to Calaveras. Our traditional route brings us out in Milpitas and we return via a route that stays close to the hills. Bring $$ for a coffee stop at Noah's/Starbucks in Milpitas. Rain, significant chance of rain or poor riding condition cancels. A ride cancellation email will be sent to the 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 the ride leader on the morning of the ride.

RidewithGPS URL:https://ridewithgps.com/routes/29124284 M: Donna Kaplan: luporini@aol.com, (415) 584-7621 M: Mike Brasseur: mbrasseur00@yahoo.com, (510) 449-6233 B: Tim & Robin O’Hara: Timorides2@gmail.com, 510-363-2967

8:30am - 10:30am  Cinderella Conditioning Ride #3 - The Animals

**Where:** Centripedal

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

**Description:**
Length: 23 miles; Elevation: 980 feet Terrain: 2, 3; Pace: T, M
For the third ride in the series we’ll go south and tackle “The Animals”. The route is a little more challenging than last week’s ride with a few short “kickers”. After “The Animals” we’ll get a well-deserved downhill along Mission Blvd. to downtown Niles. We’ll make our way from there around Quarry Lakes and back to the start. Optional coffee at Suju's after the ride. Remember these conditioning rides are open to all club members. Rain or significant chance of rain cancels. A ride cancellation email will be sent to the 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 the ride leader on the morning of the ride.

RidewithGPS URL:Tonya Godinez: tonyagodinez@gmail.com, 510-557-7119 Sophie Chang Saeed: scsaeed@comcast.net

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
Show and Go TBD
**FFBC Ride Calendar**

**Sun Feb 3, 2019**

**8:30am - 1:30pm  PRS #5: Old La Honda**

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

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

**Created by:** Dennis Dong

**Description:**
Length: 57.5 miles; Elevation: 3020 feet Terrain: 4; Pace: M, M+ Meet at 8:30 am for an 8:45 am start. If you have never ridden Old La Honda road, be prepared for a quiet and scenic climb (about 3.5 mi.) up to Skyline Rd. We’ll head back to Woodside and then up by Canada into Redwood City with a lunch stop at Prima Deli. 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. 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. 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. 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.

**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 Terrain: 2-4; Pace: M, B Show and Go TBD

**9am - 2:30pm  LAP 5 Old Tunnel Road!**

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

**Created by:** Lori Sommer

**Description:**
MILEAGE 39 (24) ELEVATION GAIN: 2549’ (2200’) TIME: 9:00AM at Rockridge RIDE START: Rockridge BART, 5660 College Ave, Oakland (ground level, South side, near Keith Avenue) We are bringing this back from Ken and Dale’s Excellent Adventure Series. We will start at the Fremont BART station and ride the train to the Rockridge BART Station in Oakland (or you can join us there). Riders will meet at the Fremont BART station. The BART fare is $5.10 one-way. We will catch the 8:14AM Richmond train, transfer at the 19th St. Station to an Antioch train and arrive at the Rockridge station at 8:59AM. There is an earlier train leaving Fremont at 7:54AM that arrives at 8:39AM. Meet at ground level, outside on the South side of the station, near Keith Avenue. At 9:20AM, we will hop on our bikes and cycle back to Fremont. From the Rockridge BART station, we will first head up Old Tunnel Road and make a quick stop at the Oakland Hills Fire Memorial Park, then go up over the Caldecott Tunnel. If there’s no fog, the views will be spectacular. We will continue south along Skyline and descend Redwood Road with a stop in Castro Valley for lunch/coffee. Afterwards we will have a “mostly” flat ride home. If you want to cut 15 miles off after lunch, there is an option to get on BART in Castro Valley. PDF versions of our Excel route sheets will be sent out via email to FFBC’s https://ffbc.groups.io/g/info/topics a few days before each ride. We ask that you print and bring it to the ride. The link to theroute on ridewithgps.com is available for downloading but any routesheet generated from the link is for information only and does not have listed regroups. We will maintain a Touring through Moderate pace (10 to 16 mph). 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) Vicki Robinson vickirobinson@comcast.net 510-813-2844
Mon Feb 4, 2019

8:30am - 12pm  Monday Morning Recovery Ride

Where: Cabrillo Shopping Center, 4673 Thornton Ave, between Balboa Way and Cabrillo Dr
Calendar: calendar@ffbc-temp.org
Created by: Dennis Dong
Description:
Length: 40 miles; Elevation: 710 feet Terrain: 1, 2; Pace: M
Meet at 8:30 am for an 8:45 am start to an easy-going ride down Paseo Padre 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). Rain or a serious threat of rain cancels so please check https://ffbc.groups.io/g/info/topics on the morning of the ride (or contact one of the ride leaders) if rain threatens. RidewithGPS URL: https://ridewithgps.com/routes/28065870 Linda Fung: fungfive@sbcglobal.net, (510) 240-0574

Tue Feb 5, 2019

8:45am - 12pm  Tour de Hills: Moderate Pace

Where: Downtown Niles parking lot across from H St at Niles Blvd
Calendar: calendar@ffbc-temp.org
Created by: Dennis Dong
Description:
Length: 32 miles; Elevation: 1,912-2,500 feet Terrain: 3; Pace: M
Meet at 8:45 am for a 9:00 am start. Join me for a few of Fremont’s finest 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 at Peet’s/Philiz - your choice of coffee. 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 themorning of the ride. Sophia Saeed: scsaeed@comcast.net, (510) 508-2211

8:45am - 1pm  Tuesday Hills - Brisk Pace

Where: DOWNTOWN Niles Parking Lot across from H St on Niles Blvd
Calendar: calendar@ffbc-temp.org
Created by: Dennis Dong
Description:
Length: 38 miles; Elevation: 1,912-2,500 feet Terrain: 3; Pace: B
Meet at 8:45 am for a 9:00 am start. 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, 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 themorning of the ride. 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, 3; Pace: L, T, M
Easy riding in the Fremont area with a recurring group of friendly riders. RidewithGPS URL:
**FFBC Ride Calendar**

**6:15pm - 8pm  TuNT: Tuesday Night Training**

**Where:** Parking lot of Genmark Automation, 46723 Lakeview Bl, Fremont  
**Calendar:** calendar@ffbc-temp.org  
**Created by:** Dennis Dong  
**Description:**  
Length: 25 miles Terrain: 3; Pace: M, B, F Club members of all levels and abilities are welcome to join the race team for hill-climb training on Scott Creek Road. 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. When dark, lights are required. Helmets are mandatory. Larry Nolan: teamnolan@hotmail.com, (510) 790-0118  
Prashant Singh: pksingh.d700@gmail.com, (952) 393-0920

**Wed Feb 6, 2019**

**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 Terrain: 2, 3; Pace: M  
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, so bring $$$. Rain or significant chance of 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. Al Quintana: alanq44@hotmail.com, 510-760-9245

**Thu Feb 7, 2019**

**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  
**Created by:** Lori Sommer  
**Description:**  
Length: 34 miles Terrain: 2, 3; Pace: T, MSleep in or have another cup of coffee! We are riding to Alum Rock. Since REI isn’t open use the facilities at Starbucks or wait until we reach the Jose Higuera Adobe in Milpitas. We will ride along the foothills and once we get into the park, there are options to head straight to the Visitor’s Center or climb the Inspiration Loop and/or Miguelita Road. Also, you don’t have to go all the way to the park...you can turn early to coffee to reduce mileage significantly. If you are a slow climber, but want to do 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 regroups. Extreme temperatures, park closure, construction or the whim of the ride leader may modify the route. Rain cancels, check https://ffbc.groups.io/g/info/topics, email or text me. 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:** calendar@ffbc-temp.org  
**Created by:** Dennis Dong  
**Description:**  
Length: 15-30 miles Terrain: 1; Pace: M, B, F  
Every Thursday night (52 weeks of the year, rain or shine, daylight or nightime). 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  
Prashant Singh: pksingh.d700@gmail.com, (952) 393-0920
FFBC Ride Calendar

Fri Feb 8, 2019

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: Dennis Dong

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 or significant chance of rain cancels. A ride cancellation email will be sent to the 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 unsure of the ride status, call or text the ride leader on the morning of the ride. Al Quintana: alanq44@hotmail.com, 510-760-9245

Sat Feb 9, 2019

8:30am - 11:30am  Cinderella Conditioning Ride #4 - Collier Canyon

Where:  
Dublin-Pleasanton BART

Calendar: calendar@ffbc-temp.org

Description:
Length: 34 miles; Elevation: 1374 feet Terrain: 2, 3 Pace: T, M

Join us for a great ride through Pleasanton, Dublin and Livermore through some surprisingly scenic, rural areas. Bring money for a coffee stop in Livermore. Remember these conditioning rides are open to all club members. Rain or significant chance of 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. RidewithGPS URL: Tonya Godinez: tonyagodinez@gmail.com, 510-557-7119 Colin Moy: moyboys@comcast.net, 510-690-7749

8:30am - 1pm  Los Altos/Purissima/Elena

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

Calendar: calendar@ffbc-temp.org

Created by: Dennis Dong

Description:
Length: 44 miles; elevation: 1300 ft Terrain: 3; Pace: M

Meet at 8:30 am for an 8:45 am start. We'll ride across the Dumbarton Bridge into the Los Altos Hills with a coffee/snack break at Le Boulanger in Los Altos before heading back over the Dumbarton Bridge. Bring $$ for snacks/lunch. Rain or significant chance of 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. RideWithGPS URL: Mike Brasseur: mbrasseur00@yahoo.com, (510) 449-6233 Louis Friedenberg: louispf@sbcglobal.net, (510) 673-3203

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 Terrain: 2-4; Pace: M, B

Show and Go TBD
FFBC Ride Calendar

Sun Feb 10, 2019

8:30am - 3pm    PRS #6: Corral Hollow

Where: Livermore Park & Ride lot on E. Airway Blvd. at Rutan Dr.
Calendar: calendar@ffbc-temp.org
Created by: Dennis Dong
Description:
Length: 63 miles; Elevation: 2753 feet Terrain: 3; Pace: M Meet at 8:30am for an
8:45 am start. This ride takes us into Tracy via CorralHollow and returns via Altamont pass road. Meet at Livermore Park &Ride lot on E. Airway Blvd at Rutan Dr. Bring money for a coffee stop
en route. 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 themorning of the ride. RidewithGPS URL: https://ridewithgps.com/routes/29060495 M: Barry Saeed, baruch.saeed@gmail.com, (510) 508-1187 M+: TBD

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 Show and Go TBD

9am - 2pm    LAP 6 Dublin, Schaefer, Bollinger (with options)

Calendar: calendar@ffbc-temp.org
Created by: Lori Sommer
Description:
DATE: 2/10/19 TIME: 9:00AM START: Bernal Community Park, 7001Pleasanton Ave., Pleasanton, meet by the restrooms MILEAGE: 46 (options-11, -5) ELEVATION GAIN: 2465’ (-665’, -400’) PACE: T, M Today’s ride,LAP 06, starts in Pleasanton and travels north to San Ramon. We will start at Bernal Community Park and meet at the restrooms. Along the way we will sample the long, low grade of Dublin Blvd, the short but steep grind up Schaefer Ranch Rd and the scenic never-ending Bollinger Canyon. After all the climbing is done at mile 36, we will stop for a break in San Ramon. There are options - skip Bollinger and reduce your route by 11 miles, skip another set of hills and go directly to coffee (cut off another 5 miles). Or, do them both! But it is a training ride, try them all! https://ridewithgps.com/routes/29051844 PDF versions of our Excel route sheets will be sent out via email to FFBC’s email account. The link to the route onridewithgps.com is available for downloading but any route sheet generated from the link is for information only and does not havelisted regroups. We will maintain a Touring through Moderate pace (10 to 16 mph). 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 (510) 693-8624 Ken Goldman (510) 378-5027 Vicki Robinson (510) 813-2844

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

Where: The Bicycle Garage, 5006 Mowry Ave, Fremont, CA 94538, USA
Calendar: calendar@ffbc-temp.org
Created by: Dennis Dong
Description:
Length: 20-25 miles Terrain: 1, 2; Pace: L, T, M Meet at 9:00 for a 9:15 start. 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. Rain or significant chance of 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). Gary Smith: gsmith289@aol.com, (510)304-0956
FFBC Ride Calendar

Mon Feb 11, 2019

8:30am - 12pm    Monday Morning Recovery Ride

Where: Cabrillo Shopping Center, 4673 Thornton Ave, between Balboa Way and Cabrillo Dr
Calendar: calendar@ffbc-temp.org
Created by: Dennis Dong
Description:
Length: 40 miles; Elevation: 710 feet Terrain: 1, 2; Pace: M
Meet at 8:30 am for an 8:45 am 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). Rain or a serious threat of rain cancels so please check https://ffbc.groups.io/g/info/topics on the morning of the ride (or contact one of the ride leaders) if rain threatens. RidewithGPS URL: https://ridewithgps.com/routes/28065870

Linda Fung: fungfive@sbcglobal.net, (510) 240-0574

Tue Feb 12, 2019

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

Where: Parking lot at the base of the Dumbarton Bridge (at the end of Marshlands Rd)
Calendar: calendar@ffbc-temp.org
Created by: Dennis Dong
Description:
Length: 30-45 miles; Elevation: 2000-3000 ft Terrain: 3-4; Pace: M
Meet at 8:45 am for a 9:00 am start. Let's meet at the base of the Dumbarton Bridge and enjoy some Peninsula hills! Many thanks to Amy and Vanessa for scouting some great routes! The route is longer, so we will be getting back later. You may return on your own at any time! Bring a spare tube, water, snacks and money for a coffee and snack stop. A significant chance of rain, heat, or poor air quality cancels. A ride cancellation email will be sent to the 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). Barry Saeed: baruch.saeed@gmail.com, 510-508-1187

8:45am - 12:30pm    Tuesday Hills - Brisk Pace

Where: Parking lot at the base of the Dumbarton Bridge (at the end of Marshlands Rd)
Calendar: calendar@ffbc-temp.org
Created by: Dennis Dong
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. Be aware of the NEW LOCATION FOR THE START. It is 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 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. 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 - 8pm  TuNT: Tuesday Night Training**

**Where:** Old Mission Park, 1000 Pine St, Fremont  
**Calendar:** calendar@ffbc-temp.org  
**Created by:** Dennis Dong  
**Description:**  
Length: 25 miles  
Terrain: 3;  
Pace: M, B, F  
Club members of all levels and abilities are welcome to join the race team for hill-climb training on Pine St and Sabercat Road. Meet at 6:15 PM and 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. When dark, lights are required. Helmets are mandatory. Larry Nolan: teamnolan@hotmail.com, (510) 790-0118  
Prashant Singh: pkSingh.d700@gmail.com, (952) 393-0920

**6:30pm - 7:30pm  FFBC Board Meeting**

**Where:** Fremont Adult School, 4700 Calaveras Ave, Fremont  
**Calendar:** calendar@ffbc-temp.org  
**Created by:** Dennis Dong  
**Description:**  
Club business

**Wed Feb 13, 2019**

**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  
Terrain: 2, 3;  
Pace: M  
Meet at 8:30 for a 8:45 start. We will do a loop around Fremont-Newark route to a coffee/snack stop, so bring $$. Rain or significant chance of rain cancels. A ride cancellation email will be sent to the 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 unsure of the ride status, call or text the ride leader on the morning of the ride. Al Quintana: alanq44@hotmail.com, 510-760-9245

**Thu Feb 14, 2019**

**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:** calendar@ffbc-temp.org  
**Created by:** Lori Sommer  
**Description:**  
Length: 25-35 miles;  
Elevation: feet;  
Terrain: 2,3  
Pace: T,M  
New Start Location!  
Meet at 9:30AM for an 9:45AM start from 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 none 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 me! Lori Sommer lorimsommer@gmail.com 510-693-8624
FFBC Ride Calendar

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

Where:
(Cellotape parking lot) 39611 Eureka Drive, Newark (from I-880, go weston 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: Dennis Dong
Description:
Length: 15-30 miles 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 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: teannolan@hotmail.com, (510) 790-0118 Prashant Singh: pksingh.d700@gmail.com, (952) 393-0920

Fri Feb 15, 2019

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: Dennis Dong
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 or significant chance of rain cancels. A ride cancellation email will be sent to the 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 unsure of the ride status, call or text the ride leader on the morning of the ride. Al Quintana: alanq44@hotmail.com, 510-760-9245

Sat Feb 16, 2019

8:30am - 11:30am  Cinderella Conditioning Ride #5 - Alum Rock Park and Inspiration Point

Where: REI - Fremont
Calendar: calendar@ffbc-temp.org
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 it’s 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. Rain or significant chance of 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 the ride leader on the morning of the ride. Ride with GPS URL: Julie Gilson jmgilson1@yahoo.com 510-468-0284 Jackie Mertz jackiemertz@gmail.com
FFBC Ride Calendar

8:30am - 12:30pm  Portola Loop
Where: Meet near the Sprouts Farmers Market at Jarvis Ave & Newark Blvd (Newark)
Calendar: calendar@ffbc-temp.org
Created by: Dennis Dong
Description:
Length: 43 miles; Elevation: 1408 feet
Terrain: 3; Pace: M
Meet at 8:30 for an 8:45 start. Monthly club ride over the Dumbarton Bridge to Portola Valley (M pace). We'll take the pedestrian bridge over 101 to Burgess Park before going up Sand Hill Rd and then left on Junipero Serra to Page Mill Rd. Right on Page Mill Rd and right on Arastradero, go past the beautiful Arastradero Preserve to a left on Alpine Rd. Coffee break at Robert's Market on Alpine Rd. Now comes the fun with the downhill on Portola Rd along with the Sand Hill Rd downhill, then back to Willow Rd, left on Middlefield Rd then right on Ringwood to the pedestrian bridge over 101 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 or significant chance of rain cancels. A ride cancellation email will be sent to the 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 unsure of the ride status, call or text the ride leader on the morning of the ride.

RidewithGPS URL: https://ridewithgps.com/routes/26890722 Mike Brasseur: mbrasseur00@yahoo.com, (510) 449-6233

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
Terrain: 2-4; Pace: M, B
Show and Go

TBD

Sun Feb 17, 2019

8:30am - 2pm  PRS #7: Grant Ranch
Where: DOWNTOWN Niles Parking Lot across from H St on Niles Blvd, Fremont
Calendar: calendar@ffbc-temp.org
Created by: Dennis Dong
Description:
Length: 61 miles; Elevation: 3177 feet
Terrain: 4; Pace: M, M+
Meet at 8:30 am for an 8:45 am start. This ride will take us through Fremont, Milpitas, and Alum Rock Park. We'll climb up Mt Hamilton Rd with a descent into Grant Ranch County Park. Then it's a short climb followed by a fun descent down Mt Hamilton Rd to Alum Rock Ave. Bring money for coffee and snacks. 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 unsure of the ride status, call or text the ride leader on the morning of the ride.
RidewithGPS URL: https://ridewithgps.com/routes/28852744 M: Barry Saeed, baruch.saeed@gmail.com, (510) 508-1187 M+: 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
Terrain: 2-4; Pace: M, B
Show and Go

TBD
FFBC Ride Calendar

**9am - 1:30pm  LAP 7 Palomares, Eden Canyon, Palomares!**

**Calendar:** calendar@ffbc-temp.org  
**Created by:** Lori Sommer  
**Description:**
- **MILEAGE:** 35  
- **ELEVATION GAIN:** 3054'  
- **START:** Niles parking lot across from H St on Niles Blvd.
  
*Have we got scenery for you on today's ride! Starting in Niles, we'll ride to Palomares Road for a scenic & sustained climb. After we catch our breath, we'll lose it again as we tear back down the hill. We will next explore Eden Canyon and follow it all the way to the end. There is an option to skip Eden which reduces the route by 6 miles and 566' of elevation gain. Then back down the canyon and up into Castro Valley fora quick break with some fuel which we will need to climb the "fun" side of Palomares. We can think of pizza toppings and beer to distract us from the last mile of climbing. Once we are back in Niles, join us for a slice of pizza at Bronco Billy's for an unofficial regroup.*

https://ridewithgps.com/routes/13585330

*PDF versions of our Excel route sheets will be sent out via email to FFBC's https://ffbc.groups.io/g/info/topics a few days before each ride. We ask that you print and bring it to the ride. The link to the route on ridewithgps.com is available for downloading but any routesheet generated from the link is for information only and does not have listed regroups. We will maintain a Touring through Moderate pace (10 to 16 mph). 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 (510) 693-8624  
Ken Goldman (510) 378-5027  
Vicki Robinson (510) 813-2844

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**Mon Feb 18, 2019**

**8:30am - 12pm  Monday Morning Recovery Ride**

**Where:** Cabrillo Shopping Center, 4673 Thornton Ave, between Balboa Way and Cabrillo Dr  
**Calendar:** calendar@ffbc-temp.org  
**Created by:** Dennis Dong  
**Description:**
- **Length:** 40 miles  
- **Elevation:** 710 feet  
- **Terrain:** 1, 2  
- **Pace:** M
  
*Meet at 8:30 am for an 8:45 am 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). Rain or a serious threat of rain cancels so please check https://ffbc.groups.io/g/info/topics on the morning of the ride (or contact one of the ride leaders) if rain threatens.*

RidewithGPS URL: https://ridewithgps.com/routes/28065870

Linda Fung: fungfive@sbcglobal.net, (510) 240-0574

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**Tue Feb 19, 2019**

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

**Where:** Old Mission Park, Pine St at Ibero Way, Fremont  
**Calendar:** calendar@ffbc-temp.org  
**Created by:** Dennis Dong  
**Description:**
- **Length:** 32-36 miles  
- **Elevation:** 2400-2800 feet  
- **Terrain:** 3, 4  
- **Pace:** MM
  
*A tour of the hills south of Fremont! Choices abound! Calaveras and down Marsh, with a delightful treat of “The Wall”! Other options include a few of the “The Hills of Insanity” - Scott Creek, Country Club, Sweigert and Suncrest or Sierra. 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)! Rain, significant chance of rain or pooring 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. Terri Yi: terriyi@yahoo.com, (510) 304-5571*
FFBC Ride Calendar

8:45am - 12:30pm  Tuesday Hills - Brisk Pace
Where: Parking lot at the base of the Dumbarton Bridge (at the end of Marshlands Rd)
Calendar: calendar@ffbc-temp.org
Created by: Dennis Dong
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. Be aware of the NEW LOCATION FOR THE START. It is 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 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. 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 - 8pm  TuNT: Tuesday Night Training
Where: Parking lot of Genmark Automation, 46723 Lakeview Bl, Fremont
Calendar: calendar@ffbc-temp.org
Created by: Dennis Dong
Description:
Length: 25 miles Terrain: 3; Pace: M, B, F Club members of all levels and abilities are welcome to join the race team for hill-climb training on Scott Creek Road. 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. When dark, lights are required. Helmets are mandatory. Larry Nolan: teamnolan@hotmail.com, (510) 790-0118 Prashant Singh: pksingh.d700@gmail.com, (952) 393-0920

Wed Feb 20, 2019

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 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, so bring $$$. Rain or significant chance of 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. Al Quintana: alanq44@hotmail.com, 510-760-9245
Thu Feb 21, 2019

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

<table>
<thead>
<tr>
<th>Where: Sprouts Farmers Market, 6399 Jarvis Ave, Newark, CA 94560, USA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calendar: <a href="mailto:calendar@ffbc-temp.org">calendar@ffbc-temp.org</a></td>
</tr>
<tr>
<td>Created by: Lori Sommer</td>
</tr>
<tr>
<td>Description:</td>
</tr>
<tr>
<td>Length: 25-35 miles</td>
</tr>
<tr>
<td>Terrain: 2, 3</td>
</tr>
<tr>
<td>Pace: T, M</td>
</tr>
</tbody>
</table>

Wear a 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 https://ffbc.groups.io/g/info/topics, email or call me! Lori Sommer
lorismsommer@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: calendar@ffbc-temp.org |
| Created by: Dennis Dong |
| Description: |
| Length: 15-30 miles |
| 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 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 Prashant Singh: pksingh.d700@gmail.com, (952) 393-0920

Fri Feb 22, 2019

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: Dennis Dong |
| 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 or significant chance of rain cancels. A ride cancellation email will be sent to the 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 unsure of the ride status, call or text the ride leader on the morning of the ride. Al Quintana: alanq44@hotmail.com, 510-760-9245
Sat Feb 23, 2019

**8:30am - 1:30pm Calaveras CCW**

*Where:* Downtown Niles parking lot across from H St on Niles Blvd.
*Calendar:* calendar@ffbc-temp.org
*Created by:* Dennis Dong
*Description:*
Length: 44 miles; Elevation: 2260 feet Terrain: 3, 4; Pace: MSometimes it’s good to go against the grain, or in this case counter-clockwise instead of clockwise. This counter clockwise loop of Calaveras meets in downtown Niles and takes the usual route to Calaveras. Map and route sheet online at RidewithGPS. Coffee at the end of the ride at Peet’s in Fremont. Rain or significant chance of rain cancels. A ride cancellation email will be sent to the 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 unsure of the ride status, call or text the ride leader on the morning of the ride. RidewithGPS URL: http://ridewithgps.com/routes/3945502TBD

**8:30am - 12:30pm Cinderella Conditioning Ride #6 - Peninsula Loops**

*Where:* Bedwell Bayfront Park
*Calendar:* calendar@ffbc-temp.org
*Description:*
Length: 39 miles; Elevation: 2018 feet Terrain: 2, 3; Pace: T, M This is a classic ride of the Cinderella Training Series. The route takes us up Alpine, around Arastradero, Foothill, Sandhill, Manzanita, Mountain Home and Woodside Road, to name a few. It’s quite the adventure! There will be a coffee stop in the middle so bring money. Rain or significant chance of 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 unsure of the ride status, call or text the ride leader on the morning of the ride. RidewithGPS URL: Tonya Godinez: tonyagodinez@gmail.com, 510-557-7119

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

Sun Feb 24, 2019

**8:30am - 2pm PRS #8: Del Valle**

*Where:* Sunol Train Station
*Calendar:* calendar@ffbc-temp.org
*Created by:* Dennis Dong
*Description:*
Length: 60 miles; Elevation: 3180 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. Meet at 8:30 am for an 8:45 am start. There is only one major hill on this ride; only problem is that we have to do twice. Enjoy the Livermore Valley as we ride on Mines Rd, climb Del Valle Rd and to our destination of Lake Del Valle. Bring money for coffee and 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 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: https://ridewithgps.com/routes/29056764 M: Sophia Saeed, scsaeed@comcast.net, (510) 508-2211 M: Donna Kaplan, luporini@aol.com, (415) 584-7621 M+: Dennis Dong, ronincopp@gmail.com, (510) 468-7016

**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 Show and Go TBD
8:30am - 12pm  Women's Social Ride

**Where:** Bicycle Garage, 5006 Mowry Ave, Fremont  
**Calendar:** calendar@ffbc-temp.org  
**Created by:** Dennis Dong  
**Description:**
Length: 15-20 miles  
Terrain: 1, 2  
Pace: T, M  
Meet at 8:30 am for an 8:45 start.  
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, 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. Julia Walker: walk9422@gmail.com, (510) 468-9712

9am - 1pm  LAP 8 Calaveras CW and Marsh

**Calendar:** calendar@ffbc-temp.org  
**Created by:** Lori Sommer  
**Description:**
MILEAGE: 45 (40)  
ELEVATION GAIN: 2532' (2109')  
START: Niles parking lot across from H St on Niles Blvd. Let's explore! Many of us haven't been on Calaveras for a couple of years and we hear there is some nice, new pavement. We will head through Niles Canyon early and make a pit stop in Sunol. Our long missed Calaveras will be climbed in the clockwise direction and after descending The Wall, we will also start up Felter Rd, but only to Marsh Rd. Marsh is a 4 mile out and back with a very nice view. We will stop at Starbucks in Milpitas for a break before heading back to Fremont using a mostly flat route. You can skip the Felter and Marsh and reduce your mileage by 5 and your elevation by 400'.

https://ridewithgps.com/routes/29019176PDF versions of our Excel route sheets will be sent out via email to FFBC's https://ffbc.groups.io/g/info/topics a few days before each ride. We ask that you print and bring it to the ride. The link to theroute on ridewithgps.com is available for downloading but any route sheet generated from the link is for information only and does not have listed regroups. We will maintain a Touring through Moderate pace (10 to 16 mph). 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 (510) 693-8624  
Ken Goldman (510) 378-5027  
Vicki Robinson (510) 813-2844

Mon Feb 25, 2019

8:30am - 12pm  Monday Morning Recovery Ride

**Where:** Cabrillo Shopping Center, 4673 Thornton Ave, between Balboa Way and Cabrillo Dr  
**Calendar:** calendar@ffbc-temp.org  
**Created by:** Dennis Dong  
**Description:**
Length: 40 miles  
Elevation: 710 feet  
Terrain: 1, 2  
Pace: M  
Meet at 8:30 am for an 8:45 am 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). Rain or a serious threat of rain cancels so please check https://ffbc.groups.io/g/info/topics on the morning of the ride (or contact one of the ride leaders) if rain threatens. RidewithGPS URL: https://ridewithgps.com/routes/28065870  
Linda Fung: fungfive@sbcglobal.net, (510) 240-0574
8:45am - 1:30pm  Tour de Hills - Moderate Pace
Where: Downtown Niles parking lot across from H St at Niles Blvd
Calendar: calendar@ffbc-temp.org
Created by: Dennis Dong
Description:
Length: 30-40 miles; Elevation: 2000-3500 feet Terrain: 3, 4; Pace: M Meet at 8:45 am for a 9:00 am start. Let's ride Palomares and other great hills! 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. 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. Barry Saeed: baruch.saeed@gmail.com, 510-508-1187

8:45am - 12:15pm  Tuesday Hills - Brisk Pace
Where: Downtown Niles parking lot across from H St at Niles Blvd
Calendar: calendar@ffbc-temp.org
Created by: Dennis Dong
Description:
Length: 38 miles; Elevation: 1,912-2,500 feet Terrain: 3; Pace: B Meet at 8:45 am for a 9:00 am start. 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, 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. 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 - 8pm  TuNT: Tuesday Night Training
Where: Old Mission Park, 1000 Pine St, Fremont
Calendar: calendar@ffbc-temp.org
Created by: Dennis Dong
Description:
Length: 25 miles Terrain: 3; Pace: M, B, F Club members of all levels and abilities are welcome to join the race team for hill-climb training on Pine St and Sabercat Road. Meet at 6:15 PM and 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. When dark, lights are required. Helmets are mandatory. Larry Nolan: teamnolan@hotmail.com, (510) 790-0118 Prashant Singh: pksingh.d700@gmail.com, (952) 393-0920
**Wed Feb 27, 2019**

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  
Terrain: 2, 3; Pace: M  
Meet at 8:30 for an 8:45 start. We will do a loop around Fremont-Newark route to a coffee/snack stop, so bring $$. Rain or significant chance of 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. Al Quintana: alanq44@hotmail.com, 510-760-9245

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**Thu Feb 28, 2019**

9:30am - 1:30pm  **Thursday Morning Coffee Ride - Sunol Start**  
**Where:** Sunol Train Station  
**Calendar:** calendar@ffbc-temp.org  
**Created by:** Lori Sommer  
**Description:**  
Length: 25-35 miles  
Terrain: 2, 3; Pace: T, M  
This week the route starts from the gravel lot across from the Sunol Train Station. There are lots of places we can go and sometimes a portion of the climbing is optional and mileage can be reduced. Our favorite destinations include the Corner Bakery or Peet's via Kilkare, the watertower and Bernal Bump or maybe out to Panama Red Coffee in Livermore byway of Sycamore Grove/Holdener Park or the climbs out by Signal Hill and the fun descent on Croak Road with lunch at Panera in Livermore. Another favorite is Denica's in Dublin via Windemere. Bring $$ for coffee or lunch. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check https://ffbc.groups.io/g/info/topics, email or call me. Lori Sommer lorimsommer@gmail.com 510-693-8624

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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:** calendar@ffbc-temp.org  
**Created by:** Dennis Dong  
**Description:**  
Length: 15-30 miles  
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 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  
Prashant Singh: pksingh.d700@gmail.com, (952) 393-0920