

## FFBC Ride Calendar

Sun Apr 1, 2018

### All day NO PRS Ride

Sun Apr 1, 2018 - Mon Apr 2, 2018

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

**Created by:** Dennis Dong

### 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

Mon Apr 2, 2018

### 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: 710 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: <https://ridewithgps.com/routes/26726048> Donna Kaplan: luporini@aol.com, (415) 584-7621 Mike Brasseur: mbrasseur00@yahoo.com, (510) 449-6233

Tue Apr 3, 2018

### 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: 32 miles; Elevation: 1,912-2,500 feet; Terrain: 3; Pace: M Meet at 8:30 for an 8:45 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. 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 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. Amy Giles: [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net), 510-224-0829

## FFBC Ride Calendar

### 8:45am - 12:15pm Tuesday Hills - 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 Meet at 8:45 for a 9:00 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 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. Vanessa McDonnell: vanessa@mcmcm.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:** Old Mission Park, 1000 Pine St, Fremont

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

**Description:**

Length: 25 miles; Elevation: 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 Prashant Singh: pksingh.d700@gmail.com, (952) 393-0920

**Wed Apr 4, 2018**

### 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 \$\$ . Al Quintana: alanq44@hotmail.com, 510-760-9245

## FFBC Ride Calendar

Thu Apr 5, 2018

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

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

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

**Description:**

Length: 34 miles Terrain: 2, 3; Pace: T, M Meet at 9:00 for a 9:15 start. We are riding to Alum Rock. Since REI isn't open use the facilities at Starbucks or wait until we reach the Alviso 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 headin 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 <https://ffbc.groups.io/g/info/topics>, email or text me. Lori Sommer: [lorimsommer@gmail.com](mailto: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](mailto:calendar@ffbc-temp.org)

**Created by:** Dave Fishbaugh

**Description:**

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

Fri Apr 6, 2018

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

**Where:**

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

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

**Created by:** Dave Fishbaugh

**Description:**

Length: 35-45 miles 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. Al Quintana: [alanq44@hotmail.com](mailto:alanq44@hotmail.com), 510-760-9245

Sat Apr 7, 2018

### 8:30am - 1pm Calaveras Clockwise

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

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

**Created by:** Dennis Dong

**Description:**

Length: 46 miles; Elevation: 2117 feet Terrain: 3; Pace: M, B Meet at 8:30 for an 8:45 start. 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 into Milpitas and we will still return via a route that stays close to the hills. Bring \$\$ for a coffee stop at Noah's/Starbucks in Milpitas. Rain or serious threat of rain cancels. RideWithGPS URL: <https://ridewithgps.com/routes/192559> M: Donna Kaplan: [luporini@aol.com](mailto:luporini@aol.com), (415) 584-7621 B: Tim & Robin O'Hara: [Timorides2@gmail.com](mailto:Timorides2@gmail.com), (510) 363-2967

## FFBC Ride Calendar

### 8:30am - 8:30am Cinderella Conditioning Series #11 - Portola Loop + Alpine

**Where:** Don Edwards

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

**Description:**

Length: 41 miles; Elevation: 2207 feet; Terrain: 3,4 Pace: T,M This is a fun end to the series - challenging but less so than the previous weeks. Our route will cross the Dumbarton Bridge and take us on the bike bridge over 101 with a regroup at Burgess Park in Menlo Park. We will climb Sandhill, Alpine and then another seven miles to the gate at the end of Alpine. We'll U-turn back to Robert's Market for a quick lunch. We will return on Portola/Sandhill and Willow. Rain cancels. Ride with GPS URL: <https://ridewithgps.com/routes/13563850> Carrie Payne [carriepayne@att.net](mailto:carriepayne@att.net) 510-754-0276 Julia Walker [walk9422@gmail.com](mailto:walk9422@gmail.com) 510-468-9712

### 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](mailto: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 Apr 8, 2018

### 8am - 1:30pm PRS #13- Sierra and Calaveras

**Where:** Downtown Niles, parking lot across from H St.

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

**Created by:** Dennis Dong

**Description:**

Length: 50 miles; Elevation: 3500 feet Terrain: 5; Pace: M For the final ride in the series, let's climb Sierra and then do Calaveras to the False Summit and back. Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Bring money for a coffee stop en route. Rain cancels. NOTE: Riders arriving by car are asked to park in the unpaved parking area south of the train station. Ride with GPS URL: <https://ridewithgps.com/routes/26548309> TBD: [ronincopp@gmail.com](mailto:ronincopp@gmail.com)

### 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](mailto: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

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

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

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

**Created by:** Dennis Dong

**Description:**

Length: 20-25 miles; Elevation: 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. Ride with GPS URL: [David.Walker@dbwalker0min@gmail.com](mailto:David.Walker@dbwalker0min@gmail.com) 510-468-4454 Julia Walker [walk9422@gmail.com](mailto:walk9422@gmail.com) 510-468-9712

## FFBC Ride Calendar

Mon Apr 9, 2018

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

**Created by:** Dennis Dong

**Description:**

Length: 40 miles; Elevation: 710 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: <https://ridewithgps.com/routes/26726048> Donna Kaplan: [luporini@aol.com](mailto:luporini@aol.com), (415) 584-762

Tue Apr 10, 2018

### 8:30am - 1pm 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](mailto:calendar@ffbc-temp.org)

**Description:**

Length: 40-45 miles; Elevation: 2000-2600 feet; Terrain: 3, 4; Pace: M Meet at 8:30 for an 8:45 start for something completely different! A NEW LOCATION FOR THE START. It is approximately 3 miles past the Don Edwards Visitor Center. If you miss those fun bumps on the road to get to the bridge, you are welcome to start your ride from the visitor center and meet us at 8:30am, in the parking lot on the east side of the Dumbarton Bridge. We will be climbing some of the peninsula hills finest hills and the route may be a little longer (or steeper) so we may 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 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. Amy Giles: [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net), 510-224-0829

### 8:45am - 12:15pm 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](mailto:calendar@ffbc-temp.org)

**Created by:** Dennis Dong

**Description:**

Length: 40 miles; Elevation: 1,912- 2,500 feet; Terrain: 3; Pace: M, B Meet at 8:45 for a 9:00 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 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. Vanessa McDonnell: [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com), 510-517-1466

### 9am - 12pm Show & Go

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

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

**Created by:** Dave Fishbaugh

**Description:**

Length: 20+ miles; Elevation: feet; Terrain: 1,2 Pace: L,T,M Easy riding in the Fremont area with a recurring group of friendly riders. RidewithGPS URL:

## FFBC Ride Calendar

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

**Where:** Old Mission Park, 1000 Pine St, Fremont

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

**Description:**

Length: 25 miles; Elevation: 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 Prashant Singh: pksingh.d700@gmail.com, (952) 393-0920

**Wed Apr 11, 2018**

### 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 an 8:45 start. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$\$. Al Quintana: alanq44@hotmail.com, 510-760-9245

**Thu Apr 12, 2018**

### 9am - 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 Meet at 9:00 for a 9:15 start from 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 <https://ffbc.groups.io/g/info/topics>, email or call! me! Lori Sommer lorimsommer@gmail.com 510-693-8624

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

**Where:**

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

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

**Created by:** Dave Fishbaugh

**Description:**

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

## FFBC Ride Calendar

Fri Apr 13, 2018

### 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 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. Al Quintana: alanq44@hotmail.com, 510-760-9245

Sat Apr 14, 2018

### 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 Meet at 8:30 for an 8:45 start..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 rate sufficiently we'll head back up Pine; otherwise, it's up Paseo Padre the wrong way again before ending the ride at Peet's with a well-deserved coffee. Rain or threat of rain cancels the ride. Ride with GPS URL: <http://ridewithgps.com/routes/21046723> Julie Gilson: Jmgilson1@yahoo.com, 510-468-0284

### 8:30am - 12:30pm Show and 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. Show and Go TBD

Sun Apr 15, 2018

### 7am - 4:30pm Primavera Workers' Ride - 80 miles

**Where:** Mission San Jose High School, 41717 Palm Ave, Fremont

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

**Created by:** Dennis Dong

**Description:**

Length: ~80 miles; Elevation: Terrain: 4; Pace: M, B, F Since Calaveras Rd will not be open for the Workers' Rides, the route and further details for the ride will be coming asap. Route: TBD Ride Leaders: TBD SAG: TBD

## FFBC Ride Calendar

### 7am - 4:30pm Primavera Workers' Ride - Century

**Where:** Mission San Jose High School, 41717 Palm Ave, Fremont

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

**Created by:** Dennis Dong

**Description:**

Length: ~100 miles; Elevation: Terrain: 4; Pace: M, B, F Since Calaveras Rd will not be open for the Workers' Rides, the route and further details for the workers' ride will be coming asap. Route: TBD Ride Leaders: TBD SAG: TBD

### 7am - 2pm Primavera Workers' Ride - Metric Century

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

**Created by:** Dennis Dong

**Description:**

Length: ~69 miles; Elevation: Terrain: 4; Pace: M, B, F Since Calaveras Rd will not be open for the Workers' rides, the route and further details for the ride will be coming asap. Route: TBD Ride Leaders: TBD SAG: TBD

### 10:30am - 2:30pm Primavera Workers' Ride - Fun Ride

**Where:** Mission San Jose High School, 41717 Palm Ave, Fremont

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

**Created by:** Dennis Dong

**Description:**

Length: 25.5 miles; Elevation: 464 feet Terrain: 1; Pace: L, T Meet at 10:30 am for a 10:45 am start. The rest stop captain will transport riders' lunches and snacks from the start to Coyote Hills Park near the Visitor Center and then take any clothes bags back to the start. Please be nice to your ride leader. Let him/her know your intentions at the beginning of the ride, or during the ride, if you plan on breaking off from the main group. Remember that a Minor Release form must be filled out and given to the ride leader, and any rider under 16 must be accompanied by an adult. RidewithGPS URL: <https://ridewithgps.com/routes/26494618> Ride Leaders: TBD Rest Stop Captain: Dennis Dong; [ronincopp@gmail.com](mailto:ronincopp@gmail.com), (510) 468-7016

**Mon Apr 16, 2018**

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

**Created by:** Dennis Dong

**Description:**

Length: 40 miles; Elevation: 710 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: <https://ridewithgps.com/routes/26726048> Donna Kaplan: [luporini@aol.com](mailto:luporini@aol.com), (415) 584-7621 Mike Brasseur: [mbrasseur00@yahoo.com](mailto:mbrasseur00@yahoo.com), (510) 449-6233



# FFBC Ride Calendar

Tue Apr 17, 2018

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

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

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

**Created by:** Dave Fishbaugh

**Description:**

Length: 32-36 miles; Elevation: 2400-2800 feet; Terrain: 3, 4; Pace: M Meet at 8:30 for an 8:45 start. 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)! 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. Amy Giles: apgiles@sbcglobal.net, 510-224-0829

## 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 for a 9:00 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 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. 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:** Old Mission Park, 1000 Pine St, Fremont

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

**Description:**

Length: 25 miles; Elevation: 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 Prashant Singh: pksingh.d700@gmail.com, (952) 393-0920

## FFBC Ride Calendar

Wed Apr 18, 2018

### 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 \$\$\$. Al Quintana: alanq44@hotmail.com, 510-760-9245

Thu Apr 19, 2018

### 9am - 1pm 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 Terrain: 2, 3; Pace: T, M Meet at 9:00 for a 9:15 start. 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 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 Apr 20, 2018

### 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 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. Al Quintana: alanq44@hotmail.com, 510-760-9245

## FFBC Ride Calendar

Sat Apr 21, 2018

### 8:30am - 12:30pm Portola Loop

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

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

**Created by:** 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 cancels. RidewithGPS URL: <https://ridewithgps.com/routes/26890722> Mike Brasseur [mbrasseur00@yahoo.com](mailto: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](mailto:calendar@ffbc-temp.org)

**Created by:** Dennis Dong

**Description:** Length: 20-50 miles; Terrain: 2-4; Pace: M, B Show and Go TBD

Sun Apr 22, 2018

### All day 45th Annual Primavera Century

Sun Apr 22, 2018 - Mon Apr 23, 2018

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

**Created by:** Dennis Dong

Mon Apr 23, 2018

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

**Created by:** Dennis Dong

**Description:**

Length: 40 miles; Elevation: 710 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: <https://ridewithgps.com/routes/26726048> Donna Kaplan: [luporini@aol.com](mailto:luporini@aol.com), (415) 584-7627

## FFBC Ride Calendar

Tue Apr 24, 2018

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

**Where:**

Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail

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

**Created by:** Dave Fishbaugh

**Description:**

Length: 32 miles; Elevation: 2600 feet; Terrain: 3, 4; Pace: M Meet at 8:30 for an 8:45 start. After a short ride on Niles Canyon, we climb Palomares and more! 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. 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. Amy Giles: [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net), 510-224-0829

### 8:45am - 12:15pm Tuesday Hills - Brisk Pace

**Where:**

Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail

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

**Created by:** Dennis Dong

**Description:**

Length: 38 miles; Elevation: 1,912-2,500 feet; Terrain: 3; Pace: B Meet at 8:45 for a 9:00 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 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. Vanessa McDonnell: [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com), 510-517-1466

### 9am - 12pm Show & Go

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

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

**Created by:** Dave Fishbaugh

**Description:**

Length: 20+ miles; Elevation: feet; Terrain: 1,2 Pace: L,T,M Easy riding in the Fremont area with a recurring group of friendly riders. Ride with GPS URL:

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

**Where:** Old Mission Park, 1000 Pine St, Fremont

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

**Description:**

Length: 25 miles; Elevation: 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](mailto:Khstrong10@gmail.com), (510) 435-9479 Prashant Singh: [pk Singh.d700@gmail.com](mailto:pk Singh.d700@gmail.com), (952) 393-0920

## FFBC Ride Calendar

Wed Apr 25, 2018

### 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 en route to a coffee/snack stop, so bring \$\$\$. Al Quintana: alanq44@hotmail.com, 510-760-9245

Thu Apr 26, 2018

### 9am - 1pm 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 Meet at 9:00 for a 9:15 start. This week the route starts from the gravel lot across from the Sunol Train Station. There are lots of places we can go and sometimes a portion of the climbing is optional and mileage can be reduced. Our favorite destinations include the Corner Bakery or Peet's via Kilkare, the water tower and Bernal Bump or maybe out to Panama Red Coffee in Livermore by way of Sycamore Grove/Holdener Park or the climbs out by Signal Hill and the fun descent on Croak Road with lunch at Panera in Livermore. Another favorite is Denica's in Dublin via Windemere. Bring \$ for coffee or lunch. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check <https://ffbc.groups.io/g/info/topics>, email or call me. 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 Apr 27, 2018

### 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 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. Al Quintana: alanq44@hotmail.com, 510-760-9245

## FFBC Ride Calendar

Sat Apr 28, 2018

### 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: 38 miles; Elevation: feet; Terrain: 3,4 Pace: M Meet at 8:30 am for an 8:45 start. Sometimes it's good to go against the grain, or in this case, counter-clockwise instead of clockwise. This counter clockwise loop of Calaveras meets in downtown Niles and takes the usual route to Calaveras. Map and route sheet online at [RidewithGPS](http://RidewithGPS). Coffee at the end of the ride at Peet's in Fremont. NOTE: Riders arriving by car are asked to park in the unpaved parking area south of the train station. [RidewithGPS](http://RidewithGPS) URL: <http://ridewithgps.com/routes/3945502> TBD: ronincopp@gmail.com

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

Sun Apr 29, 2018

### 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](http://RidewithGPS) URL: 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; Elevation: 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 or threat of rain will cancel the ride. [RidewithGPS](http://RidewithGPS) URL: Tonya Godinez: tonyagodinez@gmail.com, (510) 557-7119

## FFBC Ride Calendar

Mon Apr 30, 2018

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

**Created by:** Dennis Dong

**Description:**

Length: 40 miles; Elevation: 710 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: <https://ridewithgps.com/routes/26726048> Donna Kaplan: [luporini@aol.com](mailto:luporini@aol.com), (415) 584-7621 Mike Brasseur: [mbrasseur00@yahoo.com](mailto:mbrasseur00@yahoo.com), (510) 449-6233