

FFBC Ride Calendar

Thu Feb 1, 2018

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

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 23-35 miles Terrain: 2, 3; Pace: T, M Meet at 9:30 for a 9:45 start. 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 the extra climbing, please be considerate of the group and turn around when you see the faster riders returning OR bring yourself to coffee on your own. We will have lunch at Noah's Bagels/Starbucks (\$) before heading back on a flat route, with no regroup. Extreme temperatures, park closure, construction or the whim of the ride leader may modify the route. Rain cancels, check FFFBC Yahoo! Group, email or text me. 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 Feb 2, 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 Feb 3, 2018

8:30am - 12:30pm 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: 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> Donna Kaplan: luporini@aol.com, (415) 584-7621 Time and Robin O'Hara: Timeorides2@gmail.com, (510) 363-2967

FFBC Ride Calendar

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dennis Dong

Description:

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

9am - 11:30am Cinderella Conditioning Ride #3 - The Animals

Where: Centripedal

Calendar: calendar@ffbc-temp.org

Description:

Length: 23 miles; Elevation: 980 feet; Terrain: 1, 2; Pace: T, M Meet at 9:00 for a 9:15 start. 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. 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. Ride with GPS URL: Christina Peabody: christina.peabody@gmail.com, (408) 425-2624

Sun Feb 4, 2018

8:30am - 1:30pm PRS #5: Five Canyons

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

Calendar: calendar@ffbc-temp.org

Created by: Dennis Dong

Description:

Length: 45 miles; Elevation: 2762 feet Terrain: 4; Pace: M Meet at 8:30 for an 8:45 start. Our annual PRS (Progressive Ride Series) rides run every Sunday. The PRS series gets riders ready for a full century (such as the Primavera Worker's Ride on April 15th). These rides start out gradually and proceed at an M-pace. Bring money for a coffee stop en route. Rain cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens. 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/12297519> Colin Moy: moyboys@comcast.net, 510-581-9052

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dennis Dong

Description:

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

9am - 2pm LAP 05 Dublin, Schaefer, Bollinger

Where: Bernal Community Park, 7001 Pleasanton Avenue, Pleasanton (meet by the restrooms)

Calendar: calendar@ffbc-temp.org

Created by: Lori Sommer

Description:

MILEAGE/ELEVATION GAIN: 46/2300' PACE: T, M Today's ride, LAP 05, 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 35, we will stop for a break in San Ramon. (<https://ridewithgps.com/routes/26476908>) We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regroup as needed. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us. Lori Sommer lorimsommer@gmail.com 510-693-8624 Ken Goldman ken.goldman@comcast.net (510) 791-1095 (H) 510-378-5027 (C) Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860

FFBC Ride Calendar

Mon Feb 5, 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: MMeet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride. Ride with GPS URL: <https://ridewithgps.com/routes/26726048> Robin O'Hara: rjohara6@gmail.com, (510) 418-2669 Louis Friedenber: louispf@sbcglobal.net, (510) 673-3203

Tue Feb 6, 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: 38 miles; Elevation: 1,912-2,500 feet; Terrain: 3; Pace: MMeet at 8:30 for an 8:45 start. Join me for a few of Fremont's finest hills. We might ride the neighborhood hills we affectionately call "The Stupid Hills" (Yakama, "The Animals", Paseo Padre, Pine, Sabercat). Plenty of escape routes are available if you're weary of climbing! Bring water, money for coffee and/or a snack (Peet's/Philiz when it opens!). Ride leader is faint of heart on wet pavement so rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by ride leader on the morning of the ride if it is being cancelled (no email, means the ride is on). If you are unsure of the ride status, call or text ride leader on the morning of the ride. Amy Giles: 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

Created by: Dennis Dong

Description:

Length: 38 miles; Elevation: 1,912-2,500 feet; Terrain: 3; Pace: BMeet 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, 510-517-1466

FFBC Ride Calendar

9am - 12pm Show & Go

Where: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

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

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

Where:

Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538

Calendar: calendar@ffbc-temp.org

Description:

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

Wed Feb 7, 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 Feb 8, 2018

9:30am - 1:30pm Thursday Morning Coffee Ride across the Dumbarton

Where: Visitor Center, Don Edwards Wildlife Refuge

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 25-35 miles; Elevation: feet; Terrain: 2,3 Pace: T,M Julie Fuller is the substitute ride leader for today! 970-683-1850 Meet at 9:30 and start at 9:45 from the Don Edwards Visitor Center (Don Edwards National Wildlife Refuge, 1 Marshlands Rd, cross-street Thornton Ave, Fremont.) We head across the Dumbarton Bridge to various destinations. For a flat ride we head through East Palo Alto and along a few paths to Shoreline Park for lunch. For a ride with climbing we do Woodside Road, Sand Hill/Whisky Hill, Alpine Loop, Arastradero or Edgewood Road. Sometimes the climbing is optional. We always stop for coffee and riders are welcome to head back on their own if they know the way. Usually we ride without route sheets so we regroup as necessary and no one is left behind. Bring \$ for lunch. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call! me! Lori Sommer lorimsommer@gmail.com 510-693-8624

FFBC Ride Calendar

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

Where:

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

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

Fri Feb 9, 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 Feb 10, 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 rates sufficiently we'll head back up Pine; otherwise, it's up Paseo Padre the wrong way again before ending the ride at Peet's with a well-deserved coffee. Rain or threat of rain cancels the ride. RidewithGPS URL: <http://ridewithgps.com/routes/21046723> Julie Gilson: Jmgilson1@yahoo.com, 510-468-0284

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

Where: Meet near the Sprouts Farmers Market at Jarvis Av & Newark Bl (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 - 12:30pm Cinderella Conditioning Ride #4 - Collier Canyon

Where:

Dublin - Pleasanton BART (5801 Owens Dr, Pleasanton, CA 94588), small parking lot near the intersection of Owens and Willow, Pleasanton (map)

Calendar: calendar@ffbc-temp.org

Description:

Length: 34 miles; Elevation: 1374 feet; Terrain: 2; 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 cancels RidewithGPS URL: Becky Hoffmann: tigger5@aol.com, (510) 816-5171

Sun Feb 11, 2018

8:30am - 1:30pm PRS #6: Old La Honda

Where: Meet near the Tutti Frutti Frozen Yogurt at Jarvis Ave & Newark Blvd (Newark).

Calendar: calendar@ffbc-temp.org

Created by: Dennis Dong

Description:

Length: 50 miles; Elevation: 2612 feet; Terrain: 4; Pace: M Meet at 8:30 for an 8:45 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 cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens. RidewithGPS URL: <https://ridewithgps.com/routes/12297520> David Godinez: dggodinez@gmail.com

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 - 2pm LAP 06 Livermore Hills

Where: Sunol, CA (gravel lot across from the Sunol Train Station)

Calendar: calendar@ffbc-temp.org

Created by: Lori Sommer

Description:

MILEAGE/ELEVATION GAIN: 49/2400' PACE: T, M Let's play on the highway! We will meet in the gravel lot across from the Sunol Train Station. Park on the streets of Sunol if the gravel lot is full. To get to Livermore, we will ride on Highway 680 (for one exit only, it is legal) to access Vallecitos (Highway 84). Caution, there is a short portion without a bike lane where you must take the lane. We will regroup at the top, ride through some beautiful vineyards then head out to Holdener Park and up Tesla to the top of Corral Hollow. It is an out and back. We will stop in Livermore for lunch and then head back to Sunol via the vineyards (in the other direction) then up the Bernal Bump, Happy Valley and Foothill. If you want to join us but don't want to do ALL the climbing you are welcome to modify the route and turn around anytime on the out and backs. (<https://ridewithgps.com/routes/26490283>) 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. Check FFBC Yahoo! Group, email or call us. Ken Goldman ken.goldman@comcast.net (510) 791-1095 (H) 510-378-5027 (C) Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860 Lori Sommer lorimsommer@gmail.com 510-693-8624

FFBC Ride Calendar

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; Elevation: feet; Terrain: 1,2 Pace: L,T,M Meet at 9:00 for a 9:15 start. Please join us on this monthly "SundaySocial". This casual, social ride is always fun and offers everyone the chance to meet other cyclists. Bring your cycling friends along and help us introduce newcomers and guests to the club. Don't forget \$\$ for a coffee/snack stop. If you have a club jersey or jacket, this is a great time to wear it. Ride with GPS URL: David Walker dbwalker0min@gmail.com 510-468-4454 Julia Walker walk9422@gmail.com 510-468-9712

Mon Feb 12, 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. Ride with GPS URL: <https://ridewithgps.com/routes/26726048> Robin O'Hara: rjohara6@gmail.com, (510) 418-2669 Louis Friedenber: louispf@sbcglobal.net, (510) 673-3203

Tue Feb 13, 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

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. Thank you V for the creative start location! Riders, 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 (where are the grammar police when you need them?) 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 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

FFBC Ride Calendar

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

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, 510-517-1466

9am - 12pm Show & Go

Where: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

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

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

Where:

Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538

Calendar: calendar@ffbc-temp.org

Description:

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

Wed Feb 14, 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

FFBC Ride Calendar

Thu Feb 15, 2018

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 25-35 miles Terrain: 2, 3; Pace: T, M Meet at 9:30 for a 9:45 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 FFBC Yahoo! Group, 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.

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Created by: Dave Fishbaugh

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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 Feb 16, 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 Feb 17, 2018

8:30am - 12:30pm Portola Loop

Where: Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 36 miles; Elevation: 1437 feet Terrain: 3; Pace: M, B Meet at 8:30 for an 8:45 start. Monthly club ride over the Dumbarton Bridge to Portola Valley (M pace). Maybe we'll go straight up Willow or possibly take the pedestrian bridge to Burgess Park before going up Sand Hill and then left on Junipero Serra to Page Mill. Right on Page Mill to right on Arastradero, go past the beautiful Arastradero Preserve to left on Alpine. Coffee break at Robert's Market on Alpine. Now comes the fun with the downhill on Portola Road along with the Sand Hill downhill, then back to Willow and cross the Dumbarton Bridge to Don Edwards. Or we may change it up and go a different direction around Portola Valley, depends on the ride leader's mental state. Bring \$ for snacks. Rain cancels. Please park in upper lot at request of visitor center staff. Meet at the visitor center at 8:30am with wheels rolling at 8:45am. Ride with GPS URL: <https://ridewithgps.com/routes/20225603> M: Mike Brasseur: mbrasseur00@yahoo.com, (510) 449-6233 Louis Friedenber: louispf@sbcglobal.net, (510) 673-3203 B: Tim O'Hara: Timorides2@gmail.com, 510-363-2967 Robin O'Hara: 510-471-2464

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dennis Dong

Description:

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

9am - 12:30pm Cinderella Ride #5 - Alum Rock Park and Inspiration Point

Where: Fremont REI

Calendar: calendar@ffbc-temp.org

Description:

Length: 35 miles; Elevation: 1490 feet; Terrain: 2; 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 cancels. Ride with GPS URL: <http://ridewithgps.com/routes/3941919> Christina Peabody: christina.peabody@gmail.com, (408) 425-2624

Sun Feb 18, 2018

8:30am - 3pm PRS #7: Del Valle

Where: Downtown Niles Parking lot across from H Street

Calendar: calendar@ffbc-temp.org

Created by: Dennis Dong

Description:

Length: 61 miles; Elevation: 2650 feet Terrain: 3; Pace: M Meet at 8:30 for an 8:45 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 make our way to Mines Rd. and our destination of Lake Del Valle. 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/12297521> TBD Julie Gilson: jmgilson1@yahoo.com, 510-468-0284

FFBC Ride Calendar

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dennis Dong

Description:

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

9am - 2:30pm LAP RIDE 07

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

Calendar: calendar@ffbc-temp.org

Created by: Lori Sommer

Description:

TITLE: FFBC 2018 LAP 07 Palomares, Cull, Redwood MILEAGE/ELEVATION GAIN:

45/2600' 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 Cull Canyon and follow it all the way to the end at the entrance to the Sequoia, a clothing optional club. We ask that all LAP riders stay fully clothed. After we swoop down the canyon we will proceed to short climbs on Heyer and Redwood. After a quick break, we will turn around at the Redwood Canyon Golf Club and head to our coffee/lunch stop on Castro Valley Blvd. We will return to the start of the ride via Mission Blvd and a secret route known only by Ken Goldman. We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regroup as needed. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us. For reference only: <https://ridewithgps.com/routes/26490320> Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860 Lori Sommer lorimsommer@gmail.com 510-693-8624 Ken Goldman ken.goldman@comcast.net (510) 791-1095 (H) 510-378-5027 (C)

Mon Feb 19, 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> Robin O'Hara: rjohara6@gmail.com, (510) 418-2669 Louis Friedenber: louispf@sbcglobal.net, (510) 673-3203

FFBC Ride Calendar

Tue Feb 20, 2018

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 32-36 miles; Elevation: 2400-280 feet; Terrain: 3, 4; Pace: M 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" on the way down Calaveras! Other options include a few of the "The Hills of Insanity" (Scott Creek, Country Club, Sweigert and Suncrest. Bring water, money for coffee, snack, or lunch because as always, we will definitely stop for a well deserved break (most likely Starbucks/Noah's in Milpitas)! Again, please be sure to thank Vanessa for this wonderful route! 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:

Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538

Calendar: calendar@ffbc-temp.org

Description:

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

FFBC Ride Calendar

Wed Feb 21, 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 Feb 22, 2018

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 Meet at 9:30 for a 9:45 start. This week the route starts at 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 Yahoo group, 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 Feb 23, 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 Feb 24, 2018

8:30am - 12:30pm Brisk Primavera Training Ride #1, 5 Canyons

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 43 miles; Elevation: 2762 feet; Terrain: 3; Pace: B Meet at 8:30 for an 8:45 start. Out to San Ramon and back. NOTE: Riders arriving by car are asked to park in the unpaved parking area south of the train station. RideWithGPS URL: <https://ridewithgps.com/routes/18940639> Tim O'Hara: Timorides2@gmail.com, 510-363-2967 Robin O'Hara: 510-471-2464

8:30am - 12:30pm 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: 49 miles; Elevation: 3300 feet; Terrain: 3, 4; Pace: M Meet at 8:30 for an 8:45 start. Since Calaveras is still closed at the false summit, we'll ride to the false summit and back. Bring money for coffee and/or a snack, we'll definitely stop at Noah's/Starbucks for a well deserved break! NOTE: Riders arriving by car are asked to park in the unpaved parking area south of the train station. RideWithGPS URL: M: Vanessa McDonnell; vanessa@mcnmc.com, 510-517-1466

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dennis Dong

Description:

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

9am - 12:30pm Conditioning Ride #6 - Peninsula Loops

Where: Bayfront Park ([map](#))

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 cancels. RideWithGPS URL: Julia Walker: walk9422@gmail.com, 510-468-9712

Sun Feb 25, 2018

8:30am - 3:30pm PRS #8: 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 8:30 for an 8:45 start. This ride takes us into Tracy via Corral Hollow 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 cancels. RideWithGPS URL: <https://ridewithgps.com/routes/12297524> Jay Gilson: jaymgilson@gmail.com, 510-468-0285 Jun Moncayo: junmoncayo@gmail.com, 510-366-6452

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

Where: Meet near the Sprouts Farmers Market at Jarvis Av & Newark Bl (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 - 2pm LAP 08

Calendar: calendar@ffbc-temp.org

Created by: Lori Sommer

Description:

MILEAGE/ELEVATION GAIN: To be announced START LOCATION: To be announced

The specific route for today's LAP ride will be announced approximately one week before on this page. Please check back for updates and links to the route and route sheet.

Mon Feb 26, 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. Ride with GPS URL: <https://ridewithgps.com/routes/26726048> Robin O'Hara: rjohara6@gmail.com, (510) 418-2669 Louis Friedenber: louispf@sbcglobal.net, (510) 673-3203

Tue Feb 27, 2018

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

Where:

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 32 miles; Elevation: 2600 feet; Terrain: 3, 4; Pace: M Meet at 8:30 for an 8:

45 start. Come celebrate the opening of Palomares! This is one of my favorite rides - my Niles Canyon Alternative! Warning: Not many escape routes available on the climbs! Bring water, money for coffee, snack, or lunch because as always, we will definitely stop for the well deserved break (Pearl's/Subway)! Ride leader is faint of heart on wet pavement so rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by ride leader on the morning of the ride if it is being cancelled (no email, means the ride is on). If you are unsure of the ride status, call or text ride leader on the morning of the ride. Amy Giles: 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:

Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538

Calendar: calendar@ffbc-temp.org

Description:

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

Wed Feb 28, 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