

FFBC Ride Calendar

Tue Aug 1, 2017

8:45am - 12:15pm Tour de Fremont Hills

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 38 miles; Elevation: 1,912-2,500 feet; Terrain: 3 Pace: M,B Join us for a few of Fremont's finest hills. We might ride the neighborhood hills we affectionately call "The Stupid Hills" (including Pine, Sabercat, "The Animals" and our friend Paseo Padre), or we might head through Niles Canyon to Palomares Road for a quite, scenic climb to Castro Valley. From Castro Valley we'll either head to Pleasanton and tackle the rollers on Foothill before returning through the canyon, or for a little extra climbing, we'll head up Five Canyons Pkwy and return via Hayward. Bring money for coffee and/or a snack, we'll definitely stop for a well deserved break! Rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by one (or both) ride leaders 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 appropriate ride leader on the morning of the ride. Ride with GPS URL: B: Vanessa McDonnell vanessa@mcnmc.com 510-441-7607 M: Amy Giles apgiles@sbcglobal.net 510-224-0829

9am - 12pm Show & Go

Where: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

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

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 Aug 2, 2017

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 35-45 miles; Elevation: feet; Terrain: 2,3 Pace: M,B Ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$\$. Ride with GPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

6pm - 8:30pm Pizza Ride

Where: Chipotle Mexican Grill in Newark, 34883 Newark Blvd, Newark

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20-25 miles; Elevation: feet; Terrain: 1,2,3 Pace: M,B It's Burrito Ride time again! What could be better than a mid-week bike ride followed by delicious Mexican fare and the good company of other club members? Meet in the parking lot at the Chipotle Grill in Newark. When signing in, remember to check "YES" or "NO" on the sign-in sheet so we know who's staying for dinner. Food will be ready at 7:30 pm. The ride meets at 6:00 pm for sign in, to be completed by 6:10. Departure time is 6:15 sharp. Ride with GPS URL: Tim and Robin O'Hara tohara2938@aol.com 510-418-2672

6:15pm - 7:45pm WNT (Wednesday Night Training)

Where: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left. This series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory. Ride with GPS URL: Garry Birch garry_b94568@yahoo.com 925-819-0247

Thu Aug 3, 2017

8:30am - 12:30pm Thursday Morning Coffee Ride - REI to Alum Rock

Where: REI, Fremont

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 34 miles; Elevation: feet; Terrain: 2,3 Pace: T,M PLEASE NOTE THE NEW START TIME! We are riding to Alum Rock. Since REI isn't open, you may need to 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 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 FFBC Yahoo! Group, email or text me. Ride with GPS URL: Lori Sommer lorimsommer@gmail.com 510-693-8624

FFBC Ride Calendar

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

Where:

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

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

Fri Aug 4, 2017

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 35-45 miles; Elevation: feet; Terrain: 3,4 Pace: M,B Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

6pm - 8:30pm TGIF Das Brew Beer Ride

Where: Das Brew, 44356 South Grimmer Blvd.

Calendar: calendar@ffbc-temp.org

Description:

Length: 15-20 miles; Elevation: feet; Terrain: 1,2,3 Pace: T,M,B Once again it's time for our annual Das Brew rides (our 5th year!). What better way to wind down the week than with a short bike ride followed by some good, local beer? We'll ride a leisurely loop around Fremont (the route changes every week) finishing before dark ~7:30, with plenty of time to imbibe some nice, cold, fresh beer. A flight of 4 beers is still only \$8, or you can buy a mug for \$5-\$6. Beer tasting after the ride is optional. Please drink responsibly! Food is available for purchase at Das Brew (from a Fusion Catering Truck), or you can bring your own snacks to share with the group. Parking is very limited at Das Brew but they have an arrangement with the users of office building next door to park there. RidewithGPS URL: Vanessa McDonnell vanessa@mcnmc.com 510-517-1466 Kevin McDonnell kevin@mcnmc.com 510-364-4435

Sat Aug 5, 2017

8:30am - 12:30pm Calaveras Clockwise

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 40.5 miles; Elevation: 2,300 feet; Terrain: 3 Pace: M,B This is our traditional "1st Saturday of the Month" ride, however due to the closure of Calaveras Road, we will ride to Alum Rock Park instead. The route will still bring us out in Milpitas, and we will still return via a route that stays close to the hills. Bring \$\$ for a coffee stop at Noah's/Starbucks in Milpitas. Rain or serious threat of rain cancels. NOTE: Riders arriving by car are asked to park in the unpaved parking area south of the train station. RidewithGPS URL: Donna Kaplanluporini@aol.com 415-584-7621 Tim and Robin O'Hara tohara2938@aol.com 510-418-2672

8:30am - 12pm Show & Go

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

Calendar: calendar@ffbc-temp.org

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

Sun Aug 6, 2017

8:30am - 12pm Show and Go

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

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

Mon Aug 7, 2017

8:30am - 11:30am Monday Morning Recovery Ride

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 40 miles; Elevation: 610 feet; Terrain: 1,2 Pace: M Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride. RidewithGPS URL: Linda Fung Fungfive@sbcglobal.net 510.240.0574

FFBC Ride Calendar

Tue Aug 8, 2017

8:45am - 12:15pm Tour de Fremont Hills

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

Description:

Length: 38 miles; Elevation: 1,912- 2,500 feet; Terrain: 3 Pace: M,B Join us for a few of Fremont's finest hills. We might ride the neighborhood hills we affectionately call "The Stupid Hills" (including Pine, Sabercat, "The Animals" and our friend Paseo Padre), or we might head through Niles Canyon to Palomares Road for a quite, scenic climb to Castro Valley. From Castro Valley we'll either head to Pleasanton and tackle the rollers on Foothill before returning through the canyon, or for a little extra climbing, we'll head up Five Canyons Pkwy and return via Hayward. Bring money for coffee and/or a snack, we'll definitely stop for a well deserved break! Rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by one (or both) ride leaders 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 appropriate ride leader on the morning of the ride. Ride with GPS URL: B: Vanessa McDonnell vanessa@mcnmc.com 510-517-1466 M: Amy Giles apgiles@sbcglobal.net 510-224-0829

9am - 12pm Show & Go

Where: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

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

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 Aug 9, 2017

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

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 35-45 miles; Elevation: feet; Terrain: 2,3 Pace: M We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$\$. Ride with GPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

6pm - 8:30pm Pizza Ride

Where: Chipotle Mexican Grill in Newark, 34883 Newark Blvd, Newark

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20-25 miles; Elevation: feet; Terrain: 1,2,3 Pace: M,B It's Burrito Ride time again! What could be better than a mid-week bike ride followed by delicious Mexican fare and the good company of other club members? Meet in the parking lot at the Chipotle Grill in Newark. When signing in, remember to check "YES" or "NO" on the sign-in sheet so we know who's staying for dinner. Food will be ready at 7:30 pm. The ride meets at 6:00 pm for sign in, to be completed by 6:10. Departure time is 6:15 sharp. Ride with GPS URL: Tim and Robin O'Hara tohara2938@aol.com 510-418-2672

6:15pm - 7:45pm WNT (Wednesday Night Training)

Where: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left. This series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory. Ride with GPS URL: Garry Birch garry_b94568@yahoo.com 925-819-0247

Thu Aug 10, 2017

8:30am - 12:30pm 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 PLEASE NOTE THE NEW START TIME! This ride starts at the Don Edwards Visitor Center (Don Edwards National Wildlife Refuge, 1 Marshlands Rd, cross-street Thornton Ave, Fremont) and we head across the Dumbarton Bridge to various destinations. For a flat ride we head through East Palo Alto and along a few paths to Shoreline Park for lunch. For a ride with climbing we do Woodside Road, Sand Hill/Whisky Hill, Alpine Loop, Arastradero or Edgewood Road. Sometimes the climbing is optional. We always stop for coffee and riders are welcome to head back on their own if they know the way. Usually we ride without route sheets so we regroup as necessary and no one is left behind. Bring \$ for lunch. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call! me! Ride with GPS URL: Lori Sommer lorisommer@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 Aug 11, 2017

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 35-45 miles; Elevation: feet; Terrain: 3,4 Pace: M,B Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

6pm - 8:30pm TGIF Das Brew Beer Ride

Where: Das Brew, 44356 South Grimmer Blvd.

Calendar: calendar@ffbc-temp.org

Description:

Length: 15-20 miles; Elevation: feet; Terrain: 1,2,3 Pace: T,M,B Once again it's time for our annual Das Brew rides (our 5th year!). What better way to wind down the week than with a short bike ride followed by some good, local beer? We'll ride a leisurely loop around Fremont (the route changes every week) finishing before dark ~7:30, with plenty of time to imbibe some nice, cold, fresh beer. A flight of 4 beers is still only \$8, or you can buy a mug for \$5-\$6. Beer tasting after the ride is optional. Please drink responsibly! Food is available for purchase at Das Brew (from a Fusion Catering Truck), or you can bring your own snacks to share with the group. Parking is very limited at Das Brew but they have an arrangement with the users of office building next door to park there. RidewithGPS URL: Vanessa McDonnell vanessa@mcmnc.com 510-517-1466 Kevin McDonnell kevin@mcmnc.com 510-364-4435

Sat Aug 12, 2017

8:30am - 12pm Saturday Tour de Fremont Hills

Where:

: Fremont Central Park Teen Center parking lot; enter from Sailway Drive off Paseo Padre Parkway; Teen Center lot is on the left and is signed. The address: 39770 Paseo Padre Parkway, Fremont, CA 94538.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 30 miles; Elevation: 2100 feet; Terrain: 4 Pace: T, M Get alof the Tuesday Tour de Fremont Hills ride fun on the weekend and joinus for a few of Fremont's finest hills. We'll warm up crossing Fremontbefore our first mini-climb: Stenhammer. Then it's up Mission (with afew detours thrown in) to the next climb: the short but steep Yakima/Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a shortbut steep kick up Skye and the grind up Sabrecat. If we haven't managedto elevate our heart rates sufficiently we'll head back up Pine;otherwise, it's up Paseo Padre the wrong way again before ending the ride at Peet's with a well-deserved coffee. Rain or threat of raincancels the ride. Julie RidewithGPS URL:http://ridewithgps.com/routes/21046723 T: Need a ride leader for thispace group M: Julie Gilson jmgilson1@yahoo.com 510-468-0284

8:30am - 12pm Show and Go

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

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

Sun Aug 13, 2017

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

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

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20-25 miles; Elevation: feet; Terrain: 1,2 Pace: L,T,M Pleasejoin us on this monthly "Sunday Social". This casual, social ride isalways fun and offers everyone the chance to meet other cyclists. Bringyour cycling friends along and help us introduce newcomers and gueststo the club. Don't forget \$\$ for a coffee/snack stop. If you have aclub jersey or jacket, this is a great time to wear it. RidewithGPSURL: David Walker dbwalker0min@gmail.com 510-468-4454 Julia Walkerwalk9422@gmail.com 510-468-9712

FFBC Ride Calendar

Mon Aug 14, 2017

8:30am - 11:30am Monday Morning Recovery Ride

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 40 miles; Elevation: 610 feet; Terrain: 1,2 Pace: M Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride. RidewithGPS URL: Linda Fung Fungfive@sbcglobal.net 510.240.0574

Tue Aug 15, 2017

8:45am - 12:15pm Tour de Fremont Hills

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 30-40 miles; Elevation: 1,912-2,500 feet; Terrain: 3,4 Pace:M,B When our favorite local hill (Palomares) was closed for 3 months due to road works we were forced to choose different routes and a different starting location for some of our Tuesday rides. We liked the new routes so much we decided to keep them in the rotation. On the 3rd and 5th Tuesdays (if there is a 5th Tuesday) we will ride some of the hills in South Fremont, Milpitas and San Jose. We might ride "The Hills of Insanity" (Scott Creek, Country Club, Sweigert and Suncrest) or for a little tamer climb we're ride Calaveras to Marsh with a side of "The Wall", or we might try something else completely. Bring money for coffee and/or a snack, we'll definitely stop for a well deserved break! Rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by one (or both) ride leaders 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 appropriate ride leader on the morning of the ride. RidewithGPS URL: B: VanessaMcDonnell vanessa@mcnmc.com 510-517-1466 M: Amy Giles apgiles@sbcglobal.net 510-224-0829

9am - 12pm Show & Go

Where: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20+ miles; Elevation: feet; Terrain: 1,2 Pace: L,T,M Easy riding in the Fremont area with a recurring group of friendly riders. 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 Aug 16, 2017

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 35-45 miles; Elevation: feet; Terrain: 2,3 Pace: M,B Ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$\$. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

6pm - 8:30pm Pizza Ride

Where: Chipotle Mexican Grill in Newark, 34883 Newark Blvd, Newark

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20-25 miles; Elevation: feet; Terrain: 1,2,3 Pace: M,B It's Burrito Ride time again! What could be better than a mid-week bike ride followed by delicious Mexican fare and the good company of other club members? Meet in the parking lot at the Chipotle Grill in Newark. When signing in, remember to check "YES" or "NO" on the sign-in sheet so we know who's staying for dinner. Food will be ready at 7:30 pm. The ride meets at 6:00 pm for sign in, to be completed by 6:10. Departure time is 6:15 sharp. RidewithGPS URL: Tim and Robin O'Hara tohara2938@aol.com 510-418-2672

6:15pm - 7:45pm WNT (Wednesday Night Training)

Where: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left. This series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory. RidewithGPS URL: Garry Birch garry_b94568@yahoo.com 925-819-0247

FFBC Ride Calendar

Thu Aug 17, 2017

8:30am - 12:30pm Thursday Morning Coffee Rides the Highlands!

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 30 miles; Elevation: 785 feet; Terrain: 3 Pace: T,M Come ride in the Highlands! This is a really nice loop through Dublin and Livermore, with regroup. No one left behind. Bring money for coffee/quick lunch stop at Starbucks in Livermore (other lunch options are in the same plaza). Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me! RidewithGPS URL: Ken Goldman ken.goldman@comcast.net 510-378-5027

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

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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 Aug 18, 2017

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 35-45 miles; Elevation: feet; Terrain: 3,4 Pace: M,B Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

6pm - 8:30pm TGIF Das Brew Beer Ride

Where: Das Brew, 44356 South Grimmer Blvd.

Calendar: calendar@ffbc-temp.org

Description:

Length: 15-20 miles; Elevation: feet; Terrain: 1,2,3 Pace: T,M,B Once again it's time for our annual Das Brew rides (our 5th year!). What better way to wind down the week than with a short bike ride followed by some good, local beer? We'll ride a leisurely loop around Fremont (the route changes every week) finishing before dark ~7:30, with plenty of time to imbibe some nice, cold, fresh beer. A flight of 4 beers is still only \$8, or you can buy a mug for \$5-\$6. Beer tasting after the ride is optional. Please drink responsibly! Food is available for purchase at Das Brew (from a Fusion Catering Truck), or you can bring your own snacks to share with the group. Parking is very limited at Das Brew but they have an arrangement with the users of office building next door to park there. RidewithGPS URL: Vanessa McDonnell vanessa@mcnmc.com 510-517-1466 Kevin McDonnell kevin@mcnmc.com 510-364-4435

Sat Aug 19, 2017

8:30am - 12:30pm Portola Loop

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 30 miles; Elevation: feet; Terrain: 3 Pace: M Monthly club ride over the Dumbarton Bridge, quiet neighborhood side streets of Palo Alto, Roberts Market for snacks, and cruise back downhill. No drop ride with regroup. Bring \$ for snacks, Rain cancels. Please park in upper lot at request of visitor center staff. RidewithGPS URL: <https://ridewithgps.com/routes/20225603> Mike Brasseur mbrasseur00@yahoo.com +1 510.449.6233 cell

8:30am - 12pm Show & Go

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

Calendar: calendar@ffbc-temp.org

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

Sun Aug 20, 2017

8:30am - 12pm Show and Go

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

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

FFBC Ride Calendar

Mon Aug 21, 2017

8:30am - 11:30am Monday Morning Recovery Ride

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 40 miles; Elevation: 610 feet; Terrain: 1,2 Pace: M Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride. RidewithGPS URL: Linda Fung Fungfive@sbcglobal.net 510.240.0574

Tue Aug 22, 2017

8:45am - 12:15pm Tour de Fremont Hills

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

Description:

Length: 38 miles; Elevation: 1,912-2,500 feet; Terrain: 3 Pace: M,B Join us for a few of Fremont's finest hills. We might ride the neighborhood hills we affectionately call "The Stupid Hills" (including Pine, Sabercat, "The Animals" and our friend Paseo Padre), or we might head through Niles Canyon to Palomares Road for a quite, scenic climb to Castro Valley. From Castro Valley we'll either head to Pleasanton and tackle the rollers on Foothill before returning through the canyon, or for a little extra climbing, we'll head up Five Canyons Pkwy and return via Hayward. Bring money for coffee and/or a snack, we'll definitely stop for a well deserved break! Rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by one (or both) ride leaders 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 appropriate ride leader on the morning of the ride. RidewithGPS URL: B: Vanessa McDonnell vanessa@mcnmc.com 510-517-1466 M: Amy Giles apgiles@sbcglobal.net 510-224-0829

9am - 12pm Show & Go

Where: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20+ miles; Elevation: feet; Terrain: 1,2 Pace: L,T,M Easy riding in the Fremont area with a recurring group of friendly riders. 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 Aug 23, 2017

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 35-45 miles; Elevation: feet; Terrain: 2,3 Pace: M We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$\$. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

6pm - 8:30pm Pizza Ride

Where: Chipotle Mexican Grill in Newark, 34883 Newark Blvd, Newark

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20-25 miles; Elevation: feet; Terrain: 1,2,3 Pace: M,B It's Burrito Ride time again! What could be better than a mid-week bike ride followed by delicious Mexican fare and the good company of other clubmembers? Meet in the parking lot at the Chipotle Grill in Newark. When signing in, remember to check "YES" or "NO" on the sign-in sheet so we know who's staying for dinner. Food will be ready at 7:30 pm. The ride meets at 6:00 pm for sign in, to be completed by 6:10. Departure time is 6:15 sharp. RidewithGPS URL: David Walker dbwalker0min@gmail.com 510-468-4454

6:15pm - 7:45pm WNT (Wednesday Night Training)

Where: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left. This series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory. RidewithGPS URL: Garry Birch garry_b94568@yahoo.com 925-819-0247

FFBC Ride Calendar

Thu Aug 24, 2017

8:30am - 12:30pm Thursday Morning Coffee Rides in Fremont!

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 25-35 miles; Elevation: feet; Terrain: 2,3 Pace: T,M Wear an FFBC club jersey and let's stay close to home. This ride starts at the Don Edwards Visitor Center (Don Edwards National Wildlife Refuge, 1 Marshlands Rd, cross-street Thornton Ave, Fremont). We will mainly stay in Fremont but ride through Newark and sometimes Union City and Milpitas on occasion. Sometimes the climbing is optional. We always stop for coffee and riders are welcome to head back on their own if they know the way. Usually we ride without route sheets so we regroup as necessary and no one is left behind. Bring \$ for lunch. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call! me! RidewithGPS URL: Rob Tashjian rob@tashjian.com 510-593-6228 Lori Sommer lorissommer@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 Aug 25, 2017

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 35-45 miles; Elevation: feet; Terrain: 3,4 Pace: M,B Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

6pm - 8:30pm TGIF Das Brew Beer Ride

Where: Das Brew, 44356 South Grimmer Blvd.

Calendar: calendar@ffbc-temp.org

Description:

Length: 15-20 miles; Elevation: feet; Terrain: 1,2,3 Pace: T,M,B Once again it's time for our annual Das Brew rides (our 5th year!). What better way to wind down the week than with a short bike ride followed by some good, local beer? We'll ride a leisurely loop around Fremont (the route changes every week) finishing before dark ~7:30, with plenty of time to imbibe some nice, cold, fresh beer. A flight of 4 beers is still only \$8, or you can buy a mug for \$5-\$6. Beer tasting after the ride is optional. Please drink responsibly! Food is available for purchase at Das Brew (from a Fusion Catering Truck), or you can bring your own snacks to share with the group. Parking is very limited at Das Brew but they have an arrangement with the users of office building next door to park there. RidewithGPS URL: Vanessa McDonnell vanessa@mcnmc.com 510-517-1466 Kevin McDonnell kevin@mcnmc.com 510-364-4435

Sat Aug 26, 2017

8:30am - 12:30pm Calaveras CCW

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 38 miles; Elevation: feet; Terrain: 3,4 Pace: M Sometimes it's good to go against the grain, or in this case counter-clockwise instead of clockwise. This counter clockwise loop of Calaveras meets indowntown Niles and takes the usual route to Calaveras. Map and routesheet online at RidewithGPS. Coffee at the end of the ride at Peet's in Fremont. NOTE: Riders arriving by car are asked to park in the unpaved parking area south of the train station. RidewithGPS URL: <http://ridewithgps.com/routes/3945502> Laura Spano laura@spanofamily.com 510-209-9542

8:30am - 12pm Show and Go

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

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

Sun Aug 27, 2017

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

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

FFBC Ride Calendar

8:30am - 12pm Women's Social Ride

Where: Bicycle Garage, 5006 Mowry Ave, Fremont

Calendar: calendar@ffbc-temp.org

Description:

Length: 15-20 miles; Elevation: feet; Terrain: 1,2 Pace: T,M Join us this month for another low-key, leisurely ride around the tri-city area. This ride is geared (pun intended!) towards our female riders but men are also welcome. We will re-group as needed. Nobody will be left behind. Optional coffee and extra socialization at Starbucks at the end. Rain or threat of rain will cancel the ride. RidewithGPS URL: Michelle Dudley; mdudley13@gmail.com; (408) 230-5209

Mon Aug 28, 2017

8:30am - 11:30am Monday Morning Recovery Ride

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 40 miles; Elevation: 610 feet; Terrain: 1,2 Pace: M Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride. RidewithGPS URL: Linda Fung Fungfive@sbcglobal.net 510.240.0574

Tue Aug 29, 2017

8:45am - 12:15pm Tour de Fremont Hills

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 38 miles; Elevation: 2,310-2,844 feet; Terrain: 3,4 Pace: M,B When our favorite local hill (Palomares) was closed for 3 months due to road works we were forced to choose different routes and a different starting location for some of our Tuesday rides. We liked the new routes so much we decided to keep them in the rotation. On the 3rd and 5th Tuesdays (if there is a 5th Tuesday) we will ride some of the hills in South Fremont, Milpitas and San Jose. We might ride "The Hills of Insanity" (Scott Creek, Country Club, Sweigert and Suncrest) or for a little tamer climb we're ride Calaveras to Marsh with a side of "The Wall", or we might try something else completely. Bring money for coffee and/or a snack, we'll definitely stop for a well deserved break! Rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by one (or both) ride leaders 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 appropriate ride leader on the morning of the ride. RidewithGPS URL: B: VanessaMcDonnell vanessa@mcmcm.com 510-517-1466 M: Amy Giles apgiles@sbcglobal.net 510-224-0829

9am - 12pm Show & Go

Where: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20+ miles; Elevation: feet; Terrain: 1,2 Pace: L,T,M Easy riding in the Fremont area with a recurring group of friendly riders. 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 Aug 30, 2017

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

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 35-45 miles; Elevation: feet; Terrain: 2,3 Pace: M,B Ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$\$. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

6pm - 8:30pm No Pizza Ride Tonight

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description: Tonight's Pizza Ride is cancelled.

6:15pm - 7:45pm WNT (Wednesday Night Training)

Where: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left. This series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory. RidewithGPS URL: Garry Birch garry_b94568@yahoo.com 925-819-0247

FFBC Ride Calendar

Thu Aug 31, 2017

10am - 3pm Thursday Morning Coffee Ride Searches for Adventure on Treasure Island

Where: Fremont BART (2000 Bart Way, Fremont, CA 94536)

Calendar: calendar@ffbc-temp.org

Description:

Length: 20 miles; Elevation: 650 feet; Terrain: 2,3 Pace: T,M Join us as we search for adventure on Treasure Island! The first part of our adventure will be taking all the bikes on BART; please spread out into different cars and don't forget your Clipper Card if you have one. There are two Richmond bound trains from Fremont, the first leaves at 9:00AM and the second at 9:15AM. Ken will be on the first train that arrives at Ashby Station at 9:46AM and I will be on the second arriving at 10:01AM. Everyone will gather at the Ashby BART station in Berkeley, 10:00AM on the west side (toward the parking lot), rolling about 10:15AM. If anyone wants to drive, please park near the Ashby BART station and join us there or meet us ACROSS THE STREET from IKEA at the trailhead, which is well marked and very obvious. We will be coming down Shellmound St. and turning onto the trail about 10:30-10:40. It will be too congested to sign people in right there, so we will do that at the first regroup at the porta-potties before we climb the bridge. At the top of the bridge, there is a beautiful new vista point (mile 7.2, porta-potties) where we will have a long regroup. There is a short pitchy part up to the top of Yerba Buena before descending down onto Treasure Island. We will ride around Treasure Island and climb back up to Yerba Buena and descend the Bay Bridge. We will lunch at the Public Market in Emeryville. (<http://publicmarketemeryville.com/directory/>) and then take BART home from the MacArthur Station. Lunch probably won't be until 12:30PM so please bring some snacks. This is a leisurely ride with lots of stopping to look at the sights. We will stay together, no route sheet will be provided but you can print the [ridewithgps](https://ridewithgps.com/routes/23696404) route sheet we will send out via email and Dale will be sweeping with his array (hoard) of GPSES (and yes, I had to look up the plural of GPS). [RidewithGPS URL: https://ridewithgps.com/routes/23696404](https://ridewithgps.com/routes/23696404) Ken Goldman ken.goldman@comcast.net 510-378-5027 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](mailto:Larry.Nolan@hotmail.com) 510-790-0118