

January 2010 RIDE CALENDAR

Calendar Notes

Starting This Month

Beginning this month there are three training series, the Cinderella training series and CHALLENGE Cinderella training series, for female riders, and the Progressive Ride Series for all club members and potential club members.

Cinderella Training Rides

Participation in the series is by pre-registration and limited to registered riders. Please see the Cinderella web page of the FFBC website (<http://www.ffbc.org/cinderella/>) for additional information.

The Cinderella training is for women of all riding levels, from beginning to experienced riders. The Classic Training on Saturdays is right for you if you are comfortable on your bike, can ride 10 miles, and are eager to learn how to ride on the road and in a group. The Challenge Training series is right for you if you like riding, are in shape to ride 35 miles in about 4 hours, and want to gain group-riding skills.

Progressive Rides

The Progressive Ride Series (PRS) is designed to get riders in condition to do a full century. The PRS starts with shorter and flatter rides and gradually builds up to the full century, which is the Worker's Ride in April and follows the Primavera route. Rainouts will not alter the schedule of the series. The emphasis is on an M pace, which will be offered for each PRS ride. Other paces may or may not be supported, look at each ride description in the calendar for this information.

FFBC Ride Classification

Different bike clubs use different methods for ride leaders to convey information about their rides so that interested riders can determine if a ride is suited for them.

FFBC rides are classified according to terrain and pace. Terrain is described in terms of local roads. Pace is defined by the riding speed on flat ground in calm air when not drafting. Average pace will be lower and will vary with terrain and other conditions.

Please see the 'Ride Classification' web page of the FFBC website (<http://www.ffbc.org/html/RideClassification.html>) for additional information.

1st Week in January

Fri Jan 1 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana; alang44@hotmail.com (510) 760-9245

Fri Jan 1 **Portola Valley**
9:00 AM **40 miles, 4, M**
New Year's Day club ride. Meet at **Raley's parking lot, Newark**. We'll go up Alpine, down Sand Hill and break at Plantation. Rain stops play.
Wynn Kageyama; davitusrider@yahoo.com (408) 499-0881

Sat Jan 2 **Intensity Ride**
8:15 AM - SHARP **75 miles, 2, F**
Race Team ride #13 – House of Pain (the HOP ride)
All race team members are requested to wear their team uniform. Rain will NOT stop play. No stopping. This is NOT a no drop ride. A joint ride, co-listed with Sempre Strada Duro. This is the classic East Bay mega training ride. The ride is a rolling route south from Walnut Creek out to Livermore. Can be a fast one, with plenty of hard attacking sessions. A good ride to check out future competitors. Total climbing for the day will be approx. 1500 ft. Meet at **Garry's house in Dublin at 8:00 or the Park and Ride at the Geary Exit in Walnut creek off I-680 for the official start, which rolls at 09:00.**
Garry Birch; garry_b94568@yahoo.com (925) 556-1564 or (925) 819-0247

Sat Jan 2 **Calaveras Clockwise**
8:30 AM **40 miles, 3, M & B**
This is our traditional "1st Saturday of the Month" ride. We will meet in the **Downtown Niles Parking Lot** and ride up Niles Canyon into Sunol then on to Calaveras. Our traditional route brings us out in Milpitas and we return via a route that stays close to the hills. There will be a ride leader for the pace(s) listed below. Rain or a serious threat of rain cancels..
M Pace: Walter Henry; walterhenr@gmail.com
B Pace: Tim & Robin O'Hara; tohara2938@aol.com (510) 471-2464

Sat Jan 2 **Alum Rock**
9:00 AM **~30 miles, 1-2, T with a bit of M**
...with the Back Seat Driver. Join us for my favorite ride to Alum Rock Park. Bring \$\$ for a coffee stop along the way. No one will be left behind! Meet at **REI in Fremont**.
Shelley and Jorge Gildelatorre; swills22@yahoo.com (510) 501-2241

Sun Jan 3 **Intensity / Technique Ride**
7:30 AM - SHARP **40 miles, F,1**
Women's Race Team Ride – The Ribbon ride / Early Bird races. Meet in Niles for a spin to the Early bird race circuit near Dumbarton Bridge, where we will join in the Early Bird events. Coaching and mentoring commences at 08:30. The women's Category 4 race is at 10:30. Following the race and debrief we will either stay to watch the guys or ride back to Niles. Please note that this is sanctioned USAC event promoted by VeloPromo and an entry fee is necessary. Also a USAC license is req'd. You can either purchase a one day license or a full annual license. **This is a women's only ride**, Women who wish for a little extra challenge are invited to join the women's section of the race team. All race team members are requested to wear their team uniform. Rain will not stop play. This is a no drop ride. **Start from the downtown Niles parking lot.**
Sandra King; regalmoded@yahoo.com (925) 487-7658

Sun Jan 3 **Show and Go**
8:30 AM **20-50 miles, 1-4, L-T-M-B**
Meet near the middle of the parking lot of the **Raley's Shopping Center** at Jarvis and Newark Boulevard.

Sun Jan 3 **Mission San Jose Loop (CCW)**
9:00 AM - SHARP **~30 miles, 1-2, T-M**
We ride the rollers on Piedmont and climb two 0.2 mile 7-8% hills. With the exception of the 2 climbs, this a "group" ride. Riders are expected to maintain a 14-16 mph pace on the level. The slowest rider sets the pace for the group START: In the Mall parking lot across from the **Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas.**
Jon Graff; jon.graff@yahoo.com (408) 262-9577

2nd Week in January

Mon Jan 4 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2, M**

Let's meet at the **Cabrillo Park Cafe**/former Bicycle Garage parking lot at 4673 Thornton Ave 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 may head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 465 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Tue Jan 5 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**

Meet at the **Bicycle Garage**, at the Lucky shopping center, Mowry Av. between Farwell and Blacow.

Wed Jan 6 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**

Meet at **Raley's shopping center at Jarvis & Newark Blvd.**, for a 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

Thur Jan 7 **Thursday Morning Coffee Ride**
9:00AM **30 miles, 2-3, M**

We meet at the **Sunol Train Station**. Maybe it will be the False Summit and Kilkare with lunch at the Jazz Cafe'. Pleasanton? Livermore? Maybe we will get adventurous. No route sheets. We will regroup as necessary. No one left behind. **Rain cancels. Call or check yahoo list for rain cancellation.**

Lori Sommer; lmsommer@sbcglobal.net (510) 794-8624 home, (510) 693-8624 cell

Fri Jan 8 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**

Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Jan 9 **Palomares Loop with a Twist**
8:30 AM **38 miles, 4, M**

Meet at **Niles Downtown Parking lot**. Come climb Palomares, Dublin Grade with a detour onto Schaeffer Ranch and up Inspiration before dropping down to Dublin for a coffee stop. Then Foothills to Sunol and home through Niles Canyon. All "M" pace riders welcome--no one left behind.

See the route at: <http://lasthill.net/Maps/PalomaresTwist.html>

Ken Goldman; ken.goldman@comcast.net (510) 791-1095

Sat Jan 9 **Tempo Ride**
8:30 AM - SHARP **70 miles, 2, F**

Race Team Ride #17 – Moraga / Lafayette

We will follow the route of the long defunct FFBC Primavera northern loop, with all the joys of climbing Reillez Station Road. All race team members are requested to wear their team uniform. Rain will NOT stop play. No stopping, no dropping. **Start from the Niles Parking Lot.**

Garry Birch; garry_b94568@yahoo.com (925) 556-1564 or (925) 819-0247

Sat Jan 9

8:30 AM

Meet at **Niles Downtown Parking lot**.

Show and Go

20-50 miles, 4, B

Sun Jan 10 **Intensity / Technique Ride**
7:30 AM - SHARP **40 miles, 1, F**

Women's Race Team Ride – The Ribbon ride / Early Bird races
Meet in Niles for a spin to the Early bird race circuit near Dumbarton Bridge, where we will join in the Early Bird events. Coaching and mentoring commences at 08:30 The women's Category 4 race is at 10:30. Following the race and debrief we will either stay to watch the guys or ride back to Niles. Please note that this is sanctioned USAC event promoted by VeloPromo and an entry fee is necessary. Also a USAC license is req'd. You can either purchase a one day license or a full annual license. **This is a women's only ride**, Women who wish for a little extra challenge are invited to join the women's section of the race team. All race team members are requested to wear their team uniform. Rain will not stop play. This is a no drop ride. **Start from the Niles parking lot.**

Sandra King; regalmoded@yahoo.com (925) 487-7658

Sun Jan 10 **Alum Rock Park**
8:30 AM **35 miles, 3, M**

Progressive Ride Series No. 1

For a full description of the Prog. Ride Series, please see top of this calendar. Meet at the **CVS/Pharmacy Shopping Center**, corner of Mission Blvd. and Warm Springs Blvd. Bring money for the coffee stop during the ride. Rain cancels.

M Pace: Julie Gilson; jmgilson@comcast.net (510) 468 0284

Sun Jan 10 **Show and Go**
8:30 AM **20-50 miles, 3-4, B**

Meet at the **CVS/Pharmacy Shopping Center**, corner of Mission Blvd. and Warm Springs Blvd.

Sun Jan 10 **FFBC "Get-To-Know-Us-Ride"**
9:00 AM **20-25 miles, 1-2, L-T-M**

Please join us on this monthly "Get-To-Know-Us-Ride". 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. Meet at the **Raley's shopping center at Jarvis & Newark Blvd.**, for a ride through the Fremont area. Don't forget \$\$ for a coffee/snack stop. If you have a club jersey or jacket, this is a great time to wear it.

Wynn Kageyama; davitusrider@yahoo.com (408) 499-0881

Sun Jan 10 **Tour de Fremont (CCW)**
9:00 AM - SHARP **44-50 miles, 1-2, T-M**

This is a circular ride around Fremont. We ride the rollers on Piedmont and climb two 0.3 mile 7-8% hills. Bring fruit or a snack and money. We'll break at the top of the Don Edwards National Wildlife Center (~25 miles and NO purchasable food). We'll have buy lunch in or near the Auto Mall Park so bring money. This a "group" ride. Riders are expected to maintain a 14-16 mph pace on the level. The slowest rider sets the pace for the group. **START: In the Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas.**

Jon Graff; jon.graff@yahoo.com (408) 262-9577

3rd Week in January

Mon Jan 11 **Monday Morning Recovery Ride** 8:30 AM **40 miles, 1-2, M**

Let's meet at the **Cabrillo Park Cafe**/former Bicycle Garage parking lot at 4673 Thornton Ave 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 may head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 465 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Tue Jan 12 **Show and Go** 9:00 AM **20-50 miles, 1-5. L-M-B**

Meet at the **Bicycle Garage**, at the Lucky shopping center, Mowry Av. between Farwell and Blacow.

Wed Jan 13 **Mid-week Morning Ride** 8:30 AM **35-45 miles, 2-3, M-B**

Meet at the **Niles DOWNTOWN parking lot**. 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

Thur Jan 14 **Thursday Morning Coffee Ride** 9:00AM **25-35 miles, 1-3, M**

Come ride with a fun, flexible, welcoming group for a low-key ride. Start location: **Don Edward's Wildlife Refuge near the new visitor center**. We cross the Dumbarton and ride to Shoreline Park, Molly Stone's, Robert's Market, or Plantation Coffee. If we want something short, we head for Paddy's in Union City via the optional Nike Hill. There are no route sheets so we regroup as necessary. We always have a coffee stop so bring money. Faster riders are welcome to ride ahead or head back early if they know the route. **Rain cancels. Call or check yahoo list for rain cancellation.**

Lori Sommer; imsommer@sbcglobal.net (510) 794-8624 home, (510) 693-8624 cell

Fri Jan 15 **The Friday Bike Club** 8:30 AM **35-45 miles, 3-4, M-B**

Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Jan 16 **Cinderella Training Orientation/Rodeo/Ride #1** 8:00 AM - SHARP **- Quarry Lakes/Alum Rock** **12 miles (Classic) / apx. 20 miles (Challenge) 1, L-T-M/2, M**

Participation in the series is by pre-registration and limited to registered riders. Please see the Cinderella web page of the FFBC website (<http://www.fremontfreewheelers.org/cinderella/>) for additional information.

Our Cinderella training is for women of all riding levels, from beginning to experienced riders. The Classic Training on Saturdays is right for you if you are comfortable on your bike, can ride 10 miles, and are eager to learn how to ride on the road and in a group. The Challenge Training series is right for you if you like riding, are in shape to ride 35 miles in about 4 hours, and want to gain group-riding skills.

Both of our Cinderella training series consist of an ORIENTATION and BIKE RODEO (attendance for both is mandatory!), followed by TEN RIDES. Each ride will build on the skills and strength you built the week prior, getting progressively longer and more challenging as the training series continues. Build strength, endurance, confidence, team riding, and mechanical skills with encouragement and technical tips from other women!

The orientation begins at 8:00 AM at the **Bicycle Garage, 5006 Mowry Avenue, Fremont. THIS IS A NEW LOCATION FROM LAST YEAR** (corner of Mowry Ave & Blacow Rd in Lucky's shopping center). Please park behind the Bicycle Garage store in the lot near Wendy's on Blacow Rd south of Mowry Ave. Walk around the building to the Bicycle Garage. After the orientation, we will have a rodeo (bike inspection, refreshments, bike fitting, helmet fitting, skills trials, etc.) and finish with a short ride. Remember to bring a helmet, water bottle, tire irons, patch kit, spare tube and tire pump.

Our rain policy is we will meet at the start and decide if we will go out. If we start the ride and it begins to rain, the ride leaders can shorten the route or find temporary shelter until it is safe to continue.

Cindy Maxwell maxwell.c@sbcglobal.net

Judy Young sjsyoung3@comcast.net

Sat Jan 16 **Rodeo Volunteer Show and Go** 8:30 AM for rodeo/12:00 PM for ride **20-50 miles, 1-5, L-M-B**

As in past years, we need FFBC members to volunteer at the stations for the Cinderella Training Ride Rodeo held at the **Bicycle Garage THIS IS A NEW LOCATION FROM LAST YEAR** (corner of Mowry Ave & Blacow Rd in Fremont) 5006 Mowry Avenue, Fremont. Please bring your skills (and tools) to the rodeo and help women inspect and fit their bikes. Refreshments will be provided and there will be a Show and Go leaving from the Bicycle Garage after the Rodeo is completed. Your help in volunteering is greatly appreciated! Be sure to park behind the Bicycle Garage in the parking lot between the Bicycle Garage building and Wendy's restaurant. Please contact Karen or Joyce.

Joyce Tanaka; notes4it@comcast.net (510)703-2675

Karen White; kkwh@pacbell.net (510)329-9326

Sat Jan 16 **Show and Go** 8:30 AM **20-50 miles, 1-4, L-T-M-B**

Meet near the middle of the parking lot of the **Raley's Shopping Center** at Jarvis and Newark Boulevard.

Sat Jan 16 **Tempo Ride** 8:30 AM - SHARP **70 miles, 5000+ feet**

Race Team ride #18 – Mount Hamilton.

Strap on those climbing legs and the big sprocket. Please be prepared for changeable weather, and bring dollars for the vending machine at the observatory. All race team members are requested to wear their team uniform. Rain will NOT stop play. No stopping, no dropping. **Start point is Niles (not Warm Springs).**

Garry Birch; garry_b94568@yahoo.com (925) 556-1564 or (925) 819-0247

Sun Jan 17 Intensity / Technique Ride
7:30 AM - SHARP 40 miles, 1, F
Women's Race Team Ride – The Ribbon ride / Early Bird races Meet in Niles for a spin to the Early bird race circuit near Dumbarton Bridge, where we will join in the Early Bird events. Coaching and mentoring commences at 08:30 The women's Category 4 race is at 10:30. Following the race and debrief we will either stay to watch the guys or ride back to Niles. Please note that this is sanctioned USAC event promoted by VeloPromo and an entry fee is necessary. Also a USAC license is req'd. You can either purchase a one day license or a full annual license. **This is a women's only ride.** Women who wish for a little extra challenge are invited to join the women's section of the race team. All race team members are requested to wear their team uniform. Rain will not stop play. This is a no drop ride. **Start from the Niles parking lot.**
Sandra King; regalmoded@yahoo.com (925) 487-7658

Sun Jan 17 Portola Valley Loop
8:30 AM 40 miles, 3, M
Progressive Ride Series No. 2
For a full description of the Prog. Ride Series, please see top of this calendar. Meet at the **Raley's shopping center at Jarvis & Newark Blvd.** Bring money for the coffee stop during the ride. Rain cancels.
M Pace: Tony Flusche; TonyF@att.net (510) 247-3220

Sun Jan 17 Show and Go
8:30 AM 20-50 miles, 3-4, B
Meet at the **Raley's shopping center at Jarvis & Newark Blvd.**

Sun Jan 17 Mission San Jose Loop (CCW)
9:00 AM - SHARP ~30 miles, 1-2, T-M
We ride the rollers on Piedmont and climb two 0.2 mile 7-8% hills. With the exception of the 2 climbs, this a "group" ride. Riders are expected to maintain a 14-16 mph pace on the level. The slowest rider sets the pace for the group START: In the Mall parking lot across from the **Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas.**
Jon Graff; jon.graff@yahoo.com (408) 262-9577

4th Week in January

Mon Jan 18 Monday Morning Recovery Ride
8:30 AM 40 miles, 1-2, M
Let's meet at the **Cabrillo Park Cafe/former Bicycle Garage** parking lot at 4673 Thornton Ave 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 may head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 465 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Tue Jan 19 Show and Go
9:00 AM 20-50 miles, 1-5, L-M-B
Meet at the **Bicycle Garage**, at the Lucky shopping center, Mowry Av. between Farwell and Blacow.

Wed Jan 20 Mid-week Morning Ride
8:30 AM 35-45 miles, 2-3, M-B
Meet at **Raley's shopping center at Jarvis & Newark Blvd.**, for a 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

Thur Jan 21 Thursday Morning Coffee Ride
9:00 AM 20-25 miles, 3-4, M
Come join us for a trip up to Ed Levin (The Wall is optional!). Meet at **REI in Fremont (43962 Fremont Blvd, next to the Home Depot on Auto Mall).** No route sheets. We will regroup as necessary and stop for coffee/quick lunch so bring money. **Rain cancels. Call or check yahoo list for rain cancellation.** Wet weather can modify route.
Lori Sommer; lsommer@sbcglobal.net (510) 794-8624 home, (510) 693-8624 cell

Fri Jan 22 The Friday Bike Club
8:30 AM 35-45 miles, 3-4, M-B
Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Jan 23 CHALLENGE Cinderella Training Ride #2
8:00 AM - SHARP ~35 miles, 2, M
Alum Rock Park Start at ClubSport Fremont
Participation in the series is by pre-registration and limited to registered riders. For those pre-registered for the Cinderella Challenge Training Series, please join us at **ClubSport Fremont** located at 46650 Landing Parkway. Plan to arrive at least 15 minutes early so that you can sign-in and hear any last minute instructions before we leave at 8:00 AM sharp. If you are registered and don't receive other instructions, come rain or shine. Bring money for a coffee stop mid-way through the ride.
Tina Boomershine; tkboomer@aol.com (408) 655-1060
Joyce Tanaka; notes4jt@comcast.net (510) 703-2675

Sat Jan 23 Psuedo RR
8:15 AM - SHARP 60 miles, 3, F
Team Ride #19 - Psuedo RR - The Spectrum Ride from Sports Basement. A chance to join THE peninsular training ride. All race team members are requested to wear their team uniform. **We will meet at Sports Basement in Sunnyvale.** We ride to Rendezvous with the Spectrum at the parking lot to the right of Starbucks at the corner of Homestead and Hollenbeck on the Cupertino / Sunnyvale border. Route sheets will be provided just in case you get dropped. Depart Sports Basement at 08:15 sharp
Garry Birch; garry_b94568@yahoo.com (925) 556-1564 or (925) 819-0247

Sat Jan 23 Show and Go
8:30 AM 20-50 miles, 1-4, L-T-M-B
Meet near the middle of the parking lot of the **Raley's Shopping Center** at Jarvis and Newark Boulevard.

Sat Jan 23
8:30 AM – SHARP

Cinderella Classic Training Ride #2
- Coyote Hills
24 miles, 1, L-T

Participation in the series is by pre-registration only and limited to registered riders. Meet at the **Bicycle Garage THIS IS A NEW LOCATION FROM LAST YEAR** (corner of Mowry Ave & Blacow Rd in Lucky's shopping center) 5006 Mowry Avenue, Fremont. Plan to arrive with plenty of time to walk over with your bike, find your group, sign-in and hear any last minute instructions before we leave at 8:30 AM. We will ride through Fremont and Newark and out to Coyote Hills and back. Bring money for a short coffee stop mid-way through the ride. Our rain policy is we will meet at the start and decide if we will go out. If we start the ride and it begins to rain, the ride leaders can shorten the route or find temporary shelter until it is safe to continue.

Linda Gordon Linda.Gordon@bsci.com
Nikki Grimes info@GrimesGetaways.com

Sun Jan 24 Intensity / Technique
7:30 AM - SHARP 40 miles, 1, F
Women's Race Team Ride – The Ribbon ride / Early Bird races

Meet in Niles for a spin to the Early bird race circuit near Dumbarton Bridge, where we will join in the Early Bird events. Coaching and mentoring commences at 08:30 The women's Category 4 race is at 10:30. Following the race and debrief we will Either stay to watch the guys or ride back to Niles. Please note that this is sanctioned USAC event promoted by VeloPromo and an entry fee is necessary. Also a USAC license is req'd. You can either purchase a one day license or a full annual license. **This is a women's only ride.** Women who wish for a little extra challenge are invited to join the women's section of the race team. All race team members are requested to wear their team uniform. Rain will not stop play. This is a no drop ride. **Start from the Niles parking lot.**

Sandra King; regalmoded@yahoo.com (925) 487-7658

Sun Jan 24 Five Canyons
8:30 AM 45 miles, 4, M
Progressive Ride Series No. 3

For a full description for the Prog. Ride Series, please see top of this calendar. Meet at **downtown Niles parking lot** Bring money for the coffee stop during the ride. Rain cancels.

M Pace: Tony Flusche; TonyF@att.net (510) 247-3220

Sun Jan 24 Show and Go
8:30 AM 20-50 miles, 3-4, B
Meet at **downtown Niles parking lot.**

Sun. Jan 24 Tour de Fremont (CW)
9:00 AM - SHARP 44-50 miles, 1-2, T-M

This is a fairly flat circular ride around Fremont. The ride ends with rollers on Piedmont Road/North Park Victoria. Bring fruit or a snack for a break at the top of the Don Edwards National Wildlife Center (~20 miles). We'll have lunch in or near the San Jose Mission so bring money. Plan to be back at the start a little after 3:30 PM. START: In the Mall parking lot across from the **Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas.**

Jon Graff; jon.graff@yahoo.com (408) 262-9577

5th Week in January

Mon. Jan 25 Monday Morning Recovery Ride
8:30 AM 40 miles, 1-2, M

Let's meet at the **Cabrillo Park Cafe/former Bicycle Garage** parking lot at 4673 Thornton Ave 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 may head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 465 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Tue Jan 26 Show and Go
9:00 AM 20-50 miles, 1-5, L-M-B

Meet at the **Bicycle Garage**, at the Lucky shopping center, Mowry Av. between Farwell and Blacow.

Wed Jan 27 Mid-week Morning Ride
8:30 AM 35-45 miles, 2-3, M-B

Meet at the **Niles DOWNTOWN parking lot.** 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

Thur Jan 28 Thursday Morning Coffee Ride
9:00AM 25-35 miles, 1-3, M

Come ride with a fun, flexible, welcoming group for a low-key ride. Start location: **Don Edward's Wildlife Refuge near the new visitor center.** We cross the Dumbarton and ride to Shoreline Park, Molly Stone's, Robert's Market, or Plantation Coffee. If we want something short, we head for Paddy's in Union City via the optional Nike Hill. There are no route sheets so we regroup as necessary. We always have a coffee stop so bring money. Faster riders are welcome to ride ahead or head back early if they know the route. **Rain cancels. Call or check yahoo list for rain cancellation.**

Lori Sommer; lsommer@sbcglobal.net (510) 794-8624
home, (510) 693-8624 cell

Fri Jan 29 The Friday Bike Club
8:30 AM 35-45 miles, 3-4, M-B

Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Jan 30 CHALLENGE Cinderella Training Ride #3
8:00 AM - SHARP ~45 miles, 4, M

Palomares Start at ClubSport Fremont

Participation in the series is by pre-registration and limited to registered riders. For those pre-registered for the Cinderella Challenge Training Series, please join us at **ClubSport Fremont located at 46650 Landing Parkway.** Plan to arrive at least 15 minutes early so that you can sign-in and hear any last minute instructions before we leave at 8:00 AM - SHARP. If you are registered and don't receive other instructions, come rain or shine. Bring snacks and extra liquids for the ride and money for a coffee stop after the climbing.

Tina Boomershine (408)655-1060 tkboomer@aol.com
Joyce Tanaka (510)703-2675 notes4jt@comcast.net

Sat Jan 30
8:30 AM - SHARP

Classic Cinderella Training Ride #3
- Fremont Loop
27 miles, 2, L-T

Participation in the series is by pre-registration and limited to registered riders. Meet at the **Bicycle Garage THIS IS A NEW LOCATION FROM LAST YEAR** (corner of Mowry Ave & Blacow Rd in Lucky's shopping center). 5006 Mowry Avenue, Fremont. Plan to arrive with plenty of time to walk over with your bike, find your group, sign-in and hear any last minute instructions before we leave at 8:30 AM. We will ride through Fremont with some hills thrown in. Bring a snack and money since the coffee stop is late in the ride.

Our rain policy is we will meet at the start and decide if we will go out. If we start the ride and it begins to rain, the ride leaders can shorten the route or find temporary shelter until it is safe to continue.

Linda Gordon Linda.Gordon@bsci.com
Nikki Grimes info@GrimesGetaways.com

Sat Jan 30
8:30 AM - SHARP

LSD Hilly Ride
65 miles, 5, B-F

Team ride #20 - Morgan Territory here we come

Garry will lead a ride that includes ascents of Mt. Diablo to the "junction" and Morgan Territory Road from the Clayton side. There is a scheduled coffee stop in Clayton. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. **Start from the Pleasanton Park and Ride on Johnson & Stoneridge**, From I-680 north, take Stoneridge East to Johnson Drive Garry Birch; garry_b94568@yahoo.com (925) 556-1564 or (925) 819-0247

Sat Jan 30
9:00 AM

Los Altos Coffee Ride
40-45 miles, 4, M

Meet at **Raley's shopping center at Jarvis and Newark Blvd.** We'll cross the bay and take Alpine, Arastradero and Purissima to Los Altos. We'll return on Foothill before crossing the bay again. We'll regroup a few times and make sure nobody gets left behind. Bring \$ for a refreshment stop. Rain cancels.

Gary Smith; GSMITH289@aol.com (510) 797-7809 home, (510) 304-0956 cell

Sat Jan 30
8:30 AM

Show and Go
20-50 miles, 4, B

Meet near the middle of the parking lot of the **Raley's Shopping Center** at Jarvis and Newark Boulevard.

Sun Jan 31
7:30 AM - SHARP

Intensity / Technique Ride
40 miles, 1, F

Women's Race Team Ride – The Ribbon ride / Early Bird races

Meet in Niles for a spin to the Early bird race circuit near Dumbarton Bridge, where we will join in the Early Bird events. Coaching and mentoring commences at 08:30 The women's Category 4 race is at 10:30. Following the race and debrief we will either stay to watch the guys or ride back to Niles. Please note that this is sanctioned SAC event promoted by VeloPromo and an entry fee is necessary. Also a USAC license is req'd. You can either purchase a one day license or a full annual license. **This is a women's only ride**, Women who wish for a little extra challenge are invited to join the women's section of the race team. All race team members are requested to wear their team uniform. Rain will not stop play. This is a no rop ride. **Start from the Niles parking lot.**

Sandra King; regalmoded@yahoo.com (925) 487-7658

Sun Jan 31
8:30 AM

Ride Around the Bay
56 miles, 2, M

Progressive Ride Series No. 4

This ride has been around the club in various forms for a long time. It takes us through many communities, and in roughly this order: Fremont, Milpitas, San Jose, Santa Clara, Sunnyvale, Los Altos, Los Altos Hills, Palo Alto, Stanford Univ., Menlo Park, East Palo Alto, and Newark. There are less hills, but more miles than last week. Bring money for a lunch stop. Meet at **Mission San Jose park**, located about ¼ mile south of Driscoll on Mission Blvd., and just before Mission San Jose HS.

Vanessa McDonnell; vanessa@mcnmc.com (510)441-7607, (510) 517-1466

Sun Jan 31
8:30 AM

Show and Go
20-50 miles, 3-4, B

Meet at **Mission San Jose park**, located about ¼ mile south of Driscoll on Mission Blvd., and just before Mission San Jose HS.

Sun Jan 31
9:00 AM - SHARP

Tour de Dumbarton Bridge (CW)
~60 miles, 1-2, T-M

Bike through 10 cities! We see Alviso and the Sunnyvale Baylands and the western cities before climbing the Dumbarton Bridge. There is a snack break so bring food. We'll buy lunch so bring money. This a "group" ride. Each rider is expected to maintain 14- 16 mph pace on the level. The slowest rider sets the pace for the group. **START:** In the Mall parking lot across from the **Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas.**

Jon Graff; jon.graff@yahoo.com (408) 262-9577