

February 2010 RIDE CALENDAR

Continuing this month 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.

During February the Cinderella training series will continue with training rides # 4 through # 7. The series will continue through April culminating with the women only Cinderella Century.

The Progressive Ride Series is intended to help club members get prepared to complete a century ride. The rides are progressive in mileage as well as elevation gain, and also give the participants a variety of different rides. The series will continue through April culminating with the worker's ride of our own Primavera century route. **Get PRS route sheets from ridecoordinator@ffbc.org.**

Thank you to all the volunteer ride leaders! And good luck to all who hope to do their first century this year.

The ride leaders are encouraged to maintain the ride paces as listed in (<http://www.ffbc.org/html/RideClassification.html>) , the FFBC website newsletter.

1st Week in February

**Mon Feb 1
8:30 AM**

**Monday Morning Recovery Ride
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 Feb 2
9:00 AM**

**Show and Go
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 Feb 3
8:30 AM**

**Mid-week Morning Ride
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 \$\$.

AI Quintana; alang44@hotmail.com (510) 760-9245

**Thur Feb 4
9:00AM**

**Thursday Morning Coffee Ride
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; lorisommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

Fri Feb 5

**The Friday Bike Club
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.

AI Quintana; alang44@hotmail.com (510) 760-9245

Sat Feb 6

Cinderella Training Ride #4 - Alum Rock

**8:00 AM SHARP
30 miles, 1165', L-T-M**
Participation in the series is by pre-registration and limited to registered riders. NOTE different start location and time: Meet at REI (43962 Fremont Blvd near Auto Mall) and be ready to roll by 8:00AM. Please park away from the entrance to the store. We head to Milpitas and into beautiful Alum Rock Park. This scenic ride has rollers and a climb into the park. Bring a snack and money since the coffee stop is near the end of 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 Feb 6

CHALLENGE Cinderella Training Ride #4

**8:00 AM SHARP
~50 miles, 3-4 M and M-B
Start at Raley's Newark**

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 the Raley's shopping center in Newark located at Jarvis & Newark Blvd. 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) 937-7895
(home) or 408-655-1060 (cell)

Joyce Tanaka; notes4jt@comcast.net (510) 703-2675

Sat Feb 6

Calaveras Clockwise

**8:30 AM
40 miles, 3 M**

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.

Jorge Gidelatorre; jorge@gidelatorre.com (510) 589-0660

Sat Feb 6

Show and Go

**8:30 AM
30-50 miles, 4 B**

Meet at **Downtown Niles Parking Lot**.

Sun Feb 7

Old La Honda

**8:30 AM
50 miles, 4 M**

Progressive Ride Series No. 5

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. After that we can have some snacks in Sky Londa before heading back down to Woodside. And then comes the etc. part, another nice little climb for a great view of the bay and a great descent. Meet at **Raley's Shopping center, Newark**.

TBD (get ride route sheets from ridecoordinator@ffbc.org)

Sun Feb 7 Show and Go
8:30 AM 30-50 miles, 4 B
Meet near the middle of the parking lot of the **Raley's Shopping Center** at Jarvis and Newark Boulevard.

Sun Feb 7 Team Hill Slug Climb Gourmet Hotdogs
9:00 AM SHARP ~30 miles, 4 M
Climb for hot dogs at Mark's Hot Dogs, the Big Orange! Up Old Calaveras to Calaveras to Felter to Sierra then to Mark's Hot Dogs. Each rider sets his or her own pace on the climbs. There is a regroup at Sierra and Piedmont intersection and the group will ride to Mark's Hotdogs at an M pace, 14-16 mph with the slowest rider setting the pace. 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; jongraft@earthlink.net (408) 262-9577

2nd Week in February

Mon Feb 8 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 Feb 9 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 Feb 10 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; alang44@hotmail.com (510) 760-9245

Thur Feb 11 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; lorisommer@gmail.com (510) 794-8624
home, (510) 693-8624 cell

Fri Feb 12 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

Sat Feb 13 Cinderella Training Ride #5 - Over the Bridge
8:00 AM SHARP 36 miles, 2 L-T-M
Participation in the series is by pre-registration and limited to registered riders. **NOTE start time. Meet at the Bicycle Garage (corner of Mowry Ave & Blacow Rd, 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 8:00 AM.

We head out through the Wildlife Refuge and take the Dumbarton Bridge out to the peninsula. We will make a quick stop at Bayfront Park (note: it is the starting point for next week's ride) and take a nice route along a creek with pretty houses and trees. We will have a coffee break before we head back over the bridge.

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 Feb 13 CHALLENGE Cinderella Training Ride #5
8:00 AM SHARP ~50 miles, 3-4 M and M-B
Grant Ranch Park Start at Club Sport 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 for the ride and money for a coffee stop after the climbing.

Tina Boomershine; tkboomer@aol.com (408) 937-7895
(home) or 408-655-1060 (cell)
Joyce Tanaka; notes4it@comcast.net (510) 703-2675

Sat Feb 13 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 Feb 14 Del Valle
8:30 AM 60 miles, 4 M
Progressive Ride Series No. 6

There is only one major hill on this ride, only problem is that we have to do it twice. Enjoy the Livermore valley as we make our way to Mines Rd. and our destination of Lake Del Valle. Meet at the **downtown Niles parking lot**. Bring money for a lunch stop in Livermore.

TBD (get ride route sheets from ridecoordinator@ffbc.org)

Sun Feb 14 Show and Go
8:30 AM 30-60 miles, 4 B
Meet at **Downtown Niles Parking Lot**.

Sun Feb 14 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.

Shelley and Jorge Gildelatorre; swills22@yahoo.com
(510) 501-2241

Sun Feb 14	Mission San Jose Loop (CCW)	Cinderella Training Ride #6 - Peninsula
9:00 AM SHARP	~30 miles, 2 M	39 miles, 2-3 L-T-M
We ride the rollers on Piedmont and climb two 0.2 mile 7 to 8 percent hills. With the exception of the 2 climbs this is a GROUP ride. Riders are expected to maintain a 14 to 16 mph pace (when riding flat with no wind). 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.		Participation in the series is by pre-registration and limited to registered riders. NOTE Different start location: Meet at Bayfront Park in Menlo Park (intersection of Marsh Road & HWY 84) Be ready to roll by 8:00AM.
Jon Graff; jonograff@earthlink.net (408) 262-9577		This is a fun ride with more hills, country roads and beautiful scenery. The route will take us through Palo Alto, Los Altos and Woodside. We will have a coffee stop mid-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
Mon Feb 15	Monday Morning Recovery Ride	Sat Feb 20 CHALLENGE Cinderella Training Ride #6
8:30 AM	40 miles, 1-2, M	8:00 AM SHARP ~50 miles, 3-4 M and M-B
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.		Calaveras Loop w/ Kilkare Start at Club Sport Fremont
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832		Participation in the series is by pre-registration and limited to registered riders.
Tue Feb 16	Show and Go	For those pre-registered for the Cinderella <u>Challenge</u> 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.
9:00 AM	20-50 miles, 1-5, L-T-M-B	If you are registered and don't receive other instructions, come rain or shine. Bring extra snacks and drinks for the ride and money for a coffee stop after the climbing.
Meet at the Bicycle Garage , at the Lucky shopping center, Mowry Av. between Farwell and Blacow.		Tina Boomershine; tkboomer@aol.com (408) 937-7895 (home) or 408-655-1060 (cell)
AI Quintana; alang44@hotmail.com (510) 760-9245		Joyce Tanaka; notes4it@comcast.net (510) 703-2675
Wed Feb 17	Mid-week Morning Ride	Sat Feb 20 Show and Go
8:30 AM	35-45 miles, 2-3, M-B	8:30 AM 20-50 miles, 1-4, L-T-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 \$\$.		Meet near the middle of the parking lot of the Raley's Shopping Center at Jarvis and Newark Boulevard.
AI Quintana; alang44@hotmail.com (510) 760-9245		
Thur Feb 18	Thursday Morning Coffee Ride	Sun Feb 21 Corral Hollow
9:00 AM	32 miles, 2 M	8:30 AM 67 miles, 4 M
Come join us for a trip to Alum Rock Park. 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. No one left behind. Rain cancels. Rain cancels. Call or check yahoo list for rain cancellation.		Meet at the Park and Ride lot on Airway Blvd. in Livermore by the airport. This ride takes us into Tracy via Corral Hollow and returns via Altamont pass road. Bring lunch money.
Lori Sommer; lorisommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell		TBD (get ride route sheets from ridecoordinator@ffbc.org)
Fri Feb 19	The Friday Bike Club	Sun Feb 21 Show and Go
8:30 AM	35-45 miles, 3-4, M-B	8:30 AM 30-70 miles, 4 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.		Meet at the Park and Ride lot on Airway Blvd. in Livermore by the airport.
AI Quintana; alang44@hotmail.com (510) 760-9245		
Sat Feb 20	Cinderella Training Ride #6 - Peninsula	Sun Feb 21 Show and Go
8:00 AM SHARP	39 miles, 2-3 L-T-M	8:00 AM 20-50 miles, 1-4, L-T-M-B
We ride the rollers on Piedmont and climb two 0.2 mile 7 to 8 percent hills. With the exception of the 2 climbs this is a GROUP ride. Riders are expected to maintain a 14 to 16 mph pace (when riding flat with no wind). 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.		Meet at Downtown Niles Parking Lot.
Jon Graff; jonograff@earthlink.net (408) 262-9577		

4th Week in February

Mon Feb 22

8:30 AM

Monday Morning Recovery Ride
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 Feb 23

9:00 AM

Show and Go
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 Feb 24

8:30 AM

Mid-week Morning Ride
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; alang44@hotmail.com (510) 760-9245

Thur Feb 25

9:00AM

Thursday Morning Coffee Ride
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; lorisommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

Fri Feb 26

8:30 AM

The Friday Bike Club
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

Sat Feb 27

7:30 AM SHARP

Crystal Springs

CHALLENGE Cinderella Training Ride #7

~67 miles, 3-4 M and M-B

Start at Club Sport 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 7:30 AM **sharp**.

If you are registered and don't receive other instructions, come rain or shine. Bring snacks for the ride and money for a coffee stop mid-way through the ride.

Tina Boomershine; tkboomer@aol.com (408) 937-7895 (home) or 408-655-1060 (cell)

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

Sat Feb 27

7:30 AM SHARP

Sunol & Kilkare Road

Participation in the series is by pre-registration and limited to registered riders. **NOTE start time and location: Sunol Train Station - Main Street & Kilkare in Sunol).**

Today's ride consists of three different loops using the Sunol Train Station as our start/finish and regroup point. The first loop is out along Calaveras Road to Sunol Regional Park and back to the train station for a regroup. Next we climb Kilkare to the end and then back to the train station to regroup for the third loop which takes us out to Pleasanton for our coffee break. 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 Feb 27

9:00 AM

A Few Fremont Hills

35-40 miles, 4 M

Meet at **Raley's shopping center** at Jarvis and Newark Blvd. We'll head south and climb some Fremont hills including Sabercat, Pine, Yakima and the Animals. 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 Feb 27

9:00 AM

Show and Go

30-50 miles, 4 B

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

Sun Feb 28

8:30 AM

Mines Road

65 miles, 4 M

Progressive Ride Series No. 8

Start at **Lucky's parking lot @ corner of Concannon & Holmes in Livermore.**

After the last few weeks, this one is going to feel like a vacation—you probably won't notice that the amount of mileage is up. The climbing comes early and just after the lunch break, and with all the pretty scenery and the fun road this is always enjoyable.

TBD (get ride route sheets from ridecoordinator@ffbc.org)

Sun Feb 28

8:30 AM

Show and Go

30-70 miles, 4 B

Start at **Lucky's parking lot @ corner of Concannon & Holmes in Livermore.**

Sun Feb 28

8:30 AM

Show and Go

20-50 miles, 1-4, L-T-M-B

Meet at **Downtown Niles Parking Lot**.

Sun Feb 28

9:00 AM SHARP

Tour de Dumbarton Bridge (CCW)

~60 miles, 2 M

Bike through 10 cities! We start with rollers on Piedmont Road/North Park Victoria, climb two 0.2 mile 7 to 8 percent hills, and climb the Dumbarton Bridge. Break at the Don Edwards National Wildlife Center, so bring snacks. We'll buy lunch after the bridge, so bring money. With the exception of the climbs this is a GROUP ride. Riders are expected to maintain a 14 to 16 mph pace (when riding flat with no wind). **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; jonograff@earthlink.net (408) 262-9577

Sun Feb 28

1:00 PM SHARP

Race Team Ride #24

Low-Key Ride

1 B

Hellyer Velodrome

The race team will be hosting a session at the Hellyer Velodrome, with the emphasis on introducing novices to the joys of fixed wheel riding. (More experienced riders can attend but this is NOT a track training day). Richard Brockie will be leading the group. Rental bikes are available. Please arrive in time to get fitted for your rental bike.

Please bring your helmet, shoes and PEDALS.

There is a small fee for using the track (\$5) and for park entry (\$6). **Rain will stop play.**

Hellyer Velodrome at the Hellyer County Park, South San Jose, just off Highway 101

PLEASE RSVP

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