

# January 2011 RIDE CALENDAR

## Calendar Notes

### Starting This Month

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

### Cinderella Training Rides

Beginning this month there are two training series, the Cinderella Classic training series and Cinderella CHALLENGE training series, both for female riders. Participation in the series is by pre-registration and is limited to registered riders. The Cinderella training is for women of all riding levels, from beginning to experienced riders. The Classic Training 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!

Please see the Cinderella web page of the FFBC website (<http://www.ffbc.org/cinderella/>) for additional information.

### 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

Ride leaders are encouraged to maintain their ride paces as outlined at <http://www.ffbc.org/html/RideClassification.html>.

### Maps to the frequently used start locations.

Maps to the start locations July be viewed from the link on the FFBC page ([http://www.ffbc.org/html/start\\_locations.html](http://www.ffbc.org/html/start_locations.html)).

THANK YOU TO ALL THE JANUARY RIDE LEADERS!

## 1<sup>st</sup> Week in January

**Sat Jan 1** **Calaveras Clockwise**  
**8:30 AM** **40 miles, 3, M & B**

This is our traditional "1st Saturday of the Month" ride. **Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.** 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..

**B Pace:** Steve Bell; [sbell@gene.com](mailto:sbell@gene.com) (650) 455-8270

**M Pace:** Wynn Kageyama; [davitusrider@yahoo.com](mailto:davitusrider@yahoo.com) (408)499-0881

**Sat Jan 1** **Hill Climbing Intervals**  
**8:30 AM SHARP** **4500' elevation gain, 70 miles, 4-5, F**  
Race Team Ride - Tour of the Dead End Canyons.  
An exploration of roads in the Castro Valley Area, little used coz they don't go anywhere, except UP. Total climbing for the day will be approx. 4500 ft. All race team members are requested to wear their team uniform. Rain will stop play. Regroups as required. **Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**  
**Garry Birch;** [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com) (925) 556-1564 or (925) 819-0247

**Sun Jan 2** **Team Hill Slug Climb for Gourmet Hotdogs**  
**9:00 AM - SHARP** **2700' elevation gain, ~25 miles, 5, 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. **Meet at the Great Mall of Milpitas in the mall parking lot across from the Great Mall/Main VTA station at Great Mall Pkwy and McCandless Dr (Milpitas)**, under the "Bump" sign.  
**Jon Graff;** [jon.graff@yahoo.com](mailto:jon.graff@yahoo.com) (408) 262-9577

**Sun Jan 2** **Thinking about Cinderella Training?**  
**9:00 AM** **10-12 miles, 1, L-T**  
This short, slow, flat ride is intended to figuratively get your feet wet for Cinderella Training. Come on ladies, let's started on those New Year's Resolutions!! Still considering signing up for training but have some fears about your ability? Already signed up, but worried about the first ride? Come join Sara and me; see how fun it can be. No pressure! **Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark)** and leisurely ride to Prolific Oven for coffee. No one left behind. **Rain cancels, check yahoo group, email or call us.**  
**Sara Lewis;** [sarajlewis@hotmail.com](mailto:sarajlewis@hotmail.com) (408) 813-7611  
**Lori Sommer;** [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com) (510) 794-8624 -H, (510) 693-8624 -C

**Sun Jan 2** **Show and Go**  
**9:00 AM** **20-50 miles, 2-4, M-B**  
**Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

## 2<sup>nd</sup> Week in January

**Mon Jan 3** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2, M**  
Let's meet at the **Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)** 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 July 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](mailto:gmnorthrup@hotmail.com) (510) 796-8832

**Tue Jan 4** **Tuesday Tour de Fremont Hills**  
**8:15 AM** **1875' elevation gain, 31 miles, 3, M**  
**Meet at the Isherwood Staging Area: On Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail** and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to The Animals via Stanford. We'll head up Paseo Padre THE WRONG WAY to our final climb and a half--a short but steep kick up Pine and our last grind up Sabrekat. We head back on a nice, flat Grimmer to the end of the ride at Peet's Coffee where some folks will surely want to linger a while.

Rain or threat of rain cancels the ride. If uncertain as to the status of the ride, contact me between 7:15am and 7:45am on the day of the ride.

**Mike Northrup; [gmnorthrup@hotmail.com](mailto:gmnorthrup@hotmail.com) (510) 796-8832 -H**

**Tue Jan 4** **Show and Go**  
**9:00 AM** **20-50 miles, 1-5, L-M-B**  
**Bicycle Garage, 5006 Mowry Avenue, Fremont (corner of Mowry Ave & Blacow Rd in Lucky's shopping center).**

**Wed Jan 5** **Mid-week morning ride**  
**8:30 AM** **35-45 miles, 2-3, M-B**  
**Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), 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; [alang44@hotmail.com](mailto:alang44@hotmail.com) (510) 760-9245**

**Thu Jan 6** **Thursday Morning Coffee Ride**  
**9:00 AM** **25-40 miles, 2-3, M**  
Come ride with a fun group of people! We have many options for routes starting at the **Sunol Train Station, Foothill Rd & Kilkare Rd (Sunol)** and the weather usually determines the route. Often we will ride out to Panama Coffee in Livermore via Vallecitos (Pigeon Pass) or through the rolling hills in Pleasanton. Sometimes we ride out Calaveras to the Top of the Wall or into Sunol Park. Often after some climbing to earn a cinnamon roll, we go to Denica's in Dublin. A couple of times we've ridden to San Ramon for pizza at Zachary's. Sometimes we are adventurous and Ken and Dale suggest a route. Usually there are no route sheets but we regroup as necessary and no one is left behind. **Rain cancels, check yahoo group, email or call me.**

**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com) (510) 794-8624 -H, (510) 693-8624 -C**

**Fri Jan 7** **The Friday Bike Club**  
**8:30 AM** **35-45 miles, 3-4, M-B**  
**Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the PW Supermarket side of the shopping center (Castro Valley) 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](mailto:alang44@hotmail.com) (510) 760-9245**

**Sat Jan 8** **Show and Go**  
**8:30 AM** **20-50 miles, 2-4, L-M-B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Sat Jan 8** **LSD Hilly Ride**  
**8:30 AM SHARP** **65 miles, 4, B**

Race Team ride – Tri-City training locations.

This ride will visit the majority of locations in the Tri-city area that provide good training roads, including hills of all types, flat roads and technical sections. We will go south to Old Calaveras and North to Appian and out to the Dumbarton area. All race team members are requested to wear their team uniform. Rain will stop play. No planned stops, no dropping. **Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com) (925) 556-1564 or (925) 819-0247**

**Sat Jan 8** **Dale and Ken's Excellent Adventure**  
**Livermore Valley ride**

**9:00 AM** **1429' elevation gain, 45 miles, 3,M**  
**Meet at Crank 2 Bicycles 5480-9 Sunol Blvd. Pleasanton, CA 94566 (Please do not park directly in front of the bike shop).** Come join us for a pleasant, scenic, and social ride through the Livermore Valley. We will start at Crank 2 Bicycles in Pleasanton and have a coffee stop midway through the ride. Part of the route actually follows a bit of the Cinderella route in reverse. It includes a very scenic ride on Collier Canyon. While there is some steady climbing, there are no steep hills. The total elevation gain is a puny 1429 ft. and the steepest grade is 5.7%.

No one will be left behind. Route and other info can be seen at:

<http://lasthill.net/Maps/LivermoreValley.html>

**Ken Goldman; [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net) (510) 791-1095 -H**

**Dale Blanchard; [dale-b@comcast.net](mailto:dale-b@comcast.net) (510) 703-7474 -C**

**Sun Jan 9** **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: Wynn Kageyama; [davitusrider@yahoo.com](mailto:davitusrider@yahoo.com)**

**(408)499-0881**

**Sun Jan 9** **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 9** **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 Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark)** 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.

**Dale Bodtker; [rundale@msn.com](mailto:rundale@msn.com) (510) 797-8424**

## 3<sup>rd</sup> Week in January

**Mon Jan 10** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2, M**  
Let's meet at the **Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)** 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 July 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](mailto:gmnorthrup@hotmail.com) (510) 796-8832**

**Tue Jan 11** **Tuesday Tour de Fremont Hills**  
**8:15 AM** **1875' elevation gain, 31 miles, 3, M**  
**Meet at the Isherwood Staging Area: On Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail** and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to The Animals via Stanford. We'll head up Paseo Padre THE WRONG WAY to our final climb and a half--a short but steep kick up Pine and our last grind up Sabreca. We head back on a nice, flat Grimmer to the end of the ride at Peet's Coffee where some folks will surely want to linger a while.  
Rain or threat of rain cancels the ride. If uncertain as to the status of the ride, contact me between 7:15am and 7:45am on the day of the ride.  
**Mike Northrup; [gmnorthrup@hotmail.com](mailto:gmnorthrup@hotmail.com) (510) 796-8832 -H**

**Tue Jan 11** **Show and Go**  
**9:00 AM** **20-50 miles, 1-5, L-M-B**  
**Bicycle Garage, 5006 Mowry Avenue, Fremont (corner of Mowry Ave & Blacow Rd in Lucky's shopping center).**

**Wed Jan 12** **Mid-week Morning Ride**  
**8:30 AM** **35-45 miles, 2-3, M-B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.** We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.  
**Al Quintana; [alang44@hotmail.com](mailto:alang44@hotmail.com) (510) 760-9245**

**Thu Jan 13** **Thursday Morning Coffee Ride**  
**9:00 AM** **25-35 miles, 1-3, M**  
Come ride with a fun group of people! **Meet at Don Edward Visitor Center, Don Edwards National Wildlife Refuge, Marshlands Rd near the Visitor Center (Newark)** 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 Park 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. There are no route sheets so we regroup as necessary and no one is left behind. **Rain cancels, check yahoo group, email or call me.**  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com) (510) 794-8624 -H, (510) 693-8624 -C**

**Fri Jan 14** **The Friday Bike Club**  
**8:30 AM** **35-45 miles, 3-4, M-B**  
**Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the PW Supermarket side of the shopping center (Castro Valley)** 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](mailto:alang44@hotmail.com) (510) 760-9245**

**Sat Jan 15** **Cinderella Rodeo Volunteer**  
**8:00 AM** **20-50 miles, 1-5, L-M-B**  
As in past years, we need FFBC members to volunteer at the Cinderella Training Ride Rodeo held at the **Bicycle Garage, 5006 Mowry Avenue, Fremont (corner of Mowry Ave & Blacow Rd in Lucky's shopping center)**. Please bring your skills (and tools) to the rodeo and help women inspect and fit their bikes. The women who come for this training series appreciate the expertise of those who ride, prepare their bike for a ride, and are passionate about riding. We will need you to bring pumps and a helpful attitude. The team is planning to provide information and assistance to approximately 100 women cyclists. (This number could go as high as 150 women cyclists) We will provide refreshments.  
SET UP- Need two volunteers at each station. - Ten (10) Bike Stations. Bike pump at each station. - Three (2) Skills Course Stations: (1) Stop/Start, (2) Maneuver around a turn.  
Please provide the riders with suggestions on how to prepare a bike for a ride. Check ABC: Air, Brakes, Chain.  
Please do not adjust bikes. All riders need to be responsible for their own bike adjustments. If a bike needs service, provide a list of local bike shops.  
**RSVP by January 7, 2011, to Joyce Tanaka by email or phone. 510-703-2675 [notes4jt@gmail.com](mailto:notes4jt@gmail.com)**

**Sat Jan 15** **Cinderella Training Orientation/Ride #1**  
**8:00 AM - SHARP** **- Quarry Lakes/Alum Rock**  
**12 miles (Classic), 1, L-T-M / ~20 miles (Challenge), 2, M**  
Participation in the series is by pre-registration and limited to registered riders. A limited number of spots may be available for registration on the day of the Rodeo. Please see the Cinderella web page of the FFBC website (<http://www.ffbc.org/cinderella/>) for additional information. Our Cinderella training is for women of all riding levels, from beginning to experienced riders. The Classic Training series 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.  
**The orientation begins at 8:00 AM at the Bicycle Garage, 5006 Mowry Avenue, Fremont (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.  
**Joyce Tanaka; [notes4jt@comcast.net](mailto:notes4jt@comcast.net) (510)703-2675**  
**Jeni Finch; [drjeni@gmail.com](mailto:drjeni@gmail.com) (619) 415-9084**

**Sat Jan 15** **LSD Ride**  
**8:30 AM SHARP** **80 miles, 4, B**  
Tunitas Creek.  
Ride across the Dumbo to Tunitas Creek  
All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. **Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**  
**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com) (925) 556-1564 or (925) 819-0247**

**Sat Jan 15** **Late Start Fremont Loop**  
**11:15 AM** **915' elevation gain, 27 miles, 2, M**  
Helping out at the Cinderella orientation & rodeo this morning? Or just looking for a convenient late-start ride? We will follow a modified Cinderella route #3 (Fremont Loop With an Animal or Two). There will be a quick coffee/lunch stop around mile 21 at Pacific Commons. No drops. Regroups. Rain cancels. **Meet at the Bicycle Garage, 5006 Mowry Avenue, Fremont (corner of Mowry Ave & Blacow Rd in Lucky's shopping center) and we leave after the rodeo is cleaned up.** All club members are welcome on this ride.  
**Cindy Maxwell; [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net) (408) 506-6860**

**Sun Jan 16** **Portola Valley Loop**  
**8:30 AM** **40 miles, 3, M-B**  
**Progressive Ride Series No. 2**  
For a full description of the Prog. Ride Series, please see top of this calendar. **Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).** Bring money for the coffee stop during the ride. Rain cancels.  
**M Pace: Tony Flusche; [TonyF@att.net](mailto:TonyF@att.net) (510) 247-3220**  
**B Pace: Tim and Robin O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com)**

**Sun Jan 16** **Family ride - Iron Horse Trail**  
**9:30 AM** **10-12 miles, 1, T**  
Start location: Dublin Library, 200 Civic Plaza Dublin CA  
**Meet in the parking lot of Dublin Library (on Civic Plaza off Dublin Blvd.)** We'll take a leisurely ride down the Iron Horse Trail as far as San Ramon Central Park by the Community Center, where we'll stop for a while at the playground. The pace will be suitable for children of all ages. As usual, no child left behind!  
**Mark Davis; [mark@markandshirley.com](mailto:mark@markandshirley.com) (510) 573 0184 -H (510) 343 5773 -C**  
**Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com) (510) 441-7607 -H (510) 517 1466 -C**

## 4<sup>th</sup> Week in January

**Mon Jan 17** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2, M**  
Let's meet at the **Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)** 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 July 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](mailto:gmnorthrup@hotmail.com) (510) 796-8832**

**Tue Jan 18** **Tuesday Tour de Fremont Hills**  
**8:15 AM** **1875' elevation gain, 31 miles, 3, M**  
**Meet at the Isherwood Staging Area: On Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail** and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to The Animals via Stanford. We'll head up Paseo Padre THE WRONG WAY to our final climb and a half--a short but steep kick up Pine and our last grind up Sabrecat. We head back on a nice, flat Grimmer to the end of the ride at Peet's Coffee where some folks will surely want to linger a while.  
Rain or threat of rain cancels the ride. If uncertain as to the status of the ride, contact me between 7:15am and 7:45am on the day of the ride.  
**Mike Northrup; [gmnorthrup@hotmail.com](mailto:gmnorthrup@hotmail.com) (510) 796-8832 -H**

**Tue Jan 18** **Show and Go**  
**9:00 AM** **20-50 miles, 1-5, L-M-B**  
**Bicycle Garage, 5006 Mowry Avenue, Fremont.**

**Wed Jan 19** **Mid-week morning ride**  
**8:30 AM** **35-45 miles, 2-3, M-B**  
**Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark),** 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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Thu Jan 20** **Thursday Morning Coffee Ride**  
**9:00 AM** **32 miles, 2, M**  
Let's go to Alum Rock Park! This has become my favorite ride. **Meet at the REI Fremont side parking lot of REI on Ice House Terrace near Auto Mall Parkway & Fremont Blvd** and our first regroup is at Jose Higuera Park. We ride along the rolling foothills and climb into Alum Rock Park. It is such a beautiful area; often deer are sighted and sound of the rushing creek is relaxing. We descend into Milpitas and have lunch at Noah's Bagels/Starbucks on North Milpitas Blvd. It is a flat ride back to the start with no regroups. No routes sheets, no one left behind, and there are options for faster riders. **Rain cancels, check yahoo group, email or call me.**  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com) (510) 794-8624 -H, (510) 693-8624 -C**

**Fri Jan 21** **The Friday Bike Club**  
**8:30 AM** **35-45 miles, 3-4, M-B**  
**Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the PW Supermarket side of the shopping center (Castro Valley)** 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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Sat Jan 22** **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](mailto:tkboomer@aol.com) (408) 655-1060**  
**Vicki Timmons; [vickio@comcast.net](mailto:vickio@comcast.net) (510) 589-7356**

**Sat Jan 22** **Cinderella Classic Training Ride #2**  
**8:30 AM – SHARP** **- 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 (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. Be sure to park behind the Bicycle Garage in the parking lot between the Bicycle Garage building and Wendy's restaurant. 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.

Joyce Tanaka; [notes4jt@comcast.net](mailto:notes4jt@comcast.net) (510)703-2675  
Jeni Finch; [drjeni@gmail.com](mailto:drjeni@gmail.com) (619) 415-9084

**Sat Jan 22** **Light East Hills Hug**  
**8:30 AM** **36 miles, 2, M**

Pedal along the base of our beautiful east foothills, from Milpitas to the Evergreen area in south San Jose. There will be a coffee/lunch stop midway through the ride after we loop around Evergreen Valley College. No drops & regroup as needed. Rain cancels the ride. **Meet at Dixon Landing Park in Milpitas (Jurgens at Milmont); I-880 south. East on Dixon Landing Rd. Turn right at Milmont and then right at Jurgens.** Parking lot on the right.

Cindy Maxwell; [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net) (408) 506-6860

**Sat Jan 22** **5 Canyons**  
**8:30 AM** **2200' elevation gain, 43 miles, 4, B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.** Route and other info can be seen at:  
<http://www.bikeroutetoaster.com/Course.aspx?course=169317>  
Steve Bell; [sbell@gene.com](mailto:sbell@gene.com) (650) 455-8270

**Sat Jan 22** **Tempo Ride**  
**8:30 AM – SHARP** **5000' elevation gain +, 70 miles, 5, B**  
Race Team ride – 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. **Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com) (925) 556-1564 or (925) 819-0247

**Sun Jan 23** **Five Canyons**  
**8:30 AM** **45 miles, 4, M-B**  
**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](mailto:TonyF@att.net) (510) 247-3220**  
**B Pace: Tim and Robin O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com)**

**Sun. Jan 23** **Tour de Fremont (Clockwise)**  
**9:00 AM - SHARP** **40-46 miles, 2, 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 will have lunch 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 Plan to be back at the start a little after 3:30 PM. **Meet at the Great Mall of Milpitas in the mall parking lot across from the Great Mall/Main VTA station at Great Mall Pkwy and McCandless Dr (Milpitas), under the "Bump" sign.**  
Jon Graff; [jon.graff@yahoo.com](mailto:jon.graff@yahoo.com) (408) 262-9577

## 5<sup>th</sup> Week in January

**Mon Jan 24** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2, M**

Let's meet at the **Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)** 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 July 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](mailto:gmnorthrup@hotmail.com) (510) 796-8832

**Tue Jan 25** **Tuesday Tour de Fremont Hills**  
**8:15 AM** **1875' elevation gain, 31 miles, 3, M**

**Meet at the Isherwood Staging Area: On Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail** and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to The Animals via Stanford. We'll head up Paseo Padre THE WRONG WAY to our final climb and a half--a short but steep kick up Pine and our last grind up Sabrecat. We head back on a nice, flat Grimmer to the end of the ride at Peet's Coffee where some folks will surely want to linger a while.

Rain or threat of rain cancels the ride. If uncertain as to the status of the ride, contact me between 7:15am and 7:45am on the day of the ride.

Mike Northrup; [gmnorthrup@hotmail.com](mailto:gmnorthrup@hotmail.com) (510) 796-8832 -H

**Tue Jan 25** **Show and Go**  
**9:00 AM** **20-50 miles, 1-5, L-M-B**

**Bicycle Garage, 5006 Mowry Avenue, Fremont (corner of Mowry Ave & Blacow Rd in Lucky's shopping center).**

**Wed Jan 26** **Mid-week Morning Ride**  
**8:30 AM** **35-45 miles, 2-3, M-B**

**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.** We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.

Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com) (510) 760-9245

**Thu Jan 27** **Thursday Morning Coffee Ride**  
**9:00 AM** **25-35 miles, 1-3, M**  
Come ride with a fun group of people! **Meet at Don Edward Visitor Center, Don Edwards National Wildlife Refuge, Marshlands Rd near the Visitor Center (Newark)** 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 Park 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. There are no route sheets so we regroup as necessary and no one is left behind. **Rain cancels, check yahoo group, email or call me.**  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com) (510) 794-8624 -H, (510) 693-8624 -C**

**Fri Jan 28** **The Friday Bike Club**  
**8:30 AM** **35-45 miles, 3-4, M-B**  
**Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the PW Supermarket side of the shopping center (Castro Valley)** 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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Fri Jan 28** **Sandy Wool Lake Loop**  
**9:00 AM** **745' elevation gain, 27 miles, 2, T-M**  
This loop ride will travel along the Milpitas foothills for a short climb to Sandy Wool Lake at Ed Levin Park. Those craving more can go climb the Wall. After a regroup we will head south into San Jose to satisfy our sugar and caffeine cravings. The loop will continue back through Milpitas. No drops & regroups as needed. Bring \$\$ for coffee. Rain cancels the ride. Cancellation will be announced on FFBC Yahoo Group site or call/email me. **Meet at Dixon Landing Park in Milpitas (Jurgens at Milmont); I-880 south. East on Dixon Landing Rd. Turn right at Milmont and then right at Jurgens.** Parking lot on the right.  
**Cindy Maxwell; [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net) (408) 506-6860**

**Sat Jan 29** **CHALLENGE Cinderella Training Ride #3**  
**8:00 AM - SHARP** **45 miles, 4, M**  
**Palomares** **Meet 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; [tkboomer@aol.com](mailto:tkboomer@aol.com) (408) 655-1060**  
**Vicki Timmons; [vickio@comcast.net](mailto:vickio@comcast.net) (510) 589-7356**

**Sat Jan 29** **Classic Cinderella Training Ride #3**  
**8:30 AM - SHARP** **- 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 (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. Be sure to park behind the Bicycle Garage in the parking lot between the Bicycle Garage building and Wendy's restaurant. 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.  
**Joyce Tanaka; [notes4jt@comcast.net](mailto:notes4jt@comcast.net) (510)703-2675**  
**Jeni Finch; [drjeni@gmail.com](mailto:drjeni@gmail.com) (619) 415-9084**

**Sat Jan 29** **Portola Loop**  
**8:30 AM** **900' elevation gain, 38 miles, 3, B**  
**Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**  
Route and other info can be seen at:  
<http://www.bikeroutetoaster.com/Course.aspx?course=196311>  
**Steve Bell; [sbell@gene.com](mailto:sbell@gene.com) (650) 455-8270**

**Sat Jan 29** **A Few Fremont Hills**  
**9:00 AM** **35-40 miles, 4, M**  
**Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).** 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](mailto:GSMITH289@aol.com) (510) 797-7809 -H (510) 304-0956 -C**

**Sun Jan 30** **Ride Around the Bay**  
**8:30 AM** **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.**  
**M Pace: Ride leader TBD**  
**Get route sheet from [ridecoordinator@ffbc.org](mailto:ridecoordinator@ffbc.org)**

**Sun Jan 30** **Show and Go**  
**8:30 AM** **30-60 miles, 2-4, B**  
**Meet at Mission San Jose park, located about ¼ mile south of Driscoll on Mission Blvd., and just before Mission San Jose HS.**

## 6<sup>th</sup> Week in January

**Mon Jan 31**

**Monday Morning Recovery Ride**

**8:30 AM**

**40 miles, 1-2, M**

Let's meet at the **Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)** 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 July 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](mailto:gmnorthrup@hotmail.com) (510) 796-8832**