

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).

THANK YOU TO ALL THE JANUARY RIDE LEADERS!

1st Week in January

Sat Jan 1

8:30 AM

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 (650) 455-8270

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

Calaveras Clockwise

40 miles, 3, M & B

Sat Jan 1

8:30 AM SHARP

Hill Climbing Intervals 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; [\(925\) 556-1564](mailto:garry_b94568@yahoo.com) 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; [\(408\) 262-9577](mailto:jon.graff@yahoo.com)

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; [\(408\) 813-7611](mailto:sarajlewis@hotmail.com)

Lori Sommer; [\(510\) 794-8624](mailto:lorisommer@gmail.com) -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).

2nd 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; [\(510\) 796-8832](mailto:gmnorthrup@hotmail.com)

Tue Jan 4	Tuesday Tour de Fremont Hills	LSD Hilly Ride
8:15 AM	1875' elevation gain, 31 miles, 3, M	65 miles, 4, B
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.	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 (925) 556-1564 or (925) 819-0247	
Tue Jan 4	Show and Go	Dale and Ken's Excellent Adventure
9:00 AM	20-50 miles, 1-5, L-M-B	Livermore Valley ride
Bicycle Garage, 5006 Mowry Avenue, Fremont (corner of Mowry Ave & Blacow Rd in Lucky's shopping center).	1429' elevation gain, 45 miles, 3,M	
Wed Jan 5	Mid-week morning ride	Ken Goldman; ken.goldman@comcast.net (510) 791-1095 -H
8:30 AM	35-45 miles, 2-3, M-B	Dale Blanchard; dale-b@comcast.net (510) 703-7474 -C
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 \$\$.	No one will be left behind. Route and other info can be seen at: http://lasthill.net/Maps/LivermoreValley.html	
Al Quintana; alang44@hotmail.com (510) 760-9245		
Thu Jan 6	Thursday Morning Coffee Ride	Sun Jan 9
9:00 AM	25-40 miles, 2-3, M	Alum Rock Park
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.	Progressive Ride Series No. 1	35 miles, 3, M
Lori Sommer; lorisommer@gmail.com (510) 794-8624 -H, (510) 693-8624 -C	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.	
Fri Jan 7	The Friday Bike Club	M Pace: Wynn Kageyama; davitusrider@yahoo.com (408)499-0881
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.	Sun Jan 9	Show and Go
Al Quintana; alang44@hotmail.com (510) 760-9245	8:30 AM	20-50 miles, 3-4, B
Sat Jan 8	Show and Go	Meet at the CVS/Pharmacy Shopping Center, corner of Mission Blvd. and Warm Springs Blvd.
8:30 AM	20-50 miles, 2-4, L-M-B	
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.		

3rd Week in January

Mon Jan 10

8:30 AM

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 (510) 796-8832

Tue Jan 11

8:15 AM

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 (510) 796-8832 -H

Tue Jan 11

9:00 AM

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

Wed Jan 12

8:30 AM

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 \$\$.

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

Thu Jan 13

9:00 AM

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

Monday Morning Recovery Ride

40 miles, 1-2, M

Fri Jan 14

8:30 AM

The Friday Bike Club
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.

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

Tuesday Tour de Fremont Hills

1875' elevation gain, 31 miles, 3, M

Sat Jan 15

8:00 AM

Cinderella Rodeo Volunteer

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 notes4it@gmail.com

Show and Go

20-50 miles, 1-5, L-M-B

Sat Jan 15

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

Jeni Finch; djeni@gmail.com (619) 415-9084

Sat Jan 15	LSD Ride	Tue Jan 18	Tuesday Tour de Fremont Hills
8:30 AM SHARP	80 miles, 4, B	8:15 AM	1875' elevation gain, 31 miles, 3, M
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 (925) 556-1564 or (925) 819-0247	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.	
Sat Jan 15	Late Start Fremont Loop	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.	
11:15 AM	915' elevation gain, 27 miles, 2, M	Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832 -H	
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 (408) 506-6860	Tue Jan 18	Show and Go
Sun Jan 16	Portola Valley Loop	9:00 AM	20-50 miles, 1-5, L-M-B
8:30 AM	40 miles, 3, M-B	Bicycle Garage, 5006 Mowry Avenue, Fremont.	
Progressive Ride Series No. 2		Wed Jan 19	Mid-week morning ride
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 (510) 247-3220 B Pace: Tim and Robin O'Hara; tohara2938@aol.com	8:30 AM	35-45 miles, 2-3, M-B
Sun Jan 16	Family ride - Iron Horse Trail	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 \$\$.	
9:30 AM	10-12 miles, 1, T	Al Quintana; alang44@hotmail.com (510) 760-9245	
Start location: Dublin Library, 200 Civic Plaza Dublin CA		Thu Jan 20	Thursday Morning Coffee Ride
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 (510) 573 0184 -H (510) 343 5773 -C Vanessa McDonnell; vanessa@mcmc.com (510) 441-7607 -H (510) 517 1466 -C	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; lorisommer@gmail.com (510) 794-8624 -H, (510) 693-8624 -C	
Fri Jan 21	The Friday Bike Club	Fri Jan 21	The Friday Bike Club
8:30 AM	35-45 miles, 3-4, M-B	8:30 AM	35-45 miles, 3-4, M-B
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 (510) 796-8832	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 (510) 760-9245	
Sat Jan 22	CHALLENGE Cinderella Training Ride #2	Sat Jan 22	CHALLENGE Cinderella Training Ride #2
8:00 AM - SHARP	35 miles, 2, M	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 Vicki Timmons; vickio@comcast.net (510) 589-7356		

Sat Jan 22	Cinderella Classic Training Ride #2	Tour de Fremont (Clockwise)
8:30 AM – SHARP	- Coyote Hills 24 miles, 1, L-T	40-46 miles, 2, M
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.		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 is 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 (408) 262-9577
Joyce Tanaka; notes4it@comcast.net (510)703-2675 Jeni Finch; drjeni@gmail.com (619) 415-9084		
Sat Jan 22	Light East Hills Hug	5th Week in January
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 & regroups 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 (408) 506-6860		
Sat Jan 22	5 Canyons	Monday Morning Recovery Ride
8:30 AM	2200' elevation gain, 43 miles, 4, B	40 miles, 1-2, M
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		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.
Steve Bell; sbell@gene.com (650) 455-8270		Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832
Sat Jan 22	Tempo Ride	Tuesday Tour de Fremont Hills
8:30 AM – SHARP	5000' elevation gain +, 70 miles, 5, B	1875' elevation gain, 31 miles, 3, M
Race Team ride – Mount Hamilton.		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.
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.		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.
Garry Birch; garry_b9456@yahoo.com (925) 556-1564 or (925) 819-0247		Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832 -H
Sun Jan 23	Five Canyons	Show and Go
8:30 AM	45 miles, 4, M-B	20-50 miles, 1-5, L-M-B
Progressive Ride Series No. 3		Bicycle Garage, 5006 Mowry Avenue, Fremont (corner of Mowry Ave & Blacow Rd in Lucky's shopping center).
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 B Pace: Tim and Robin O'Hara; tohara2938@aol.com		
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 \$\$.		
AI Quintana; alang44@hotmail.com (510) 760-9245		

Thu Jan 27	Thursday Morning Coffee Ride 25-35 miles, 1-3, M	Sat Jan 29	Classic Cinderella Training Ride #3 - Fremont Loop 27 miles, 2, L-T
9:00 AM	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; lorisommer@gmail.com (510) 794-8624 -H, (510) 693-8624 -C	8:30 AM - SHARP	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; notes4it@comcast.net (510)703-2675 Jeni Finch; drieni@gmail.com (619) 415-9084
Fri Jan 28	The Friday Bike Club 35-45 miles, 3-4, M-B	Sat Jan 29	Portola Loop 900' elevation gain, 38 miles, 3, B
8:30 AM	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. AI Quintana; alang44@hotmail.com (510) 760-9245	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 (650) 455-8270	
Fri Jan 28	Sandy Wool Lake Loop 745' elevation gain, 27 miles, 2, T-M	Sat Jan 29	A Few Fremont Hills 35-40 miles, 4, M
9:00 AM	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 (408) 506-6860	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 (510) 797-7809 -H (510) 304-0956 -C	
Sat Jan 29	CHALLENGE Cinderella Training Ride #3 45 miles, 4, M	Sun Jan 30	Ride Around the Bay 56 miles, 2, M
8:00 AM - SHARP	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 (408) 655-1060 Vicki Timmons; vickio@comcast.net (510) 589-7356	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 1/4 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	
		Sun Jan 30	Show and Go 30-60 miles, 2-4, B
		Meet at Mission San Jose park, located about 1/4 mile south of Driscoll on Mission Blvd., and just before Mission San Jose HS.	

6th Week in January

Mon Jan 31

8:30 AM

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 (510) 796-8832