

February 2011 RIDE CALENDAR

Continuing this month are three training series, the CLASSIC 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 Classic Metric Century and Cinderella Challenge Full Century. Reminder to Cinderella Training riders – registration forms for the Cinderella will be mailed out sometime this month. It tends to fill up, so mail your form off as soon as you receive it. If you need a form, just ask your Cinderella ride leader for a copy.

The Progressive Ride Series are intended to help club members get prepared to complete a century ride. The rides are progressive in mileage as well as elevation gain. The series will continue through April.

Get PRS route sheets from ridecoordinator@ffbc.org.

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 FEBRUARY RIDE LEADERS!

1st Week in February

Tue Feb 1 **Tuesday Tour de Fremont Hills**
8:30 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.
Vanessa McDonnell; vanessa@mcnmc.com (510) 441-7607 -H, (510) 517-1466 -C

Tue Feb 1 **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 2 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at **Raley's shopping center at Jarvis & Newark Blvd.**, for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Thur Feb 3 **Thursday Morning Coffee Ride**
9:00AM **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 (510) 794-8624 home, (510) 693-8624 cell

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

Sat Feb 5 **CLASSIC Cinderella Training Ride #4**
(Pink, Violet, Blue) **Alum Rock**
8:00 AM SHARP **30 miles, 1165', 2-3, L-T-M**
Participation in the series is by pre-registration and limited to registered riders. **NOTE new start location: Meet at REI Fremont (43962 Fremont Blvd near Auto Mall)** and 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. Please park away from the entrance to the store. We will head to Milpitas and into beautiful Alum Rock Park. This scenic ride has rollers and a climb into the park. If you are registered and don't receive other instructions, come rain or shine. Bring a snack and money since the coffee stop is near the end of the ride.
Joyce Tanaka; notes4jt@comcast.net (510) 703-2675
Jeni Finch; drjeni@gmail.com (619) 415-9084

Sat Feb 5 **CHALLENGE Cinderella Training Ride #4**
Peninsula
8:00 AM SHARP **~50 miles, 3-4 M and M-B**
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) 655-1060

Sat Feb 5 **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.
M Pace: Paul Heijn; paulheijn@yahoo.com (916) 919-5872 -C
B Pace: Tim and Robin O'Hara; tohara2938@aol.com

Sun Feb 6 CLASSIC Cinderella Training Ride #4 (Aqua)
Alum Rock
8:00 AM SHARP 30 miles, 1165', 2-3, L-T-M
Participation in the series is by pre-registration and limited to registered riders. **NOTE new start location: Meet at REI Fremont (43962 Fremont Blvd near Auto Mall)** and 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. Please park away from the entrance to the store. We will head to Milpitas and into beautiful Alum Rock Park. This scenic ride has rollers and a climb into the park. If you are registered and don't receive other instructions, come rain or shine. Bring a snack and money since the coffee stop is near the end of the ride.
Becky Denevan; beckydenevan@gmail.com (510) 566-6633

Sun Feb 6 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.**
M Pace: TBD (route sheets from ridecoordinator@ffbc.org)

Sun Feb 6 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 6 Tour de Dumbarton Bridge (Clockwise)
9:00 AM SHARP 50-60 miles, 2 M
Bike through 10 cities! We see Alviso and the Sunnyvale Baylands and the western cities before climbing the Dumbarton Bridge. We'll stop at 15 miles to eat at the Chinese Bakery in Mountain View, then buy lunch in Menlo Park at about 25 miles. There is a snack break at Don Edwards, so bring food. This a "group" ride. Each rider is expected to maintain 14-16 mph pace on the level. The slowest rider sets the pace for the group. **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

2nd Week in February

Mon Feb 7 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 (510) 796-8832 -H

Tue Feb 8 Tuesday Tour de Fremont Hills
8:30 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.
Vanessa McDonnell; vanessa@mcnmc.com (510) 441-7607 -H, (510) 517-1466 -C

Tue Feb 8 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 9 Mid-week Morning Ride
8:30 AM 35-45 miles, 2-3, M-B
Meet at the **Niles DOWNTOWN parking lot**. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Thur Feb 10 Thursday Morning Coffee Ride
9:00AM 25-35 miles, 1-3, M
Come ride with a fun group of people! This ride **starts 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 (510) 794-8624 home, (510) 693-8624 cell

Fri Feb 11 The Friday Bike Club
8:30 AM 35-45 miles, 3-4, M-B
Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Feb 12 **CLASSIC Cinderella Training Ride #5**
(Pink, Violet, Blue) **Over the Bridge**
8:00 AM SHARP **36 miles, 2, T-M**
Participation in the series is by pre-registration and limited to registered riders. **Meet at Bicycle Garage (5006 Mowry Ave, Fremont)** and 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. Please park away from the entrance to the store. We will 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: the starting point for next week's ride) and take a nice route along a creek with pretty houses and trees. If you are registered and don't receive other instructions, come rain or shine. Bring a snack and money as we will have a coffee break before we head back over the bridge.
Joyce Tanaka; notes4jt@comcast.net (510)703-2675
Jeni Finch; drjeni@gmail.com (619) 415-9084

Sat Feb 12 **CHALLENGE Cinderella Training Ride #5**
 Grant Ranch Park
8:00 AM SHARP **~50 miles, 4, M and M-B**
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) 655-1060

Sat Feb 12 **Alum Rock**
8:30 AM **1700' elevation gain, 45 miles, 3, B**
Start location: Meet at **DOWNTOWN Niles parking lot across from H St on Niles Blvd.**
Route details available at:
<http://www.bikeroutetoaster.com/Course.aspx?course=179561>
Steve Bell; sbell@gene.com (650) 455-8270

Sat Feb 12 **Portola Valley Loop**
8:45 AM **40 miles, 3, M**
Meet near the middle of the parking lot of the Raley's Shopping Center at Jarvis and Newark Boulevard.
Wynn Kageyama; davitusrider@yahoo.com (510) 659-1360

Sun Feb 13 **CLASSIC Cinderella Training Ride #5 (Aqua)**
 Over the Bridge
8:00 AM SHARP **36 miles, 2, T-M**
Participation in the series is by pre-registration and limited to registered riders. **Meet at Bicycle Garage (5006 Mowry Ave, Fremont)** and 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. Please park away from the entrance to the store. We will 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: the starting point for next week's ride) and take a nice route along a creek with pretty houses and trees. If you are registered and don't receive other instructions, come rain or shine. Bring a snack and money as we will have a coffee break before we head back over the bridge.
Becky Denevan; beckydenevan@gmail.com (510) 566-6633

Sun Feb 13 **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.
M Pace: TBD (route sheets from ridecoordinator@ffbc.org)
B Pace: Tim and Robin O'Hara; tohara2938@aol.com

Sun Feb 13 **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.
Egbert Vallecillo; evallecillo@comcast.net (510) 673-6749

Sun Feb 13 **Team Hill Slug Calaveras Challenge**
9:00 AM SHARP **~47 miles, 4, M**
From Milpitas we'll climb "the Calaveras wall", and descend into Sunol; then we climb back up Calaveras, total of 3200 ft of climbing. We'll have a picnic lunch in Sunol - bring lunch, fruit, snacks & plenty to drink. **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

3rd Week in February

Mon Feb 14 **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 (510) 796-8832 -H

Tue Feb 15 **Tuesday Tour de Fremont Hills**
8:30 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.
Vanessa McDonnell; vanessa@mcnmc.com (510) 441-7607
-H, (510) 517-1466 -C

Tue Feb 15 **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 16 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at Raley's shopping center at Jarvis & Newark Blvd.,
for a ride across the Dumbarton Bridge to a destination on the
Peninsula. This will be a fun ride en route to a coffee/snack stop,
so bring \$\$.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Thur Feb 17 **Thursday Morning Coffee Ride**
9:00 AM **32 miles, 2 M**
Let's go to Alum Rock Park! This has become my favorite ride.
We meet at REI in Fremont (43962 Fremont Blvd, next to the
Home Depot on Auto Mall). 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 (510) 794-8624
home, (510) 693-8624 cell

Fri Feb 18 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace (East Castro Valley Blvd at I-580,
Castro Valley, CA 94552) on the PW Supermarket side of the
shopping center. Meet in the northeast corner of the parking lot.
Bring \$\$ for a coffee stop.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Feb 19 **CLASSIC Cinderella Training Ride #6**
(Pink, Violet, Blue) **Peninsula**
8:00 AM SHARP **39 miles, 2-3, T-M**
Participation in the series is by pre-registration and limited to registered riders. **NOTE new start location: Meet at Bayfront Park (intersection of Marsh Road & HWY 84) and 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.** 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. If you are registered and don't receive other instructions, come rain or shine. Bring a snack and money as we will have a coffee break mid-ride.
Joyce Tanaka; notes4jt@comcast.net (510)703-2675
Jeni Finch; drjeni@gmail.com (619) 415-9084

Sat Feb 19 **CHALLENGE Cinderella Training Ride #6**
Calaveras Loop w/ Kilkare
8:00 AM SHARP **~50 miles, 4, M and M-B**
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 **Club-Sport 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 extra snacks and drinks for the ride and money for a coffee stop after the climbing.
Tina Boomershine; tkboomer@aol.com (408) 655-1060

Sat Feb 19 **Five Canyons**
8:30 AM **2200' elevation gain, 43 miles, 4, B**
Start location: Meet at DOWNTOWN Niles parking lot across
from H St on Niles Blvd.
Route details available at:
<http://www.bikeroutetoaster.com/Course.aspx?course=169317>
Steve Bell; sbell@gene.com (650) 455-8270

Sat Feb 19 **A Different Path to Alum Rock, Version 2.0**
9:00 AM **900' elevation gain, 35 miles, 2, M**
Start location: Dixon Landing Park in Milpitas (Jurgens at
Milmont). We'll take a different route to Alum Rock Park beginning in Milpitas and traveling west through San Jose and Santa Clara. After exiting the park via Inspiration Point we'll stop for coffee. No drops. Regroups. Rain cancels. Cancellation will be announced on FFBC Yahoo Group site or contact me directly. Directions to Dixon Landing Park: 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

Sun Feb 20 **CLASSIC Cinderella Training Ride #6 (Aqua)**
Peninsula
8:00 AM SHARP **39 miles, 2-3, T-M**
Participation in the series is by pre-registration and limited to registered riders. **NOTE new start location: Meet at Bayfront Park (intersection of Marsh Road & HWY 84) and 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.** 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. If you are registered and don't receive other instructions, come rain or shine. Bring a snack and money as we will have a coffee break mid-ride.
Becky Denevan; beckydenevan@gmail.com (510) 566-6633

Sun Feb 20 **Corral Hollow**
8:30 AM **67 miles, 4 M**
Progressive Ride Series No. 7
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.
M Pace: Tony Flusche; Tony.F@comcast.net (510) 247-3220

Sun Feb 20 **Show and Go**
8:30 AM **40-70 miles, 4 B**
Meet at the **Park and Ride lot on Airway Blvd. in Livermore by the airport**.

Sun Feb 20 **Show and Go**
9:00 AM **20-50 miles, 1-4, L-T-M-B**
Meet at **Downtown Niles Parking Lot**.

4th Week in February

Mon Feb 21 **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 (510) 796-8832 -H

Tue Feb 22 **Tuesday Tour de Fremont Hills**
8:30 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.
Vanessa McDonnell; vanessa@mcnmc.com (510) 441-7607 -H, (510) 517-1466 -C

Tue Feb 22 **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 23 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at the **Niles DOWNTOWN parking lot**. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Thur Feb 24 **Thursday Morning Coffee Ride**
9:00AM **25-35 miles, 1-3, M**
Come ride with a fun group of people! This ride **starts 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 (510) 794-8624 home, (510) 693-8624 cell

Fri Feb 25 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Feb 26 **CLASSIC Cinderella Training Ride #7**
(Pink, Violet, Blue) **Sunol & Kilkare Road**
7:30 AM SHARP **40 miles, 3, T-M**
Participation in the series is by pre-registration and limited to registered riders. **NOTE new start location and time: Meet at Sunol Train Station (Main Street & Kilkare in Sunol)** and 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. This 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. If you are registered and don't receive other instructions, come rain or shine. Bring a snack and money since the coffee stop is near the end of the ride.
Joyce Tanaka; notes4jt@comcast.net (510)703-2675
Jeni Finch; drjeni@gmail.com (619) 415-9084

Sat Feb 26 **CHALLENGE Cinderella Training Ride #7**
7:30 AM SHARP **Crystal Springs**
~67 miles, 3-4 M and M-B
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 **Club-Sport 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) 655-1060

Sat Feb 26 **Portola Loop**
8:30 AM **900' elevation gain, 38 miles, 3, B**
Start location: Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd.
Route details available at:
<http://www.bikeroutetoaster.com/Course.aspx?course=196311>
Steve Bell; sbell@gene.com (650) 455-8270

Sat Feb 26 **Los Altos Coffee Ride**
9:00 AM **40-45 miles, 4, M**
Start location: Raleys Shopping Center at Jarvis and Newark Blvd. We'll cross the bay and take Alpine, Arastradero and Purissima to Los Altos. We'll return on Foothill before crossing the bay again. We'll regroup a few times and make sure nobody gets left behind. Bring \$ for a refreshment stop. Rain cancels.
Gary Smith; GSMITH289@aol.com (510) 797-7809 -H or (510) 304-0956 -C

Sun Feb 27 **CLASSIC Cinderella Training Ride #7 (Aqua)**
Sunol & Kilkare Road
7:30 AM SHARP **40 miles, 3, T-M**
Participation in the series is by pre-registration and limited to registered riders. **NOTE new start location and time: Meet at Sunol Train Station (Main Street & Kilkare in Sunol)** and 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. This 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. If you are registered and don't receive other instructions, come rain or shine. Bring a snack and money since the coffee stop is near the end of the ride.

Becky Denevan; beckydenevan@gmail.com (510) 566-6633

Sun Feb 27 **Mines Road**
8:30 AM **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.

M Pace: Tony Flusche; Tony.F@comcast.net (510) 247-3220
B Pace: Tim and Robin O'Hara; tohara2938@aol.com

Sun Feb 27 **Dale and Ken's Excellent Adventure**
Reservoir Ride
9:00 AM **1600' elevation gain, 45 miles, 3, M**
Our next adventure will start from Almaden Lake Park in South San Jose. We will follow Los Alamitos Creek trail for a couple of miles up to McKean Rd/Uvas Rd. and then ride past Calero and Uvas Reservoirs before stopping in Morgan Hill for coffee/lunch. The road past the reservoirs is very pretty and affords some great views. There is some gradual climbing but also some nice downhill rollers.

There are no long or steep hills on this ride. There is one 100 yard hill at 7.6% but all the rest of the climbing is pretty gradual--think 2-3%. Almost all of the climbing is done before lunch as the return route is very flat.

Directions to the start point: I-680 south toward downtown San Jose then exit south onto Hwy 87 (Guadalupe Fwy). Before the end of Hwy 87 exit to Santa Teresa Blvd (do not take Hwy 85) for about one mile. When Santa Teresa starts to curve to the left, make a right turn onto Coleman Rd. Go 1/2 mile to a left turn on Winfield. Drive along the park until you see the entrance on the right at the ranger shack which will get you into the parking lot.

There is no charge for parking. We don't expect the parking lot to be full, but there is quite a bit of on street parking on Winfield if needed. There are restrooms adjacent to the parking lot.

Map and route sheet: <http://lasthill.net/Maps/ReservoirRide.html>
You can also click on "Directions to Ride Start" on the map to get turn by turn directions.

Ken Goldman; ken.goldman@comcast.net (510) 791-1095 -H
Dale Blanchard; dale-b@comcast.net (510) 703-7474 -C

Sun Feb 27 **Show and Go**
9:00 AM **20-50 miles, 1-4, L-T-M-B**
Meet at **Downtown Niles Parking Lot.**

Sun Feb 27 **Family Ride**
Redwood/Foster City Slough Exploration
9:30 AM **10-12 miles, 1, L**
Start location: Redwood City Public Library (399 Marine Pkwy, Redwood City). Join us for a leisurely exploration of the bike trails around the sloughs in Redwood City and Foster City. Meet in the parking lot of Redwood City Public Library (399 Marine Pkwy, Redwood City). We'll stop frequently to let our younger riders catch their breath or have a snack. If we find a playground along the way we'll probably stop to investigate. This ride is suitable for children of all ages. As usual, no child left behind! Rain or threat of rain cancels.

Mark Davis; mark@markandshirley.com; (510)573-0184 -H,
(510) 343-5773 -C

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

5th Week in February

Mon Feb 28 **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 (510) 796-8832 -H