

March 2011 RIDE CALENDAR

Continuing in March 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 March the Cinderella training will complete the series with training rides #8 through #10; the Cinderella Training ride #11 will be the graduation ride. The women only 2011 Cinderella Century will be on April 2.

Also during March the Progressive Ride Series will complete the series; the PRS is intended to help club members get prepared to complete a century ride. The rides are progressive in mileage as well as elevation gain, and also give the participants a variety of different rides.

Good luck to all who hope to do their first century this year.

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 MARCH RIDE LEADERS!

1st Week in March

Tue Mar 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 Mar 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 Mar 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 Mar 3 **Thursday Morning Coffee Ride**
9:00AM **25-40 miles, 2-3, M**
Come ride with a fun group of people! We have many route options starting at the **Sunol Train Station** and the weather usually determines where we head. Often we will ride out to Panama Coffee in Livermore via Vallecitos (Pigeon Pass) or through the hills in Pleasanton. Sometimes we climb Calaveras to the Top of the Wall or head into Sunol Park. Often after some climbing to earn a cinnamon roll, we go to Denica's in Dublin. Faster riders are welcome to head back early if they know the way. 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 H, (510) 693-8624 C

Fri Mar 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 Mar 5 **CLASSIC Cinderella Training Ride #8**
(Green, Pink, Violet, Blue) **Calaveras to the wall & back**
7:30 AM SHARP **~43 miles, 3 T-M**
For those pre-registered for the Cinderella Classic Training Series, **meet at Crank2 Bicycle Shop located at 5480-9 Sunol Boulevard in Pleasanton (in the Oak Hills Shopping Center near Raley's).** Please park **AWAY** from all the stores (near Sunol Blvd or in the middle portion of the lot). 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. We warm up along Pleasanton-Sunol Road before heading up Calaveras. Light snacks and water will be provided at the False Summit. At the top of the Wall, we turn back and head "down" Calaveras into Sunol for a coffee stop, and then back to Pleasanton where Crank2 will host a bicycle maintenance class for the groups.
If you are a registered rider and don't receive other instructions, come rain or shine. Bring plenty of snacks and money for the coffee stop (it's near the end of the ride). Facilities are very limited on this ride, so plan accordingly.
Joyce Tanaka; notes4jt@comcast.net (510) 703-2675
Jeni Finch; drjeni@gmail.com (619) 415-9084

Sat Mar 5 **CHALLENGE Cinderella Training Ride #8**
7:30 AM SHARP **Livermore**
~70 miles, 4, M & 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 Crank 2 Bicycle Shop located at 5480-9 Sunol Boulevard in Pleasanton (in the Oak Hills Shopping Center near Raley's).** 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 money for a coffee stop mid-way through the ride.
Tina Boomershine; tkboomer@aol.com (408) 655-1060

2nd Week in March

Sat Mar 5 **Calaveras Clockwise**
8:30 AM **40 miles, 3, B**
This is our traditional "1st Saturday of the Month" ride. We will meet in the **Downtown Niles Parking Lot** and ride up Niles Canyon into Sunol then on to Calaveras. Our traditional route brings us out in Milpitas and we return via a route that stays close to the hills. There will be a ride leader for the pace(s) listed below. Rain or a serious threat of rain cancels.
B: Sandra King; regalmoded@yahoo.com (925) 487-7658

Sat Mar 5 **Show and Go**
8:30 AM **30-50 miles, 3 M**
Meet at Downtown Niles Parking Lot.

Sun Mar 6 **CLASSIC Cinderella Training Ride #8 (Aqua)**
Calaveras to the wall & back
7:30 AM SHARP **~43 miles, 3 T-M**
For those pre-registered for the Cinderella Classic Training Series, meet at **Crank2 Bicycle Shop located at 5480-9 Sunol Boulevard in Pleasanton (in the Oak Hills Shopping Center near Raley's).** Please park **AWAY** from all the stores (near Sunol Blvd or in the middle portion of the lot). 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. We warm up along Pleasanton-Sunol Road before heading up Calaveras. Light snacks and water will be provided at the False Summit. At the top of the Wall, we turn back and head "down" Calaveras into Sunol for a coffee stop, and then back to Pleasanton.
If you are a registered rider and don't receive other instructions, come rain or shine. Bring plenty of snacks and money for the coffee stop (it's near the end of the ride). Facilities are very limited on this ride, so plan accordingly.
Becky Denevan; beckydenevan@gmail.com (510) 566-6633

Sun Mar 6 **PRS # 9. Castro Valley to Martinez**
8:00 AM **70 miles, 5 M-B**
Start at Endless Cycles, 3300 E Castro Blvd. Castro Valley
In my opinion this ride is the most like the typical centuries put on by clubs, just a little shorter. What with the support and rest stops, what's another 30 miles? Roads that will be featured include Redwood, Pinehurst, Releiz Valley, Alhambra, and Bear Creek. I just haven't figured out which direction we'll do the loop around Briones Park yet. There will be a good stop for refueling in Martinez before returning to Castro Valley.
M Pace: Tony Flusche; Tony.F@comcast.net (510) 247-3220
B Pace: Tim and Robin O'Hara; tohara2938@aol.com

Sun Mar 6 **Show and Go**
8:30 AM **20-50 miles, 2-3, M-B**
Meet near the middle of the parking lot of the **Raley's Shopping Center at Jarvis and Newark Boulevard.**

Sun Mar 6 **Womens's Race Team**
8:45 AM **45+ miles, M-B**
Meet at 8:45 AM to ride out at 9:00 AM SHARP
Meet at Cyclepros in Pleasanton. Ride will be 45+ miles and route will be decided on the day.
Sandra King; regalmoded@yahoo.com (925) 487-7658

Mon Mar 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; mikenorthrup@gmail.com (510) 796-8832 -H

Tue Mar 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 Mar 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 Mar 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 Mar 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 the **Don Edward's Wildlife Refuge Visitor Center** 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 H, (510) 693-8624 C

Fri Mar 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.
AI Quintana; alanq44@hotmail.com (510) 760-9245

Fri Mar 11 **Sandy Wool Lake Loop**
9:00 AM **745' elevation gain, 29 miles, 3, M**
This loop ride will travel along the Milpitas foothills for a short climb to Sandy Wool Lake at Ed Levin Park. After a break we will head south into San Jose to satisfy our sugar and caffeine cravings. The loop will continue back through Milpitas finishing the ride on the Coyote Creek River Trail. No drops & regroup as needed. Rain cancels the ride. This ride is co-listed with ACTC.
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

Sat Mar 12 **CLASSIC Cinderella Training Ride # 9**
(Green, Pink, Violet, Blue) **Livermore**
7:30 AM SHARP **~49 miles, 3 L-T-M**
For those pre-registered for the Cinderella Classic Training Series, meet at **Crank2 Bicycle Shop located at 5480-9 Sunol Boulevard in Pleasanton (in the Oak Hills Shopping Center near Raley's)**. Please park **AWAY from all the stores (near Sunol Blvd or in the middle portion of the lot)**. 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. We ride through Pleasanton and Livermore on several of the roads that are part of the actual Cinderella route. The highlights include Happy Valley, Wentle (no stopping for wine), Cross Road, and Patterson Pass. The coffee stop is late in the ride so bring enough water and food to keep your energy up for the long ride and money for a snack or lunch when we stop. If you are a registered rider and don't receive other instructions, come rain or shine.
Joyce Tanaka; notes4jt@comcast.net (510) 703-2675
Jeni Finch; drjeni@gmail.com (619) 415-9084

Sat Mar 12 **CHALLENGE Cinderella Training Ride #9**
7:30 AM SHARP **Mines Road**
~80 miles, 4, M & 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 **Crank 2 Bicycle Shop located at 5480-9 Sunol Boulevard in Pleasanton (in the Oak Hills Shopping Center near Raley's)**. 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 money for a coffee stop mid-way through the ride. Facilities are very limited along the way, so bring extra liquids and snacks.
Tina Boomershine; tkboomer@aol.com (408) 655-1060

Sat Mar 12 **Alum Rock**
8:30 AM **1700' elevation gain, 45 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=179561>
Steve Bell; sbell@gene.com (650) 455-8270

Sat Mar 12 **Show and Go**
8:30 AM **30-50 miles, 3-4, M**
Meet at **DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

Sun Mar 13 **CLASSIC Cinderella Training Ride # 9 (Aqua)**
Livermore
7:30 AM SHARP **~49 miles, 3 L-T-M**
For those pre-registered for the Cinderella Classic Training Series, meet at **Crank2 Bicycle Shop located at 5480-9 Sunol Boulevard in Pleasanton (in the Oak Hills Shopping Center near Raley's)**. Please park **AWAY from all the stores (near Sunol Blvd or in the middle portion of the lot)**. 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. We ride through Pleasanton and Livermore on several of the roads that are part of the actual Cinderella route. The highlights include Happy Valley, Wentle (no stopping for wine), Cross Road, and Patterson Pass. The coffee stop is late in the ride so bring enough water and food to keep your energy up for the long ride and money for a snack or lunch when we stop. If you are a registered rider and don't receive other instructions, come rain or shine.
Becky Denevan; beckydenevan@gmail.com (510) 566-6633

Sun Mar 13 **PRS # 10 - San Gregorio**
8:00 AM **74 miles, 5 M**
Starting at **Raley's Shopping Center** at Jarvis and Newark Boulevard, it's over the bridge, over the hill and to the coast (almost to the coast) to San Gregorio for lunch. Go easy on the heavy stuff though because after lunch we will make the climb up Tunitas Creek for the return trip.
M Pace; Tony.F@comcast.net (510) 247-3220

Sun Mar 13 **Show and Go**
8:00 AM **40-75 miles, 5 B**
Starting at **Raley's Shopping Center** at Jarvis and Newark Boulevard,

Sun Mar 13 **Womens's Race Team**
8:45 AM **45 miles, 4-5, B-F**
Sandra's Birthday ride
Meet at **8:45 AM** to ride out at **9:00 AM SHARP**
Meet at **North Vasco Road Starbucks in Livermore**. Ride will be 45+ miles and route will be decided on the day.
Sandra King; regalmoded@yahoo.com (925) 487-7658

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

Sat Mar 19 **East Hills Hug**
9:00 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. Rain or temps over 90 degrees cancels. This ride is co-listed with ACTC. **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 Mar 20 **CLASSIC Cinderella Training Ride # 10 (Aqua)**
Crystal Springs
7:30 AM SHARP **~55 miles, 3 T-M**
For those pre-registered for the Cinderella Classic Training Series, **meet back at the Bicycle Garage in Fremont.** 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. Today's destination is Crystal Springs Reservoir. We cross the Dumbarton Bridge, climb Woodside Road, and tour along scenic Canada Road. We then descend Edgewood Road and stop for lunch in Redwood City before heading back across the bay. The climbs and descents are a challenge but you are ready for it after all your training.

If you are a registered rider and don't receive other instructions, come rain or shine. Bring snacks and money for lunch.
Becky Denevan; beckydenevan@gmail.com (510) 566-6633

Sun Mar 20 **PRS # 11 Morgan Territory**
8:00 AM **89 miles, 4, M**
Although we usually take BART to get closer to the main climb, Morgan Territory Road, we'll need to get in our miles by getting there. Otherwise, to get the required mileage, we would need to climb Morgan Territory twice. **Start at Downtown Niles parking lot.**
M Pace: Tony Flusche; Tony.F@comcast.net (510) 247-3220

Sun Mar 20 **Show and Go**
8:00 AM **40-90 miles, 4, B**
Meet at the Downtown Niles parking lot.

Sun Mar 20 **Womens's Race Team**
9:15 AM **35+ miles, B-F**
Berkely Hills Time Trial Ride
Meeting place will be announced via FFBC Yahoo group mail several days before the ride; the meeting time will be at 9:15 AM to ride out at 9:30 AM SHARP
Ride will be 35+ miles. Route decided on the day.
Sandra King; regalmoded@yahoo.com (925) 487-7658

4th Week in March

Mon Mar 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; mikenorthrup@gmail.com (510) 796-8832 -H

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

Thur Mar 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 the **Don Edward's Wildlife Refuge Visitor Center** 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 H, (510) 693-8624 C

Fri Mar 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 Mar 26 **Cinderella Training Ride #11**
CLASSIC & CHALLENGE Graduation Ride & Celebration
(Green, Pink, Violet, Aqua, Blue, & Challenge)
8:00 AM SHARP **Start location & Mileage: TBD**
For those pre-registered for the Cinderella Training Series, the final ride in the training series will be determined by the individual groups. It will be followed by a graduation celebration. The start location and celebration plans will be announced closer to the date of the ride. Contact your team leader for details. If you are a registered rider and don't receive other instructions, come rain or shine. Bring snacks and money for a coffee stop or lunch along the way.
Tina Boomershine; tkboomer@aol.com (408) 655-1060
Joyce Tanaka; notes4jt@comcast.net (510) 703-2675
Jeni Finch; drjeni@gmail.com (619) 415-9084

Sat Mar 26 **Portola Loop**
8:30 AM **900' elevation gain, 38 miles, 3, B**
Start location: Meet at Raley's shopping center parking lot, Jarvis Ave & Newark Blvd.
Route details available at:
<http://www.bikeroutetoaster.com/Course.aspx?course=196311>

Sat Mar 26 **Double Your Palomares, Double Your Fun**
9:00 AM **45-50 miles, 5, M**
Meet at Raley's shopping center at Jarvis and Newark Blvd.
Do you wish the Five Canyons Ride had more climbing? If so, you might like this variation of it. We'll climb Palomares from the Niles Canyon side, descend into Castro Valley, take Crow, Norris and Bollinger Canyon Roads to San Ramon and return by climbing Palomares from the Dublin Canyon side. We'll regroup a few times and make sure we don't leave anyone behind. Bring \$ for a refreshment stop. Rain cancels.
Gary Smith; GSMITH289@aol.com (510) 797-7809 home or (510) 304-0956 cell

Sun Mar 27 **Dale and Ken's Excellent Adventure**
Del Puerto Canyon
9:00 AM **3100' elevation gain, 50 miles, 5, M**
Meet at Patterson Exit off I-5 (see directions below)
March is the month of flowers in Del Puerto Canyon. Come ride an "out and back" to The Junction Cafe. Del Puerto Canyon is a beautiful back-country ranch road which gradually climbs to the junction of Mines Rd. and San Antonio Rd. Dale is offering a free guided tour of the "Bat Cave" among other highlights. There will be a snack break at the Junction Cafe at the turn around point. The return is mostly downhill. Since this is an "out and back" the option is always available to cut the ride short at any point by turning around and heading back downhill.
There are directions to the ride start on the map referenced with the link below, or take I-580 east to I-5 south about 10 miles to Exit 434 (Sperry Ave./Diablo Grande Pkwy). At the stop sign turn left and go under the freeway to the stoplight (Rogers Rd.) and turn left again. We will park in the area between the Denny's and the Motel(Best Western Villa del Lago). There are restrooms available at several businesses in this large parking lot (including Starbucks). Allow an hour and ten minutes from Fremont.
Here is the link to the route map, route sheet, and directions to the start: <http://lasthill.net/Maps/DelPuertoCanyon.html>
Ken Goldman; ken.goldman@comcast.net (510) 791-1095 -H
Dale Blanchard; dale-b@comcast.net (510) 703-7474 -C

Sun Mar 27 **Show and Go**
8:30 AM **20-50 miles, 1-4, L-T-M-B**
Meet at Downtown Niles Parking Lot.

5th Week in March

Mon Mar 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; mikenorthrup@gmail.com (510) 796-8832 -H

Tue Mar 29 **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 Mar 29 **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 Mar 30 **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 Mar 31 **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** 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 H, (510) 693-8624 C