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

Lori Sommer; lorimsommer@gmail.com (510) 794-8624

Tina Boomershine; tkboomer@aol.com (408) 655-1060

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
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

<the rest of the document continues with the list of rides and contact information>


**2nd Week in March**

**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

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**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

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**Sat Mar 5**

**Show and Go**

8:30 AM

30-50 miles, 3 M

Meet at Downtown Niles Parking Lot.

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**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

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**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

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**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.

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**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

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**Tue Mar 8**

**Tuesday Tour de Fremont Hills**

9:00 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

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**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

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**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.
Al Quintana; alang44@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 & regroups 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)
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, Wente (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  ~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  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.
Steve Bell; sbell@gene.com (650) 455-8270

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, Wente (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 Flusche; 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
Sun Mar 13  Family Ride - Alameda Creek Trail
9:00 AM  10 miles, 1, L
Start location: Beard Rd staging area
Come join us for a very leisurely family friendly ride on the Alameda Creek Trail. Meet at the parking lot at the end of Beard Rd. We'll ride down the creek trail towards Niles until we get tired or grumpy and then ride back to the start. No child left behind! Rain or wet conditions cancel - call if unsure.  
Mark Davis; mark@markandshirley.com; (510)573-0184 -H, (510) 299-0076 -C
Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C

Thur Mar 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.) 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 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 H, (510) 693-8624 C

Fri Mar 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 Mar 19  CLASSIC Cinderella Training Ride # 10
(Blue, Green, Pink, Violet, Blue)  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.
Joyce Tanaka; notes4jt@comcast.net (510) 703-2675
Jeni Finch; drjeni@gmail.com (619) 415-9084

Sat Mar 19  CHALLENGE Cinderella Training Ride #10
Mount Hamilton
7:30 AM SHARP  ~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 ClubSport Fremont located at 46650 Landing Parkway. Plan to arrive at least 15 minutes early so that you can sign-in and hear any last minute instructions before we leave at 7:30 AM sharp.
If you are registered and don’t receive other instructions, come rain or shine. Snacks will be provided at the top of Mt. Hamilton. Also, bring money for snacks and a coffee stop after we descend from Mt. Hamilton. Facilities are very limited along the way, so plan accordingly.
Tina Boomershine; tkboomer@aol.com (408) 655-1060

Sat Mar 19  5 Canyons
8:30 AM  2200’ elevation gain, 44 miles, 4, B
Start location: Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. 
Steve Bell; sbell@gene.com (650) 455-8270

3rd Week in March

Mon Mar 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 shine.
Mark Davis; mark@markandshirley.com; (510)573-0184 -H, (510) 299-0076 -C
Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C

Tue Mar 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 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

Wed Mar 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
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 Milpnton 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  69 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
Berkeley 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 Asherwood Staging Area: On Asherwood 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 Sabrecrat. 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 $S 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:

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"
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)
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

Wed Mar 30     Mid-week Morning Ride
8:30 AM       35-45 miles, 2-3, M-B
Meet at the Bicycle Garage, at the Lucky shopping center,
Mowry Av. between Farwell and Blacow.

Thu 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
Peninsula. This will be a fun ride en route to a coffee/snack stop,
so bring $$. 
Al Quintana; alanq44@hotmail.com (510) 760-9245

Lori Sommer; lorimsommer@gmail.com (510) 794-8624 H,
(510) 693-8624 C