

April 2011 RIDE CALENDAR

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 APRIL RIDE LEADERS!

1st Week in April

Fri Apr 1 **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

Sat Apr 2 **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: Andy Sass; Andrew.sass@yahoo.com (520) 490-8098
M: Jorge Gildelatorre; jorge@gildelatorre.com (510)589-0660

Sun Apr 3 **Show and Go**
8:30 AM **20-50 miles, 1-4, L-T-M-B**
Meet near the middle of the parking lot of the **Raley's Shopping Center** at Jarvis and Newark Boulevard.

2nd Week in April

Mon Apr 4 **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 Apr 5 **Tour de Fremont Hills**
8:30 AM **32 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 followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again! Then we're ready for a nice downhill coast to Peets for a well deserved coffee and the end of our ride.
Rain or threat of rain cancels the ride. If uncertain of 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 Apr 5 **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 Apr 6 **Primavera without Calaveras**
8:00 AM **~70 miles, M-B**
We will meet at the downtown Niles parking lot.
Pre ride to check out the route. The 100 mile route but Calaveras will probably be closed with dam construction so we will go up Niles Canyon. Bring \$ for lunch.
Andy Sass; Andrew.sass@yahoo.com (520) 490-8098

Wed Apr 6 **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 \$\$.
AI Quintana; alanq44@hotmail.com (510) 760-9245

Thur Apr 7 **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 home, (510) 693-8624 cell

Fri Apr 8 **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

Sat Apr 9 **Show and Go**
8:30 AM **20-50 miles, 1-4, L-T-M-B**
Meet at Downtown Niles Parking Lot.

Sun Apr 10 **PRIMAVERA Club Ride**
7:30 AM SHARP **100K and 100M, 3-5, M-B**
We will meet at the downtown Niles parking lot for a 7:30 sharp start. Check-in starting at 7:00.

100K (63 mile) and 100 mile routes.

Pretty much the same route as the last several years, 100K a quick flat loop through Union City, Calaveras CCW loop up to rest stop in Sunol, then up to Dublin for a second rest stop, then Dublin Canyon, Palomares, and back to Niles. No rest stop at the bottom of Palomares, unless someone wants to organize that. The 100 mile route adds a figure 8 loop through Pleasanton and Livermore, including Altamont Pass before lunch at Garre Winery. The rest stop before the Altamont is replaced with a detour to Vasco and Northfront where there are several minimarts. Lunch is at Garre Winery, but it is pack your own lunch to be transported there for you. Make sure your lunch is well marked and bring it to the start. Also, you can drop clothes to be transported back. SAG Wagon support is dependant on number of volunteers. Take your cell phone to call someone in case of breakdown. \$10 cost for rest stop food and SAG Wagon gas.

Andy Sass; Andrew.sass@yahoo.com (520) 490-8098

Sun Apr 10 **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

3rd Week in April

Mon Apr 11 **Linda's Ride**
8:30 AM **1574' elevation gain, 45 miles, 4, M**
Meet at Don Edwards Visitor Center. We'll ride over the Dumbarton Bridge through Menlo Park, Palo Alto. We'll ride up Alpine to Arastradero, then turn right on Page Mill. We'll do a moderate climb before cutting off to Altamont. Bring money for coffee stop at Los Altos Bakery. Rain Cancels.
Linda Fung; fungfive@sbcglobal.net (650) 391-5975

Mon Apr 11 **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 Apr 12 **Tour de Fremont Hills**
8:30 AM **32 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 followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again! Then we're ready for a nice downhill coast to Peets for a well deserved coffee and the end of our ride.

Rain or threat of rain cancels the ride. If uncertain of 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 Apr 12 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage, at Mowry Av. Fremont.

Wed Apr 13 **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 Apr 14 **Thursday Morning Coffee Ride**
9:00AM **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 home, (510) 693-8624 cell

Fri Apr 15 **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 Apr 16 **Palo Alto Los Altos Hills**
8:30 AM **50+ miles, 4, B**

Meet at Raley's shopping center at Jarvis & Newark Blvd. We'll do Portola CW and then cut over to Arastadero, up Page Mill a bit and then loop back down to Foothill for a fast return. Same as Linda's ride, but a little longer by doing Portola CW.

Tim and Robin O'Hara; tohara2938@aol.com (510) 471-2464

Sat Apr 16

Dale and Ken's Excellent Adventure
Paicines to Panoche
55 miles, 3, M

8:30 AM

BACK BY POPULAR DEMAND

Come ride a great rural road with no stop signs, no traffic lights, no intersections and almost no traffic--unless you count the cows. This is a very pretty ride; very similar to Mines Road but much less climbing. This is an out and back ride--27.5 miles out to a bar/cafe (Panoche Inn) with cold drinks and sandwiches available. This is one of our favorite rides. There are no long or steep climbs. Elevation gain is roughly equivalent to a Calaveras loop with no wall.

Directions to the start of the ride: Hwy 101 south to Gilroy. Exit to Rte. 25 towards Hollister. Follow the 25 bypass around Hollister and continue about 8 miles south of town on Hwy 25 to Paicines. Look for a left turn onto (little) Panoche Rd (J-1). There is a general store on the left just past the intersection (if you miss the turn). After the left turn just park on the right shoulder of the road away from the intersection.

You should allow yourself about an hour and 15 minutes from Fremont.

If possible, please let one of the ride leaders know if you plan on joining us. The cafe would like a rough idea of how many will be coming. However, if you decide to come at the last minute--no problem.

Here is a link to the route and route sheet and there is a link to driving directions on the map.

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

Ken Goldman; ken.goldman@comcast.net (510) 791-1095

Dale Blanchard; dale-B@comcast.net (510) 703-7474

Sat Apr 16

8:30 AM

Meet at Downtown Niles Parking Lot.

Show and Go
30-50 miles, 3 M

Sun Apr 17

8:30 AM

Progressive Ride Series No. 4

This ride has been around the club in various forms for a long time. It takes us through many communities, and in roughly this order: Fremont, Milpitas, San Jose, Santa Clara, Sunnyvale. Los Altos, Los Altos Hills, Palo Alto, Stanford Univ., Menlo Park, East Palo Alto, and Newark. There are less hills, but more miles than last week. Bring money for a lunch stop. Meet at Mission San Jose park, located about ¼ mile south of Driscoll on Mission Blvd., and just before Mission San Jose HS. Paul Heijn; paulheijn@yahoo.com (510) 793-6313

Ride Around the Bay
56 miles, 2, M

Sun Apr 17

3:00 PM

Meet in the parking lot of Los Gatos Creek County Park in Campbell (at Dell Ave. & Hacienda Ave.) We'll take a leisurely ride to downtown Los Gatos with a possible stop for ice-cream before returning to the start. The pace will be suitable for children of all ages and the young at heart. We might stop for a quick tour of the playground or to push our bikes up the "big hills". As usual, no child left behind! Rain cancels.

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

Mark Davis; mark@markandshirley.com; (510)573-0184 -H, (510) 299-0076 -C

Family Ride – Los Gatos Creek Trail
10 miles, 1, L-T

4th Week in April

Mon Apr 18

8:30 AM

Monday Morning Recovery Ride
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 Apr 19

8:30 AM

Tour de Fremont Hills
32 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 followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again! Then we're ready for a nice downhill coast to Peets for a well deserved coffee and the end of our ride.

Rain or threat of rain cancels the ride. If uncertain of 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 Apr 19

9:00 AM

Show and Go
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 Apr 20

8:30 AM

Mid-week Morning Ride
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 Apr 21

9:00 AM

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

Fri Apr 22 **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

Sat Apr 23 **PRS # 9. Castro Valley to Martinez**
8:30 AM **70 miles, 5 M**
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. 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

Sat Apr 23 **Alum Rock with a Difference!**
9:00 AM **550' elevation gain, 35 miles, 2, M**
We'll take a different route to Alum Rock Park beginning in Milpitas then travel west through San Jose and Santa Clara. After exiting the park via Inspiration Point we'll stop for coffee. This is not a flat ride - there is a climb into Alum Rock Park that is less than 550 feet. There will also be rollers on the return ride home. No drops. Regroups. Rain or temps above 90 cancels. This is a low-key social ride. **Meet at Dixon Landing Park in Milpitas: 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 Apr 24 **Show and Go**
8:30 AM **20-50 miles, 1-4, L-T-M-B**
Meet at Downtown Niles Parking Lot.

5th Week in April

Mon Apr 25 **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 Apr 26 **Tour de Fremont Hills**
8:30 AM **38 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. Since I've heard that a change is as good as a rest the last Tuesday of the month we'll do my favorite Fremont hill - Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill, returning through the canyon with the ride once again ending at Peets for a well deserved coffee.
Rain or threat of rain cancels the ride. If uncertain of 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 Apr 26 **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 Apr 27 **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 \$\$.
AI Quintana; alanq44@hotmail.com (510) 760-9245

Thur Apr 28 **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 Regional 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 Apr 29 **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

Sat Apr 30 **Baylands Park (with the Back Seat Driver)**
8:30 AM **30 miles, 1-2, T with a bit of M**
Join us for a ride to Baylands Park in Sunnyvale. Bring \$\$ for a coffee stop along the way. No one will be left behind! New location for ride start: **Dixon Landing Park, Milpitas.** Directions: I-880 south from Fremont. Go east on Dixon Landing Rd. Turn right at Milmont and then right at Jurgens. Parking lot is on the right.
Shelley and Jorge Gidelatorre; swills22@yahoo.com (510) 501-2241

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