

December 2011 Ride Calendar

This month we have a couple of Cinderella training "teaser" rides (on the 17th and 31st). If you're thinking of signing up for our Cinderella training series these rides are a great way to kick-start your training. The "teaser" rides are open to all FFBC members. For more information about the training series (which starts in January) please visit our [Cinderella web page](#).

FFBC Ride Classification

Ride leaders are encouraged to maintain their ride paces as outlined at <http://www.ffbc.org/html/RideClassification.html>.

Maps To Frequently Used Start Locations

Maps to the start locations for October are available at: http://www.ffbc.org/html/start_locations.html.

Thank You To All Our December Ride Leaders!

1st Week in December

Thurs Dec. 1 Thursday Morning Coffee Ride 9 AM 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

Thurs Dec. 1 TNT (Thursday Night Training) 6:15 PM 60-90 minutes, 1, M-B-F

Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes.

We always do a combination of skills practice, speed and endurance work.

Meet at Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

When dark, lights required. Helmets are mandatory.

Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Dec. 2 The Friday Bike Club 8:30 AM 35-45 miles, 3-4, M-B

Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley). Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

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

Sat Dec. 3 Race Team #11 – Calaveras/Palomares Loop 'A' Group 8:30, 'B' Group 8:40 SHARP 66 miles, 4-5, F 3,500'

The Race Team will split into two groups. The 'A' group is invitation only. The 'B' group is for all other team members and guests. We will head South to climb the wall on Calaveras Road, then head North to complete the Calaveras loop. Serious riders will continue on to do the Palomares loop in a counter clockwise direction. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. Minimal regrouping.

Meet at Niles Parking Lot on Niles Boulevard, Cross Street is 'H' Street.

Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Sat Dec. 3 Calaveras Clockwise 8:30 AM 40 miles, 3, M-B

This is our traditional "1st Saturday of the Month" ride. We will **meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.** and ride up Niles Canyon into Sunol then on to Calaveras. Our traditional route brings us out in Milpitas and we return via a route that stays close to the hills. Rain or a serious threat of rain cancels.

B: Robin & Tim; tohara2938@aol.com; (510) 471-2464

M: Winnie & Dale; dale-b@comcast.net; (510) 703-7474

Sun Dec. 4 Race Team #12 – Time Trial Race 8:30 SHARP 45 miles, 2, F+

We will ride out to the Calaveras TT course, probably with a loop within Fremont to start so we know we will be properly warmed up for our big effort of the day. Options are pairing up for a Team TT, Tandems, and please bring your high end TT bike if you feel comfortable with that as well. I am hoping to start the race portion at 10:30 latest. Rain will stop play.

Meet at Niles Parking Lot on Niles Boulevard, Cross Street is 'H' Street.

Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Sun Dec. 4 Women's Race Team Ride 9 AM SHARP 30-45, 2-3, M

Meet at Cyclepros. Main Street, Pleasanton. The ride will be 30-45 miles at an easy to moderate pace. All levels of riders welcome. This is a no-drop ride!

Sandra King; regalmoded@yahoo.com; (925) 487-7658

Sun Dec. 4 Show and Go 8:30 AM 20-50 miles, 3-4, L-T-M-B

Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

2nd Week in December

Mon Dec. 5 **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

Mon Dec. 5 **Palomares Loop**
8:30 AM **34 miles, 4, M**

Come out for a ride through lovely Palomares. We'll find our way back on the backroads of Pleasanton, Foothill Road. Ride together on Niles Canyon road back to Niles. Coffee break will be at Panera. **We will meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.** Rain cancels.

Linda Fung; Fungfive@sbcglobal.net; (650) 391-5975

Tue Dec. 6 **Tour de Fremont Hills**
8:30 AM **~1800' elevation gain, 30 miles, 3-4, M-B**

Meet at the **Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail** and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY 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 the lung burner otherwise known as the back side of Pine! Then we're ready for a nice downhill coast to Peets for a well-deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.

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

Tue Dec. 6 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the **Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

Wed Dec. 7 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**

Meet at **Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark)**, for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$.

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

Thurs Dec. 8 **Thursday Morning Coffee Ride**
9 AM **31 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 regroup. No routes sheets, no one left behind, and there are options for faster riders that like to climb. Rain cancels, check Yahoo! Group, email or call me.

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

Thurs Dec. 8 **TNT (Thursday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**

Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes.

We always do a combination of skills practice, speed and endurance work.

Meet at **Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.** Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

When dark, lights required. Helmets are mandatory.

Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Dec. 9 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**

Meet at **580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).** Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

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

Sat Dec. 10 **Race Team #13 – Pescadero RR course**
'A' Group 8:30, 'B' Group 8:40 SHARP **66 miles, 4-5, F**
3,500'

The Race Team will split into two groups. The 'A' group is invitation only. The 'B' group is for all other team members and guests. Route to be determined, but we will do at least one complete loop of the course. All race team members are requested to wear their team uniform. Rain will NOT stop play. One planned stop at San Gregorio. No dropping. Minimal regroup. **Start location to be determined.**

Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Sat Dec. 10 **Show and Go**
8:30 AM **20-50 miles, 3-4, L-T-M-B**
Meet at **DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

Sun Dec. 11 **Women's Race Team Ride**
9 AM SHARP **30-45, 2-3, M**

Meet at **Cyclepros. Main Street, Pleasanton.** The ride will be 30-45 miles at an easy to moderate pace. All levels of riders welcome. This is a no-drop ride!

Sandra King; regalmoded@yahoo.com; (925) 487-7658

Sun Dec. 11 **FFBC "Get-To-Know-Us-Ride"**
9 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 parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark)**, 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.
Dale Bodtker; dalebodtker@yahoo.com; (510) 703-7927

Sun Dec. 11 **Show and Go**
8:30 AM **20-50 miles, 3-4, B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

3rd Week in December

Mon Dec. 12 **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

Tue Dec. 13 **Tour de Fremont Hills**
8:30 AM **~1800' elevation gain, 30 miles, 3-4, M-B**
Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY 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 the lung burner otherwise known as the back side of Pine! Then we're ready for a nice downhill coast to Peets for a well-deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.
Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C

Tue Dec. 13 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Dec. 14 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Thurs Dec. 15 **Thursday Morning Coffee Ride**
9 AM **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

Thurs Dec. 15 **TNT (Thursday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.
Meet at Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.
When dark, lights required. Helmets are mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Dec. 16 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley). Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Dec. 17 **Race Team #14 - LSD**
Sports Basement SF Presidio/Nicasio/Olema/Mt. Tam.
'A' Group 8:30, 'B' Group 8:40 SHARP **73 miles, 5, F**
5,000+'
The route is a crossing of the Golden Gate, proceed north to Nicasio, cross over to Olema, go South on Highway 1 to Stinson and then back to SF by climbing over Mt. Tamalpais or around the Marin Headlands. All race team members are requested to wear their team uniform. Rain will NOT stop play. One scheduled stop in Olema or Nicasio, no dropping. Mileage and elevation gain will be less for 'B' group.
Start from the Sports Basement store at the Presidio, 610 Old Mason St, San Francisco, CA 94129
(415) 437-0100 [Get directions](#) from Google Maps
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Sat Dec. 17 Dale and Ken's Excellent Adventure
8:34 AM SHARP Morgan Territory Rd.
52 miles, 5, M

Start at Fremont BART Station. The start time is the actual BART departure time -- be on the train. We will take the 8:34 Richmond train and transfer in Oakland to get to Concord at 9:42 (BART fare \$5.75). We should be able to get rolling by 9:55. We will ride over Morgan Territory Rd. (6.3 miles, 1755ft.) and descend into Livermore for lunch before riding back to Fremont via Vallecitos Rd. and Niles Canyon and finishing at the Fremont BART station. Morgan Territory Rd. is a beautiful trip around the back side of Mt. Diablo. The climb is mostly in the shade and is done early in the ride. Dale promises a tour of the historical marker. Here is a link to the route: <http://lasthill.net/Maps/ConcordMorganTerritories.html>

If you are confused by the logistics, please reread this listing several times. (If you get confused and drive your car to Concord, you will have a long trip from Fremont to retrieve it after the ride.)

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

Sat Dec. 17 Show and Go
8:30 AM 20-50 miles, 3-4, B
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sat Dec. 17 Thinking About Cinderella?
8:30 AM Let's Climb!! & Challenge Groups
32 miles, 3, M

Have you participated in the Cinderella Classic Training in the past and are now thinking about moving up to a Challenge Group, or do you just want to do a bit more climbing than the Classic groups? If so, come join us for a no-drop ride where you can test your abilities and find out more about our training series. There will be ride leaders from the Challenge and the Let's Climb groups on this ride. This ride is open to all club members (including princes). **Start at The Bicycle Outfitters, 963 Fremont Ave, Los Altos.** Rain cancels. Check Yahoo! Group, email or call us.

July Young; sjsyoung3@comcast.net; (510) 331-9367
Vicki Timmons; vicki2bike@comcast.net; (510) 589-7356
Rochelle Kiner; chelle_sj@yahoo.com; (408) 981-9820

Sat Dec. 17 Thinking About Cinderella?
9 AM Classic Groups
10-12 miles, 1, L-T

This short, slow, flat ride is intended to figuratively get your feet wet for Cinderella Training. Considering signing up for training but have some fears about your ability? Already signed up, but worried about the first ride? Come join Shelley and me; see how fun it can be. No pressure! **We will meet in the parking lot of the Newark Raley's (Jarvis and Newark Blvd.)** and leisurely ride to Prolific Oven for coffee. No one left behind. This ride is open to all club members (including princes). Rain cancels, check yahoo group, email or call us.

Lori Sommer; lorimsommer@gmail.com; (510) 794-8624 -H,
(510) 693-8624 -C
Shelley Wills-Gildelatorre; swills22@yahoo.com; (510) 501-2241

Sun Dec. 18 Show and Go
8:30 AM 20-50 miles, 3-4, L-T-M-B
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun Dec. 18 Women's Race Team Ride
9 AM SHARP 30-45, 2-3, M
Meet at Cyclepros. Main Street, Pleasanton. The ride will be 30-45 miles at an easy to moderate pace. All levels of riders welcome. This is a no-drop ride!
Sandra King; regalmoded@yahoo.com; (925) 487-76

4th Week in December

Mon Dec. 19 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

Tue Dec. 20 Tour de Fremont Hills
8:30 AM ~1800' elevation gain, 30 miles, 3-4, M-B

Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY 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 the lung burner otherwise known as the back side of Pine! Then we're ready for a nice downhill coast to Peets for a well-deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.

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

Tue Dec. 20 Show and Go
9:00 AM 20-50 miles, 1-5, L-M-B
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Dec. 21 Mid-week Morning Ride
8:30 AM 35-45 miles, 2-3, M-B

Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$ \$.

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

Thurs Dec. 22 **Thursday Morning Coffee Ride**
9 AM **31 miles, 1,075', M**
We will start at Crank2 Performance Tandems (5480-9 Sunol Boulevard, Pleasanton). Bryon will open the shop early for coffee and restrooms. We will ride in a CW loop up Camino Tassajara and Collier Canyon, descend into Livermore with a coffee stop at Vineyard Starbucks/Subway and finish with a climb up Bernal. The route may change due to road construction. **Rain cancels, check yahoo group, email or call me.**
Lori Sommer; lorimsommer@gmail.com; (510) 794-8624 -H, (510) 693-8624 -C

Thurs Dec. 22 **TNT (Thursday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes.
We always do a combination of skills practice, speed and endurance work.
Meet at Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.
When dark, lights required. Helmets are mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Dec. 23 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley). Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Dec. 24 **Race Team #15 – Noodle Ride**
'A' & 'B' Groups at 8:30 SHARP **(the long version)**
37 miles, 3 (2,000+)', F
From Niles, let's do the Calaveras loop clockwise and get back at a reasonable hour to do some Christmas shopping. Ride has hard or as noodly as you like. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. Minimal regrouping.
Meet at Niles Parking Lot on Niles Boulevard, Cross Street is 'H' Street.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Sat Dec. 24 **Portola Loop**
8:30 AM **35 miles, 2-3, M**
Meet at Don Edward's Wildlife Refuge Visitor Center. We'll head across the Dumbarton Bridge, through Menlo park and on to Portola Valley. The all important coffee stop will be at Robert's Market before a return trip over the Dumbarton.
Kevin McDonnell; kevin@mcnmc.com; (510) 441-7607 H, (510) 364-4435

Sat Dec. 24 **Show and Go**
8:30 AM **20-50 miles, 3-4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Dec. 25 **Show and Go**
8:30 AM **20-50 miles, 3-4, L-T-M-B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

5th Week in December

Mon Dec. 26 **Race Team #16 – LSD Hilly Ride**
'A' & 'B' Groups at 8:30 SHARP **Morgan Territory**
~65 miles, 4-5, F
Garry will lead a ride that includes ascents of Mt. Diablo to the "junction" and Morgan Territory. Plenty of mountain to get rid of mountains of Christmas excess Dublin, Blackhawk, Diablo, Walnut Creek, Clayton, Morgan Territory, Livermore, Pleasanton. We may combine 'A' 'B' groups, as this ride does not normally attract a large turnout. All race team members are requested to wear their team uniform. Rain will NOT stop play. One planned coffee stop in Clayton, no dropping. **Start from the Pleasanton Park and Ride on Johnson & Stoneridge, Pleasanton. From I-680 north, take Stoneridge East to Johnson Drive**
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Mon Dec. 26 **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

Tue Dec. 27 **Tour de Fremont Hills**
8:30 AM **~2000' elevation gain, 38 miles, 3-4, M**
Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) 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 cancels. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.
Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C

Tue Dec. 27 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Dec. 28 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Thurs Dec. 29 **Thursday Morning Coffee Ride**
9 AM **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

Thurs Dec. 29 **TNT (Thursday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.
Meet at Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.
When dark, lights required. Helmets are mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

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

Sat Dec. 31 **Race Team #17 – Power Ride**
'A' & 'B' Groups at 8:30 SHARP **Tri-city Training Locations**
72 miles, 5 (4,000'), F
On local roads, an exploration in and around Fremont for areas that are great for training on. Featuring Appian, Nike Hill, The Early Birds Circuit, Eureka Drive, Old Calaveras, Country Club, The Animals, Mur de Pain, Pine, SabreCat, Mill Creek, Morrison Canyon and others. Low gearing recommended. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping.
Start from Niles Parking Lot on Niles Boulevard, Cross Street is 'H' Street.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Sat Dec. 31 **Show and Go**
8:30 AM **20-50 miles, 3-4, B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sat Dec. 31 **Thinking About Cinderella?**
8:30 AM **Let's Climb!! & Challenge Groups**
Calaveras Clockwise Loop
40 miles, 3, M
Have you participated in the Cinderella Classic Training in the past and are now thinking about moving up to a Challenge Group, or do you just want to do a bit more climbing than the Classic groups? If so, come join us for a no-drop ride where you can test your abilities and find out more about our training series. There will be ride leaders from the Challenge and the Let's Climb groups on this ride. This ride is open to all club members (including princes). We will **meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.** Rain cancels. Check Yahoo! Group, email or call us.
Judy Young; sjsyoung3@comcast.net; (510) 331-9367
Rochelle Kiner; chelle_sj@yahoo.com; (408) 981-9820

Sat Dec. 31 **Thinking About Cinderella?**
9 AM **Classic Groups**
16-18 miles, 1, L-T
Come on ladies, let's started on those New Year's Resolutions and have some fun. Still considering signing up for Cinderella training but have some fears about your ability? Already signed up, but worried about the first ride? Shelley and I will lead a leisurely ride to Mission Coffee in Fremont. Meet us at the Bike Garage (Mowry and Blacow) in Fremont. No one left behind. This ride is open to all club members (including princes). Rain cancels, check Yahoo! Group, email or call us.
Lori Sommer; lorimsommer@gmail.com; (510) 794-8624 -H, (510) 693-8624 -C
Shelley Wills-Gidelatorre; swills22@yahoo.com; (510) 501-2241