

# January 2012 RIDE CALENDAR

## 2<sup>nd</sup> Week in January

### STARTING THIS MONTH

Beginning this month there are four training series, the Cinderella "Classic" Training Series, the Cinderella "Let's Climb!" Training Series and the Cinderella "Challenge" Training Series. All the Cinderella training series are for female riders only. The fourth training series starting this month is the Progressive Ride Series (PRS). The PRS is open to all club members and guests.

### CINDERELLA TRAINING SERIES

This month sees the start of our annual Cinderella training series. We have three series to choose from - the Cinderella "Classic" Training Series, the Cinderella "Let's Climb!" Training Series and the Cinderella "Challenge" Training Series. All Cinderella training series are for female riders only. Participation in the series is by pre-registration through [Active.com](#) and is limited to registered riders. The Cinderella training is for women of all riding levels, from beginning to experienced riders. For more information about the training series please visit the FFBC [Cinderella web page](#).

All of our Cinderella training series consist of an ORIENTATION and BIKE RODEO (attendance for both is mandatory!), followed by TEN RIDES. Each ride will build on the skills and strength you built the week prior, becoming progressively longer and more challenging as the training series continues. Build strength, endurance, confidence, team riding, and mechanical skills with encouragement and technical tips from other women!

### PROGRESSIVE RIDES

The Progressive Ride Series (PRS) is designed to get riders in condition to do a full century. The PRS starts with shorter and flatter rides and gradually builds up to the full century, which is the Worker's Ride in April and follows the Primavera route. Rainouts will not alter the schedule of the series. The emphasis is on an M pace, which will be offered for each PRS ride. Other paces may or may not be supported, look at each ride description in the calendar for this information.

### 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](http://www.ffbc.org/html/start_locations.html).

### THANK YOU TO ALL THE JANUARY RIDE LEADERS!

## 1<sup>st</sup> Week in January

**Sun Jan 1** **Show and Go**  
**8:30 AM** **20-50 miles, 2-4, L-T-M-B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Mon Jan 2** **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](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Tue Jan 3** **Tour de Fremont Hills**  
**8:30 AM** **~1,800' 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 Paseo Padre the wrong way again or for added suffering we'll climb back over 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](mailto:vanessa@mcnmc.com); (510) 441-7607 -H, (510) 517-1466 -C**

**Tue Jan 3** **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 Jan 4** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Thurs Jan 5** **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 regroupings. 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; [lorisommer@gmail.com](mailto:lorisommer@gmail.com); (510) 794-8624 -H, (510) 693-8624 -C**

**Thurs Jan 5** **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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri Jan 6** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Sat Jan 7** **Calaveras Clockwise**  
**8:30 AM** **40 miles, 3, 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.  
**Robin & Tim O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 471-2464**

**Sat Jan 7** **Show and Go**  
**8:30 AM** **20-50 miles, 2-4, M**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Sat Jan 7** **Mountain View – Hong Kong Bakery**  
**9 AM** **30 miles, 1, T**  
Bike to work up an appetite for the Hong Kong Bakery in Mountain View, so bring money. We'll cycle through historic Alviso. This is a GROUP ride, so the slowest rider sets the pace for the group. Riders are expected to maintain a 10 to 12 mph pace for the entire ride (when riding flat with no wind). **Start under the "Bump" sign in the Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas.**  
**Jon Graff; [jon.graff@yahoo.com](mailto:jon.graff@yahoo.com); (408) 262-9577**

**Sun Jan 8** **Show and Go**  
**8:30 AM** **20-50 miles, 2-4, B**  
**Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun Jan 8** **Women's Race Team Ride**  
**8:45 AM** **30-45, 2-3, B-F**  
**Meet at Cyclepros. Main Street, Pleasanton.** With the new year and the approach of race season these rides are stepping up the pace.  
**Sandra King; [regalmoded@yahoo.com](mailto:regalmoded@yahoo.com); (925) 487-7658**

**Sun Jan 8** **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.  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 794-8624 -H, (510) 693-8624 -C**

**Sun Jan 8** **Family Ride – Hayward Regional Shoreline**  
**2 PM** **10 miles, 1-2, L-T**  
Please join us for a fun, friendly, low key family ride. The ride is suitable for all family members (except the 4-legged type). No child, young or old, will be left behind. **Meet at the staging area at the end of West Winton Ave. in Hayward.** We'll ride along the trail to Marina Park in San Leandro where we'll check out the playgrounds, have a snack and then return to the start. It's a round trip of just over 10 miles. Please note that there's a 2 mile stretch of trail which is not paved. It's packed dirt and/or gravel. I recommend using a bike with fat tires or at least something wider than 23mm.  
**Mark Davis; [mark@markandshirley.com](mailto:mark@markandshirley.com); (510) 573-0184 -H, (510) 299-0076 -C**  
**Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 441-7607 -H, (510) 517-1466 -C**

## 3<sup>rd</sup> Week in January

**Mon Jan 9** **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](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Tue Jan 10** **Tour de Fremont Hills**  
**8:30 AM** **~2,100' 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](mailto:vanessa@mcnmc.com); (510) 441-7607 -H, (510) 517-1466 -C**

**Tue Jan 10** **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 Jan 11** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Thurs Jan 12** **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](mailto:lorimsommer@gmail.com); (510) 794-8624 -H, (510) 693-8624 -C**

**Thurs Jan 12** **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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri Jan 13** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Sat Jan 14** **Cinderella Training Orientation & Ride #1**  
**8 AM SHARP** **Quarry Lakes/Alum Rock**  
**12 miles (Classic)/ 20 miles (Let's Climb!)/ 25 miles (Challenge), 1-2, L-T-M**  
Participation in the series is by pre-registration and limited to registered riders. A limited number of spots may be available for registration on the day of the Rodeo. Please see the Cinderella web page of the FFBC website (<http://www.ffbc.org/cinderella/>) for additional information. **The orientation begins at 8:00 AM at the Bicycle Garage, 5006 Mowry Avenue, Fremont (corner of Mowry Ave & Blacow Rd in Lucky's shopping center).** Please park in the lot between the Lucky store and OSH (behind The Bicycle Garage). Do not park near the Wendy's. Walk around the building to the Bicycle Garage. After the orientation, we will have a rodeo (bike inspection, refreshments, bike fitting, helmet fitting, skills trials, etc.) and finish with a short ride. Remember to bring a helmet, water bottle, tire irons, patch kit, spare tube and tire pump. Our rain policy is we will meet at the start and decide if we will go out. If we start the ride and it begins to rain, the ride leaders can shorten the route or find temporary shelter until it is safe to continue.  
**Joyce Tanaka; [notes4jt@comcast.net](mailto:notes4jt@comcast.net); (510) 703-2675**

**Sat Jan 14** **Cinderella Rodeo Volunteer Ride**  
**8 AM** **20-50 miles, 1-5, L-M-B**  
Join your fellow FFBC volunteers on a Show N Go ride after helping with the Cinderella Training Rodeo.  
As in past years, we need FFBC members to volunteer at the Cinderella Training Ride Rodeo held at the **Bicycle Garage, 5006 Mowry Avenue, Fremont (corner of Mowry Ave & Blacow Rd in Lucky's shopping center).** Please bring your skills and tools to the rodeo and help women inspect and fit their bikes. The women who come for this training series appreciate the expertise of those who ride, prepare their bike for a ride, and are passionate about riding. We will need you to bring pumps and a helpful attitude. The team is planning to provide information and assistance to approximately 100 women cyclists. (This number could go as high as 150 women cyclists) We will provide refreshments. SET UP - Need two volunteers at each station. - Ten (10) Bike Stations. Bike pump at each station. - Three (2) Skills Course Stations: (1) Stop/Start, (2) Maneuver around a turn. Please provide the riders with suggestions on how to prepare a bike for a ride. Check ABC: Air, Brakes, Chain. Please do not adjust bikes. All riders need to be responsible for their own bike adjustments. If a bike needs service, provide a list of local bike shops.  
**RSVP to volunteer by January 9, 2012, to Joyce Tanaka by email or phone - (510) 703-2675; [notes4jt@gmail.com](mailto:notes4jt@gmail.com)**

**Sat Jan 14** **Show and Go**  
**8:30 AM** **20-50 miles, 2-4, M-B**  
**Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sat Jan 14** **Don Edwards Adventure**  
**9 AM** **36 miles, 1, T**  
Visit the Don Edward's Wildlife Center. On the way back we will stop for lunch at Pacific Commons, so bring money. This is a GROUP ride, so the slowest rider sets the pace for the group. Riders are expected to maintain a 10 to 12 mph pace for the entire ride (when riding flat with no wind). **Start under the "Bump" sign in the Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas.** Please bring fruit or a snack for a break at the Don Edwards National Wildlife Center (~20 miles).  
**Jon Graff; [jon.graff@yahoo.com](mailto:jon.graff@yahoo.com); (408) 262-9577**

**Sun Jan 15** **Show and Go**  
**8:30 AM** **20-50 miles, 2-4, B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Sun Jan 15** **Women's Race Team Ride**  
**8:45 AM** **30-45, 2-3, B-F**  
**Meet at Cyclepros. Main Street, Pleasanton.** With the new year and the approach of race season these rides are stepping up the pace.  
**Sandra King; [regalmoded@yahoo.com](mailto:regalmoded@yahoo.com); (925) 487-7658**

**Sun Jan 15** **Half Moon Bay, Lobitos Creek & Tunitas Creek**  
**9 AM** **41 miles, 5, M**  
**Start in Half Moon Bay at the corner of Church and Miramontes St.**

In the spirit of the Dale and Ken Excellent Adventure rides, join us on an adventure up beautiful Tunitas Creek Rd. This is without a doubt one of the prettiest roads in the Bay Area vicinity. We climb it early in the ride while our legs are fresh and we can appreciate the quietness, the sunlight filtering through the redwoods, and the sounds from the babbling brook. Ok, reality check! Maybe we're working too hard on the 6 mile, 1,850 ft. climb to notice the wonderful sights and sounds but the descent after the climb is really something to look forward to.

From the top of Tunitas Creek, we roll (mostly) down to a lunch stop in the redwoods and coast back down to the Pacific. We then enjoy ocean views and some rollers back to Half Moon Bay.

As usual, no rider left behind.

**Suggested driving route to the start: Hwy 92 to L on Main St (stop light just before Hwy 1) in HMB, then R on Miramontes and L on Church. Park along the street. Allow an hour from Fremont.**

I'll say the same thing I tell my daughter. "You can do anything you set your mind to." Come on! You can do it!  
**Creighton Chong; [creighton\\_chong@yahoo.com](mailto:creighton_chong@yahoo.com); (510) 551-9520**

## 4<sup>th</sup> Week in January

**Mon Jan 16** **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](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Tue Jan 17** **Tour de Fremont Hills**  
**8:30 AM** **~1,800' 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 Paseo Padre the wrong way again or for added suffering we'll climb back over 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](mailto:vanessa@mcnmc.com); (510) 441-7607 -H, (510) 517-1466 -C**

**Tue Jan 17** **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 Jan 18** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Thurs Jan 19** **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](mailto:lorimsommer@gmail.com); (510) 794-8624 -H, (510) 693-8624 -C**

**Thurs Jan 19** **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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**



**Tue Jan 24** **Tour de Fremont Hills**  
**8:30 AM** ~2,100' 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](mailto:vanessa@mcnmc.com); (510) 441-7607 -H, (510) 517-1466 -C**

**Tue Jan 24** **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 Jan 25** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Thurs Jan 26** **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](mailto:lorimsommer@gmail.com); (510) 794-8624 -H, (510) 693-8624 -C**

**Thurs Jan 26** **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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri Jan 27** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Sat Jan 28** **CLASSIC Cinderella Training**  
**8 AM SHARP** Ride #3 – Fremont Loop with the “Animals”  
28 miles, 1, L-T

Participation in the series is by pre-registration only and limited to registered riders. **Meet at the Bicycle Garage (corner of Mowry Ave & Blacow Rd in Lucky's shopping center) 5006 Mowry Avenue, Fremont.** Plan to arrive with plenty of time to walk over with your bike, find your group, sign-in and hear any last minute instructions before we leave at 8 AM. Be sure to park behind the Bicycle Garage in the parking lot between Lucky and OSH. Please do not park near Wendy's. We will ride through Fremont with some hills thrown in. Bring money for a short coffee stop mid-way through the ride. Our rain policy is we will meet at the start and decide if we will go out. If we start the ride and it begins to rain, the ride leaders can shorten the route or find temporary shelter until it is safe to continue.  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 794-8624 -H, (510) 693-8624 -C**

**Sat Jan 28** **LET'S CLIMB! Cinderella Training**  
**8 AM SHARP** Ride #3 – Palomares & Dublin Hills  
33 miles, 2, T-M

Participation in the series is by pre-registration and limited to registered riders. For those pre-registered for the Cinderella Let's Climb! Training Series, please join us at **Sunol train station, Main Street Sunol.** Plan to arrive at least 15 minutes early so that you can sign-in and hear any last minute instructions before we leave at 8 AM sharp. If you are registered and don't receive other instructions, come rain or shine. Bring snacks and extra liquids for the ride and money for a coffee stop after the climbing.  
**Judy Young; [sjsyoung3@comcast.net](mailto:sjsyoung3@comcast.net) ; (510) 331-9367**

**Sat Jan 28** **CHALLENGE Cinderella Training**  
**8 AM SHARP** Ride #3 – Palomares & Dublin Hills  
45 miles, 2, M

Participation in the series is by pre-registration and limited to registered riders. For those pre-registered for the Cinderella Challenge Training Series, please join us at **ClubSport Fremont located at 46650 Landing Parkway.** Plan to arrive at least 15 minutes early so that you can sign-in and hear any last minute instructions before we leave at 8 AM sharp. If you are registered and don't receive other instructions, come rain or shine. Bring snacks and extra liquids for the ride and money for a coffee stop after the climbing.  
**Joyce Tanaka; [notes4jt@gmail.com](mailto:notes4jt@gmail.com); (510) 703-2675**  
**Cynthia Fracisco; [cfracisco@gmail.com](mailto:cfracisco@gmail.com)**

**Sat Jan 28** **Show and Go**  
**8:30 AM** 20-50 miles, 2-4, M-B  
**Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sat Jan 28** **Biking to Mark's Hotdogs**  
**9 AM** 30 miles, 2, T  
First, we'll bike north through Milpitas and Fremont and, if the group desires, even stop at the Fremont REI. Then we'll bike the rolling hills to the Jose Higuera Adobe and along Piedmont to Mark's Hot Dogs for lunch, so bring money. This is a GROUP ride, so the slowest rider sets the pace for the group. Riders are expected to maintain a 10 to 12 mph pace for the entire ride (when riding flat with no wind). **Start under the “Bump” sign in the Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas.**  
**Jon Graff; [jon.graff@yahoo.com](mailto:jon.graff@yahoo.com); (408) 262-9577**

Sun Jan 29  
8 AM SHARP

**CHALLENGE Cinderella Training  
Ride #3 – Palomares & Dublin Hills  
45 miles, 2, M**

Participation in the series is by pre-registration and limited to registered riders. For those pre-registered for the Cinderella Challenge Training Series, please join us at **ClubSport Fremont located at 46650 Landing Parkway**. Plan to arrive at least 15 minutes early so that you can sign-in and hear any last minute instructions before we leave at 8 AM sharp. If you are registered and don't receive other instructions, come rain or shine. Bring snacks and extra liquids for the ride and money for a coffee stop after the climbing.

**Vicki Timmons; [vicki2bike@comcast.net](mailto:vicki2bike@comcast.net); (510) 589-7356  
Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 441-7607  
-H, (510) 517-1466 -C**

Sun Jan 29  
8:30 AM

**Dale and Ken's Excellent Adventure  
Sierra Road  
45 miles, 5, M**

**Start at downtown Niles parking lot across the street from H St. on Niles Blvd.** Have you ever thought you might like to climb Sierra Rd, but hesitated to conquer it alone? Come out for a low-pressure ride and give it a try. No one will be setting any world records going up the hill and you can take your time and use ALL your gears. Don't be intimidated by all the hype. It's definitely a tough hill but it not as steep as you might think. It's not anywhere near as steep as "The Wall"- although it is quite a bit longer - about 3 miles of climbing. That being said, if you can climb Palomares, you can climb Sierra, albeit probably a little more slowly.

We will use the usual route to get to the start of the climb and then regroup at the top. Dale promises to do hill repeats and usher each person to the top personally. After regrouping (and resting) at the top, we will descend Felter and Calaveras back down to Milpitas and take a well deserved break at Noah's Bagels before taking the flattest route possible home.

BTW--- I lied about Dale escorting everyone, only because Conni says all my ride descriptions are lies.....

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

Sun Jan 29  
8:30 AM

**Show and Go  
20-50 miles, 2-4, B**

**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

Sun Jan 29  
8:30 AM

**PRS #1 – Alum Rock Park  
35 miles, 2, M**

For a full description of the Progressive Ride Series (PRS) please see the top of this calendar. **Meet at the CVS Pharmacy/Shopping Center on the corner of Mission Blvd. and Warm Springs Blvd.** Bring money for the coffee stop during the ride. Rain cancels.

**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 794-8624 -H,  
(510) 693-8624 -C**

Sun Jan 29  
8:45 AM

**Women's Race Team Ride  
30-45, 2-3, B-F**

**Meet at Cyclepros. Main Street, Pleasanton.** With the new year and the approach of race season these rides are stepping up the pace.

**Sandra King; [regalmoded@yahoo.com](mailto:regalmoded@yahoo.com); (925) 487-7658**

## 6<sup>th</sup> Week in January

Mon Jan 30  
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](mailto:mikenorthrup@gmail.com); (510) 796-8832**

Tue Jan 31  
8:30 AM

**Tour de Fremont Hills**

**~1,800' 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 Paseo Padre the wrong way again or for added suffering we'll climb back over 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](mailto:vanessa@mcnmc.com); (510) 441-7607  
-H, (510) 517-1466 -C**

Tue Jan 31  
9:00 AM

**Show and Go**

**20-50 miles, 1-5, L-M-B**

**Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.**