

FEBRUARY 2011 RIDE CALENDAR

CONTINUING THIS MONTH

Continuing 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 is the **Progressive Ride Series** (PRS). The PRS is open to all club members and guests. This year we have B-paced PRS rides on Saturdays and the same rides at an M-pace on Sundays. The PRS is designed to get riders in condition to do a full century. It starts with shorter, flatter rides and gradually builds up to the full century, which is the Primavera Worker's Ride in April.

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 February are available at: http://www.ffbc.org/html/start_locations.html.

THANK YOU TO ALL THE FEBRUARY RIDE LEADERS!

1st Week in February

Wed Feb. 1 **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 Feb. 2 **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 regroups. 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 Feb. 2 **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 Feb. 3 **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 Feb. 4 **CLASSIC Cinderella Training**
8 AM SHARP **Ride #4 – Alum Rock Park**
1,165', 30 miles, 2-3, L-T-M
Participation in the series is by pre-registration and limited to registered riders. **NOTE new start location: Meet at REI Fremont (43962 Fremont Blvd near Auto Mall)** and plan to arrive 30 minutes early so that you can get ready, sign-in and hear any last minute instructions before we leave promptly at 8:00 AM. Please park away from the entrance to the store. We will head to Milpitas and into beautiful Alum Rock Park. This scenic ride has rollers and a climb into the park. If you are registered and don't receive other instructions, come rain or shine. Bring a snack and money since the coffee stop is near the end of the ride.
Lori Sommer; lorimsommer@gmail.com; (510) 794-8624 -H, (510) 693-8624 -C

Sat Feb. 4 **LET'S CLIMB! Cinderella Training**
8 AM SHARP **Ride #4 - Portola Valley & Westridge**
43 miles, 3-4, 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 Bicycle Outfitters, Los Altos.** Plan to arrive 30 minutes early so that you can get ready, sign-in and hear any last minute instructions before we leave at 8:00 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.
Judy Young; sjsyoung3@comcast.net ; (510) 331-9367

Sat Feb. 4 **CHALLENGE Cinderella Training**
8 AM SHARP **Ride #4 – Edgewood & Westridge**
50 miles, 3-4, 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 the **Raley's shopping center in Newark located at Jarvis & Newark Blvd.** Plan to arrive 30 minutes early so that you can get ready, sign-in and hear any last minute instructions before we leave at 8:00 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.
Joyce Tanaka; notes4jt@gmail.com; (510) 703-2675
Cynthia Fracisco; cfracisco@gmail.com

Sat Feb. 4 **Calaveras Clockwise**
8:30 AM **40 miles, 3, M**
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.
M: Jorge Gildelatorre; jorge@gildelatorre.com; (510) 589-0660

Sat Feb 4 **PRS #2 – Portola Valley**
8:30 AM **40 miles, 3, B**
For a full description of the Progressive Ride Series (PRS), please see top of this calendar. **Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).** Rain cancels.
Robin & Tim O'Hara; tohara2938@aol.com ; (510) 471-2464

Sun Feb. 5 **CHALLENGE Cinderella Training**
8 AM SHARP **Ride #4 – Edgewood & Westridge**
50 miles, 3-4, 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 the **Raley's shopping center in Newark located at Jarvis & Newark Blvd.** Plan to arrive 30 minutes early so that you can get ready, sign-in and hear any last minute instructions before we leave at 8:00 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.

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

Sun Feb. 5 **Alum Rock – Cinderella Redoux**
8 AM SHARP **~30 miles, 2, L-T**

Join me at **REI Fremont** for a nice and easy Sunday ride based on the Classic Cinderella series. We'll do the same routes as the series, but with slightly less climbing and distance. Plan to arrive 15 minutes early to sign in and hear any last minute instructions before rolling out at 8:00 AM SHARP. Threat of rain we roll, rain cancels. Bring money for a coffee stop mid-way through the ride. **This ride is open to all riders.**

Jeni Finch; drjeni@gmail.com ; (619) 415-9084

Sun Feb 5 **PRS #2 – Portola Valley**
8:30 AM **40 miles, 3, M**

For a full description of the Progressive Ride Series (PRS), please see top of this calendar. **Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).** Bring money for the coffee stop during the ride. Rain cancels.

Carrie Payne; carriepayne@att.net ; (510) 795-1802 -H, (510) 754-0276 -C

Sun Feb. 5 **Show & Go**
8:30 AM **20-50 miles, 2-4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Feb. 5 **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; (925) 487-7658

Sun Feb. 5 **Mountain View – Hong Kong Bakery**
9 AM SHARP **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; (408) 262-9577

2nd Week in February

Mon Feb. 6 **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 Feb. 7 **Tour de Fremont Hills**
8:30 AM **~1800', 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; (510) 441-7607
-H, (510) 517-1466 -C

Tue Feb. 7 **Cinderella Redoux**
9 AM **30 miles, 2, T-M**

A repeat of Saturday's Cinderella Classic training ride for those who missed it or want to repeat it. This ride is open to all club members. **Meet at The Bicycle Garage, 5006 Mowry Ave at Blacow Rd.** If Saturday's ride does not start at The Bicycle Garage we will do a ride of comparable length and difficulty starting at The Bicycle Garage.

Margaret Koninieć; koniniecc@sbcglobal.net ; (510) 651-3225
-H, (510) 917-2461 -C

Tue Feb. 7 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage, 5006 Mowry Ave at Blacow Rd.

Wed Feb. 8 **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 Feb. 9 **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, Newark** 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 Feb. 9 **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 Feb. 10 **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 Feb. 11 **CLASSIC Cinderella Training**
8 AM SHARP **Ride #5 – Over The Bridge**
36 miles, 2, T-M
Participation in the series is by pre-registration and limited to registered riders. **Meet at Bicycle Garage (5006 Mowry Ave, Fremont)** and plan to arrive 30 minutes early so that you can get ready, sign-in and hear any last minute instructions before we leave at 8:00 AM sharp. Please park away from the entrance to the store. We will head out through the Wildlife Refuge and take the Dumbarton Bridge out to the peninsula. We will make a quick stop at Bayfront Park (note: the starting point for next week's ride) and take a nice route along a creek with pretty houses and trees. If you are registered and don't receive other instructions, come rain or shine. Bring a snack and money as we will have a coffee break before we head back over the bridge.
Lori Sommer; lorimsommer@gmail.com; (510) 794-8624 -H, (510) 693-8624 -C

Sat Feb. 11 **LET'S CLIMB! Cinderella Training**
8 AM SHARP **Ride #5 – Grant Ranch Park**
48 miles, 3-4, 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 **ClubSport Fremont located at 46650 Landing Parkway.** Plan to arrive 30 minutes early so that you can get ready, sign-in and hear any last minute instructions before we leave at 8:00 AM sharp. If you are registered and don't receive other instructions, come rain or shine. Bring snacks for the ride and money for a coffee stop.
Judy Young; sjsyoung3@comcast.net ; (510) 331-9367

Sat Feb. 11 **CHALLENGE Cinderella Training**
8 AM SHARP **Ride #5 – Grant Ranch Park**
45 miles, 3-4, 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 30 minutes early so that you can get ready, sign-in and hear any last minute instructions before we leave at 8:00 AM sharp. If you are registered and don't receive other instructions, come rain or shine. Bring snacks for the ride and money for a coffee stop after the climbing.
Joyce Tanaka; notes4jt@gmail.com; (510) 703-2675
Cynthia Fracisco; cfracisco@gmail.com

Sat Feb. 11 **PRS #3 – 5 Canyons**
8:30 AM **45 miles, 4, B**
For a full description of the Progressive Ride Series (PRS), please see top of this calendar. **Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.** Rain cancels.
Robin & Tim O'Hara; tohara2938@aol.com ; (510) 471-2464

Sat Feb. 11 **Show & Go**
8:30 AM **20-50 miles, 2-4, L-T-M**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun Feb. 12 **CHALLENGE Cinderella Training**
8 AM SHARP **Ride #5 – Grant Ranch Park**
45 miles, 3-4, 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 30 minutes early so that you can get ready, sign-in and hear any last minute instructions before we leave at 8:00 AM sharp. If you are registered and don't receive other instructions, come rain or shine. Bring snacks for the ride and money for a coffee stop after the climbing.
Vicki Timmons; vicki2bike@comcast.net; (510) 589-7356
Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C

Sun Feb. 12 **Over the Bridge - Cinderella Redoux**
8 AM SHARP **~30 miles, 2, L-T**
Join me at **Bicycle Garage (5006 Mowry Ave, Fremont)** for a nice and easy Sunday ride based on the Classic Cinderella series. We'll do the same routes as the series, but with slightly less climbing and distance. Plan to arrive 15 minutes early to sign in and hear any last minute instructions before rolling out at 8:00 AM SHARP. Threat of rain we roll, rain cancels. Bring money for a coffee stop mid-way through the ride. **This ride is open to all riders.**
Jeni Finch; drjeni@gmail.com ; (619) 415-9084

Sun Feb. 12 **PRS #3 – 5 Canyons**
8:30 AM **45 miles, 4, M**
For a full description of the Progressive Ride Series (PRS), please see top of this calendar. **Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.** Bring money for a coffee stop en route. Rain cancels.
Ride Leader TBD (route sheets from ridecoordinator@ffbc.org)

Sun Feb. 12 **Show & Go**
8:30 AM **20-50 miles, 2-4, M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Feb. 12 **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; (925) 487-7658

Sun Feb. 12 **Don Edwards Adventure**
9 AM SHARP **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; (408) 262-9577

Sun Feb. 12 **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.
Gary Smith; GSMITH289@aol.com ; (510) 797-7809 –H, (510) 304-0956 –C

3rd Week in February

Mon Feb. 13 **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 Feb. 13 **Kings Mountain**
8:30 AM **48 miles, 4, M-B**
Meet at Don Edwards Wildlife Refuge, Newark (next to the Visitors Center) for a little climbing. Nothing like a big of fresh air and a good hill to start the week off right. We'll stop at Plantation Coffee on the way home for a well deserved coffee. Rain cancels. Make sure to bring layers, Skyline gets cold!
Vanessa McDonnell; vanessa@mcnmc.com ; (510) 441-7607 -H, (510) 517-1466 –C

Tue Feb. 14 **Tour de Fremont Hills**
8:30 AM **~2000', 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.
Ken Goldman; ken.goldman@comcast.net ; (510) 791-1095

Tue Feb 14 **Cinderella Redoux**
9 AM **36 miles, 2, T-M**
A repeat of Saturday's Cinderella Classic training ride for those who missed it or want to repeat it. This ride is open to all club members. **Meet at The Bicycle Garage, 5006 Mowry Ave at Blacow Rd.** If Saturday's ride does not start at The Bicycle Garage we will do a ride of comparable length and difficulty starting at The Bicycle Garage.
Margaret Koninieć; koniniecc@sbcglobal.net ; (510) 651-3225 –H, (510) 917-2461 -C

Tue Feb. 14 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Feb. 15 **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 Feb. 16 **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; lorisommer@gmail.com; (510) 794-8624 -H, (510) 693-8624 -C

Thurs Feb. 16 **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 Feb. 17 **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 Feb. 18 **CLASSIC Cinderella Training**
8 AM SHARP **Ride #6 - Peninsula**
39 miles, 2-3, T-M
Participation in the series is by pre-registration and limited to registered riders. **NOTE new start location: Meet at Bayfront Park (intersection of Marsh Road & HWY 84)** and plan to arrive 30 minutes early so that you can get ready, sign-in and hear any last minute instructions before we leave at 8:00 AM sharp. This is a fun ride with more hills, country roads and beautiful scenery. The route will take us through Palo Alto, Los Altos and Woodside. If you are registered and don't receive other instructions, come rain or shine. Bring a snack and money as we will have a coffee break mid-ride.
Lori Sommer; lorimsommer@gmail.com; (510) 794-8624 -H, (510) 693-8624 -C

Sat Feb. 18 **LET'S CLIMB! Cinderella Training**
8 AM SHARP **Ride #6 – Calaveras Loop w/ Kilcare**
47 miles, 4, T-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 **Crank2, Pleasanton.** Plan to arrive 30 minutes early so that you can get ready, sign-in and hear any last minute instructions before we leave at 8:00 AM sharp. If you are registered and don't receive other instructions, come rain or shine. Bring extra snacks and drinks for the ride and money for a coffee stop.
Judy Young; sjsyoung3@comcast.net ; (510) 331-9367

Sat Feb. 18 **CHALLENGE Cinderella Training**
8 AM SHARP **Ride #6 – Calaveras Loop w/ Kilcare**
50 miles, 4, 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 **Club- Sport Fremont located at 46650 Landing Parkway.** Plan to arrive 30 minutes early so that you can get ready, sign-in and hear any last minute instructions before we leave at 8:00 AM sharp. If you are registered and don't receive other instructions, come rain or shine. Bring extra snacks and drinks for the ride and money for a coffee stop after the climbing.
Joyce Tanaka; notes4jt@gmail.com; (510) 703-2675
Cynthia Fracisco; cfracisco@gmail.com

Sat Feb. 18 **PRS #4 – Around The Bay**
8:30 AM **56 miles, 2, B**
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 1/4 mile south of Driscoll on Mission Blvd., and just before Mission San Jose HS.**
Raymond Nieh; rt.nieh@gmail.com; (510) 894-0688

Sat Feb. 18 **Old La Honda**
8:30 AM **~41 miles, 4, M**
After tackling Sierra Road with Ken and Dale last month it's time to conquer another local favorite climb, this time Old La Honda. **Meet at Don Edward's Wildlife Refuge Visitor Center, Newark.** Rain cancels.
Kevin McDonnell; kevin@mcnmc.com ; (510) 441-7607 -H, (510) 364-4435 -C

Sat Feb. 18 **Show & 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).

Sat Feb. 18 **Family Ride - Alameda Creek Trail**
2 PM **10 miles, 1, L-T**
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., Fremont.** We'll ride down the creek trail until we get tired or grumpy and then ride back to the start. No child left behind!
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

Sun Feb. 19 **CHALLENGE Cinderella Training**
8 AM SHARP **Ride #6 – Calaveras Loop w/ Kilcare**
50 miles, 4, 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 **Club- Sport Fremont located at 46650 Landing Parkway.** Plan to arrive 30 minutes early so that you can get ready, sign-in and hear any last minute instructions before we leave at 8:00 AM sharp. If you are registered and don't receive other instructions, come rain or shine. Bring extra snacks and drinks for the ride and money for a coffee stop after the climbing.
Vicki Timmons; vicki2bike@comcast.net; (510) 589-7356
Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C

Sun Feb. 19 **Show & Go**
8:30 AM **20-50 miles, 2-4, M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Feb. 19 **PRS #4 – Around The Bay**
8:30 AM **56 miles, 2, M**
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 1/4 mile south of Driscoll on Mission Blvd., and just before Mission San Jose HS.**
Ride Leader TBD (route sheets from ridecoordinator@ffbc.org)

Sun Feb. 19 **Mission San Jose Loop (Counter-clockwise)**
9 AM SHARP **30 miles, 1, T**
We ride the rollers on Piedmont and climb two 0.2 mile 7-8 percent hills. We'll have a break at Fremont's Mission Cafe, so bring money. With the exception of the 2 climbs 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 terrain 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; (408) 262-9577

4th Week in February

Mon Feb. 20 **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 Feb. 21 **Tour de Fremont Hills**
8:30 AM **~1800', 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; (510) 441-7607 -H, (510) 517-1466 -C

Tue Feb. 21 **Cinderella Redoux**
9 AM **39 miles, 2, T-M**
A repeat of Saturday's Cinderella Classic training ride for those who missed it or want to repeat it. This ride is open to all club members. **Meet at The Bicycle Garage, 5006 Mowry Ave at Blacow Rd.** If Saturday's ride does not start at The Bicycle Garage we will do a ride of comparable length and difficulty starting at The Bicycle Garage.
Margaret Koniniec; koniniec@sbcglobal.net ; (510) 651-3225 -H, (510) 917-2461 -C

Tue Feb. 21 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Feb. 22 **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 Feb. 23 **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, Newark** 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 Feb. 23 **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 Feb. 24 **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 Feb. 25
7:30 AM SHARP

CLASSIC Cinderella Training
Ride #7 – Sunol & Kilkare
40 miles, 3, T-M

Participation in the series is by pre-registration and limited to registered riders. **NOTE new start location and time: Meet at Sunol Train Station (Main Street & Kilkare in Sunol)** and plan to arrive 30 minutes early so that you can get ready, sign-in and hear any last minute instructions before **we leave at 7:30 AM sharp**. This ride consists of three different loops using the Sunol Train Station as our start/finish and regroup point. The first loop is out along Calaveras Road to Sunol Regional Park and back to the train station for a regroup. Next we climb Kilkare to the end and then back to the train station to regroup for the third loop which takes us out to Pleasanton for our coffee break. If you are registered and don't receive other instructions, come rain or shine. Bring a snack and money since the coffee stop is near the end of the ride.

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

Sat Feb. 25
7:30 AM SHARP

LET'S CLIMB! Cinderella Training
Ride #7 - Crystal Springs
56 miles, 3, 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 **The Bicycle Garage, 5006 Mowry Ave at Blacow Rd., Fremont**. Plan to arrive 30 minutes early so that you can get ready, 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 snacks for the ride and money for a coffee stop mid-way through the ride.

Judy Young; sjsyoung3@comcast.net; (510) 331-9367

Sat Feb. 25
7:30 AM SHARP

CHALLENGE Cinderella Training
Ride #7 - Crystal Springs
66 miles, 3, 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 30 minutes early so that you can get ready, 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 snacks for the ride and money for a coffee stop mid-way through the ride.

Joyce Tanaka; notes4jt@gmail.com; (510) 703-2675
Cynthia Fracisco; cfracisco@gmail.com

Sat Feb. 25
8:30 AM

PRS #5 – Old La Honda
50 miles, 4, B

If you have never ridden Old La Honda road, be prepared for a quiet and scenic climb (about 3.5 mi.) up to Skyline Rd. After that we can have some snacks in Sky Londa before heading back down to Woodside. And then comes the etc. part, another nice little climb for a great view of the bay and a great descent. **Meet at Raley's Shopping center, Newark.**

Ride Leader TBD (route sheets from ridecoordinator@ffbc.org)

Sat Feb. 25
8:30 AM

Show & Go
20-50 miles, 2-4, B

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

Sat Feb. 25
9 AM

Los Altos Coffee Ride
40-45 miles, 4, M

Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark). We'll cross the bay and take Alpine, Arastradero and Purissima to Los Altos. We'll return on Foothill before crossing the bay again. We'll regroup a few times and make sure nobody gets left behind. Bring \$ for a refreshment stop.

Gary Smith; GSMITH289@aol.com; (510) 797-7809 -H, (510) 304-0956 -C

Sun Feb. 26
7:30 AM SHARP

CHALLENGE Cinderella Training
Ride #7 - Crystal Springs
66 miles, 3-4, 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 30 minutes early so that you can get ready, 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 snacks for the ride and money for a coffee stop mid-way through the ride.

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

Sun Feb. 26
7:30 AM SHARP

Sunol & Kilkare - Cinderella Redoux
~40 miles, 2-3, L-T

Join me at **Sunol Train Station (Main Street & Kilkare in Sunol)** for a nice and easy Sunday ride based on the Classic Cinderella series. We'll do the same routes as the series, but with slightly less climbing and distance. Plan to arrive 15 minutes early to sign in and hear any last minute instructions before rolling out at 8:00 AM SHARP. Threat of rain we roll, rain cancels. Bring money for a coffee stop mid-way through the ride. **This ride is open to all riders.**

Jeni Finch; drjeni@gmail.com; (619) 415-9084

Sun Feb 26
8:30 AM

Dale and Ken's Excellent Adventure
Palomares With A Twist
2500', 36 miles, 4, M

Start at downtown Niles parking lot across the street from H St. on Niles Blvd. Come climb Palomares and then a little adventure on Schaefer Ranch Rd. with a coffee stop in Dublin before returning on Foothills Rd. All "M" paced riders will enjoy this ride.

Here is as link to the map and route sheet:

<http://lasthill.net/Maps/DK-PalomaresTwist.html>

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

Sun Feb. 26
8:30 AM

PRS #5 – Old La Honda
50 miles, 4, M

If you have never ridden Old La Honda road, be prepared for a quiet and scenic climb (about 3.5 mi.) up to Skyline Rd. After that we can have some snacks in Sky Londa before heading back down to Woodside. And then comes the etc. part, another nice little climb for a great view of the bay and a great descent. **Meet at Raley's Shopping center, Newark.**

Ride Leader TBD (route sheets from ridecoordinator@ffbc.org)

Sun Feb. 26 **Show & 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 Feb. 26 **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; (925) 487-7658

Sun Feb. 26 **Biking to Mark's Hotdogs**
9 AM SHARP **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; (408) 262-9577

5th Week in February

Mon Feb. 27 **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 Feb. 28 **Tour de Fremont Hills**
8:30 AM **~2000', 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 Feb 28 **Cinderella Redoux**
9 AM **40 miles, 2, T-M**
A repeat of Saturday's Cinderella Classic training ride for those who missed it or want to repeat it. This ride is open to all club members. **Meet at The Bicycle Garage, 5006 Mowry Ave at Blacow Rd.** If Saturday's ride does not start at The Bicycle Garage we will do a ride of comparable length and difficulty starting at The Bicycle Garage.
Margaret Koninieć; koniniecc@sbcglobal.net ; (510) 651-3225 -H, (510) 917-2461 -C

Tue Feb. 28 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Feb. 29 **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