

April 2012 RIDE CALENDAR

2nd Week in April

On April 22nd we have our 40th annual Primavera century ride. There are no club rides scheduled on the day of the Primavera (since our club members will be helping with the event). The Workers Ride on April 15th will follow the Primavera routes. See the ride descriptions for more details.

If you haven't yet volunteered to help with the Primavera, it's not too late! You can fill out a volunteer form online:

<http://ffbc.org/primavera/volunteer/>

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

THANK YOU TO ALL THE APRIL RIDE LEADERS!

1st Week in April

Sun April 1 **PRS #10 – San Gregorio**
8:30 AM **74 miles, 4, M**
It's over the bridge, over the hill and almost to the coast we go, to San Gregorio for lunch. Go easy on the heavy stuff though because after lunch we will make the climb up Tunitas Creek for the return trip. **Meet at the Raley's Shopping Center parking lot, east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).** Rain cancels.
Ride Leader TBD (route sheets from ridecoordinator@ffbc.org)

Sun April 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.

Sun April 1 **Biking to Mark's Hotdogs**
9:00 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, with the slowest rider setting the pace for the group. Riders are expected to maintain a 10 to 12 mph pace for the entire ride (when riding on the flat without 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

Mon April 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 head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 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 April 3 **Tour de Fremont Hills**
8:30 AM **30 miles, 3, 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 the day of the ride.

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

Tue April 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 April 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 (510) 760-9245

Thurs April 5 **Thursday Morning Coffee Ride**
9:00 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 April 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; (925) 556-1564, (925) 819-0247

Fri April 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 (510) 760-9245

Sat April 7 **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: Conni Smith; 4conni.smith@gmail.com; (510) 471-8047

Sat April 7 **PRS #11 – Morgan Territory**
8:30 AM **89 miles, 4, B**
Although we usually take BART to get closer to the main climb – Morgan Territory Road, we'll need to ride there this time to get in our miles. **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)

Sat April 7 **Mt. Hamilton**
8:30 AM **42 miles, 3-4, M**
We promised our Cinderella riders a trip up Mt. Hamilton and this is it! Club members are welcome to join us! **We will meet in the parking lot at the Berryessa Community Center, Berryessa Rd., San Jose.** Bring food, water and warm clothes for the ride back down (there is no SAG). No coffee/lunch stop is planned. Rain cancels.
Amy Giles; apgiles@sbcglobal.net; (510) 224-0829 –C, (510) 324-0234 –H
Jeanne Moncada; mjeanne@comcast.net; (510) 303-6147 –C, (510) 582-8848 –H
Soraya Scheibel; sorayascheibel@sbcglobal.net; (510)299-2012 -C

Sat April 7 **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 April 8 **PRS #11 – Morgan Territory**
8:30 AM **89 miles, 4, M**
Although we usually take BART to get closer to the main climb – Morgan Territory Road, we'll need to ride there this time to get in our miles. **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 April 8 **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 April 8 **Race Team Ride**
8:45 AM **45, 3-4, B-F**
Meet at The CyclePros. Main Street, Pleasanton. If you're looking for a fast-paced ride this is the one for you. Race team and club members are all welcome. This is a no drop.
Sandra King; regalmoded@yahoo.com; (925) 487-7658

Sun April 8 **Tour de Fremont (Clockwise)**
9:00 AM SHARP **40-46 miles, 2, T**
This is a fairly flat, circular ride around Fremont. The ride ends with rollers on Piedmont Road/North Park Victoria. Bring fruit or a snack for a break at Don Edwards National Wildlife Center (~20 miles). We will have lunch so bring money. Riders are expected to maintain a 10-12 mph pace on the flat for the entire ride. This a group ride; the slowest rider sets the pace for the group. **Start: In the Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas at the "Bump" sign.**
Jon Graff; jon.graff@yahoo.com; (408) 262-9577

Sun April 8 **"Get-To-Know-Us-Ride"**
9:00 AM **20-25 miles, 1-2, L-T-M**
Please join us on this monthly "Get-To-Know-Us-Ride". This casual, social ride is always fun and offers everyone the chance to meet other cyclists. Bring your cycling friends along and help us introduce newcomers and guests to the club. **Meet at the Raley's Shopping Center 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 "The Younger" Bodtker; rundale@msn.com; (510) 703-7927

3rd Week in April

Mon April 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 head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

Tue April 10 **Tour de Fremont Hills**
8:30 AM **~2,000' elevation gain, 38 miles, 3, 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 second and last Tuesdays 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 April 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 April 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 (510) 760-9245

Thurs April 12 **Thursday Morning Coffee Ride**
9:00 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 April 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; (925) 556-1564, (925) 819-0247

Fri April 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 (510) 760-9245

Sat April 14 **"Sierra for Slowpokes"**
8:30 AM **30 miles, 5, M**
Have you ever thought about tackling Sierra but were too intimidated? Here is your chance to conquer Sierra Road (hopefully mostly by bicycle and not by hoofing it up the hill...) Come join us as we climb the road that Lance Armstrong, in his 2009 Tour of California, called "steep!" But, with enough time, any of us can do this ride! Pace going up the hill will be "L" pace, coming down and on the flats will be "M" pace. **Meet at ClubSport Fremont at the corner of W. Warren and Landing Road (park in back corner of lot off Landing Parkway.)** Don't forget \$\$ for a coffee/snack stop. Rain cancels.
Vicki Timmons; vicki2bike@comcast.net; (510) 589-7356

Sat April 14 **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).

Sat April 14 **Dale & Ken's Excellent Adventure**
9:00 AM **Livermore Valley**
45 miles, 3, M
Meet at Crank 2 Bicycles, 5480-9 Sunol Blvd. Pleasanton, CA 94566 (Please do not park directly in front of the bike shop). Come join us for a pleasant, scenic, and social ride through the Livermore Valley. We will start at Crank 2 Bicycles in Pleasanton and have a coffee stop midway through the ride. Part of the route actually follows a bit of the Cinderella route in reverse. It includes a very scenic ride on Collier Canyon (going the opposite direction from Lori's rides). While there is some steady climbing, there are no steep hills. The total elevation gain is a puny 1,429 ft. and the steepest grade is 5.7%. No one will be left behind. Route and other info can be seen at:
<http://lasthill.net/Maps/LivermoreValley.html>
Ken Goldman; ken.goldman@comcast.net; (510) 791-1095 H
Dale Blanchard; dale-b@comcast.net; (510) 703-7474 C

Sat April 14 **Family Ride**
2:00 PM **10 miles, 1-2, L-T**
Meet in the parking lot of Los Gatos Creek County Park in Campbell (at Dell Ave. & Hacienda Ave.) We'll take a leisurely ride to downtown Los Gatos with a possible stop for ice-cream before returning to the start. The pace will be suitable for children of all ages. We might stop for a quick tour of the playground or to push our bikes up the "big hills". As usual, no child left behind!
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

4th Week in April

Sun April 15
7:30 AM SHARP

Primavera Workers Rides
70K, 100K, 85 miles, 100 miles
3-5, T-M-B

Members/volunteers and their families only on these rides! The full century ride is the final ride of the progressive ride series. All workers rides serve two important functions. Firstly, they allow those members working in support of the Primavera a chance to do the routes, and secondly, to check the route markings, and route sheets for errors prior to the actual Primavera.

We will meet at **Logan High School parking lot, Alvarado Niles Rd. and H Street in Union City**. Be self-sufficient. These rides are the full-length Primavera routes, but without the staffed rest stops. Bring plenty of water and snacks. Suggestions may be given as to where to stop for supplies. For those doing the 85 and 100 mile routes, lunch will be provided at Cedar Mountain Winery.

Please be nice to your ride leader. Let him/her know your intentions at the beginning of the ride, or during the ride if you plan on breaking off from the main group.

If there are any minors planning on doing any of these rides, remember that a [Minor Release form](#) must be filled out and given to the ride leader, and any rider under 16 must be accompanied by an adult.

For those who ordered jerseys, this is a good ride to show them off.

All volunteers receive a patch and a t-shirt on the day of the Primavera ride.

See the [Primavera web page](#) for routes.

B pace (100 mile): Andy Sass; andrew.sass@yahoo.com;

M pace (all routes): ride leaders TBD

Sun April 15
10:00 AM

Primavera Workers Family Fun Ride
25 mile, 1, L-T-M

Members/volunteers and their families only on this ride! Meet at **Logan High School parking lot, Alvarado Niles Rd. and H Street in Union City**. Be self-sufficient. This ride follows the route of Family Fun ride.

All volunteers receive a patch and a jersey on the day of the Primavera ride.

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

Sun April 15
8:30 AM

Show and Go
20-50 miles, 2-4, L-T-M-B

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

Sun April 15
8:45 AM

Race Team Ride
45, 3-4, B-F

Meet at **The CyclePros. Main Street, Pleasanton**. If you're looking for a fast-paced ride this is the one for you. Race team and club members are all welcome. This is a no drop.

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

Mon April 16
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 head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 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 April 17
8:30 AM

Tour de Fremont Hills
~1800' elevation gain, 30 miles, 3, 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 April 17
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.**

Wed April 18
8:30 AM

Mid-week Morning Ride
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 April 19
9:00 AM

Thursday Morning Coffee Ride
25-35 miles, 1-3, M

Come ride with a fun group of people! This ride starts at the **Don Edward's Wildlife Refuge Visitor Center, 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 April 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; (925) 556-1564, (925) 819-0247

Fri April 20 **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 April 21 **PRS #8 Redux – Mines**
8:30 AM **63 miles, 4, B**
If you missed the Mines Rd. PRS last month here's another chance to do it. **Meet in the parking lot of Lucky's in Livermore (Concannon and Holmes).** Rain cancels.
Robin & Tim O'Hara; tohara2938@aol.com ; (510) 471-2464

Sat April 21 **Show and Go**
8:30 AM **20-50 miles, 2-4, L-T-M-B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sat April 21 **Race Team Ride**
8:45 AM **45, 3-4, B-F**
Meet at The CyclePros. Main Street, Pleasanton. If you're looking for a fast-paced ride this is the one for you. Race team and club members are all welcome. This is a no drop.
Sandra King; regalmoded@yahoo.com; (925) 487-7658

Sun April 22 **Primavera Century**
No club rides scheduled

5th Week in April

Mon April 23 **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 head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 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 April 24 **Tour de Fremont Hills**
8:30 AM **~2,000' elevation gain, 38 miles, 3, 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 second and last Tuesdays 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 April 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 April 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 (510) 760-9245

Thurs April 26 **Thursday Morning Coffee Ride**
9:00 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 April 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; (925) 556-1564, (925) 819-0247

Fri April 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 (510) 760-9245

