

DECEMBER 2012 RIDE CALENDAR

This month we have a few Cinderella training "teaser" rides (on the 2nd, 8th and 15th). If you're thinking of signing up for our Cinderella training series (which starts in January) these rides are a great way to kick-start your training. The "teaser" rides are open to all FFBC members. For more information about the training series please visit our [Cinderella web page](#).

FFBC RIDE CLASSIFICATION

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

MAPS TO FREQUENTLY USED START LOCATIONS

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

THANK YOU TO ALL THE DECEMBER RIDE LEADERS!

1st Week in December

Sat Dec 1 **Race Team Ride #11**
'A' Group: 8:30 AM Sharp **Calaveras-Palomares Loop**
'B' Group: 8:40 AM Sharp **66 miles, 4-5 (3,500'), F**
'C' Group: 8:45 AM Sharp

The Race Team will split into groups. The 'A' group is invitation only. The 'B' group is for all other team members and guests. The 'C' group is for development riders.

We will head South to climb the wall on Calaveras Road, then head North to complete the Calaveras loop. Serious riders will continue on to do the Palomares loop in a counter clockwise direction.

All race team members are requested to wear their team uniform.

Rain will stop play. No stopping, no dropping. Minimal regroup
Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Sat Dec 1 **Calaveras Clockwise**
8:30 AM **40 miles, 3, M & B**

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

M: Amy Giles; apgiles@sbcglobal.net ; (510) 224-0829
B: TBD

Sun Dec 2 **Show and 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 Dec 2 **Thinking about Cinderella Training?**
9:00 AM **10-12 miles, 1, L-T**

This short, slow, flat ride is intended to figuratively get your feet wet for Cinderella Training. Considering signing up for training but have some fears about your ability? Come join Shelley and me; see how fun it can be. No pressure! Ride Leaders, we'd love to have you join us, and men are welcome too. **We will meet in the parking lot of the Newark Raley's (Jarvis and Newark Blvd.)** and leisurely ride to Prolific Oven for coffee. No one left behind. Rain cancels. Check FFBC Yahoo! Group early Sunday if the weather is ominous. Not a member of the group? Let us know in advance and we'll email you if there's a change in plans.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C
Shelley Gildelatorre; swills22@yahoo.com; (510) 651-0635

2nd Week in December

Mon Dec 3 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 (610'), 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 Dec 4 **Tour de Fremont Hills**
8:30 AM **29 miles, 3 (~1,900'), 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 Dec 4 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**

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

Wed Dec 5 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**

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

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

Thurs Dec 6 **Thursday Morning Coffee Ride**
9:00 AM **32 miles, 2-3 (1,000'), M**
Let's go to Alum Rock Park! **We meet at REI in Fremont (43962 Fremont Blvd.)** and our first regroup is at Jose Higuera Park. We ride along rolling foothills, climb into Alum Rock Park, descend into Milpitas and have lunch on North Milpitas Blvd. It is a flat ride back with no regroup. No routes sheets, no one left behind, and there are options (Inspiration Point and Miguelito/Miguelita) for faster riders that like to climb. Bring \$ for lunch.
Rain will cancel the ride (check Yahoo! group, email or call me), extreme weather/construction/whims of the ride leader may modify the route.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

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

Fri Dec 7 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley). Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Dec 8 **Tuesday Hills On Saturday**
8:00 AM **30 miles, 3, M**
Get all of the Tuesday Tour de Fremont Hills ride fun on the weekend! **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 the grind up Sabrecat. If we haven't managed to elevate our heart rates sufficiently we'll tackle Paseo Padre the wrong way again; otherwise we'll head directly 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 7:00am and 7:30am by phone on the day of the ride.
Mike Northrup; mikenorthrup@gmail.com; (510) 796-8832

Sat Dec 8 **Race Team Ride #12**
'A' Group: 8:30 AM Sharp **Pescadero-Tunitas Creek Loop**
'B' Group: 8:40 AM Sharp **60 miles, 4-5 (6,000'), F**
'C' Group: 8:45 AM Sharp
The Race Team will split into groups. The 'A' group is invitation only. The 'B' group is for all other team members and guests. The 'C' group is for development riders. Note reversed order of start for groups.
We will head West on Arastradero, Sandhill Rd, Whisky hill, Woodside, Kings Mountain, Skyline, La Honda, Stage Road to San Gregorio for a pit stop, then North to highway 1, Tunitas Creek, Skyline, La Honda, Portola and return.
All race team members are requested to wear their team uniform.
Rain will stop play. No stopping, no dropping. Minimal regroup.
Start from the Henry M. Gunn High School, 780 Arastradero Road, Palo Alto.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Sat Dec 8 **Thinking about Cinderella Training?**
8:30 AM **35 miles, 3, T-M**
Come join the "Let's Climb" Cinderella group for a ride around Woodside. We will warm up on Foothill Expressway, then head up Page Mill Rd. After a quick stop at Arastadero Preserve, we will ride up Alpine Rd. before the climb up Westridge. There will be plenty of regroup points. No one left behind. This ride is open to all members and their guests. The ride may split into two groups if there's a big difference in rider paces. **Meet in the rear parking lot of Bicycle Outfitters, Los Altos.**
Judy Young; sjsyoung3@comcast.net; (510) 331-9367
Jeanne Moncada; mjeanne@comcast.net; (510) 303-6147
Joyce Tanaka; notes4jt@gmail.com; (510) 703-2675, (510) 219-5068

Sat Dec 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 Dec 9 **Show and Go**
8:30 AM **30-50 miles, 2-4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Dec 9 **"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

Sun Dec 9 **Ken & Dale's Excellent Adventure**
9:00 AM **Livermore Valley**
45 miles, 3 (1,429'), M

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.

Meet at Crank-2 Bicycles, 5480-9 Sunol Blvd. Pleasanton, CA 94566 (Please do not park directly in front of the bike shop).

Route and other info can be seen at:
<http://lasthill.net/Maps/LivermoreValley.html>

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

3rd Week in December

Mon Dec 10 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 (610'), 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 Dec 11 **Tour de Fremont Hills**
8:30 AM **38 miles, 3 (~2,000'), M-B**

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 on the second and fourth Tuesdays of the month we'll do one of my favorite local hills – Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill. We'll return through the canyon with the ride once again finishing at Peet's for a well-deserved coffee. Rain cancels. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.

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

Tue Dec 11 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Dec 12 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**

Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.

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

Thurs Dec 13 **Thursday Morning Coffee Ride**
9:00 AM **31 miles, 2-3 (1,075'), M**

We will start at Crank2 Performance Tandems (5480-9 Sunol Boulevard, Pleasanton). Bryon MAY open the shop early for coffee and restrooms, otherwise plan to use the restroom in Raley's. 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. No one left behind! Bring \$ for lunch.

Rain will cancel the ride (check Yahoo! group, email or call me), extreme weather/construction/whims of the ride leader may modify the route.

Lori Sommer; lorisommer@gmail.com; (510) 693-8624 -C

Thurs Dec 13 **TNT (Thursday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**

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

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

When dark, lights required. Helmets are mandatory.

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

Fri Dec 14 **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

Fri Dec 14 **Friday Morning Coffee Ride**
9:00 AM **33 miles, 2-3, T-M**

Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Ride around Fremont with hill options. Several re-groups. Nobody left behind. Rain cancels.

Louis & Sydney Friedenberg; louispf@sbcglobal.net; (510) 793-3796

Sat Dec 15 **Race Team Ride #13 – Low Key Ride**
8:30 AM Sharp **Mt. Hamilton (nearly)**
60 miles, 5 (3,000'), F

All groups will leave at 8:30

I'm looking for a compacto ride to the base of the climb at Highway 130 and Mt. Hamilton Road and then The Race Team will split into our usual groups. Ride to the CDF Station and then turn around. No climb to the top.

Remember that the weather can be changeable, so bring appropriate additional layers and accessories.

Total climbing for the day will be 3pprox.. 3000 ft. but I may add in some options for Quimby Road on the return.

All race team members are requested to wear their team uniform.

Rain will stop play. No stopping, no dropping. Minimal regroup

Start from Niles Parking Lot on Niles Boulevard, Cross Street is 'H' Street.

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

Sat Dec 15 **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 Dec 15 **Pre-Cinderella Warm-up**
8:45 AM **Alpine/Portola Loop**
35-40 miles, 2, M

Although this ride is a pre-Cinderella "Challenge" and "Let's Climb" warm up, everyone is welcome. We're planning a ride over the Dumbarton to do the Alpine/Portola loop. We might have some optional climbs once we get started. **Meet at Don Edwards National Wildlife Refuge Visitor Center (Marshlands Rd, Fremont).**

Rain cancels. Bring money for a coffee stop mid-way through the ride.

Tina Boomershine; tkboomer@aol.com; (408) 655-1060

Sun Dec 16 **Redwood City Cross**
8:30 AM **42 miles, 3 (1,737'), M**

Please join me for a nondenominational ride up to the big cross on the hill above Redwood City. We'll pedal over the bridge, up Sandhill and through the woods to La Canada Rd. After that it's twists and turns to the top. The downhill ride is even more intriguing. Bring money for a stop at Prima Deli. **Meet at Don Edwards National Wildlife Refuge Visitor Center (Marshlands Rd, Fremont).** Rain cancels.

Conni Smith; 4conni.smith@gmail.com; (510) 471-8047 - H, (510) 461-8838 -C

Sun Dec 16 **Alum Rock**
8:30 AM **42 miles, 3, B**

Time for an old favorite – Alum Rock. If it's dry enough we may even consider Crothers. **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

Sun Dec 16 **Women's Race Team**
8:45 AM **25-45 miles, 2-3, B**

Meet at Cyclepros in downtown Pleasanton. All members (male and female) welcome on this ride. This is a no-drop ride. Route to be decided on the day.

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

4th Week in December

Mon Dec 17 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 (610'), 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 Dec 18 **Tour de Fremont Hills**
8:30 AM **29 miles, 3 (~1,900'), 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 Dec 18 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**

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

Wed Dec 19 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**

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

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

Thurs Dec 20 **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 (Marshlands rd., Fremont) 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 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. Usually we ride without route sheets so we regroup as necessary and no one is left behind. Bring \$ for lunch.**

Rain will cancel the ride (check Yahoo! group, email or call me), extreme weather/construction/whims of the ride leader may modify the route.

Lori Sommer; lorisommer@gmail.com; (510) 693-8624 -C

Thurs Dec 20 **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

5th Week in December

Fri Dec 21 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley). Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana; alanq44@hotmail.com; (510) 760-9245

Sat Dec 22 **Race Team Ride #14 – LSD Hilly Ride**
'A' Group: 8:30 AM Sharp **Sports Basement-Marin**
'B' Group: 8:40 AM Sharp **73 miles, 5 (5,000+)', F**
'C' Group: 8:45 AM Sharp **'C' Group will do 50 miles**
The route starts with a crossing of the Golden Gate Bridge. Proceed north to Nicasio, cross over to Olema, go south on Highway 1 to Stinson and then back to SF by climbing over Mt. Tamalpais or around the Marin Headlands.
All race team members are requested to wear their team uniform.
Rain will NOT stop play. One scheduled stop in Olema or Nicasio, no dropping.
Start from the Sports Basement store at the Presidio, 610 Old Mason St, San Francisco, CA 94129 (415) 437-0100. [Get directions](#) from Google Maps.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Sat Dec 22 **Show and Go**
8:30 AM **30-50 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 Dec 22 **Los Altos**
9:00 AM **35-40 miles, 4, M**
Start location: Don Edwards National Wildlife Refuge Visitor Center. We will cross the bay and take Alpine, Arastradero and Purissima to Los Altos. Our return trip will be on Foothill before crossing the bay again. We'll regroup a few times to make sure nobody gets left behind. Bring \$ for a refreshment stop in downtown Los Altos. Rain cancels.
Gary Smith; GSMITH289@aol.com; (510) 797-7809 -H, (510) 304-0956 -C

Sun Dec 23 **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 Dec 23 **Women's Race Team**
8:45 AM **25-45 miles, 2-3, B**
Meet at Cyclepros in downtown Pleasanton. All members (male and female) welcome on this ride. This is a no-drop ride. Route to be decided on the day.
Sandra King; Regalmoded@yahoo.com; (925) 487-7658

Mon Dec 24 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 (610'), 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

No Tour de Fremont Hills ride this week. Happy Christmas!

Tue Dec 25 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Dec 26 **Race Team #15 – LSD Hilly Ride**
8:30 AM Sharp **Morgan Territory**
65 miles, 5, F
Depending on who turns up, we will split into groups on the morning of the ride.
The ride includes ascents of Mt. Diablo to the "junction" and Morgan Territory; plenty of mountain to get rid of mountains of Christmas excess - Dublin, Blackhawk, Mt. Diablo (junction), Walnut Creek, Clayton, Morgan Territory, Livermore, Pleasanton. All race team members are requested to wear their team uniform.
Rain will stop play. One planned stop in Clayton, bring \$\$\$ for coffee. No dropping.
Start from the Pleasanton Park and Ride on Johnson & Stoneridge,
From I-680 north, take Stoneridge East to Johnson Drive
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Wed Dec 26 **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

