

APRIL 2013 RIDE CALENDAR

On April 21st we have our 41st 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 14th 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/>

This month we're starting a new monthly T-M paced ride. The ride will do a Portola loop (clockwise or counter-clockwise depending on the ride leader's preference) on the 3rd Saturday of each month.

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

Mon Apr 1 **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 Apr 2 **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 Apr 2 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue April 2 **TNT (Tuesday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.
Meet at ClupSport parking lot (46650 Landing Parkway Fremont, CA 94538).
When dark, lights required. Helmets are always mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Wed Apr 3 **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 Apr 4 **Thursday Morning Coffee Ride**
9:00 AM **Alum Rock Park**
32 miles, 3 (1,200'), M
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 to the visitor's center, 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 route sheets, no one left behind, and there are options (Alum Rock Road, Miguelito/Miguelita, Inspiration Point) for faster riders that like to climb. Bring \$ for lunch. Extreme temperatures or construction may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.
Lori Sommer; lorisommer@gmail.com; (510) 693-8624 -C

Thurs Apr 4 **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 Apr 5 **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 Apr 6 **Calaveras Clockwise**
8:30 AM **40 miles, 3, M & B**
This is our traditional "1st Saturday of the Month" ride. We will meet at **DOWNTOWN Niles parking lot across from H St on Niles Blvd.** and ride up Niles Canyon into Sunol then on to Calaveras. Our traditional route brings us out in Milpitas and we return via a route that stays close to the hills. Rain or a serious threat of rain cancels.
B: Tim O'Hara; tohara2938@aol.com; (510) 471-2464
M: Jim Marsh; jajmarsh@sbcglobal.net;

Sun Apr 7 **PRS – Makeup Ride**
8:00 AM **50-70 miles, 2-4, M & B**
It's time to kiss and make up! Well not exactly, the final PRS ride (before the Workers ride) is usually a repeat of one of the earlier PRS rides that was rained out. The ride leader will choose a route and email details to the FFBC Yahoo! Group a few days before the ride. Meet at **DOWNTOWN Niles parking lot across from H St on Niles Blvd**
M: Kevin McDonnell; kevin@mcnmc.com; (510) 441-7607 –H, (510) 364-4435 –C
B: TBD

Sun Apr 7 **Show & 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 Apr 7 **Niles Canyon Bikeway Advocacy Ride**
9:00 AM **~20 miles, 1-2, T-M**
Join EBBC Advocacy Director Dave Campbell, Valley Spokesmen and other interested bicyclists for a Sunday morning ride up Niles Canyon to Sunol. **Start from the Fremont BART Station.** Caltrans is proposing some short-term bikeway and safety improvements for Niles Canyon and we want to make sure all of our asks for a safer Niles Canyon are considered. Caltrans is considering putting down bike stencils, new signage and flashing lights for the bridges, repaving some shoulders for better bike travel, etc. But they want to hear from us. We will stop at various point along the route to discuss safety issues.
For more information: www.ebbc.org/nilescanyonride
Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 –H, (510) 517-1466

2nd Week in April

Mon Apr 8 **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 Apr 9 **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 Apr 9 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the **Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

Tue April 9 **TNT (Tuesday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.
Meet at **ClupSport parking lot (46650 Landing Parkway Fremont, CA 94538).**
When dark, lights required. Helmets are always mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Wed Apr 10 **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 Apr 11 **Thursday Morning Coffee Ride**
9:00 AM **Across the Bridge**
25-35 miles, 3, M
This ride starts at the Don Edward's Wildlife Refuge Visitor Center and we head across the Dumbarton Bridge to various destinations. For a flat ride we head through East Palo Alto and along a few paths to Shoreline Park for lunch. For a ride with climbing we do Woodside Road, Sand Hill/Whisky Hill, Alpine Loop, Arastradero 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.
Extreme temperatures or construction may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.
Lori Sommer; lorisommer@gmail.com; (510) 693-8624 –C

Thurs Apr 11 **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 Apr 12 **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 Apr 13 **Tuesday Hills On Saturday**
8:30 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 Sabrekat. 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 Apr 13 **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 April 14 **Primavera Workers Rides**
7:00 AM **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.

Meet at Mission San Jose High School, at the entrance on Palm. 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 (M or B pace) please [email Andy Sass](mailto:andy.sass@ffbc.org) to arrange lunch at the 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.

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

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

M pace (all routes): ride leaders TBD

T pace (all routes): ride leaders TBD

Sun Apr 14 **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 April 14 **Primavera Workers Family Fun Ride**
9:00 AM **25 mile, 1, L-T-M**
Members/volunteers and their families only on this ride! **Meet at Mission San Jose High School, at the entrance on Palm.** Be self-sufficient. This ride follows the route of Family Fun ride.
Ride Leader TBD (route sheets from ridecoordinator@ffbc.org)

Sun Apr 14 **"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.
Gary Smith; GSMITH289@aol.com; (510) 797-7809 –H, (510) 304-0956 –C

3rd Week in April

Mon Apr 15 **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 Apr 16 **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 Apr 16 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Apr 16 **TNT (Tuesday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.
Meet at ClupSport parking lot (46650 Landing Parkway Fremont, CA 94538).
When dark, lights required. Helmets are always mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Wed Apr 17 **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 Apr 18 **Thursday Morning Coffee Ride**
9:00 AM **Collier Canyon**
31 miles, 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. 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. Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call me.
Lori Sommer; lorisommer@gmail.com; (510) 693-8624 -C

Thurs Apr 18 **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 Apr 19 **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 Apr 20 **Portola Loop**
8:30 AM **~36 miles, 3, T-M**
Please join us for our newest monthly club ride at a touring-moderate pace. **Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).** We'll ride across the Dumbarton bridge and do a loop around Portola Valley (sometimes CW, sometimes CCW depending on the ride leader's preference). Bring money for a coffee stop along the way. This is a no-drop ride.
Marty Heinrich; martyheinrich@comcast.net; (510) 579-0651

Sat Apr 20 **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 Apr 20 **Family Ride**
1:30 PM **10 miles, 1-2, L**
Come join us for a very leisurely, family-friendly ride on the Alameda Creek Trail. **Meet Isherwood Staging Area.** (at Isherwood and Paseo Padre Blvd.) 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

No rides Sunday April 21st, it's Primavera day!
Please volunteer by signing up online:
<http://www.ffbc.org/primavera/volunteer/>

4th Week in April

Mon Apr 22 **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 Apr 23 **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 Apr 23 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Apr 23 **TNT (Tuesday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.
Meet at ClupSport parking lot (46650 Landing Parkway Fremont, CA 94538).
When dark, lights required. Helmets are always mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Wed Apr 24 **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 Apr 25
9:00 AM

Thursday Morning Coffee Ride
Livermore via Vallecitos
32 miles, 3 (1,524'), M

Come ride on the freeway with us! **We will meet in the gravel parking lot across from the Sunol Train Station** and ride out to Panama Red Coffee in Livermore via Vallecitos. After the climb up Pigeon Pass we will do a loop through some rolling vineyards, ride out to Wente to look for the owl in the palm tree, then up through Holdner Park. No one left behind. Bring \$ for lunch.

Extreme temperatures or construction may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.
Lori Sommer; lorisommer@gmail.com; (510) 693-8624 -C

Thurs Apr 25
6:15 PM

TNT (Thursday Night Training)
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 Apr 26
8:30 AM

The Friday Bike Club
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 Apr 27
8:30 AM

Baylands Park (with the Back Seat Driver)
30 miles, 1-2, T with a little bit of M

Join us for a ride to Baylands Park in Sunnyvale. (Cinderella friendly. "Pink" riders from the Cinderella training series, this is a good ride for you, too!) Bring \$\$ for a coffee stop along the way. No one will be left behind! Directions to start: Take I-880 south from Fremont. Go east on Dixon Landing Rd. Turn right at Milmont and then right at Jurgens. Parking lot is on the right.

Start location: Dixon Landing Park, Milpitas
Shelley & Jorge Gildelatorre; swills22@yahoo.com; (510) 501-2241

Sat Apr 27
8:30 AM

Show & Go
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).

Sun Apr 28
8:30 AM

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

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

