

OCTOBER 2013 RIDE CALENDAR

(UPDATED 10/22)

CLUB PICNIC (for FFBC members and their families only)

Please join us for the annual FFBC member's picnic on Saturday, October 19th at Quarry Lakes Regional Park (North Esperanza Pavilion) @12:30pm

The picnic is free for members who volunteered at the 2013 Primavera otherwise the cost is \$5 per adult member. Children 12 and under are free.

Please RSVP to Conni Smith (4conni.smith@gmail.com)

Rides before the picnic will start from nearby Isherwood Staging area (see details in the calendar below).

RACE TEAM RIDES

This month sees the return of the Fall Race Team rides. Contrary to popular belief race team members don't bite! This are fun, low key rides starting at reasonable speeds. Check them out, every Sunday in October! Details in the calendar below.

FFBC RIDE CLASSIFICATION

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

MAPS TO FREQUENTLY USED START LOCATIONS

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

THANK YOU TO ALL THE OCTOBER RIDE LEADERS!

1st Week in October

Tue Oct 1 **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.
B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C
M: Mike Northrup; mikenorthrup@gmail.com; (510) 796-8832

Tue Oct 1 **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 Oct 1 **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 Oct 2 **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 Oct 3 **Thursday Morning Coffee Ride**
9:00 AM **Alum Rock Park**
32 miles, 3 (1,000'), 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, Inspiration Point, Miguelito/Miguelita) for faster riders that like to climb. Bring \$ for lunch. Extreme temperatures or construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.
Lori Sommer; lorisommer@gmail.com; (510) 693-8624 -C

Thurs Oct 3 **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 Oct 4 **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

2nd Week in October

Sat Oct 5 **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: Joyce Tanaka; notes4jt@gmail.com; (510) 703-2675
B: Timothy Luders; timothy@luders.org; (510) 867-9277 -C
(510) 276-4048 -H

Sun Oct 6 **MTB Ride Around Lake Chabot**
8:30 AM **14 miles, 4, M**
Start Location: Parking lot off redwood rd in Castro Valley before Willowpark golf course
A nice off road loop around lake Chabot
Andy Payne; andypayne@att.net; (510) 300-7513

Sun Oct 6 **Around the Bay the Flat Way**
8:30 AM **48 miles, 1 (500'), M**
Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail.
We'll head down to McCarthy Ranch, hug 237, have a bathroom break at Sunnyvale Bayland Park, ride past Moffett Field to the Stevens Creek Trail and then have a coffee break at Shoreline Park. It's the Bay Trail part of the way back to the Dumbarton Bridge, getting us back no later than 1:00. (**Note:** Parking at the Isherwood Staging Area can be very scarce on a weekend morning. For anyone driving to the start and wanting an alternate parking option a five minute bike ride away, call or email me.)
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

Sun Oct 6 **Race Team Ride #1**
8:30 AM **40 miles, 2, M-B**
The first of the Fall/Winter race team rides. Our first few rides will be as a large group with several sections where the fitter riders can stretch their legs. This is a no drop ride.
We will ride out on Niles Canyon, to Calaveras Road, but we will turn around before the climb, then along Sunol Pleasanton Road, Happy Valley, Pleasanton, Foothill Blvd back to Sunol. There will be an option for a climb up either Kilkare or Palomares and then back to Niles for a coffee :)
Race Team members are requested to wear team uniform.
Rain will stop play.
Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.
Garry Birch; garry_b94568@yahoo.com; (925) 819-0247

Sun Oct 6 **Show & Go**
8:30 AM **20-50 miles, 2-4, L-T-M-B**
Start Location: Meet at REI in Fremont (43962 Fremont Blvd.).

Mon Oct 7 **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 Oct 8 **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.
B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829 -C

Tue Oct 8 **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 Oct 8 **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 Oct 9 **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 Oct 10 **Thursday Morning Coffee Ride**
9:00 AM **Across the Dumbarton Bridge**
25-35 miles, 1-3, M

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.

Extreme temperatures or construction may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.

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

Thurs Oct 10 **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 Oct 11 **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 Oct 12 **Tuesday Hills On Saturday**
8:30 AM **30 miles, 3 (2,100'), 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 head back up Pine; otherwise, it's up Paseo Padre the wrong way again before ending the ride at Peets with a well-deserved coffee (**NOTE:** even though the ride ends at Peet's those needing to return to the start of the ride will be accommodated). Rain or threat of rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am by phone on the day of the ride.

Mike Northrup; mikenorthrup@gmail.com; (510) 796-8832

Sat Oct 12 **Show & 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).

Sun Oct 13 **MTB Pleasanton Ridge**
8:30 AM **10 miles, 4 (1,700'), M**

Start Location: Pleasanton Ridge Staging Area, Foothill Rd., Pleasanton

A nice off road loop around Pleasanton Ridge Regional Park.

Andy Payne; andypayne@att.net; (510) 300-7513

Sun Oct 13 **Race Team Ride #2**
8:30 AM **40 miles, 2, B**

Fall/Winter race team rides. Our first few rides will be as a large group with several sections where the fitter riders can stretch their legs. This is a no drop ride.

We will ride out on Niles Canyon, to Calaveras Road, but we will turn around before the climb, then along Sunol Pleasanton Road, Happy Valley, Pleasanton, Foothill Blvd back to Sunol. There will be an option for a climb up either a climb up Kilkare or Palomares and then back to Niles for a coffee :)

Race Team members are requested to wear team uniform.

Rain will stop play.

Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.

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

Sun Oct 13 **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 Oct 13 **"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 Bicycle Garage (5006 Mowry Ave., Fremont)**, 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 October

Mon Oct 14 **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 Oct 15 **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.
B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829 -C

Tue Oct 15 **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 Oct 15 **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 Oct 16 **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 Oct 17 **Thursday Morning Coffee Ride**
9:00 AM **Norris & Bollinger Canyons**
27 miles, 4 (1,900'), M
This ride starts at Endless Cycles (3300 EAST Castro Valley Blvd., Castro Valley), NEAR Center Street, please park in the small side-parking lot. Jeff will open the shop early so we can use the restroom. We will head directly up Crow Canyon and climb Norris from the south side. We will do an out and back on Bollinger Canyon (go as far as you like or head directly to lunch). After our stop we will climb the south side of Norris and return via Crow Canyon. Climb at your own pace. If you're a fast climber, when you reach the top, you can come back down for the last rider (usually me). Bring \$ for lunch.
Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.
Lori Sommer; lorisommer@gmail.com; (510) 693-8624 -C

Thurs Oct 17 **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 Oct 18 **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 Oct 19 **Reverse Palomares via Hayward**
8:30 AM **31 miles, 4 (1,800'), M**
Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail.
We'll head to Hayward to climb Palomares from the Castro Valley side, making sure to stay away from the traffic-ridden Mission Blvd. as much as possible by following parallel roads. We'll climb Fletcher and Walpert and then drop down to Castro Valley Blvd. and the one and only bathroom and quick coffee and bagel break: the small and crowded Bodi's Java in Castro Valley. Then it's over to the Palomares climb and back through Niles Canyon. We should be back to the start no later than noon (which is plenty of time for the Club picnic).
(Note: Parking at the Isherwood Staging Area can be very scarce on a weekend morning. For anyone driving to the start and wanting an alternate parking option that's a five minute bike ride away, call or email me.)
Rain and threat of rain or excessive heat will cancel this ride. Call me between 7:30 and 8:00 the day of the ride if the weather looks iffy.
Mike Northrup; mikenorthrup@gmail.com; (510) 796-8832

Sat Oct 19 **Show & Go**
8:30 AM **20-30 miles, 1-3, L-T**
Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail. Whatever route you choose make sure to get back in time for the club picnic @12:30!

Sat Oct 19 **Show & Go**
8:30 AM **30-40 miles, 2-4, B**
Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail. Whatever route you choose make sure to get back in time for the club picnic @12:30!

Sun Oct 20

7:00 AM

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

Brad's Birthday Ride – join us for this annual club tradition. We'll go up and over Mt. Hamilton to Mines Rd. and back through Livermore and Pleasanton.

Rain or threat of rain will postpone the ride for one week. Please email, or call if unsure.

B: Tim O'Hara; tohara2938@aol.com; (510) 471-2464

B: Andy Sass; andrew.sass@yahoo.com; (520) 490-8098

M: Dale Blanchard; dale-b@comcast.net; (510) 703-7474

Sun Oct 20

8:30 AM

Meet at **Race Team Ride #3 40 miles, 2-3, B**
Fall/Winter race team rides. Our first few rides will be as a large group with several sections where the fitter riders can stretch their legs. This is a no drop ride.

We will ride out on Niles Canyon, to Calaveras Road and up to the false summit (regroup), then back to Sunol/Pleasanton Road, Happy Valley, Pleasanton, Foothill Blvd back to Sunol. There will be an option for a climb up Kilkare or Palomares and then back to Niles for a coffee :)

Race Team members are requested to wear team uniform.

Rain will stop play.

Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.

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

Sun Oct 20

8:30 AM

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

Sun Oct 20

9:00 AM

Join us for a beautiful, relaxed ride through the renowned Dry Creek and Alexander Valleys in Sonoma County. Late October weather is ideal for cycling and enjoying the autumn-colored vineyards in the warm sunshine. Santa Rosa Cycling Club defines this route as one of the "Ten Great Rides... an essential, definitive Wine Country ride".

This is a loop ride that starts and ends at Healdsburg City Hall parking lot. We wind our way out to West Dry Creek, dotted with numerous vineyards and wineries, then cross Yoakim Bridge before regrouping at Geyserville. From here, we'll stop at a small family winery Robert Young Estate Winery (no, not the actor) to learn why the area is renown worldwide as a premiere wine region. Wine-tasting and tour (\$10) is optional. Afterwards, it's just a quick ride to another local landmark, Jimtown Store, for lunch that features local products. With our bellies full of wonderful treasures of the valley, we will amble back to Healdsburg.

We'll meet at the parking lot of Healdsburg City Hall. Bring two water bottles and stop off at one of Starbucks before the ride as restrooms and water stops are few and far between on this route. Please email jtakasug@comcast.net by Oct 18 if you plan to join us as we'd like to let the winery know. Bring \$\$ for lunch (and wine-tasting, if participating). Allow 2 hours for drive time to Healdsburg from Fremont.

Interactive route map at: <http://ridewithgps.com/routes/3327137>

Rain or extreme temperatures may cancel the ride. Please check the FFBC Yahoo! Group on the morning of the ride, or call us if you're unsure.

Jim Takasugi; jtakasug@comcast.net; (408) 391-2057 -C

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

Phil Sommer; (510) 333-2704 -C

4th Week in October

Mon Oct 21

8:30 AM

Meet at **Monday Morning Recovery Ride 40 miles, 1-2 (610'), M**
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 Oct 22

8:30 AM

Meet at **Tour de Fremont Hills 38 miles, 3 (~2,000'), M, B**
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.

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

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

Tue Oct 22

9:00 AM

Meet at **Show & Go 20-50 miles, 1-5, L-M-B**
the **Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

Tue Oct 22

6:15 PM

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 Oct 23

8:30 AM

Meet at **Mid-week Morning Ride 35-45 miles, 2-3, M-B**
the **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

Sun Oct 27 **Race Team Ride #4**
8:30 AM **40 miles, 3, B**
Fall/Winter race team rides. Our first few rides will be as a large group with several sections where the fitter riders can stretch their legs. This is a no drop ride.
We will ride south on Mission and Warm Springs Blvd, Scott Creek, Evans, Piedmont and then into Alum Rock Park for a loop and then back to Niles for a coffee :)
Race Team members are requested to wear team uniform.
Rain will stop play.
Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.
Garry Birch; garry_b94568@yahoo.com; (925) 819-0247

Sun Oct 27 **Show & Go**
8:30 AM **20-50 miles, 2-4, L-T-M-B**
Start Location: Meet at REI in Fremont (43962 Fremont Blvd.).

5th Week in October

Mon Oct 28 **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 Oct 29 **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. For the 5th Tuesday of the month (which doesn't happen very often) we'll do something different. This month we'll get a good warm up on Paseo Padre in preparation for an assault of Old Calaveras. When our heart rates have more or less returned to normal we'll conquer Country Club unless someone makes a remark about Old Calaveras not being as steep as we thought; in that case we'll tackle Old Calaveras again! Just to make sure we've earned our coffee we'll do a quick loop around Ohlone before finishing at Peet's.
B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829 -C

Tue Oct 29 **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 Oct 29 **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 Oct 30 **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 Oct 31 **Thursday Morning Coffee Ride**
9:00 AM **Halloween Ride**
27 miles, 3, M
Happy Halloween! Dress up, the best costume wins a prize. **We will meet in the gravel parking lot across from the Sunol Train Station in Sunol** and ride up Kilcare. Then we will snake our way up Foothill to ride Happy Valley, continue past the graveyard and up the SCARY Bernal Bump. There are some options if you want to chicken out of some climbing and meet us at Tully's coffee in Pleasanton. No one left behind. Bring \$. There is also a yummy burrito store next door and an ice cream place too.
Extreme temperatures or construction may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Oct 31 **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