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! These 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 Alamedan 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/ Zacate 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 cruise 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@mcnnc.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 race 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 FF ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).
M: Alanq44@hotmail.com, Mandee99@gmail.com
Lori Sommer; lorimsommer@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 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
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 46 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 Sunnyside 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 Grimner. 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
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**  
**Thursday Morning Coffee Ride**  
**9:00 AM**  
**Across the Dumbarton Bridge**  
25-35 miles, 1-3, M

Meet at the Raley’s Shopping Center parking lot east side, Sat Mike Northrup; 7:15am uncertain accommodated). Rain or threat of rain Peet’s those wrong way again before ending the ride at Sabrecat.

WAY followed by a short but steep kick up Pine and Animals” via Stanford. We’ll head up Paseo Padre THE WRONG our first mini hills. We’ll warm up on the nice, flat Alameda Creek Trail before  Alameda Creek Trail Way at Paseo Padre Pkwy on the dirt (north) side of

Get all of the Tuesday Tour de Fremont Hills ride fun on the Tuesday Hills On 30 miles, 3 (2,100’), M

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/ Zapatok 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 Peets 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).
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Time</th>
<th>Distance</th>
<th>Level</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue Oct 15</td>
<td>Tour de Fremont Hills at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail</td>
<td>8:30 AM</td>
<td>29 miles</td>
<td>3</td>
<td>(~1,900') M, B</td>
</tr>
<tr>
<td>Fri Oct 18</td>
<td>The Friday Bike Club at Reverse Palomares via Hayward</td>
<td>8:30 AM</td>
<td>31 miles</td>
<td>4</td>
<td>(1,800') M</td>
</tr>
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</tr>
<tr>
<td>Sat Oct 19</td>
<td>Show &amp; Go</td>
<td>8:00 AM</td>
<td>20-50 miles</td>
<td>1-5</td>
<td>L-M-B</td>
</tr>
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<td>8:00 AM</td>
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<td>1-5</td>
<td>L-M-B</td>
</tr>
</tbody>
</table>

**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

**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
**4th Week in October**

**Sun Oct 20**

**Brad’s Birthday Ride**
7:00 AM  
107 miles, 5 (7,490’), M,B  
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

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**Mon Oct 21**

**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 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

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**Tue Oct 22**

**Tour de Fremont Hills**
8:30 AM  
38 miles, 3 (~2,000’), M, B  
Meet at the Asherwood staging area on Ashwood Road 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

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**Tue Oct 22**

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

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**Tue Oct 22**

**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 local area. 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

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**Wed Oct 23**

**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 24
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 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.
Ken Goldman; ken.goldman@comcast.net; (925) 791-1095
Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466 -C

Fri Oct 25
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; alang44@hotmail.com (510) 760-9245

Sat Oct 26
Show & Go
8:30 AM
20-50 miles, 2-4, L-T-M-B
Start Location: Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).

**Ken & Dale's Excellent Adventure has changed!!**

Sat Oct 26
Dale & Ken's Excellent Adventure
9:00 AM
Del Puerto Canyon
50 miles, 5, T-M
Start Location: Patterson Exit off I-5 (see directions below)
Fall is a beautiful time to visit Del Puerto Canyon. Come ride an "out and back" to The Junction Cafe. Del Puerto Canyon is a peaceful back-country ranch road which gradually climbs to the junction of Mines Rd. and San Antonio Rd.
Dale is offering a free guided "tour" of the "Bat Cave" (although access is now barred) among other highlights. There will be a snack break at the Junction Cafe at the turn around point.
The return is mostly downhill. Since this is an "out and back" the option is always available to cut the ride short at any point by turning around and heading back downhill.
There are directions to the ride start on the map referenced with the link below, or take I-580 east to I-5 south about 10 miles to Exit 434 (Sperry Ave./Diablo Grande Pkwy). At the stop sign turn left and go under the freeway to the stoplight (Rogers Rd.) and turn left again. We will park in the area between the Denny's and the Motel(Best Western Villa del Lago). There are restrooms available at several businesses in this large parking lot (including Starbucks). Allow an hour and ten minutes from Fremont.
Here is the link to the route map, route sheet, and directions to the start:
http://lasthill.net/Maps/DelPuertoCanyon.html
Dale Blanchard; dale-b@comcast.net; (510) 703-7474 -C
Ken Goldman; ken.goldman@comcast.net; (510) 791-1095

Sun Oct 27
Biketoberfest
8:30 AM
32-60 miles, 4 (2,011'), M
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.
It's that time of the year again - time to celebrate beer! Since its too far to ride to Munich the next best thing is to pedal to Oakland for beer and a German style lunch at Brotzeit Lokal.
We'll start the adventure by waking our legs and lungs up with a ride up beautiful Palomares road. We'll drop into Castro Valley and take Lake Chabot Rd. to San Leandro followed by Bancroft to Oakland. Once in Oakland we'll let our noses take us to our destination - Brotzeit Lokal. Make sure to bring money, the food and beer are delicious. If the weather is good we'll get to enjoy our lunch at the outdoor tables overlooking the marina. If it's a little cold we can sit inside and enjoy the views through the windows. The menu for Brotzeit is online at:
http://brotzeitbiergarten.com/menu/
Our return trip is by the bay and almost as flat as a German pancake. If we're lucky we might even have a tail wind but there are no guarantees. A portion of the route back (~3 miles) is on gravel trails through the Hayward Regional Shoreline. The trails are in decent shape and mostly hard-packed so skinny tires should be fine.
This is a true M-paced ride. Faster riders are welcome join us and ride ahead if they know where they're going.
Riders who don't want to do the full ride can take BART from Lake Merritt (1.5 miles from Brotzeit) or Fruitvale (2 miles from Brotzeit and on our way home) back to Fremont.
Rain or serious threat of rain will cancel the ride. Call, email or text if you're unsure on the morning of the ride.
Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466 -C
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 California. 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  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 Kiklake. 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 l-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