

# NOVEMBER 2013 RIDE CALENDAR

## TOUR OF THE MONTEREY PENINSULA

You are invited to the annual FFBC club ride along 17 Mile Drive in Carmel on the Friday after Thanksgiving (29th). Come out and enjoy the sights and have lunch on the beach. For full ride details see the listing at the end of the calendar.

## 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 November are available at: [http://www.ffbc.org/html/start\\_locations.html](http://www.ffbc.org/html/start_locations.html).

## THANK YOU TO ALL THE NOVEMBER RIDE LEADERS!

### 1<sup>st</sup> Week in November

**Fri Nov 1** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Sat Nov 2** **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: West Kurihara; [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com); (510) 490-3732**  
**M: Mike Northrup; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com); (510) 796-8832**  
**M: Conni Smith; [4conni.smith@gmail.com](mailto:4conni.smith@gmail.com); (510) 461-8838**

**Sun Nov 3** **Portola Valley Loop**  
**8:15 AM** **40 miles, 3 (2,100'), M**  
**Start location: Burgess Park, 701 Laurel St., Menlo Park.**  
**Meet on the west side parking area at Burgess Park.**  
Want to get your ride in early? Then this is the ride for you! Loop through rolling terrain through Portola Valley into Los Altos and back. Frequent re-groups. Bathroom & water stop at start, and at Little League field on Purrisima about half way. No coffee stop, so bring snacks.  
**Julie Gilson; [jmgilson1@yahoo.com](mailto:jmgilson1@yahoo.com); (510) 468-0284**

**Sun Nov 3** **Pleasanton to Mt. Diablo Summit - Revisit**  
**8:45 AM** **60 miles, 5, M**  
**Start location: Pleasanton BART (N. end parking lot by the Iron Horse Trail) - FALL BACK your clock on Sat. night - DON'T BE LATE OR EARLY**

Missed the May ride and want to challenge yourself to make the summit? Ride an M-pace, no drop, loop from Pleasanton BART through Dublin, San Ramon, Danville, and up Mt. Diablo summit. We'll enter the South Gate and exit the North Gate, circle around Walnut Creek for the rest stop. Then head back to the BART station. Bring \$\$ for snacks/coffee. First Fremont train leaves 8:14 A.M. and arrives Pleasanton 8:51 A.M. Rolling at 9 A.M.

<http://www.mapmyride.com/us/dublin-ca/mt-diablo-pleasanton-loop-route-175099136>

**Colin Moy; [moyboys@comcast.net](mailto:moyboys@comcast.net); (510) 690-7749 -C**

**Sun Nov 3** **Show & Go**  
**8:30 AM** **30-50 miles, 2-4, B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

### 2<sup>nd</sup> Week in November

**Mon Nov 4** **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](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Tue Nov 5** **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](mailto:vanessa@mcnmc.com); (510) 441-7607 -H, (510) 517-1466 -C**  
**M: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829 -C**

**Tue Nov 5** **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 Nov 5** **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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Wed Nov 6** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Thurs Nov 7** **Thursday Morning Coffee Ride**  
**9:00 AM** **Alum Rock Park**  
**32 miles, 3 (1,000'), M**  
**Start location: REI Fremont (43962 Fremont Blvd.)**  
We leave from REI in Fremont with our first regroup at Jose Higuera Park. We ride along rolling foothills, climb into Alum Rock Park to the visitor's center, descend into Milpitas for 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 who like to climb. 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; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thurs Nov 7** **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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri Nov 8** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Sat Nov 9** **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](mailto:mikenorthrup@gmail.com); (510) 796-8832**

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

**Sun Nov 10** **Show & Go**  
**8:30 AM** **20-50 miles, 2-4, L-T-M-B**  
**Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).**

**Sun Nov 10** **Dale & Ken's Excellent Adventure**  
**9:00 AM** **Paicines to Panoche**  
**55 miles, 3, T-M**

**Start location: Panoche Rd. in Paicines**  
Come ride a great rural road with no stop signs, no traffic lights, no intersections and almost no traffic - unless you count the cows. This is a very pretty ride; very similar to Mines Road but much less climbing. It is an out and back ride - 27.5 miles out to a bar/cafe (Panoche Inn) with cold drinks and sandwiches available.  
This is one of our favorite rides. There are no long or steep climbs. Elevation gain is roughly equivalent to a Calaveras loop with no wall. This is a "Cinderella Friendly" ride. No one left behind.  
**Directions to the start of the ride:** Hwy 101 south to Gilroy. Exit to Rte. 25 towards Hollister. Follow the 25 bypass around Hollister and continue about 8 miles south of town on Hwy 25 to Paicines. Look for a left turn onto (little) Panoche Rd (J-1). There is a general store on the left just past the intersection (if you miss the turn). After the left turn just park on the right shoulder of the road away from the intersection.  
**Note:** There are no restrooms at the start. We suggest you make a stop in Hollister on the way. You should allow yourself about 1 hour and 15 minutes driving time from Fremont.  
Here's a link to the route and route sheet, and there is a link to driving directions on the map.  
<http://lasthill.net/Maps/PanocheRoad.html>  
**Dale Blanchard; [dale-b@comcast.net](mailto:dale-b@comcast.net); (510) 703-7474**  
**Ken Goldman; [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net); (510) 791-1095**

**Sun Nov 10** "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](mailto:GSMITH289@aol.com); (510) 797-7809 –H, (510) 304-0956 –C**

### 3<sup>rd</sup> Week in November

**Mon Nov 11** 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](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Tue Nov 12** 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](mailto:vanessa@mcnmc.com); (510) 441-7607 -H, (510) 517-1466 -C**  
**M: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829 -C**

**Tue Nov 12** 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 Nov 12** 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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Wed Nov 13** 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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Thurs Nov 14** Thursday Morning Coffee Ride  
**9:00 AM** Castro Valley to San Ramon  
25 miles, 3-4 (1,800'), M  
**Start location: Endless Cycles (3300 EAST Castro Valley Blvd., Castro Valley).** Please park in the small side parking lot.  
The first time we did this route in the Spring it rained, but the few of us who showed up still rode and had a great time. Jeff will open the shop early so we can use the restroom. We will head directly up Crow Canyon and climb out and back on Cull Canyon. Then we will pass the coffee stop (Bodi's Java, anyone is welcome to skip the second climb and have a very long coffee stop) then head up Dublin Canyon and do an out and back up the short, but steep, Schaffer Ranch. If you're a fast climber, when you reach the top, you can do repeats. 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; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thurs Nov 14** 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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri Nov 15** 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](mailto:alanq44@hotmail.com); (510) 760-9245**

**Sat Nov 16** Portola Loop  
**8:30 AM** 30 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.  
**Linda Luders; [linda@luders.org](mailto:linda@luders.org); (510) 331-6766 –C, (510) 276-4048 –H**  
**Timothy Luders; [timothy@luders.org](mailto:timothy@luders.org); (510) 867-9277**

**Sat Nov 16** Show & Go  
**8:30 AM** 30-50 miles, 2-4, B  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Sun Nov 17** **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).**

## 4<sup>th</sup> Week in November

**Mon Nov 18** **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](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Tue Nov 19** **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](mailto:vanessa@mcnmc.com); (510) 441-7607 -H, (510) 517-1466 -C**  
**M: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829 -C**

**Tue Nov 19** **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 Nov 19** **San Ramon Valley**  
**9:30 AM** **30 miles, 2 (1,000'), M**  
**Start location: San Ramon Central Park**  
This month we will meet again at San Ramon Central Park at the corner of Bollinger Canyon Rd. and Alcosta Blvd. From #680 exit Bollinger Canyon Road east bound. Just past the Camino Ramon and the Iron Horse Trail, turn left into the park. We will do a loop of approximately 30 miles, and bring \$\$ for a coffee stop during the ride. Rain cancels. Call or check the FFBC Yahoo! Group, or email if unsure.  
**Ron Mitchell; [ron\\_m\\_fwbc@sbcglobal.net](mailto:ron_m_fwbc@sbcglobal.net); (510) 792-7219 -H, (510) 508-7219 -C**

**Tue Nov 19** **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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Wed Nov 20** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Thurs Nov 21** **Thursday Morning Coffee Ride**  
**9:00 AM** **Across the Dumbarton Bridge**  
**25-35 miles, 3, M**  
**Start location: Don Edward's Wildlife Refuge**  
This ride starts at the Don Edward's Wildlife Refuge Visitor Center. We head across the Dumbarton Bridge to various destinations. For a flat ride we ride 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](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thurs Nov 21** **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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri Nov 22** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Sat Nov 23** **Show & Go**  
**8:30 AM** **30-50 miles, 2-4, B**  
**Meet at REI in Fremont (43962 Fremont Blvd.).**

**Sat Nov 23** **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 as we make our way to Los Altos. Our return ride will be on Foothill before crossing the bay again. We'll regroup a few times and make sure we don't leave anyone behind. Bring \$ for a refreshment stop in downtown Los Altos.  
**Gary Smith; [GSMITH289@aol.com](mailto:GSMITH289@aol.com); (510) 797-7809 –H, (510) 304-0956 -C**

**Sun Nov 24** **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.**

## 5<sup>th</sup> Week in November

**Mon Nov 25** **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](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Tue Nov 26** **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](mailto:vanessa@mcnmc.com); (510) 441-7607 -H, (510) 517-1466 -C**  
**M: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829 -C**

**Tue Nov 26** **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 Nov 26** **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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Wed Nov 27** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Happy Thanksgiving! No Thursday Coffee Ride today but if you really want to ride there's a Show & Go!**

**Thurs Nov 28** **Show & Go**  
**8:30 AM** **20-50 miles, 1-3, L-M-B**  
**Meet at the Bicycle Garage, 5006 Mowry Ave at Blacow Rd.**

**Thurs Nov 28** **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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri Nov 29** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Fri Nov 29** **17-Mile Drive Ride**  
**10:00 AM** **40+/- miles, 2-3, L-M**  
**Meet at George Washington Park in Pacific Grove (Sinex Avenue and 17-Mile Drive).** This is FFBC's traditional day after Thanksgiving tour of the scenic 17-Mile Drive in Carmel, with a side trip to Point Lobos. No one's in a hurry today, and no will be left behind. Bring money for lunch in Carmel. We will eat on the beach. We will have frequent regroupings, usually impromptu, and located at a scenic and/or wildlife viewing point. After the ride many people go out to eat at Moss Landing for terrific seafood, a fine ending to a great day.  
**Directions:** 101 South past Gilroy to Hwy. 156. Go west to Hwy 1, then south on Hwy 1 to Hwy 68 west. Bear left at the Y onto Sunset drive. Right on 17-Mile drive. Right onto Sinex Ave. then left onto Alder Street. Do a U-turn and park adjacent George Washington Park rather than in front of people's houses. If serious rain threatens contact David or Julia or watch for a message on the FFBC Yahoo! Group.  
**Julia & David Walker; [dbwalker0min@gmail.com](mailto:dbwalker0min@gmail.com); (510) 468-9712**

**Sat Nov 30** **Sierra Road**  
**8:30 AM** **43 miles, 5, M-B**  
**Start location: Downtown Niles on Niles Blvd. across from H Street**  
One of the best ways to warm up on a November day is to do a little climbing. On this ride you'll do a little climbing, and then some more...and by the time you get to the top of Sierra you'll be so warm you'll want to take layers off! It's back down Felter and return on the usual route to Fremont.  
**Sandra King; [regalmoded@yahoo.com](mailto:regalmoded@yahoo.com); (925) 487-7658**

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