

# December 2013 RIDE 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 December are available at: [http://www.ffbc.org/html/start\\_locations.html](http://www.ffbc.org/html/start_locations.html).

THANK YOU TO ALL THE December RIDE LEADERS!

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

**Sun Dec 1** **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.**

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

**Mon Dec 2** **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 Dec 3** **Tour de Fremont Hills**  
**8:30 AM** **29 miles, 3 (~1,900'), 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: Creighton Chong; [creighton\\_chong@yahoo.com](mailto:creighton_chong@yahoo.com);**

**Tue Dec 3** **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 Dec 3** **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 Dec 4** **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 Dec 5** **Thursday Morning Coffee Ride**  
**9:00 AM** **Alum Rock Park**  
**32 miles, 3, M**  
**Start location: REI Fremont**  
We meet at REI in Fremont (43962 Fremont Blvd.) and our first regroup is at Jose Higuera Adobe 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, 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; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thurs Dec 5** **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 Dec 6** **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 Dec 7** **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: Carrie & Andy Payne; [andypayne@att.net](mailto:andypayne@att.net); (510) 795-1802 -H, (510) 754-0276 -C**  
**M: Jan Green; [jan\\_green@comcast.net](mailto:jan_green@comcast.net); (510) 579-3595**

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

**Sun Dec 8** **"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.  
**Ron Mitchell; [ron\\_m\\_ffwbc@sbcglobal.net](mailto:ron_m_ffwbc@sbcglobal.net); (510) 792-7219 -H, (510) 508-7219 -C**

**Sun Dec 8** **Show & Go & Shop**  
**9:00 AM** **Sports Basement Ride**  
**20-50 miles, 1-4, L-T-M-B**  
**Sports Basement (Sunnyvale)** is hosting a 20% off shopping day for Team Fremont and has invited the rest of club to join in on the savings.  
No better way to work up an appetite for shopping than to start off with a ride. This ride is a "Show & Go" meaning that the riders who show up at the start decide the route. The ride coordinator ([ridecoordinator@ffbc.org](mailto:ridecoordinator@ffbc.org)) does have a couple of route suggestions courtesy of the race team if you're interested. There is a rumor that there might even be snacks, courtesy of Sports Basement, at the end of the ride.  
BTW, the 20% discount is good even if you don't ride (there are a few exceptions to the discount).

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

**Mon Dec 9** **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 Dec 10** **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: John Dickens; [j\\_m\\_dickens@yahoo.com](mailto:j_m_dickens@yahoo.com); (510) 364-1797**

**Tue Dec 10** **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 Dec 10** **San Ramon Valley**  
**9:30 AM** **30 miles, 2 (600'), 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. Each month we will ride a different loop. 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\\_ffwbc@sbcglobal.net](mailto:ron_m_ffwbc@sbcglobal.net); (510) 792-7219 -H, (510) 508-7219 -C**

**Tue Dec 10** **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 Dec 11** **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 Dec 12** **Thursday Morning Coffee Ride**  
**9:00 AM** **Ride Through Collier Canyon**  
**31 miles, 3 (1,075'), M**  
**Start location: Crank2 Performance Tandems**  
We will start at Crank2 Performance Tandems (5480-9 Sunol Boulevard, Pleasanton). Please use the restroom at Raley's before the ride start. We will ride in a CW loop up Camino Tassajara, Highland and Collier Canyon, descend into Livermore with a coffee stop finish with an optional climb up Bernal Bump. No one left behind! 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; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thurs Dec 12** **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 Dec 13** **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 Dec 14** **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 Dec 14** **Dale & Ken's Excellent Adventure**  
**9:00 AM** **Shepherd Canyon**  
**30 miles, 4, T-M**  
Come ride in the Oakland hills. We will climb Redwood and Pinehurst up to Skyline then drop down Shepherd's Canyon to Montclair for coffee. We will return to Skyline using a unique and scenic route before returning on Redwood. This ride has about 3000 feet of climbing but it is broken up into several parts (by starting at the golf course, we have eliminated two climbs and about 500 ft from the last time we did this ride in 2010). None of the climbs are over 2 miles long.  
All "T/M" riders are welcome. No one will be left behind (unless Dale stops to fiddle with his gps.) For an advance look at this ride check:  
<http://lasthill.net/Maps/ShepherdCanyon.html> . . . and you might want to click on the two history buttons on the map. There's history in them thar hills.  
**Start at the Willow Park Public Golf Course, 17007 Redwood Road, Castro Valley, CA 94546.** Park to the right, rear of the club house behind the restrooms.  
**Ken Goldman; [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net); (510) 791-1095**  
**Dale Blanchard; [dale-b@comcast.net](mailto:dale-b@comcast.net); (510) 703-7474**

**Sat Dec 14** **Thinking about Cinderella?**  
**9:00 AM** **15 miles, 1, T**  
**Start location: Newark Raley's (Jarvis and Newark Blvd.)**  
This short, slow, flat ride is intended to figuratively get your feet wet for Cinderella Training. Considering signing up for training but have some fears about your ability? Already signed up, but worried about the first ride? Come join me; see how fun it can be. No pressure! We will meet in the parking lot of the Newark Raley's (Jarvis and Newark Blvd.) and ride at a leisurely pace to Prolific Oven for coffee. No one left behind.  
Rain cancels, check yahoo group, email or call me.  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Sat Dec 14** **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 Dec 15** **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 Dec 15** **"Mezza Luna del Mar"**  
**9:00 AM** **54 miles, 4, M**  
**Start location: Corner of Church and Miramontes St., Half Moon Bay.**  
December is usually a lovely time to ride along the coast. We will head south from HMB to San Gregorio, over Haskins Hill, and down to Pescadero for lunch at Archangeli's Market/Bakery (think ARTICHOKE bread). Then we return north along the coast with a pretty, inland detour to Higgins-Purissima, a lovely hill which will drop us back into HMB.  
There is 3500 ft of cumulative climbing over the 54 miles, but no long steep climbs. All "M" riders are welcome and should feel comfortable on this fun ride. No one left behind.  
**Suggested route to start:** Hwy 92 to L on Main St (stop light just before Hwy 1) in HMB. Then R on Miramontes and L on Church. Park along the street. Allow an hour from Fremont. Map and route sheet available at (courtesy of Dale Blanchard) <http://lasthill.net/Maps/MezzaLuna.html>  
Rain cancels.  
**Joyce Tanaka; [Notes4jt@gmail.com](mailto:Notes4jt@gmail.com); (510) 703-2675**  
**Tina Boomershine; (408) 655-1060**

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

**Mon Dec 16** **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 Dec 17** **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 Dec 17** **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 Dec 17** **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 Dec 18** **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 Dec 19** **Thursday Morning Coffee Ride**  
**9:00 AM** **Cull Canyon & Schaefer Ranch**  
**26 miles, 3, M**  
**Start location: Endless Cycles (3300 EAST Castro Valley Blvd., Castro Valley)**  
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 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, Schaefer 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 Dec 19** **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 Dec 20** **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 Dec 21** **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.  
**Louis & Sydney Friedenberg; [louispf@sbcglobal.net](mailto:louispf@sbcglobal.net); (510) 793-3796**

**Sat Dec 21** **Show & Go**  
**8:30 AM** **30-50 miles, 2-4, B**  
**Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).**

**Sun Dec 22** **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 December

**Mon Dec 23** **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 Dec 24** **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 Dec 24** **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 Dec 24** **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 Dec 25** **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 Dec 26** **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 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, 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](mailto:lorisommer@gmail.com); (510) 693-8624 -C**

**Thurs Dec 26** **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 Dec 27** **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 Dec 28** **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 Dec 29** **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).**

## 6<sup>th</sup> Week in December

**Mon Dec 30** **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 Dec 31** **Tour de Fremont Hills**  
**8:30 AM** **35-45 miles, 3-4, 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 our final ride this year we're going to have a surprise! Hills will be involved and of course we'll have our obligatory stop at Peet's (but maybe not our regular one) for a well-earned 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 Dec 31**

**Show & Go**

**9:00 AM**

**20-50 miles, 1-5, L-M-B**

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

**No TNT this evening. Happy New Year!**