

JANUARY 2014 RIDE CALENDAR

(updated 1/8/14)

TRAINING FOR SPRING METRIC & FULL CENTURIES

Starting in January we have lots of rides to choose from each weekend. Thinking of riding a metric or full century in the Spring? We have 3 different training series to choose from to help you reach your goal.

Progressive Ride Series (PRS)

Our annual PRS (Progressive Ride Series) rides start on January 19th and runs every Sunday. The PRS series gets riders ready for a full century (the Primavera Worker's Ride on April 19th). Jay Gilson and Kevin McDonnell have graciously agreed to lead the entire series. They will lead the rides at an M pace. If there are any B paced riders who would like to step up and volunteer to lead at a B pace please let the [ride coordinator](#) know.

Less Aggressive Progressive Ride Series (LAP)

After a hugely successful first run last year, the LAP (Less Aggressive Progressive) rides are back. Starting on Sunday January 12th the weekly LAP rides will become progressively more challenging. Rides will continue through the end of March at a T-M pace with the goal of preparing riders to complete a metric century of their choice in the Spring. Lori Sommer, Cindy Maxwell and numerous other leaders and helpers are guaranteed to make this series another roaring success.

Cinderella Conditioning Ride Series (CCRS)

Last, but my no means least, we have our annual Cinderella training series starting on January 18th and running Saturdays through March 29th. This year we've split the training into two distinct series, the "Coaching Series" is for new women riders (sorry, no men) and is a paid program. For full details of the "Coaching Series" please see the [FFBC Cinderella](#) website. **The second Cinderella series is our "Cinderella Conditioning Ride Series". It's free, and open to all club members.** The "Conditioning" series will progress to a metric century a little more gently than the LAP rides. The rides will be no drop rides at a T-M pace, led by many of our regular Cinderella ride leaders.

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 January are available at: http://www.ffbc.org/html/start_locations.html.

THANK YOU TO ALL THE JANUARY RIDE LEADERS!

1st Week in January

Wed Jan 1 **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 \$\$.
AI Quintana; alanq44@hotmail.com (510) 760-9245

Thurs Jan 2
9:00 AM

Thursday Morning Coffee Ride
Alum Rock Park
36 miles, 3, M

Come get started on those New Year's Resolutions! **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 regroup. No one left behind, and there are options (Alum Rock Road, Inspiration Point, Miguelito) 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; (510) 693-8624 -C

Thurs Jan 2
6:15 PM

TNT (Thursday Night Training)
60-90 minutes, 1, M-B-F

Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.

Meet at Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

When dark, lights required. Helmets are mandatory.

Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Jan 3
8:30 AM

The Friday Bike Club
35-45 miles, 3-4, M-B

Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley). Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

AI Quintana; alanq44@hotmail.com (510) 760-9245

Sat Jan 4
8:30 AM

Calaveras Clockwise
40 miles, 3, M & B

This is our traditional "1st Saturday of the Month" ride. We will meet at downtown Niles parking lot across from H St on Niles Blvd. and ride up Niles Canyon into Sunol then on to Calaveras. Our traditional route brings us out in Milpitas and we return via a route that stays close to the hills. Rain or a serious threat of rain cancels.

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

M: Dave Epps; depps55@gmail.com; (510) 487-5288 -H, (510) 552-2615 -C

M: Stephen Politzer; thetechdog@gmail.com; (510) 638-3709 -H, (510) 761-5564 -C

Sun Jan 5 **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 mile 20 at the Sunnyvale Baylands Park. We'll ride past Moffett Field to the Stevens Creek Trail and then have a coffee break at Shoreline Park. We'll take part of the Bay Trail 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 [my house] 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 -H
Conni Smith; 4conni.smith@gmail.com; (510) 471-8047 -H

Sun Jan 5 **Show & Go**
8:30 AM **30-50 miles, 2-4, B**
Meet at REI in Fremont (43962 Fremont Blvd.).

2nd Week in January

Mon Jan 6 **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 Jan 7 **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 Jan 7 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage in Fremont, 5006 Mowry Ave (at Blacow Rd.)

Tue Jan 7 **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 Jan 8 **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 Jan 9 **Thursday Morning Coffee Ride**
9:00 AM **Donna Boomershine's Birthday Ride**
25-35 miles, 3, M
Start location: Don Edward's Wildlife Refuge, Fremont
Donna is an amazing woman who has been riding with FFBC for many years and now has the honor to be the first female to join Walt and Herm in the over 80 club! Meet the birthday girl at Don Edward's Wildlife Refuge Visitor Center and we will ride the hills around Fremont before stopping for cake and pictures at Mission Coffee. No one 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; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Jan 9 **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 Jan 10 **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

3rd Week in January

Sat Jan 11 **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 Jan 11 **Show & Go**
8:30 AM **30-50 miles, 2-4, B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun Jan 12 **Show & Go**
8:30 AM **20-50 miles, 2-4, B**
Meet at downtown Niles parking lot across from H St on Niles Blvd.

Sun Jan 12 **"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

Sun Jan 12 **LAP #1**
9:00 AM **Cull Canyon/Dublin Grade/Schaefer Ranch**
25 miles, 3-4 (1,345' or 1,545'), T-M

Start location: Endless Cycles 3300 EAST Castro Valley Blvd (near Center Street)

Our first ride in the series! **We start at Endless Cycles (please park in the small side lot or away from the building)**. Jeff will open the shop so we can use the restroom. First we do an out and back on beautiful Cull Canyon, then we will climb East Castro Valley and Dublin Blvd. out to Schaefer Ranch. The climb on Schaefer is optional; it is a short but steep climb to a regroup point. Since we will see this climb later in the series, I thought it might be "fun" to try it on our first ride and then you'll be able to see your improvement when we ride it again in March. We head back for coffee near the end of the ride at Bodi's Java (Subway and Dickie's are alternatives) at mile 24 so bring a snack to eat along the way. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call me.

Map with printable route sheet is available at:

<http://ridewithgps.com/routes/3765401>

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

Mon Jan 13 **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 Jan 14 **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 Jan 14 **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 Jan 14 **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 Jan 15 **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 Jan 16
9:00 AM**

**Thursday Morning Coffee Ride
Norris & Bollinger Canyons
27 miles, 3-4 (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 yahoo group, email or call me.

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

**Thurs Jan 16
6:15 PM**

**TNT (Thursday Night Training)
60-90 minutes, 1, M-B-F**

Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.

Meet at Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

When dark, lights required. Helmets are mandatory.

Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

**Fri Jan 17
8:30 AM**

**The Friday Bike Club
35-45 miles, 3-4, M-B**

Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley). Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

Al Quintana; alanq44@hotmail.com (510) 760-9245

**Sat Jan 18
8:30 AM**

**Portola Loop
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.

Joyce Tanaka; notes4jt@gmail.com; (510) 703-2675

**Sat Jan 18
8:30 AM**

**Show & Go
20-50 miles, 2-4, B**

Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).

**Sat Jan 18
9:00 AM**

**Cinderella Conditioning #1
Coyote Hills
21 miles, 1, T, M**

Start Location: Bicycle Garage, 5006 Mowry Ave., Fremont

It's time to start training for Cinderella again! This year we're doing things a little differently. **For our "Conditioning" rides all club members (male and female) are welcome to join.** Our first ride is an easy loop out to Coyote Hills and back along the Alameda Creek trail. Coffee will be at Starbucks beside The Bicycle Garage after the ride.

Map with printable route sheet is available at:

<http://ridewithgps.com/routes/3800237>

T: Marty Heinrich; martyheinrich@comcast.net

M: Jo Lynn McCabe; jojmc250@aol.com; (510) 406-5499

**Sun Jan 19
8:30 AM**

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

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

**Sun Jan 19
9:00 AM**

**LAP #2
Collier Canyon/Bernal Bump
34 miles, 3 (1,400'), T-M**

Start location: Crank-2 5480 Sunol Blvd, Pleasanton

If you've never ridden Collier Canyon this is a really nice ride into scenic rural areas. We start at Crank-2, ride through Pleasanton and climb Gleason, Fallon, Camino Tassajara, Highland and Collier Canyon. This is a clockwise loop (some portions do not have a bike lane so we are on the shoulder) with a fun descent into Livermore. We will stop at the new Denica's located in Livermore for coffee and meander back before climbing Bernal Bump as the finish to our ride. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call me.

Map with printable route sheet is available at:

<http://ridewithgps.com/routes/3765728>

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

**Sun Jan 19
8:30 AM**

**PRS #1 – Alum Rock Park
35 miles, 2 (1,627'), M**

For a full description of the Progressive Ride Series (PRS) please see the top of this calendar. **Meet at the CVS Pharmacy/Shopping Center on the corner of Mission Blvd. and Warm Springs Blvd.** for a ride down to beautiful Alum Rock Park. Bring money for the coffee stop during the ride. Rain cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens.

Map is available at:

<http://ridewithgps.com/routes/3722545>

Kevin McDonnell; kevin@mcnmc.com; (510) 441-7607 -H, (510) 364-4435 -C

Jay Gilson; jaymgilson@gmail.com; (510) 468-0285 -C, (510) 790-3564 -H

4th Week in January

Mon Jan 20 **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 Jan 21 **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 Jan 21 **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 Jan 21 **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 Jan 22 **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 Jan 23 **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, 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, 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 Jan 23 **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 Jan 24 **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 Jan 25 **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.**

Sat Jan 25 **Dale & Ken's Excellent Adventure**
9:00 AM **Palomares with a Twist**
39 miles, 4, T-M

Start location: Niles

Come join us for a local loop over Palomares with a detour up Schafer Ranch and a great descent into Dublin. We'll stop for coffee on the way home at a new bakery in Pleasanton. This ride has a little more climbing than a Calaveras loop. This is a T/M ride and no one will be left behind.

You can view the route at:

<http://lasthill.net/Maps/PalomaresTwist-1.html>

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

Ken Goldman; ken.goldman@comcast.net; (510) 791-1095

5th Week in January

Sat Jan 25
9:00 AM

Cinderella Conditioning #2
"The Animals"
25 miles, 2-3 (981'), T, M

Start Location: Bicycle Garage, 5006 Mowry Ave., Fremont
For our second ride in the series we'll go south and tackle "The Animals". Unlike in previous years we'll do the full animals so there'll be a little more climbing than the traditional Cinderella route. After "The Animals" we'll get a well-deserved downhill along Mission Blvd. to downtown Niles. We'll make our way from there around Quarry Lakes and weave our way through the neighborhoods back to The Bicycle Garage. Coffee will be at Starbucks beside The Bicycle Garage after the ride. **Remember these "Conditioning" rides are open to all club members (male and female).**

Map with printable route sheet is available at:

<http://ridewithgps.com/routes/3828942>

T: Marcella Casebolt; ma-cella@pacbell.net; (510) 673-1991

M: Joyce Tanaka; notes4jt@gmail.com; (510) 703-2675

Sun Jan 26
8:30 AM

Show & Go
20-50 miles, 2-4, B

Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun Jan 26
9:00 AM

LAP #3
Alum Rock, Miguelito & Old Penetencia
37 miles, 3-4 (1,600'), T-M

Start location: REI Fremont

This ride is always a club favorite, winding along the foothills into beautiful Alum Rock Park. We will head up Miguelito via Alum Rock Road and climb to the intersection at Mt. Hamilton Road. We return the same way but when we reach the park we will enter the gate on the right and climb to (and descend) Inspiration Point. After a regroup at the Visitor's Center, we return along the foothills with a loop up Old Piedmont and have our break at Noah's/Starbucks in Milpitas. It is a flat ride back to REI. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call me.

Map with printable route sheet is available at:

<http://ridewithgps.com/routes/3766539>

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

Sun Jan 26
8:30 AM

PRS #2 – Hills of Fremont
29 miles, 3-4 (2,285'), M

For a description of the Progressive Ride Series (PRS) please see the top of this calendar. **Meet at downtown Niles parking lot, across from H St on Niles Blvd.** For our second ride in the series we'll tackle some of Fremont's finest hills – Yakima, "The Animals", Paseo Padre, Pine, Sabercat and Pine again (in reverse this time).

Bring money for the coffee stop during the ride. Rain cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens.

Map is available at:

<http://ridewithgps.com/routes/3747676>

Kevin McDonnell; kevin@mcnmc.com; (510) 441-7607 -H, (510) 364-4435 -C

Jay Gilson; jaymgilson@gmail.com; (510) 468-0285 -C, (510) 790-3564 -H

Mon Jan 27
8:30 AM

Monday Morning Recovery Ride
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 Jan 28

8:30 AM
Tour de Fremont Hills
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 Jan 28

9:00 AM
Show & Go
20-50 miles, 1-5, L-M-B

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

Tue Jan 28

6:15 PM
TNT (Tuesday Night Training)
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 Jan 29

8:30 AM
Mid-week Morning Ride
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

