

# MARCH 2014 RIDE CALENDAR

(updated 3/4/14)

## PRS, LAP & CCRS

Our training series' in preparation for Spring centuries are winding down this month (with the exception of the PRS which will continue into April). The PRS (Progressive Ride Series) builds towards a full century, the LAP (Less Aggressive Progressive) prepares riders for hilly metric centuries and our CCRS (Cinderella Conditioning Ride Series) prepares riders for the Valley Spokesmen's Cinderella Classic Ride. The three ride series are open to all club members. Ride details for this month's rides are below. Happy training!

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

## THANK YOU TO ALL THE MARCH RIDE LEADERS!

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

**Sat Mar 1** **Cinderella Conditioning #7**  
**8:00 AM** **Calaveras (Cindy version)**  
**40 miles, 3, T & M**

#### Start Location: Crank-2, Pleasanton

Join us for the traditional "Cindy" version of Calaveras. We'll start at Crank-2 and make our way out to Calaveras. We'll climb, with a re-group at the "False Summit", to the "Wall" and the U-turn and go back to Crank-2.

Rain cancels. Please check the FFBC Yahoo! Group or contact one of the ride leaders on the morning of the ride if the weather is questionable.

**T: Marty Heinrich; [martyheinrich@comcast.net](mailto:martyheinrich@comcast.net); (510) 579-0651**

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

**Sat Mar 1** **Calaveras Clockwise**  
**8:30 AM** **40 miles, 3, M & B**

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

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

**B: TBD**

**Sun Mar 2** **PRS #7 – Del Valle**  
**8:00 AM** **61 miles, 3, M & B**

There is only one major hill on this ride, only problem is that we have to do it twice. Enjoy the Livermore valley as we make our way to Mines Rd. and our destination of Lake Del Valle. **Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.** Bring money for a coffee stop en route. Rain cancels.

Map with printable route sheet is available at:

<http://ridewithgps.com/routes/3759093>

**M: Kevin McDonnell; [kevin@mcnmc.com](mailto:kevin@mcnmc.com); (510) 441-7607 –H, (510) 364-4435 -C**

**M: Jay Gilson; [jaymgilson@gmail.com](mailto:jaymgilson@gmail.com); (510) 468-0285 –C, (510) 790-3564 -H**

**B: Tim & Robin O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 418-2669**

**Sun Mar 2** **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 Mar 2** **LAP #8**  
**9:00 AM** **Vallecitos/Vineyard/Arroyo/Holdner/Corral Hollow**  
**50 miles, 3-4 (3,047'), T-M**

**Start location: gravel lot across from the Sunol Train Station**  
Let's play on the highway! We will meet in the gravel lot across from the Train Station. Please park in the gravel lot or on the surrounding streets (preferable) and ride over. There is a nearby elementary school but we did not request permission (\$) so it is at your own risk. **DO NOT PARK** in the Sunol Train Station parking lot.

We will ride on Highway 680 (for one exit only, it is legal and has a wide shoulder) to access Vallecitos (Highway 84). Caution, there is a short portion without a bike lane on Vallecitos. We will re-group at the top, ride through some beautiful vineyards, then head out to the back of Sycamore Grove Park and climb Arroyo to the top. It is an out and back then we go through the Holdner Park and up Tesla to the top of Corral Hollow. It is also an out and back. We will stop in Livermore for lunch and then head back to Sunol via Vallecitos. If you want to join us but don't want to do ALL the climbing you are welcome to modify the route or turn around anytime on the out and backs. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call me.

The map should be available for reference a week before the ride:

<http://ridewithgps.com/routes/3770687>

**Lori Sommer; [lorisommer@gmail.com](mailto:lorisommer@gmail.com); (510) 693-8624 -C**

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

**Mon Mar 3** **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 Mar 4** **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 Mar 4** **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 Mar 4** **Collier Canyon from San Ramon**  
**9:30 AM** **32 miles, 2 (1,100'), 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. Each month we will do a different loop of approximately 30 to 35 miles. This month we will ride east on Crow Canyon to a down hill run on Collier Canyon, then return on a new route through Pleasanton. Bring \$\$ for a coffee stop at Denica's during the ride. Some months we will do a shorter coffee stop so that we can enjoy Pizza at Zachary's after the ride.  
**Directions:** From I-680 exit Bollinger Canyon Road east bound. Just past the Camino Ramon and the Iron Horse Trail, turn left into the park and park near the basketball courts. Rain cancels. Call or check the FFBC Yahoo! Group if unsure.  
**Ron Mitchell; [ron\\_m\\_ffwbc@sbcglobal.net](mailto:ron_m_ffwbc@sbcglobal.net); (510) 792-7219 -H, (510) 508-7219 -C**

**Tue Mar 4** **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 Mar 5** **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 Mar 6** **Thursday Morning Coffee Ride**  
**9:00 AM** **Alum Rock Park**  
**36 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 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](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thurs Mar 6** **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 Mar 7** **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 Mar 8** **Cinderella Conditioning #8**  
**8:00 AM** **"Marty's Tour of Fremont"**  
**53 miles, 1-3 (1,619'), T & M**  
**Start Location: Bicycle Garage, 5006 Mowry Ave., Fremont**  
Join us on a grand tour of Fremont! We've visit "The Animals", go through historic downtown Niles, pass Quarry Lakes, Don Edwards and Coyote Hills, with a stop for coffee at Prolific Oven en route. This mostly flat ride is a great way to really see the area, something that's hard to do behind the wheel of a car.  
Rain cancels. Please check the FFBC Yahoo! Group or contact one of the ride leaders on the morning of the ride if the weather is questionable.  
Map with printable route sheet is available at:  
<http://ridewithgps.com/routes/4014688>  
**T: Rochelle Kiner; [chelle\\_sj@yahoo.com](mailto:chelle_sj@yahoo.com); (408) 981-9820**  
**M: Vicki Timmons; [vicki2bike@comcast.net](mailto:vicki2bike@comcast.net); (510) 589-7356**

**Sat Mar 8** **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 Mar 8** **Show & Go**  
**8:30 AM** **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 Mar 9** **PRS #8 – Corral Hollow**  
**8:00 AM** **63 miles, 3, M & B**  
This ride takes us into Tracy via Corral Hollow and returns via Altamont pass road. **Meet at Livermore Park & Ride lot on E. Airway Blvd. at Rutan Dr.** Bring money for a coffee stop en route. Rain cancels.  
Map with printable route sheet is available at:  
<http://ridewithgps.com/routes/3976230>  
**M: Kevin McDonnell; [kevin@mcnmc.com](mailto:kevin@mcnmc.com); (510) 441-7607 –H, (510) 364-4435 -C**  
**M: Jay Gilson; [jaymgilson@gmail.com](mailto:jaymgilson@gmail.com); (510) 468-0285 –C, (510) 790-3564 -H**  
**B: Michael Williams; [mwilliams297@comcast.net](mailto:mwilliams297@comcast.net); (510) 364-4335**

**Sun Mar 9** **Show & Go**  
**8:30 AM** **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 Mar 9** **"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**

**Sun Mar 9** **LAP #9**  
**9:00 AM** **Grant Ranch**  
**49 miles, 3-4 (3,200'), T-M**

**Start location: REI Fremont**  
We're heading south for the hills this week. We'll meet at REI in Fremont and ride to Mt. Hamilton Rd. in San Jose. We'll climb up and up and then up some more. With few cars on the road, we can enjoy the scenery and the climb (some more than others). At the Ranch, we'll have a short break, maybe ring the Grant Ranch bell and then begin the sometimes thrilling descent back down to the valley floor. After our lunch at Erik's/Starbucks/Noah's, we'll have only a flat ride back to the start in Fremont.  
No drops and regroups as needed. Since it is an out and back you can turn back anytime for less climbing and mileage! Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call me.  
The map should be available for reference a week before the ride:  
<http://ridewithgps.com/routes/3787763>  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

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

**Mon Mar 10** **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 Mar 11** **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 Mar 11** **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 Mar 11** **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 Mar 12** **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 Mar 13** **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; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thurs Mar 13** **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 Mar 14** **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 Mar 15** **Cinderella Conditioning #9**  
**8:00 AM** **Livermore/Pleasanton/Dublin etc.**  
**45 miles, 3 (2,720'), T & M**

**Start Location: Dirt parking lot opposite Sunol Train station**  
Starting in Sunol this ride visits five different cities before returning to the starting point. From Sunol we'll climb Vallecitos to Livermore, then ride through Pleasanton, Dublin and San Ramon before returning to Sunol. The coffee stop will be at Denica's in Dublin so bring \$  
Rain cancels. Please check the FFBC Yahoo! Group or contact one of the ride leaders on the morning of the ride if the weather is questionable.  
Map with printable route sheet is available at:  
<http://ridewithgps.com/routes/3989467>  
**T: Marty Heinrich; [martyheinrich@comcast.net](mailto:martyheinrich@comcast.net); (510) 579-0651**  
**M: Vicki Timmons; [vicki2bike@comcast.net](mailto:vicki2bike@comcast.net); (510) 589-7356**

**Sat Mar 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).**

**Sat Mar 15** **Portola Loop**  
**9:00 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**

**Sun Mar 16** **PRS #9 – Mines**  
**8:00 AM** **63 miles, 4, M & B**  
This ride is an out and back on Mines Road in Livermore to the Junction at Del Puerto Canyon. **Meet in the parking lot of Lucky's in Livermore (Concannon and Holmes).** Bring food, we can't always depend on the Junction Café to be open/fast enough for the stop. Rain cancels.  
Map with printable route sheet is available at:  
<http://ridewithgps.com/routes/3759113>  
**M: Kevin McDonnell; [kevin@mcnmc.com](mailto:kevin@mcnmc.com); (510) 441-7607 -H, (510) 364-4435 -C**  
**M: Jay Gilson; [jaymgilson@gmail.com](mailto:jaymgilson@gmail.com); (510) 468-0285 -C, (510) 790-3564 -H**  
**B: Tim & Robin O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 418-2669**

**Sun Mar 16** **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 Mar 16** **LAP #10**  
**9:00 AM** **Palomares & Dublin Canyon TWICE!**  
**40 miles, 3-4 (3,400'), T-M**

**Start location: Downtown Niles (parking lot across from H street)**

This week we will ride a portion of the club's Primavera route. Starting in Niles, we'll ride to Palomares Road for a scenic & sustained climb. After we catch our breath, we'll lose it again as we tear back down the hill to Dublin Canyon for a different type of climbing on a long, low grade. After a steep climb on Schaefer Ranch Road (most of us remember this from the first LAP ride), we'll head to Dublin for our break at Panera Bread. When we climb back on our bikes, we will head back the way we came to climb Palomares Road on the backside, also known as the steeper side. Our reward will be a long pretty descent and our return to the starting point. Anybody for a beer at Bronco Billy's? We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regroup as needed.

Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call me.

The map should be available for reference a week before the ride:

<http://ridewithgps.com/routes/3788767>

Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C

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

**Mon Mar 17** **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 Mar 18** **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 Mar 18** **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 Mar 18** **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 Mar 19** **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 Mar 20** **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 yahoo group, email or call me.

**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thurs Mar 20** **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 Mar 21** **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 Mar 22** **Cinderella Conditioning #10**  
**8:00 AM** **Crystal Springs**  
**56 miles, 2, T & M**

**Start Location: Bicycle Garage, 5006 Mowry Ave, Fremont**  
Join us for one of the highlights of the Cinderella Conditioning Ride Series, a ride to beautiful Crystal Springs Reservoir. Starting at the Bicycle Garage we'll ride over the Dumbarton bridge to Menlo Park where we'll weave through the neighborhoods. We'll take Woodside road to Woodside and then ride down Canada Rd. taking in the beautiful views of the reservoir. We'll U-turn at HWY 92 and head down Edgewood rd. to coffee/sandwiches at Prima Deli in Redwood City. From there we'll weave our way back to Fremont the scenic way!  
Rain cancels. Please check the FFBC Yahoo! Group or contact one of the ride leaders on the morning of the ride if the weather is questionable.

Map with printable route sheet is available at:

<http://ridewithgps.com/routes/4123948>

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

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

**Sat Mar 22** **Calaveras CCW**  
**8:30 AM** **38 miles, 3-4, M**

**Start location: Downtown Niles parking lot across from H St.**  
Sometimes it's good to go against the grain, or in this case counter-clockwise instead of clockwise. This counter clockwise loop of Calaveras meets in downtown Niles and takes the usual route to Calaveras. Map and route sheet online at:  
<http://ridewithgps.com/routes/3945502>  
Coffee at the end of the ride at Peet's in Fremont.

**Kevin McDonnell; [kevin@mcnmc.com](mailto:kevin@mcnmc.com); (510) 364-4435**

**Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 517-1466**

**Sat Mar 22** **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 Mar 23** **PRS #10 – CV to Martinez**  
**8:00 AM** **72 miles, 3, M & B**

For a fuller description of the Progressive Ride Series (PRS), please see top of this calendar. **Meet at Castro Valley Park & Ride.** Bring money for a lunch stop en route. Rain cancels.

Map with printable route sheet is available at:

<http://ridewithgps.com/routes/3976285>

**M: Kevin McDonnell; [kevin@mcnmc.com](mailto:kevin@mcnmc.com); (510) 441-7607 –H, (510) 364-4435 -C**

**M: Jay Gilson; [jaymgilson@gmail.com](mailto:jaymgilson@gmail.com); (510) 468-0285 –C, (510) 790-3564 -H**

**B: Andy Sass; [Andrew.sass@yahoo.com](mailto:Andrew.sass@yahoo.com);**

**Sun Mar 23** **Show & Go**  
**8:30 AM** **20-50 miles, 2-4, B**  
**Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).**

**Sun Mar 23** **LAP #11**  
**9:00 AM** **Calaveras Double**  
**42 miles, 3-4 (4,200'), T-M**

**Start location: gravel lot across from the Sunol Train Station**  
Make sure you eat your Wheaties this morning! Today we're going to do another part of the club's Primavera Century. We will meet in the gravel lot across from the Sunol Train Station. Please park in the gravel lot or on the surrounding streets (preferable) and ride over. There is a nearby elementary school but we did request no permission (\$) so it is at your own risk. **DO NOT PARK** in the Sunol Train Station parking lot.

We'll leave Sunol and travel southwest, up and over the hills past the Calaveras Reservoir and down The Wall for coffee and lunch at Erik's/Starbucks/Noah's in Milpitas. This is a simple out and back, so we will head back to the hills and grind up the beloved Wall and back to Sunol. We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regroupings as needed. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call me.

The map should be available for reference a week before the ride:

<http://ridewithgps.com/routes/3787872>

**Lori Sommer; [lorisommer@gmail.com](mailto:lorisommer@gmail.com); (510) 693-8624 -C**

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

**Mon Mar 24** **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 Mar 25** **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 Mar 25** **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 Mar 25** **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 Mar 26** **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 Mar 27** **Thursday Morning Coffee Ride**  
**9:00 AM** **Across the Dumbarton Bridge**  
**25-35 miles, 1-3, 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; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thurs Mar 27** **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 Mar 28** **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 Mar 29** **Cinderella Conditioning #11**  
**8:00 AM** **Make up ride**  
**~60 miles, 1-3, T & M**  
**Start Location: TBD**  
This is the final ride of the Cinderella Conditioning Ride Series. The route and starting location have not yet been decided (they will be announced closer to the ride date).  
Rain cancels. Please check the FFBC Yahoo! Group or contact one of the ride leaders on the morning of the ride if the weather is questionable.  
**T: Marty Heinrich; [martyheinrich@comcast.net](mailto:martyheinrich@comcast.net); (510) 579-0651**

**Sat Mar 29** **Show & Go**  
**8:30 AM** **20-50 miles, 2-4, L-T-M-B**  
**Meet at REI in Fremont (43962 Fremont Blvd.).**

**Sun Mar 30** **PRS #11 – San Gregorio**  
**8:00 AM** **74 miles, 4, M & B**  
It's over the bridge, over the hill and almost to the coast we go, to San Gregorio for lunch. Go easy on the heavy stuff though because after lunch we will make the climb up Tunitas Creek for the return trip. **Meet at the Raley's Shopping Center parking lot, east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).** Bring money for a lunch stop en route. Rain cancels.  
Map with printable route sheet is available at:  
<http://ridewithgps.com/routes/3759693>  
**M: Kevin McDonnell; [kevin@mcnmc.com](mailto:kevin@mcnmc.com); (510) 441-7607 –H, (510) 364-4435 -C**  
**M: Jay Gilson; [jaymgilson@gmail.com](mailto:jaymgilson@gmail.com); (510) 468-0285 –C, (510) 790-3564 -H**  
**B: Michael Williams; [mwilliams297@comcast.net](mailto:mwilliams297@comcast.net); (510) 364-4335**

**Sun Mar 30** **Show & Go**  
**8:30 AM** **20-50 miles, 2-4, L-T-M-B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Sun Mar 30** **LAP #12**  
**9:00 AM** **Calaveras Palomares Loop**  
**62 miles, 3-4 (4,500'), T-M**  
**Start location: Downtown Niles (in the parking lot across from H St.)**

It's the last ride of the series so let's ride a metric century! We will start in downtown Niles and generally follow the club's Primavera 100K route. The best thing is, we've already done the major climbs on previous LAP rides, we just need to put them together! We will pedal south until we reach Milpitas. From there, we will head for the hills, leap up The Wall, traverse the Calaveras Reservoir and fly down to Sunol. We won't stay there long, though, because, by then, hunger and thirst will set in so we will eagerly make our way up Foothill for lunch in Pleasanton. Go ahead, feast, but not too much because the second half of our ride will be across Dublin Canyon and south over the backside (steep side) of Palomares. By then we will be elated to roll back in to the start in Niles and finally finish our first metric century of 2014!

We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regroups as needed.  
Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call me.  
The map is available for reference only:  
<http://ridewithgps.com/routes/3788702>  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

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

**Mon Mar 31**                      **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**