

APRIL 2014 RIDE CALENDAR

1st Week in April

PRIMAVERA CENTURY & WORKERS RIDE

April 27th is our annual Primavera century ride. **There are no club rides scheduled on the day of the Primavera** (since our club members will be helping with the event). The "Workers Ride" on April 19th will follow the Primavera routes and is for club members and volunteers only. See the ride descriptions below for more information.

If you haven't yet volunteered to help with the Primavera, it's not too late! You can fill out a volunteer form online:

<http://ffbc.org/primavera/volunteer/>

FFBC RIDE CLASSIFICATION

At first glance our ride calendar might seem a little intimidating to those unfamiliar with it but it's easy to decode. Each ride listing follows a simple ride template:

<date> <title>
<time> <# miles>, <terrain>, <pace(s)>
<description>
<ride leader(s) contact info.>

- Where **terrain** has a numeric value between 1 and 5 (1 being flat, 5 being very hilly and/or very steep, and everything in between becoming progressively hillier). Sometimes the terrain is followed by a number in parenthesis that is the estimated total elevation gain (in feet) of the ride.
- The **pace** of a ride can be **L** (leisurely - up to 10 mph), **T** (touring - 10-13 mph), **M** (moderate - 13-16 mph), **B** (brisk - 16-19 mph) or **F** (fast - 19+ mph) or some combination. Depending on the mix of riders who show up for a ride the pace may be a little faster or slower than advertised.
- The **time** listed is the meet time at the start location unless otherwise stated in the ride description. The ride leaves **promptly** 15 minutes after the meet time.
- The ride leader contact information is provided in case you need to contact him/her/them.
- Some of our rides are entitled "Show & Go"; these rides do not have a ride leader or a pre-determined route. The riders who show up decide the length and route of the ride.

For more information about our ride classification and guidelines please refer to our online document at:

<http://www.ffbc.org/html/RideClassification.html>

MAPS TO FREQUENTLY USED START LOCATIONS

Maps to the start locations for April are available at:

http://www.ffbc.org/html/start_locations.html

THANK YOU TO ALL OUR APRIL RIDE LEADERS!

Tue April 1 **Tour de Fremont Hills**
8:30 AM **29 miles, 3 (~1,900'), M, B**
Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of 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, please check the FFBC Yahoo! group or contact one of the ride leaders on the morning of the ride..

B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

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

Tue April 1 **TNT (Tuesday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.
Meet at ClupSport parking lot (46650 Landing Parkway Fremont, CA 94538).

When dark, lights required. Helmets are always mandatory.

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

Wed April 2 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.

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

Thurs April 3 **Thursday Morning Coffee Ride**
9:00 AM **Alum Rock Park**
36 miles, 2-3, M

Start location: REI, 43962 Fremont Blvd., Fremont

We meet at REI and our first re-group 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 re-groups. No one left behind, and there are options (Alum Rock Road, Inspiration Point, Miguelito) for faster riders who like to climb. Bring \$ for lunch.

Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! group, email or call me.

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

2nd Week in April

Thurs April 3 **TNT (Thursday Night Training)**

6:15 PM **60-90 minutes, 1, M-B-F**

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

Meet at Eureka Drive, Newark (from I-880, go west on 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 April 4 **The Friday Bike Club**

8:30 AM **35-45 miles, 3-4, M-B**

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

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

Sat April 5th **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: Tim & Robin O'Hara; tohara2938@aol.com; (510) 418-2669

M: Tina Boomershine; tboomer@yahoo.com; (408) 655-1060

Sun April 6 **PRS #12 – Metric Primavera with Canyons**

8:00 AM **80 miles, 5, M & B**

This is the metric version of the Primavera with the addition of the canyons from our 5 Canyons ride. **Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.** Bring money for a lunch stop en route. Rain cancels. Map with printable route sheet is available at:

<http://ridewithgps.com/routes/4059703>

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

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

B: Andy Sass; andrew.sass@yahoo.com; (520) 490-8098

Sun April 6 **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).

Mon April 7

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 April 8

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 our favorite local hills – Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill. For a change we'll have our coffee stop in Pleasanton before returning through Niles Canyon to Fremont. Rain cancels. If uncertain of the status of the ride, please check the FFBC Yahoo! group or contact one of the ride leaders on the morning of the ride.

B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

Tue April 8

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 April 8

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 April 9

8:30 AM

Mid-week Morning Ride

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 April 10
9:00 AM

Thursday Morning Coffee Ride
Collier Canyon
31 miles, 2-3 (1,000'), M

Start location: Crank-2 Performance Tandems, 5480-9 Sunol Boulevard, Pleasanton

Starting at Crank-2 we will ride in a CW loop up Camino Tassajara, Highland and Collier Canyon. We'll descend into Livermore for a coffee stop and finish with an optional climb up the "Bernal Bump". No one left behind! Please use the restroom at Raley's before the ride start. 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 April 10
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 April 11
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 April 12
7:54 AM

Dale & Ken's Excellent Adventure
Morgan Territory
52 miles, 5, T-M

Start location: Fremont BART Station

Start at Fremont BART station. **The start time is the actual BART departure time - be on the train!** We will take the 7:54 Richmond train and transfer in Oakland to get to Concord at 9:02 (BART fare \$6.10).

We should be able to get rolling by 9:15. We will ride over Morgan Territory Rd. (6.3 miles, 1,755ft.) and descend into Livermore for lunch before riding back to Fremont via Vallecitos Rd. and Niles Canyon, finishing at the Fremont BART station.

Morgan Territory road is a beautiful ride around the back side of Mt. Diablo. The climb is mostly in the shade and is done early in the ride. Dale promises a tour of the historical marker.

If you are confused by the logistics, please re-read this listing several times. (If you get confused and drive your car to Concord, you will have a long trip from Fremont to retrieve it after the ride.)

Here is a link to the route:

<http://lasthill.net/Maps/ConcordMorganTerritories.html>

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

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

Sat April 12
8:30 AM

Tuesday Hills On Saturday
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 April 12
8:30 AM

Show & Go
30-50 miles, 2-4, B

Meet at REI in Fremont (43962 Fremont Blvd.).

Sun April 13
8:00 AM

PRS #13- Sierra and Calaveras
50 miles, 5, M

For the final ride in the series let's climb Sierra and then do Calaveras counter clockwise.

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/4244533>

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

Sun April 13
8:30 AM

Show & Go
30-50 miles, 2-4, B

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

Sun April 13
9:00 AM

"Get to Know Us Ride"
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

3rd Week in April

Mon April 14 **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 April 15 **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, please check the FFBC Yahoo! group or contact one of the ride leaders on the morning of the ride.
B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

Tue April 15 **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 April 15 **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 April 16 **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 April 17
9:00 AM

Thursday Morning Coffee Ride
Across the Dumbarton Bridge
25-35 miles, 3, M

Start location: Don Edward's Wildlife Refuge, Fremont
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; (510) 693-8624 -C

Thurs April 17
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 April 18
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

4th Week in April

Sat April 19
Various start times

Primavera Workers Rides
25M, 65K, 100K, 85M, 100M
3-5, T-M-B

Members/volunteers and their families only on these rides! The full century ride is the final ride of the Progressive Ride Series (PRS). All workers rides serve two important functions. Firstly, they allow those members working in support of the Primavera a chance to do the routes, and secondly, to check the route markings, and route sheets for errors prior to the actual Primavera.

Meet at Mission San Jose High School, at the entrance on Palm. Be self-sufficient. These rides are the full-length Primavera routes, but without the staffed rest stops. Bring plenty of water and snacks. Suggestions may be given as to where to stop for supplies. For those doing the 85 and 100 mile routes (M or B pace) please email Andy Sass (andrew.sass@yahoo.com) to arrange lunch at the winery.

Please be nice to your ride leader. Let him/her know your intentions at the beginning of the ride, or during the ride if you plan on breaking off from the main group.

If there are any minors planning on doing any of these rides, remember that a [Minor Release form](#) must be filled out and given to the ride leader, and any rider under 16 must be accompanied by an adult.

Please send all corrections/issues with regard to route markings to Andy Sass (andrew.sass@yahoo.com) promptly after the ride so corrections can be made for the Primavera ride the following week.

See the [Primavera web page](#) for routes.

Meet times:

100 mile – 7:00 AM, 85 mile – 7:30 AM

100K – 8:00 AM, 65K – 8:00 AM, 25 mile – 9:00 AM

B(100 mile): Andy Sass; andrew.sass@yahoo.com; (520) 490-8098

M(100 mile): Joyce Tanaka; notes4jt@gmail.com; (510) 703-2675

M(100 mile): Dale Blanchard; dale-b@comcast.net; (510) 703-7474

All other routes & paces: ride leaders TBD

Sat April 19

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.

Ride leader TBD

Sat April 19

8:30 AM

Show & Go

30-50 miles, 2-4, B

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

Sun April 20

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.

Mon April 21

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.

Tue April 22

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 We'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, please check the FFBC Yahoo! group or contact one of the ride leaders on the morning of the ride.

B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

Tue April 22

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 April 22

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 April 23

8:30 AM

Mid-week Morning Ride

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

5th Week in April

Thurs April 24

Thursday Morning Coffee Ride

To Denica's in Dublin

31 miles, 2-3 (1,000'), M

9:00 AM

Start location: gravel parking lot across from the Sunol Train Station, Sunol

Meet in the gravel parking lot across from the Sunol Train Station and we will ride along Foothill to Muirwood. We will climb Gleason, Fallon, Tassajara and Windemere Parkway. After lunch at Denica's we will return along the new Alamo Canal Trail. No one left behind. Bring \$ for lunch.

Extreme temperatures or construction may modify the route. Rain cancels, check FFBC Yahoo! group, email or call me.

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

Thurs April 24

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 April 25

The Friday Bike Club

8:30 AM

35-45 miles, 3-4, M-B

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

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

Sat April 26

Mountain Climb #1: Mt. Hamilton

8:00 AM

65 miles, 5 (~4,000'), B

Start location: CVS Pharmacy, 46445 Mission Blvd (near Warm Springs)

Join Robin and Tim for their (hopefully) first of the three Bay Area mountain climbs. We'll start at Mission and Warm Springs for a warm up before we climb the mountain. After all of our PRS training this should be a piece of cake!!!

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

Sat April 26

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; (510) 364-4435

Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

No club rides on April 27th – Primavera Century Day!

Mon April 28

Monday Morning Recovery Ride

8:30 AM

40 miles, 1-2 (610'), M

Let's meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage) at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

Mike Northrup; mikenorthrup@gmail.com; (510) 796-8832

Tue April 29

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 month 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, please check the FFBC Yahoo! group or contact one of the ride leaders on the morning of the ride.

B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829