

MAY 2014 RIDE CALENDAR

WEDNESDAY EVENING PIZZA RIDES.

It's time again for our popular Pizza Rides! Join Carrie & Andy Payne and Robin & Tim O'Hara on Wednesday evenings in May for an early evening ride, returning before dark to feast on pizza. There will be multiple routes to choose from.

If you plan on staying for pizza, \$5 buys you 3 slices of pizza and soft drinks after the ride (participation optional). When signing in, remember to check "YES" or "NO" on the sign-in sheet for pizza so we order the appropriate amount of pizza. The pizza order is placed **before** the ride starts so late arrivals will miss out. Food will be ready at 7:30 pm.

The rides meet at 6:00 pm for sign in, to be completed by 6:10. **Departure time is 6:15 sharp.**

Pizza Ride Leader Reservation List:

May: Carrie & Andy Payne, Robin & Tim O'Hara

June: Robin & Tim O'Hara, Vicki Timmons

July: OPEN

August: OPEN

September: OPEN (usually only the first 2 weeks)

You can volunteer to lead a month of Pizza Rides anytime by contacting the [Ride Coordinator](#). See the [Pizza Ride Coordinator's "How To" Guide](#) on the FFBC website for more information about leading one.

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

THANK YOU TO ALL THE MAY RIDE LEADERS!

1st Week in May

Thurs May 1
9:00 AM

Thursday Morning Coffee Ride
Alum Rock Park
36 miles, 2-3, 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; (510) 693-8624

Thurs May 1

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 May 2

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 May 3

8:00 AM

Tour of California Stage 3 Preview, Part 1

60 miles, 5 (5,000'), B

Start location: Warm Springs CVS Parking Lot

Join us as we ride the significant parts of our local stage of the Tour of California. We'll split the stage into two rides, with today's ride covering the start of the stage as far as the top of Mt. Hamilton, which will be the first time the race has ever climbed our side of the mountain. We'll return directly to Fremont after a re-group at the summit.

The ride starts at the Warm Springs CVS parking lot. Please refer to ffbc.org for map of the starting location, or let me know if you have any questions.

Michael Williams; mwilliams297@comcast.net ; (510) 364-4335

Sat May 3

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: Ride Leader TBD

M: Ride Leader TBD

Sun May 4

8:30 AM

Show & Go

20-50 miles, 2-4, L-T-M-B

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

2nd Week in May

Mon May 5 **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 May 6 **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) 517-1466

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

Tue May 6 **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 May 6 **Pleasanton Ridge MTB**
5:15 PM **12 miles, 4, M**

Start location: Foothill Staging area on Foothill Blvd
Tuesdays in May are MTB day at Pleasanton Ridge. You read it correctly, dust off your mountain bike! The route is mainly non-technical fire roads but we will also visit some single track. The ride will last 1.5-2 hours. Please call if you have any questions.

Doug Ward; doug6572001@yahoo.com; (510) 366-1354

Tue May 6 **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 May 7 **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

Wed May 7 **Pizza Ride**
6:00 PM **20-25 miles, M,B**

It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? **Meet in the parking lot across the street from Bronco Billy's in downtown Niles.**

For details about how our Pizza Rides work please see the full description at the top of the ride schedule.

Carrie & Andy Payne; carriepayne@att.net; (510) 795-1802 – H, (510) 754-0276 –C

Thurs May 8 **Thursday Morning Coffee Ride**
9:00 AM **Norris & Bollinger Canyon**
27 miles, 3-4 (1,900'), 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 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; lorisommer@gmail.com; (510) 693-8624

Thurs May 8 **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 May 9 **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 May

Sat May 10 **Tour of California Stage 3 Preview, Part 2**
8:00 AM **70 miles, 5 (5,000'), B**
Start location: Albertsons Parking Lot, Concannon and Holmes, Livermore

Join us as we ride the significant parts of our local stage of the Tour of California. We'll split the stage into two rides, with today's ride covering the end of the stage from east of Livermore to the top of Mt. Diablo. After last year's event, this stage will be only the second time the race has ever climbed the HC-rated South Gate approach. We'll return directly to Livermore after a regroup at the summit.

The ride starts at the Lucky parking lot at Concannon and Holmes in Livermore. Please refer to ffbc.org for the map of the starting location, or let me know if you have any questions.

Michael Williams; mwilliams297@comcast.net ; (510) 364-4335

Sat May 10 **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 May 10 **Show & Go**
8:30 AM **30-50 miles, 2-4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun May 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 May 11 **"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.

Ride Leader TBD

Mon May 12 **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

There is no Tour de Fremont Hills ride on Tuesday May 13. Instead there will be a ride to see the Tour of California. Details of the ride will be posted on the FFBC Yahoo! Group closer to the date.

Tue May 13 **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 May 13 **Pleasanton Ridge MTB**
5:15 PM **12 miles, 4, M**

Start location: Foothill Staging area on Foothill Blvd

Tuesdays in May are MTB day at Pleasanton Ridge. You read it correctly, dust off your mountain bike! The route is mainly non-technical fire roads but we will also visit some single track. The ride will last 1.5-2 hours. Please call if you have any questions.

Doug Ward; doug6572001@yahoo.com; (510) 366-1354

Tue May 13 **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 May 14 **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

Wed May 14 **Pizza Ride**
6:00 PM **20-25 miles, M,B**

It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? **Meet in the parking lot across the street from Bronco Billy's in downtown Niles.**

For details about how our Pizza Rides work please see the full description at the top of the ride schedule.

Tim & Robin O'Hara; tohara2938@aol.com; (510) 418-2669

Thurs May 15
9:00 AM

Thursday Morning Coffee Ride
Across the Dumbarton
25-35 miles, 3 (800'), M

Start location: Don Edward's Wildlife Refuge

Please come and enjoy Ron Mitchell's route to Le Boulanger in Los Altos! We will ride our familiar route through Old Page Mill Road but will head south to climb Arastradero and Elena before heading into downtown Los Altos. After lunch, we will return along some pretty paths that Ron has shown us over the years, but we don't ride very often. 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
Ron Mitchell; ron_m_ffwbc@sbcglobal.net; (510) 508-7219

Thurs May 15
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 May 16
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 May 17
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 May 17
8:30 AM

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

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

Sun May 18
8:30 AM

84-Palomares Loop
50 miles, 3 (2,000+) M+

Start location: Meet at downtown Niles parking lot across from H Street on Niles Blvd.

We'll be winding our way through Niles Canyon before heading up 84 to Pigeon Pass. After a jaunt through southern Livermore, we'll stop for coffee (etc.) in Pleasanton. Then, it's up Dublin Canyon and Palomares road before returning to the start.

Dave Epps; depps55@gmail.com; (510) 487-5288 -H, (510) 452-2615 -C

Sun May 18
8:30 AM

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

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

4th Week in May

Mon May 19
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 May 20
8:30 AM

Tour de Fremont Hills
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 Sabreacat. 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) 517-1466

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

Tue May 20
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 May 20
9:30 AM

San Ramon Valley
30 miles, 2, M

Start location: San Ramon Central Park

This month we will meet again at San Ramon Central Park at the corner of Bollinger Canyon Rd. and Alcosta Blvd. From #680 exit Bollinger Canyon Road east bound. Just past the Camino Ramon and the Iron Horse Trail, turn left into the park and gather near the basketball court. We will do a loop of approximately 30 miles, and each month we will do a different route. This month we will repeat a ride up to Moraga and back.

Bring \$\$ for a coffee stop during the ride. Rain cancels. Call or check the FFBC Yahoo! Group, or email if unsure.

Ron Mitchell; ron_m_ffwbc@sbcglobal.net; (510) 508-7219

Tue May 20 **Pleasanton Ridge MTB**
5:15 PM **12 miles, 4, M**
Start location: Foothill Staging area on Foothill Blvd
Tuesdays in May are MTB day at Pleasanton Ridge. You read it correctly, dust off your mountain bike! The route is mainly non-technical fire roads but we will also visit some single track. The ride will last 1.5-2 hours. Please call if you have any questions.
Doug Ward; doug6572001@yahoo.com; (510) 366-1354

Tue May 20 **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 May 21 **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

Wed May 21 **Pizza Ride**
6:00 PM **20-25 miles, M,B**
It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? **Meet in the parking lot across the street from Bronco Billy's in downtown Niles.**
For details about how our Pizza Rides work please see the full description at the top of the ride schedule.
Carrie & Andy Payne; carriepayne@att.net; (510) 795-1802 – H, (510) 754-0276 –C

Thurs May 22 **Thursday Morning Coffee Ride**
9:00 AM **Livermore (via Vallecitos)**
32 miles, 2-3 (1,524'), M
Start location: Dirt lot across from the Sunol Train Station
Come ride on the freeway with us! We will meet in the gravel parking lot across from the Sunol Train Station and ride out to Panama Red Coffee in Livermore via Vallecitos. After the climb up Pigeon Pass we will do a loop through some rolling vineyards, ride out to Wente to look for the owl in the palm tree, then up through Holdner Park. No one left behind. Bring \$ for lunch. Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624

Thurs May 22 **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 May 23 **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 May 24 **Old Page Mill**
9:00 AM **34 miles, 3 (1,100'), T-M**
Start location: Don Edward's Wildlife Refuge
Come join us on a nice route that I often do on Thursdays. We will meet near the restrooms at the Don Edward's Wildlife Refuge Visitor Center. Since it is the weekend and we've had some complaints, PLEASE PARK in the UPPER parking lot and leave the Visitor Center's parking lot for hikers. After crossing the gauntlet on Marshlands and the Dumbarton, we will use the bike bridge to cross 101 and have a quick restroom break at Burgess Park. The route is a clockwise loop up Sandhill/Junipero Serra/Old Page Mill/Arastradero with a descent on Alpine and Sandhill. We will have lunch at Prolific Oven in Palo Alto before heading back across Willow and the Dumbarton. Please bring money for lunch. We will regroup at various points, riders are welcome to leave early and no one is left behind. This is a very doable ride for Cinderellas and we really hope you will join us! Extreme temperatures, construction or the whims of the ride leaders may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call us.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624
Phil Sommer; philsommer@gmail.com; (510) 333-2704

Sat May 24 **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 May 25 **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).

5th Week in May

Mon May 26 **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 May 27 **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) 517-1466
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

Tue May 27 **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 May 27 **Pleasanton Ridge MTB**
5:15 PM **12 miles, 4, M**
Start location: Foothill Staging area on Foothill Blvd
Tuesdays in May are MTB day at Pleasanton Ridge. You read it correctly, dust off your mountain bike! The route is mainly non-technical fire roads but we will also visit some single track. The ride will last 1.5-2 hours. Please call if you have any questions.
Doug Ward; doug6572001@yahoo.com; (510) 366-1354

Tue May 27 **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 May 28 **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

Wed May 28 **Pizza Ride**
6:00 PM **20-25 miles, M,B**
It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? **Meet in the parking lot across the street from Bronco Billy's in downtown Niles.**

For details about how our Pizza Rides work please see the full description at the top of the ride schedule.
Carrie & Andy Payne; carriepayne@att.net; (510) 795-1802 – H, (510) 754-0276 –C

Thurs May 29 **Thursday Morning Coffee Ride**
9:00 AM **Collier Canyon**
34 miles, 3 (1,400'), M
Start location: Crank-2, 5480 Sunol Blvd, Pleasanton

If you've never done 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.
Lori Sommer; lorisommer@gmail.com; (510) 693-8624 -C

Thurs May 29 **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 May 30 **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 May 31 **Mt. Hamilton Roller**
8:30 AM **65 miles, 4 (4,000'), M**
Start location: REI Fremont
Somebody put a bump in the road of this ride! Let's discover where it goes... up and back down Mt. Hamilton. Warm your extremities after the glide down to a coffee shop near Alum Rock. Bring \$ and your biggest cassette ring.
Colin Moy; moyboys@comcast.net ; (510) 690-7749
Mike Moore; mike_moore@earthlink.net ; (408) 858-7830

Sat May 31 **Show & Go**
8:30 AM **30-50 miles, 2-4, B**
Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).

Sat May 31
9:00 AM

Dale & Ken's Excellent Adventure
Gilroy Hot Springs
46 miles, 3 (1,700'), T-M

Start location: Las Animas Park, Gilroy

Come join us for a beautiful ride through the woods above Gilroy. If you've done the Tierra Bella, you know how pretty the Canada Loop is. We will add an out and back to the Old Hot Springs Lodge, which is not part of the T.B. This is a delightful ride on roads you will probably never see from your car. There is some climbing, but it is less than a Calaveras loop.

Directions to the start:

101 South to Gilroy. Exit 152 West (Leavesley Rd turning right--away from the outlet mall).

Right on Church

Left on Mantelli

Left into Las Animas Veteran's Park parking lot.

Restrooms are available.

Here is a link to the route:

<http://ridewithgps.com/routes/4513589>

Cue sheets will be provided.

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

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