

# OCTOBER 2014 RIDE CALENDAR

## CLUB PICNIC (for FFBC members and their families only)

Please join us for the annual FFBC member's picnic on Saturday, October 18th at Quarry Lakes Regional Park (North Esperanza Pavilion) @12:00p The picnic is free for member who volunteered at the 2014 Primavera, otherwise the cost is \$6 for adults, \$4 for children 12 and older. All members were sent an Evite invitation for this event. Please follow its instructions to RSVP. If you are a member and did not receive an Evite, please contact Becky Denevan ([beckydenevan@gmail.com](mailto:beckydenevan@gmail.com)) Rides before the picnic will start from nearby Isherwood Staging area (see details in the calendar below)

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

## THANK YOU TO ALL THE OCTOBER RIDE LEADERS!

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

**Wed Oct 1** **Mid-week Morning Ride**  
**8:30 AM** **35-45 miles, 2-3, M-B**  
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.  
AI Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245

**Thurs Oct 2** **Thursday Morning Coffee Ride**  
**9:00 AM** **Lake Elizabeth to Alum Rock**  
**42 miles, 3, T-M**  
Let's move our start yet again. Thankfully we are also moving the start time as well, to 9:00AM. We will gather in the parking lot near the restrooms. There are a lot of parking lots in Fremont's Central Park. To access the correct lot, near the Teen Center, turn in from Paseo Padre at the light on Sailway. We will warm up climbing Paseo Padre and have a quick regroup at the top of Warren with a restroom stop at Jose Adobe Higuera (mile 10.6). If you'd like to shorten your ride, meet the group at Jose Adobe or along the route. Then we will ride along the foothills and regroup at the turn onto Penetencia. Then we will ride into the park and there are options to head straight to the Visitor's Center or climb the Inspiration Loop and/or Miguelito. If you are a slow climber, but want to do the extra climbing, please be considerate of the group and turn around when you see the faster riders returning OR bring yourself to coffee on your own. We will have lunch at Noah's Bagels/Starbucks (bring \$) before heading back on a mostly flat route with no regroups, back to Lake Elizabeth. 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

**Thurs Oct 2** **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 Oct 3** **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.  
AI Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245

**Sat Oct 4** **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: Dave Fishbaugh; [fish1950@comcast.net](mailto:fish1950@comcast.net), (510) 364-2207  
B: Tim&Robin O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 418-2669

**Sun Oct 5** **Race Team ride #1**  
**8:30 AM** **40 miles, 2, F**  
Our first team ride of the season, on roads where we can do an easy spin and practice some rotating pacelines. Niles Canyon to Sunol, Calaveras road to the bottom of the Calaveras climb where U-Turn (at Geary Road) and then to Pleasanton via Happy Valley and back to Sunol by way of Foothill Road. All race team members are requested to wear their latest team uniform. Rain will stop play. No stopping, no dropping.  
Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.  
Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564 or (925) 819-0247

**Sun Oct 5** **Show & Go**  
**8:30 AM** **20-50 miles, 2-4, L-T-M-B**  
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

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

**Mon Oct 6** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2 (610'), M**  
**Let's meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage) at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.**  
**Mike Northrup; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Tue Oct 7** **Tour de Fremont Hills**  
**8:30 AM** **29 miles, 3 (~1,900'), M, B**  
**Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to Peet's 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) 517-1466**  
**M: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829**

**Tue Oct 7** **Show & Go**  
**9:00 AM** **20-50 miles, 1-5, L-T-M**  
**Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue Oct 7** **TNT (Tuesday Night Training)**  
**6:15 PM** **60-90 minutes, 1, M-B-F**  
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.  
**Meet at ClubSport 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 Oct 8** **Mid-week Morning Ride**  
**8:30 AM** **35-45 miles, 2-3, M-B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.**  
**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Thurs Oct 9**  
**9:00 AM**

**Thursday Morning Coffee Rides**  
**Across the Dumbarton Bridge**  
**25-35 miles, 3, T- M**

**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**

**Thurs Oct 9** **TNT (Thursday Night Training)**  
**6:15 PM** **60-90 minutes, 1, M-B-F**  
Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.  
**Meet at Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.**  
When dark, lights required. Helmets are mandatory.  
**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri Oct 10** **The Friday Bike Club**  
**8:30 AM** **35-45 miles, 3-4, M-B**  
**Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley). Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.**  
**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Sat Oct 11** **Tuesday Hills On Saturday**  
**8:30 AM** **30 miles, 3 (2,100'), M**  
Get all of the Tuesday Tour de Fremont Hills ride fun on the weekend! **Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail** and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and the grind up Sabrecat. If we haven't managed to elevate our heart rates sufficiently we'll head back up Pine; otherwise, it's up Paseo Padre the wrong way again before ending the ride at Peet's 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 Oct 11** **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).**

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

**Sun Oct 12** **Brad's Birthday Ride**  
**7:30 AM** **107 miles, 5 (7,490'), M-B**  
Brad's "Wounded Knee" Birthday Ride--join us for this annual club tradition. We'll go up and over Mt. Hamilton to Mines Road and back through Livermore and Pleasanton.  
Rain, or threat of rain, will postpone the ride for one week. Please e-mail or call if unsure. **Start location: Meet at downtown Niles parking lot across from H St. on Niles Blvd.**  
**B: Tim O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 471-2464**  
**M: TBD**

**Sun Oct 12** **"Get to Know Us Ride"**  
**9:00 AM** **20-25 miles, 1-2, L-T-M**  
Please join us on this monthly "Get-To-Know-Us-Ride". This casual, social ride is always fun and offers everyone the chance to meet other cyclists. Bring your cycling friends along and help us introduce newcomers and guests to the club. **Meet at The Bicycle Garage (5006 Mowry Ave., Fremont)**, for a ride through the Fremont area. Don't forget \$\$ for a coffee/snack stop. If you have a club jersey or jacket, this is a great time to wear it.  
**Julia Walker; [walk9422@gmail.com](mailto:walk9422@gmail.com); (510) 468-9712**

**Sun Oct 12** **84 to Livermore**  
**8:30 AM** **37 miles, 3 (1200'), M**  
**Start location: Niles parking lot across from H St. on Niles Blvd.** We'll be heading out Niles Canyon and then up 84 into Livermore. After a few side streets, we'll stop in Pleasanton for coffee, etc. Then, it's back through Niles Canyon to the start/end. There will be regroupings. No one will be left behind.  
**Dave Epps; [depps55@gmail.com](mailto:depps55@gmail.com); 510-487-5288 H; C 510-552-2615**

**Sun Oct 12** **Race Team ride #2**  
**8:30 AM** **40 miles, 3, F**  
Alum Rock Park will be our destination. We may also include Crothers Road if it is passable. All race team members are requested to wear their latest team uniform. Rain will stop play. No stopping, no dropping. **Start from the Snap Fitness at 43480 Mission Blvd.** Snap Fitness has been a great team sponsor for three years now. Lets show them so love. I am hoping we can get a group photo outside the gym. Post ride refreshments will be at Mission Coffee's.  
**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564 or (925) 819-0247**

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

**Mon Oct 13** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2 (610'), M**  
**Let's meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)** at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.  
**Mike Northrup; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Tue Oct 14** **Tour de Fremont Hills**  
**8:30 AM** **38 miles, 3 (~2,000'), M, B**  
**Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail.** Since I've heard that a change is as good as a rest on the second and fourth Tuesdays of the month we'll do one of my favorite local hills – Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill. We'll return through the canyon with the ride once again finishing at Peet's for a well-deserved coffee. Rain cancels. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.  
**B: Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 517-1466**  
**M: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829**

**Tue Oct 14** **Show & Go**  
**9:00 AM** **20-50 miles, 1-5, L-T-M**  
**Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue Oct 14** **TNT (Tuesday Night Training)**  
**6:15 PM** **60-90 minutes, 1, M-B-F**  
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.  
**Meet at ClubSport 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 Tue Oct 15** **Mid-week Morning Ride**  
**8:30 AM** **35-45 miles, 2-3, M-B**  
**Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark),** for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.  
**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Thurs Oct 16**  
**9:00 AM**

**Thursday Morning Coffee Ride**  
**Cull and Proctor Hill**  
**21 miles, 3 (1,200'), T-M**

**This ride starts at Endless Cycles located at 3300 EAST Castro Valley Blvd., Castro Valley** (NEAR Center Street, please park in the small side-parking lot and away from the businesses. Jeff will open the shop so we can use the restroom. Come early and browse the store as he sometimes provides Starbucks Coffee for us too!!

We will take the neighborhood streets to climb out and back on beautiful Cull Canyon. We will stop for the restroom before passing Endless Cycles and heading out and back on Redwood Road (to the entrance of Willow Park Golf Course). We will do Proctor Hill both ways and faster riders can do repeats if desired! Bring \$ for lunch at Starbucks or Big Apple Bagels.

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; [lorinsommer@gmail.com](mailto:lorinsommer@gmail.com); (510) 693-8624**

**Thurs Oct 16**  
**6:15 PM**

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

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

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

When dark, lights required. Helmets are mandatory.

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri Oct 17**  
**8:30 AM**

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

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

**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Sat Oct 18**  
**8:30 AM**

**Club Picnic Show & Go**  
**20-30 miles, 1-3, L-T-M-B**

**Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail.** Whatever route you choose make sure to get back in time for the club picnic @12:30!

**Sun Oct 19**  
**9:00 AM**

**Tomales Bay Oyster Ride**  
**45 miles, 3 (2,600'), M**

This is the repeat of a Freewheelers favorite, a ride through the beautiful Marin countryside with a few hills, topped with fresh oysters at a roadside bar in Marshall alongside a beautiful view of the bay! Don't like oysters? No problem, the store has plenty of other good options. Look at this ride map and grade to see that there are only two "mini-Wall" type hills on this ride. Maximum grade is at most 11 percent for very short distances. <http://ridewithgps.com/users/113016/routes> For a faraway ride such as this, we'll watch the weather forecasts and may postpone in the event of unfavorable weather. Stay tuned to the FFBC email list for status updates or call one of the ride leaders to get status of the ride.

**Start location: San Marin High School Parking Lot (corner of San Marin Dr. & Novato Blvd.), Novato.** Directions to the start: Take I-880 north to I-580 west to 101 north. Take the Atherton Ave. exit toward San Marin Dr. Turn left onto Atherton Ave. which becomes San Marin Dr. The high school is on your right at the corner of San Marin Dr. and Novato Blvd. Nearest bathrooms are at the shopping center on the right just after you cross San Andreas Dr. (before the high school). Driving time is about an hour and fifteen minutes from south Fremont. Set your GPS address to 15 San Marin Dr, Novato, CA.

**Creighton Chong; [creighton@gmail.com](mailto:creighton@gmail.com); (510) 551-9520. Jim Takasugi; [jtakasu@comcast.net](mailto:jtakasu@comcast.net); (408) 391-2057**

**Sun Oct 19**  
**8:30 AM**

**Race Team ride #3**  
**45 miles, 3 (1500'), F**

On roads where we can do an easy spin and practice some rotating pacelines. Niles Canyon to Sunol, Calaveras road to the bottom of the Calaveras climb where U-Turn (at Geary Road) and then to Pleasanton via Happy Valley and back to Sunol by way of Foothill Road. This will be followed by a steady noodly climb of Kilkare and then back to Niles.

All race team members are requested to wear their latest team uniform. Rain will stop play. No stopping but minimal regroupings at the top of the climbs and at the u-turn on Calaveras, no dropping. **Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.**

**Garry Birch. [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564 or (925) 819-0247**

**Sun Oct 19**  
**8:30 AM**

**Ride to Ryde**  
**30 miles, 1, T-M**

This is a mostly flat ride. We will take Front St. to Hwy 84 north along the Sacramento river and ride the Real McCoy II ferry to Ryer Island. Then East Ryer Road to J-Mack ferry to Grand Island and Hwy 220 to Ryde. We will return to Rio Vista via 220 and Hwy 84 (both ferries are free). (About 30 miles).

At Rio Vista, we can have lunch at Foster's Bighorn tavern on Main St. (about 2 blocks up for the river). Menu on [fostersbighorn.com](http://fostersbighorn.com)

On your own, after lunch, for the intrepid, there's a route through the Montezuma Hills via 2nd St. and Montezuma Hills Rd. southward out of town to Bird's Landing and return to Rio Vista. (about 26 miles).

Please email or call Randy for more details, directions, and to let her know you plan to ride. Remember to bring \$5 bridge toll for the Antioch Bridge.

**We will meet in downtown Rio Vista, at the foot of Main Street, where it dead ends at the Sacramento River (In front of city hall). Look for parking wherever you can find it in the downtown area.**

**Randy Fewel; [jailteacher@comcast.net](mailto:jailteacher@comcast.net); 510 468-6963**

**Sun Oct 19**  
**8:30 AM**

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

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

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

**Mon Oct 20** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2 (610'), M**  
**Let's meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage) at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.**  
**Mike Northrup; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Tue Oct 21** **Tour de Fremont Hills**  
**8:30 AM** **29 miles, 3 (~1,900'), M, B**  
**Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to Peets for a well-deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.**  
**B: Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 517-1466**  
**M: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829**

**Tue Oct 21** **Show & Go**  
**9:00 AM** **20-50 miles, 1-5, L-T-M**  
**Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue Oct 21** **TNT (Tuesday Night Training)**  
**6:15 PM** **60-90 minutes, 1, M-B-F**  
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.  
**Meet at ClubSport 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 Oct 22** **Mid-week Morning Ride**  
**8:30 AM** **35-45 miles, 2-3, M-B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.**  
**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Thurs Oct 23**  
**9:00 AM**

**Thursday Morning Coffee Rides**  
**Across the Dumbarton Bridge**  
**25-35 mi miles, 3, T-M**

**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**

**Thurs Oct 23**  
**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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri Oct 24**  
**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](mailto:alanq44@hotmail.com); (510) 760-9245**

**Sat Oct 25**  
**9:30 AM**

**Fall Wine Country Ride**  
**35 miles, 2-3 (1,267'), T/M**

Back by popular demand! Join us for a beautiful, relaxed ride through the renowned Dry Creek, Russian River and Alexander Valleys in Sonoma County, followed by an optional wine tasting at one of the premiere vineyards. Late October weather is ideal for cycling and enjoying the autumn-colored vineyards in the warm sunshine. This is a loop ride modified from [last year's ride \(http://wp.me/p1UVXC-1tK\)](http://wp.me/p1UVXC-1tK) and starts and ends at street fronting [Dry Creek Vineyards \(http://www.drycreekvineyard.com/\)](http://www.drycreekvineyard.com/). For those wanting extra miles and climbing, there is an optional 10-mile out-and-back to Lake Sonoma.

We'll have lunch at a local landmark, Jimtown Store. Check out their menu at <https://www.jimtown.com/current-menu/> and if you want to avoid waiting in line, call in your lunch order ahead at (707) 433-1212. **We'll meet in front of Dry Creek Vineyard on Lambert Bridge Rd near Dry Creek Rd.** Directions: Take 101 north, exit 505 at Dry Creek Rd, turn left onto Dry Creek Rd. After 3.3 miles, turn left onto Lambert Bridge Rd. After 0.2 miles, and find parking along the street near Dry Creek Vineyard. Bring two water bottles and take a restroom break before the ride as there are no restrooms at the starting point.

If you plan on joining us, please RSVP at <http://goo.gl/forms/ftAhOOWhmu> by Oct 20th so we can get an estimate of how many are riding and also finalize wine tasting reservations. Bring \$\$ for lunch (and wine-tasting, if

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

participating). Allow 2 hours for drive time from Fremont. 35-mile route map at: <http://ridewithgps.com/routes/6083494>. The optional extended route is 45.9 miles and 1,930' total ascent; extended route map at <http://ridewithgps.com/routes/6083561>. Rain or extreme temperatures cancels the ride. Please check the FFBC Yahoo! Group on the morning of the ride, or call us if you're unsure.

**Jim Takasugi;** [jtakasug@comcast.net](mailto:jtakasug@comcast.net); (408) 391-2057-C  
**Creighton Chong;** [creighton@gmail.com](mailto:creighton@gmail.com); (510) 551-9520 - C;  
**Mike Christopherson** [mcqapla@aol.com](mailto:mcqapla@aol.com); (408) 655-3932 - C.

**Sat Oct 25** **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 Oct 25** **Show & Go**  
**8:30 AM** **20-50 miles, 2-4, B**  
**Start location: Downtown Niles parking lot across from H St.**

**Sun Oct 26** **Race Team ride #4**  
**8:30 AM** **50 miles, 3 (2,000'), F**

On roads where we can do an easy spin and practice some rotating pacelines. Niles Canyon to Sunol, Calaveras road to the top of the false summit where U-Turn and then to Pleasanton via Happy Valley and back to Sunol by way of Foothill Road. This will be followed by a steady noodly climb of Kilkare or Palomares and then back to Niles. This will be the last team ride as one large group, in November will get a little more serious and split in to ability level groups. All race team members are requested to wear their latest team uniform. Rain will stop play. No stopping but minimal regroupings at the top of the climbs and at the u-turn on Calaveras, no dropping. **Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.**

**Garry Birch;** [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564 or (925) 819-0247

**Sun Oct 26** **Woodside, Canada, and Portola**  
**8:30 AM** **42 miles, 2 (2,000'), M**

We will go through Atherton and on to Woodside out Canada Rd to 92. Part of Canada Rd is closed to motor vehicles on Sundays. Return to Woodside and on to Portola Valley. Arastradero and Purissima and return. Linda and I will be on the tandem. **Start location: Burgess Park, Alma St lot, Menlo Park.** It is best to park away from the baseball field to avoid broken windows

**Timothy Luders** 510-867-9277 [timothy@luders.org](mailto:timothy@luders.org)  
**Linda Luders** 510-331-6766

**Sun Oct 26** **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.**

**Mon Oct 27** **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 Oct 28** **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) 517-1466

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

**Tue Oct 28** **Show & Go**  
**9:00 AM** **20-50 miles, 1-5, L-T-M**

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

**Tue Oct 28** **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 ClubSport 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 Oct 29** **Mid-week Morning Ride**  
**8:30 AM** **35-45 miles, 2-3, M-B**

**Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark),** for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.

**AI Quintana;** [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245

**Thurs Oct 30**  
**9:00 AM**

**Thursday Morning Coffee Ride**  
**Zachary's Pizza**  
**19 miles, 3, T-M**

**Meet at Central Park in San Ramon (12501 Alcosta Blvd., use the parking lot at the intersection of Bollinger Canyon and Market Place).** We will climb to the top of Norris Canyon and then turn back and head up Bollinger Canyon and look for the zebras and ostriches. Both climbs are out and back so you can turn around any time. After a regroup at Las Trampas we will ride to Zachary's and order our pizza. You can stay there (Starbucks is a couple of doors down) and then ride the flat two miles back to the car after you eat. Or, ride back to the start while the pizza is cooking and drive back to Zachary's to enjoy lunch and not have to ride after eating. 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](mailto:lorimsommer@gmail.com); (510) 693-8624**

**Thurs Oct 30**  
**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.

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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 Oct 31**  
**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](mailto:alanq44@hotmail.com); (510) 760-9245**