

NOVEMBER 2014 RIDE CALENDAR

TOUR OF THE MONTEREY PENINSULA (TENTATIVE: NO RIDE LEADER(S) AT PRESSTIME.)

You are invited to the annual FFBC club ride along 17 Mile Drive in Carmel on the Friday after Thanksgiving (28th). Come out and enjoy the sights and have lunch on the beach.

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

THANK YOU TO ALL THE NOVEMBER RIDE LEADERS!

1st Week in November

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

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

M: NO M LEADER AT PRESSTIME

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

Sat Nov 1 Show & Go 8:30 AM 30-50 miles, 2-4, B Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

**REMINDER: Daylight Savings Time Ends Tonight
(Everyone Gets an Extra Hour of Sleep)**

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

Sun Nov 2 Dale and Ken's Excellent Adventure—Del Puerto Canyon

**9:00 AM 50 miles, 4, (3,100') T-M
Meet at Patterson Exit off I-5 (see directions below)**
Come ride an "out and back" to The Junction Cafe. Del Puerto Canyon is a beautiful back-country ranch road which gradually climbs to the junction of Mines Rd. and San Antonio Rd. Dale is offering a free guided tour of the "Bat Cave" among other highlights. There will be a snack break at the Junction Cafe at the turn around point. The return is mostly downhill. Since this is an "out and back" the option is always available to cut the ride short at any point by turning around and heading back downhill. There are directions to the ride start on the map referenced with the link below, or take I-580 east to I-5 south about 10 miles to Exit 434 (Sperry Ave./Diablo Grande Pkwy). At the stop sign turn

left and go under the freeway to the stoplight (Rogers Rd.) and turn left again. We will park in the area between the Denny's and the Motel (Best Western Villa del Lago). There are restrooms available at several businesses in this large parking lot (including Starbucks). Allow an hour and ten minutes from Fremont.

Here is the link to the route map, route sheet, and directions to the start: <http://lasthill.net/Maps/DelPuertoCanyon.html>

**Ken Goldman; ken.goldman@comcast.net; (510) 791-1095 -H
Dale Blanchard; dale-b@comcast.net; (510) 703-7474 -C**

2nd Week in November

**Mon Nov 3 Monday Morning Recovery Ride
8:30 AM 40 miles, 1-2 (610'), M
Let's meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage) at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.
Mike Northrup; mikenorthrup@gmail.com; (510) 796-8832**

**Tue Nov 4 Tour de Fremont Hills
8:30 AM 29 miles, 3 (~1,900'), M, B
Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to 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; (510) 517-1466
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829****

**Tue Nov 4 Show & Go
9:00 AM 20-50 miles, 1-5, L-M-B
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue Nov 4 TNT (Tuesday Night Training)
6:15 PM 60-90 minutes, 1, M-B-F
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.**

Meet at ClubSport 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 Nov 5 Mid-week Morning Ride
8:30 AM 35-45 miles, 2-3, M-B**

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

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

**Thurs Nov 6 Thursday Morning Coffee Ride: Alum Rock
9:00 AM 42 miles, 2-3, T-M**

Meet at Fremont's Teen Center in Central Park, 39770 Paseo Padre Parkway. (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 gather at the end of the lot near the Teen Center.)

We will warm up climbing Paseo Padre and have a quick regroup at the top of Warren with a restroom stop at Jose Higuera Adobe (mile 10.6). If you'd like to shorten your ride, meet the group at Jose Higuera 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 Miguelita.

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; (510) 693-8624

**Thurs Nov 6 TNT (Thursday Night Training)
6:15 PM 60-90 minutes, 1, M-B-F**

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

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

When dark, lights required. Helmets are mandatory.

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

**Fri Nov 7 The Friday Bike Club
8:30 AM 35-45 miles, 3-4, M-B**

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

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

**Sat Nov 8 Tuesday Hills On Saturday
8:30 AM 30 miles, 3 (2,100'), M**

Get all of the Tuesday Tour de Fremont Hills ride fun on the weekend! **Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail** and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and the grind up Sabrecat. If we haven't managed to elevate our heart rates sufficiently we'll head back up Pine; otherwise, it's up Paseo Padre the wrong way again before ending the ride at 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; (510) 796-8832

**Sat Nov 8 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).

**Sun Nov 9 Show & Go
8:30 AM 20-50 miles, 2-4, L-T-M-B**

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

**Sun Nov 9 "Get to Know Us Ride"
9:00 AM 20-25 miles, 1-2, L-T-M**

Please join us on this monthly "Get-To-Know-Us-Ride". This casual, social ride is always fun and offers everyone the chance to meet other cyclists. Bring your cycling friends along and help us introduce newcomers and guests to the club. **Meet at The Bicycle Garage (5006 Mowry Ave., Fremont), for a ride through the Fremont area. Don't forget \$\$ for a coffee/snack stop. If you have a club jersey or jacket, this is a great time to wear it.**

David & Julia Walker; dbwalker0min@gmail.com; 510-661-9422

**Sun Nov 9 Fooling Round The Foothills
9:00 AM 30 miles, 2 (<1,000), T-M**

Meet at Cardoza Park in Milpitas. Directions to Cardoza Park: I-680 south. East on Jacklin Rd. in Milpitas. South on N. Park Victoria Dr. and then east on Kennedy Dr. First parking lot on the right.

We will pedal along the base of the east foothills, from Milpitas to the Evergreen area in south San Jose. Be prepared for rollers! There will be a coffee/lunch stop midway through the ride after we loop around Evergreen Valley College. Route sheets will be provided. No drops & regroups as needed. Extreme weather cancels or modifies the ride. Any changes will be announced on FFBC Yahoo Group site or call/email/text me.

Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860

3rd Week in November

Mon Nov 10 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 (610'), M**
Let's meet at the **Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)** at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.
Mike Northrup; mikenorthrup@gmail.com; (510) 796-8832

Tue Nov 11 **Tour de Fremont Hills**
8:30 AM **38 miles, 3 (~2,000'), M, B**
Meet at the **Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail**. Since I've heard that a change is as good as a rest on the second and fourth Tuesdays of the month we'll do one of my favorite local hills – Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill. We'll return through the canyon with the ride once again finishing at Peet's for a well-deserved coffee. Rain cancels. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.
B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

Tue Nov 11 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the **Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

Tue Nov 11 **TNT (Tuesday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.
Meet at **ClubSport 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 Nov 12 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at **DOWNTOWN Niles parking lot across from H St on Niles Blvd**. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.
Al Quintana; alanq44@hotmail.com; (510) 760-9245

Thurs Nov 13 **Thursday Morning Coffee Ride**
9:00 AM **27 miles, 2-3, T-M**
Meet at the **Sunol train station** (yes, we have been given permission!) and ride up Kilcare. Our route will head up Foothill

to ride Happy Valley, out to the golf course and continue up the Bernal Bump. There are some options if you want to skip some climbing and meet us at Tully's coffee in Pleasanton. No one left behind. Bring \$.

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 Nov 13 **TNT (Thursday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.
Meet at **Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard**. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.
When dark, lights required. Helmets are mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Nov 14 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at **580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley)**. Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana; alanq44@hotmail.com; (510) 760-9245

Sat Nov 15 **Portola Loop**
8:30 AM **30 miles, 3, T-M**
Please join us for our newest monthly club ride at a touring-moderate pace. Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont). We'll ride across the Dumbarton bridge and do a loop around Portola Valley (sometimes CW, sometimes CCW depending on the ride leader's preference). Bring money for a coffee stop along the way. This is a no-drop ride.
TENTATIVE: NO RIDE LEADER(S) AT PRESSTIME

Sat Nov 15 **Show & Go**
8:30 AM **20-50 miles, 2-4, L-T-M-B**
Meet at the **Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark)**.

Sat Nov 15 **Ceramic Culture In Palo Alto**
9:30am **25 miles, 2 (~200), T-M**
Ride Start: **This easy-going social ride will start at the Don Edward's Wildlife Refuge Visitor Center and travel across the Dumbarton Bridge. Please use the upper/larger parking lot and meet by the Visitor Center.**
It will be a great day to absorb a little culture, as we visit the 14th annual Art in Clay ceramic arts show & sale in Palo Alto. The art show is presented by the Orchard Valley Ceramic Arts Guild and admission is free. We will spend about 30 minutes at the show followed by coffee/lunch at a nearby cafe.
For more information about the ceramic show, visit:
<http://www.ovcag.org/cgi-bin/DJcalendar.cgi?T=show-detail.html&EVENTNO=00101>
Route sheets will be provided. No drops & regroup as

needed. Extreme weather cancels or modifies the ride. Any changes will be announced on FFBC Yahoo Group site or call/email/text me.

Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860

Sun Nov 16 **Mike's & Colin's Hilly Adventure**
8:30 AM **60 miles, 3 (4,000), M**
We'll meet at the Dublin/Pleasanton BART parking lot, north side at end of De Marcus Blvd (and Dublin Blvd)
Hill No. 1 - Highland, through Livermore with optional out/back Morgan Territory. Hill No. 2 - Patterson Pass. Break for snack at Denica's. Hill No. 3 - out/back Lake Del Valle. Bring \$\$ for break. Rain cancels.
Mike Moore; mike_moore@earthlink.net; 408-858-7830
Colin Moy; moyboys@comcast.net; 510-690-7749

Sun Nov 16 **Portola Loop, With a Birthday, Tandem Twist**
8:30 AM **40 Miles, 2-3, B**
Meet at the Don Edward's Wildlife Refuge Visitor Center
Please come out and help me celebrate my Birthday. Yes, today is the Day. We will ride the Portola Valley loop counterclockwise than turn off at Arastradero and descend Page Mill and return via Foothill to Sandhill. Rain cancels this ride.
Carrie Payne; carriepayne@att.net; 510-754-0276

Sun Nov 16 **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.

Sunday Nov 16 **Flat ride from San Ramon to Alamo; visit new Livermore Cyclery**

9:00 AM **20 miles, 1-2, L-T**
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 skip Norris Canyon but head up Bollinger Canyon and look for the zebras and ostriches. If enough people do not want to climb, we will skip Bollinger Canyon as well. The climb to Bollinger Canyon is out-and-back, so you can turn around any time. After a regroup at Las Trampas we will head to the New Livermore Cyclery in Alamo via San Ramon Valley Blvd. We can have lunch in the Alamo Safeway, The Brass Bear Delicatessen, BBQ at Lawrence's Walnut Creek Meat Co., High Tech Burrito, Peet's Coffee and Tea, Starbucks Coffee, etc. We'll ride back to San Ramon Central Park via Danville Blvd. ZACHARY'S PIZZA IN SAN RAMON IS ANOTHER OPTION. No one left behind.

Bring \$ for lunch. Extreme temperatures, or construction may modify the route. Rain cancels, check yahoo group, email or call us.

Nancy Oh; nancy2966@gmail.com; (925) 984-4471
Ron Mitchell; ron_m_ffwbc@sbcglobal.net; (510) 508-7219

4th Week in November

Mon Nov 17 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 (610'), M**
Let's meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage) at 8:30 for an 8:45 start to an easy-going ride

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

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

Tue Nov 18 **Tour de Fremont Hills**
8:30 AM **29 miles, 3 (~1,900'), M, B**
Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to 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; (510) 517-1466
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

Tue Nov 18 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Nov 18 **TNT (Tuesday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.
Meet at ClubSport 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 Nov 19 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.
Al Quintana; alang44@hotmail.com; (510) 760-9245

Thurs Nov 20 **Thursday Morning Coffee Ride**
9:00 AM **25-35 miles, 2-3, T-M**
Meet 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

Thurs Nov 20 **TNT (Thursday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**

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

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

When dark, lights required. Helmets are mandatory.

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

Fri Nov 21 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**

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

Al Quintana; alang44@hotmail.com; (510) 760-9245

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

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

Coffee at the end of the ride at Peet's in Fremont.

Kevin McDonnell; kevin@mcnmc.com; (510) 364-4435

Sat Nov 22 **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).

Sun Nov 23 **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.

5th Week in November

Mon Nov 24 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 (610'), M**

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

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

Tue Nov 25 **Tour de Fremont Hills**
8:30 AM **38 miles, 3 (~2,000'), M, B**

Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail. Since I've heard that a change is as good as a rest on the second and fourth Tuesdays of the month we'll do one of my favorite local hills – Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill. We'll return through the canyon with the ride once again finishing at Peet's for a well-deserved coffee. Rain cancels. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.

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

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

Tues Nov 25 **Take A Break For Alum Rock Park**
9:00 AM **25 miles, 3 (<1,000), T-M**
Meet at the Warm Springs Community Center, 47300 Fernald St, Fremont.

Take a break from the pre-Thanksgiving grocery shopping, baking and housecleaning. Jump on your bike and follow a familiar route to Alum Rock Park in San Jose. There will be a coffee/lunch stop in Milpitas on the return home. Route sheets will be provided. No drops & regroups as needed. Extreme weather cancels or modifies the ride. Any changes will be announced on FFBC Yahoo Group site or call/email/text me.

Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860

Tue Nov 25 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**

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

Tue Nov 25 **TNT (Tuesday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**

Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email

will be sent to the Yahoo! Group if the plans are changed.
Meet at ClubSport 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 Nov 26 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.
Al Quintana; alanq44@hotmail.com; (510) 760-9245

HAPPY THANKSGIVING!
No Thursday Coffee Ride today, but if you want to ride there's a two-way Palomares ride and a Show & Go in the morning!

Thurs Nov 27 **Show & Go**
8:30 AM **20-50 miles, 1-3, L-M-B**
Meet at the Bicycle Garage, 5006 Mowry Ave at Blacow Rd.

Thurs Nov 27, **Thanksgiving Day Ride**
8:45 AM **25 miles, 4, M**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.
Burn calories before consuming calories. Ride up Palomares down to Palo Verde and back up Palomares.
Joyce Tanaka; notes4jt@gmail.com; 510-703-2675

Thurs Nov 27 **TNT (Thursday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.
Meet at Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.
When dark, lights required. Helmets are mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Nov 28 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley). Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana; alanq44@hotmail.com; (510) 760-9245

TENTATIVE!
Fri Nov 28 **17-Mile Drive Ride**
10:00 AM **40+/- miles, 2-3, L-M**
Meet at George Washington Park in Pacific Grove (Sinex Avenue and 17-Mile Drive). This is FFBC's traditional day after Thanksgiving tour of the scenic 17-Mile Drive in Carmel, with a side trip to Point Lobos. No one's in a hurry today, and no will be

left behind. Bring money for lunch in Carmel. We will eat on the beach. We will have frequent regroupings, usually impromptu, and located at a scenic and/or wildlife viewing point. After the ride many people go out to eat at Moss Landing for terrific seafood; a fine ending to a great day.
Directions: 101 South past Gilroy to Hwy. 156. Go west to Hwy 1, then south on Hwy 1 to Hwy 68 west. Bear left at the Y onto Sunset drive. Right on 17-Mile drive. Right onto Sinex Ave. then left onto Alder Street. Do a U-turn and park adjacent George Washington Park rather than in front of people's houses. If serious rain threatens contact Wynn or watch for a message on the FFBC Yahoo! Group.
NO RIDE LEADER(S) AT PRESSTIME. WATCH THE FFBC LIST FOR UPDATES.

Sat Nov 29 **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).

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

Sun Nov 30 **Work Off That Pumpkin Pie!**
9:00 AM **31 miles, 3 (<1,500), T-M**
Meet at Cardoza Park in Milpitas. Directions to Cardoza Park: I-680 south. East on Jacklin Rd. in Milpitas. South on N. Park Victoria Dr. and then east on Kennedy Dr. First parking lot on the right.
Feeling like a stuffed turkey? Regretting those second helpings of mashed potatoes and pumpkin pie last Thursday? Join me on this ride and we will work a few calories off. Starting from Milpitas, we'll ride south into San Jose for a little climb on Mt. Pleasant Road. Along the way we will ride rollers and have coffee/lunch in the Evergreen district of San Jose. Route sheets will be provided. No drops & regroupings as needed. Extreme weather cancels or modifies the ride. Any changes will be announced on FFBC Yahoo Group site or call/email/text me.
Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860