

## DECEMBER 2014 RIDE CALENDAR

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

### THANK YOU TO ALL THE DECEMBER RIDE LEADERS!

Please check to make sure the rides you submitted are listed correctly. If there is an error in the listing below, please contact the ride coordinators at <mailto:ridecoordinator@ffbc.org> at once.

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

**Mon Dec 1, 8:30 AM**

**Monday Morning Recovery Ride**

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

**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Let's meet 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 Dec 2, 8:30 AM**

**Tour de Fremont Hills**

**29 miles, 3 (~1,900'), M, B**

**Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail**

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 Dec 2 9:00 AM**

**Tues Dec 2, 9:00 AM**

**Show & Go**

**20-50 miles, 1-5, L-T-M**

**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue Dec 2, 6:15 PM**

**TNT (Tuesday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

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.

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 Dec 3, 8:30 AM**

**Mid-week Morning Ride**

**35-45 miles, 2-3, M-B**

**Start location: Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark),**

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 Dec 4 9:00 AM**

**Thursday Morning Coffee Ride - Lake Elizabeth to Alum Rock**

**42 miles, 2-3, T-M, 1800'**

**Start location: 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 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 Dec 4, 6:15 PM**

**TNT (Thursday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: 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.**

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. When dark, lights required. Helmets are mandatory.

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

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

**Fri Dec 5, 8:30 AM**

**The Friday Bike Club**

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

**Start location: 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 Dec 6, 8:30 AM**

**Calaveras Clockwise**

**40 miles, 3, M & B**

**Start location: Downtown Niles parking lot across from H St on Niles Blvd**

This is our traditional "1st Saturday of the Month" ride. We will 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: Donna Kaplan; [luporini@aol.com](mailto:luporini@aol.com); (510) 381-0761**

**B: West Kurihara; [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com); (650) 279-0813**

**Sat Dec 6, 9:30AM**

**Tour of the proposed Niles to Sunol trail**

**5 miles, 1 (50'), L**

**Start location: Niles Public Parking**

From Niles I'll show you an idea for the first leg of the proposed trail. There are a lot of possibilities for use like picnic, backpacking, camping, cyclocross, mtb, plays, concerts, that has not been thought about. Maybe they should be. You'll see when you come across the terrain. You might also get the idea that maybe the park district is going in the wrong direction or scaling the project too much. Bring your camera. Use a mountain bike. or something with fat tires. We'll do some walking. Rain cancels. Frequent stops along the way. Pace is creepy crawl. May be kid friendly. We'll be near active railroad tracks. Riding on railroad gravel is a distinct possibility. Somebody might want to bring clippers or loppers to clear the way of brush. I would like to be done by 11:00. :)

**Wynn Kageyama; 510-659-1360; [davitusrider@yahoo.com](mailto:davitusrider@yahoo.com)**

**Sun Dec 7, 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, B**

**Start location: DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Sun Dec 7, 9:30am**

**Christmas In The Park**

**25 miles, 1 (<100'), T-M**

**Start location: I-880 Milpitas Light Rail Station Parking Lot**

Today's easy-going ride will knock the "bah, humbugs" right out of your vocabulary. We will travel south to downtown San Jose to visit the whimsical Christmas In The Park display and traipse through the Fairmont's lavishly decorated lobby. After we have had our holiday spirits raised, we'll head over to a local cafe for coffee and lunch. The first half of the ride we'll mainly use bike trails and the return home will be on surface streets. Route sheets will be provided. No drops & regroup as needed. Nasty weather cancels or modifies the ride. Any changes will be announced on FFBC Yahoo Group site or call/email/text me.

**Cindy Maxwell 408-506-6860 [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net)**

**Mon Dec 8, 8:30 AM**

**Monday Morning Recovery Ride**

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

**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Meet 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 Dec 9, 8:30 AM**

**Tour de Fremont Hills**

**38 miles, 3 (~2,000'), M, B**

**Start location: 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 Dec 9 9:00 AM**

**Show & Go**

**20-50 miles, 1-5, L-T-M**

**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue Dec 9, 6:15 PM**

**TNT (Tuesday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

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.

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 Dec 10, 8:30 AM**

**Mid-week Morning Ride**

**35-45 miles, 2-3, M-B**

**Start location: 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 \$\$.

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

**Thurs Dec 11, 9:00 AM**  
**Thursday Morning Coffee Ride - Cull Canyon and Schaefer Ranch**

**26 miles, 2-3, T-M, 2100'**

**Start location: 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 and enjoy some coffee before we take off. We will head climb out and back on Cull Canyon. Then we will pass the coffee stop (Bodi's Java, anyone is welcome to skip the second climb and have a long coffee stop) then head up Dublin Canyon and do an out and back up the short, but steep, Schaefer Ranch. If you're a fast climber, when you reach the top, you can do repeats. Bring \$ for lunch. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check yahoo group, email or call me.

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

**Thurs Dec 11, 6:15 PM**  
**TNT (Thursday Night Training)**  
**60-90 minutes, 1, M-B-F**

**Start location: 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.

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.

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 Dec 12, 8:30 AM**  
**The Friday Bike Club**  
**35-45 miles, 3-4, M-B**

**Start location: 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 Dec 13, 8:30 AM**  
**Tuesday Hills On Saturday**  
**30 miles, 3 (2,100'), M**

**Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail**

Get all of the Tuesday Tour de Fremont Hills ride fun on the weekend! and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and the grind up Sabrecat. If we haven't managed to elevate our heart rates sufficiently we'll head back up Pine; otherwise, it's up Paseo Padre the wrong way again before ending the ride at Peets with a well-deserved coffee (**NOTE:** even though the ride ends at Peet's those needing to return to the start of the ride will be accommodated). Rain or threat of rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am by phone on the day of the ride.

**Mike Northrup; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Sat Dec 13, 8:30 AM**

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

**Start location: Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sat Dec 13, 9:00AM**  
**Thinking about Cinderella?**  
**14 miles, 1, L-T**

**Start location: Newark Raley's (Jarvis and Newark Blvd.)**

This short, slow, flat ride is intended to figuratively get your feet wet for Cinderella Training. Considering signing up for training but have some fears about your ability? Already signed up, but worried about the first ride? Come join me; see how fun it can be. No pressure! We will meet in the Newark Raley's parking lot (Jarvis and Newark Blvd.) and ride at a leisurely pace to Prolific Oven for coffee. No one left behind. Rain cancels, check FFBC's Yahoo group, email or call me. Everyone welcome!

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

**Sun Dec 14, 9:00AM**  
**Dale and Ken's Excellent Adventure—Palomares With a Twist-1**

**39 miles, 4, T-M**

**Start location: Niles Parking Lot**

Come join us for a local loop over Palomares with a detour up Schafer Ranch and a great descent into Dublin. We'll stop for coffee/lunch on the way home at a new bakery in Pleasanton (other lunch options available). This ride has a little more climbing than a Calaveras loop. This is a T/M ride and no one will be left behind. You can view the route at:

<http://lasthill.net/Maps/PalomaresTwist-1.html>

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

**Sun Dec 14, 9:00 AM**  
**"Get to Know Us Ride"**  
**20-25 miles, 1-2, L-T-M**

**Start location: Starbucks at Mission and Warm Springs Blvd,** Please join us on this monthly "Get-To-Know-Us-Ride" 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. 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.

**David and Julia Walker; [dbwalker0min@gmail.com](mailto:dbwalker0min@gmail.com); (510) 468-9712**

**Sun Dec 14, 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, B**

**Start location: DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

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

**Mon Dec 15, 8:30 AM**  
**Monday Morning Recovery Ride**

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

**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Meet 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 Dec 16, 8:30 AM**

**Tour de Fremont Hills**

**29 miles, 3 (~1,900'), M, B**

**Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail**

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 Dec 16 9:00 AM**

**Show & Go**

**20-50 miles, 1-5, L-T-M**

**Start location: the Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue Dec 16, 6:15 PM**

**TNT (Tuesday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538)**

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. 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 Dec 17, 8:30 AM**

**Mid-week Morning Ride**

**35-45 miles, 2-3, M-B**

**Start location: Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark)**

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 Dec 18, 9:00 AM**

**Thursday Morning Coffee Ride Around Fremont**

**31 miles, 2-3, T-M, 1000'**

**Start location: Don Edward's Wildlife Refuge Visitor Center.**

Wear your orange FFBC jersey as we ride through our neighborhoods! We had a great turn out in October when we did this route as it was very convenient to come and go as your schedule allows (contact me for the route if you want to meet along the way). We will start off flat to warm up and then do some hills before lunch at Mission Coffee. Bring \$ for lunch or coffee. No one left behind!

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 Dec 18, 6:15 PM**

**TNT (Thursday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: 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.

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. 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 Dec 19, 8:30 AM**

**The Friday Bike Club**

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

**Start location: 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 Dec 20, 8:30 AM**

**Portola Loop**

**30 miles, 3, T-M**

**Start location: Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).**

Please join us for our newest monthly club ride at a touring-moderate pace. 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.

**Conni Smith; H: 510/471-8047 C: 510/461:8838 [4conni.smith@gmail.com](mailto:4conni.smith@gmail.com)**

**Sat Dec 20, 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, B**  
**Start location: Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sat Dec 20, 5:30PM**  
**Holiday Lights**  
**20 miles, 1, L**  
**Start location: Peet's at 2780 Mowry Ave Fremont, CA**  
The club hasn't done this in years! Get in the Holiday spirit with a night ride through Fremont to enjoy at the local Holiday light displays. I'm not really sure where the best light shows are, so send me your suggestions so I can put together a suitable route. As with any night ride, everyone will need a headlight and a taillight. Anything reflective garb you want to wear would be great too. Don't be a Scrooge and ride your bike!  
**David and Julia Walker 510-661-9422**  
[dbwalker0min@gmail.com](mailto:dbwalker0min@gmail.com)

**Sun Dec 21, 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, B**  
**Start location: DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Sun Dec 21, 9 am**  
**Fooling Round The Foothills**  
**32 miles, 3 (1400'), T-M**  
**Start location: Cardoza Park, Kennedy Dr, Milpitas**  
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. Directions to the start at 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. 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 408-506-6860** [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net)

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

**Mon Dec 22, 8:30 AM**  
**Monday Morning Recovery Ride**  
**40 miles, 1-2 (610'), M**  
**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**  
Meet 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 Dec 23, 8:30 AM**  
**Tour de Fremont Hills**  
**38 miles, 3 (~2,000'), M, B**  
**Start location: 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 Dec 23, 9:00 AM**  
**Show & Go**  
**20-50 miles, 1-5, L-T-M**  
**Start location: the Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue Dec 23, 6:15 PM**  
**TNT (Tuesday Night Training)**  
**60-90 minutes, 1, M-B-F**  
**Start location: ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538)**  
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. 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 Dec 24, 8:30 AM**  
**Mid-week Morning Ride**  
**35-45 miles, 2-3, M-B**  
**Start location: 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 Dec 25**  
**Thursday Morning Coffee Ride**  
**No Thursday Morning Coffee Ride on Christmas Day.**  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624**

**Thurs Dec 25, 6:15 PM**  
**TNT (Thursday Night Training)**  
**60-90 minutes, 1, M-B-F**

**Start location: 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.**

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. 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 Dec 26, 8:30 AM**  
**The Friday Bike Club**  
**35-45 miles, 3-4, M-B**

**Start location: 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 Dec 27, 8:30 AM**  
**Calaveras CCW**  
**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 Dec 27, 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, B**

**Start location: Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun Dec 28, 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, L-T-M-B**

**Start location: DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

## **5<sup>th</sup> Week in December**

**Mon Dec 29, 8:30 AM**  
**Monday Morning Recovery Ride**  
**40 miles, 1-2 (610'), M**

**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Meet 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 Dec 30, 8:30 AM**  
**Tour de Fremont Hills**  
**38 miles, 3 (~2,000'), M-B**

**Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail.**

For the 5<sup>th</sup> Tuesday of the month (which doesn't happen very often) we'll do something different. This month we'll get a good warm up on Paseo Padre in preparation for an assault of Old Calaveras. When our heart rates have more or less returned to normal we'll conquer Country Club unless someone makes a remark about Old Calaveras not being as steep as we thought; in that case we'll tackle Old Calaveras again! Just to make sure we've earned our coffee we'll do a quick loop around Ohlone before finishing at Peet's.

**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 Dec 30, 9:00 AM**  
**Show & Go**  
**20-50 miles, 1-5, L-T-M**

**Start location: the Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue Dec 30, 6:15 PM**  
**TNT (Tuesday Night Training)**  
**60-90 minutes, 1, M-B-F**

**Start location: ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

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. 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 Dec 31, 8:30 AM**  
**Mid-week Morning Ride**  
**35-45 miles, 2-3, M-B**

**Start location: 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**