

JANUARY 2015 RIDE CALENDAR

TRAINING FOR SPRING METRIC & FULL CENTURIES

Starting in January we have lots of rides to choose from each weekend. Thinking of riding a metric or full century in the Spring? We have 3 different training series to choose from to help you reach your goal.

Progressive Ride Series (PRS)

Our annual PRS (Progressive Ride Series) rides start on January 18th and runs every Sunday. The PRS series gets riders ready for a full century (such as the Primavera Worker's Ride on April 18th). Jay Gilson and Kevin McDonnell have graciously agreed to lead the entire series. They will lead the rides at an M-pace. If there are any B-paced riders who would like to step up and volunteer to lead at a B-pace please let the [ride coordinator](#) know.

Less Aggressive Progressive Ride Series (LAP)

Want to train for a metric with a fun group of people? Are some of the club rides too fast especially when there is a lot of climbing? Try this Less Aggressive Progressive (LAP) series and you'll be ready for metrics like the Tierra Bella or the Primavera Worker's Ride. This series has fewer miles and elevation gain than the traditional Progressive Series and is aimed at touring/moderate pace riders (especially those that climb at a slower pace). The Excel/pdf route sheet will be sent out via email to FFBC's Yahoo Group about a week before each ride. The elevation profile is also available at [ridewithgps.com](#) but is for information only (i.e., the cue sheet is not checked and doesn't have regroups, etc.).

We have lots of friendly, knowledgeable and helpful ride leaders for the LAP series. Dale Blanchard, Mike Christopherson, Ken Goldman, Cindy Maxwell, Vicki Robinson, Lori Sommer, Jim Takasugi, and Julia Walker are returning from last year. Our new additions include Amy and Tom Giles, John Horton, Conni Smith and Joyce Tanaka.

We are very flexible; many of the routes can be modified to reduce mileage and climbing and you are welcome to join mid-route, skip coffee/lunch, leave early or ride off the front – just let a ride leader know. There is always a sweep and if you are slower than the sweep, we will do regroups so no one is left behind. Come join us!

Cinderella Conditioning Ride Series (CCRS)

Last, but my no means least, we have our annual Cinderella training series starting on January 24th and running Saturday's through April 4th. This year we've split the training into two distinct series, the "Coaching Series" is for new women riders (sorry, no men) and is a paid program. For full details of the "Coaching Series" please see the [FFBC Cinderella](#) website. **The second Cinderella series is our "Cinderella Conditioning Ride Series". It's free, and open to all club members.** The "Conditioning" series will progress to a metric century a little more gently than the LAP rides. The rides will be no-drop rides at a T-M pace, led by many of our regular Cinderella ride leaders.

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

THANK YOU TO ALL THE JANUARY 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.

1st Week in January

Thu Jan 1, 10:00AM

**TMCR New Year's Day Ride to Alum Rock
42 miles, 3, T-M**

Start location: Lake Elizabeth, Teen Center

Ring in the New Year and still join the Thursday Morning Coffee Ride. Since we don't meet until 10:00AM, sleep in and then get started on your 2015 mileage goals as we ride to Alum Rock Park. There are a lot of parking lots in Fremont's Central Park. To access the correct lot where we meet near the Teen Center, turn in from Paseo Padre at the light on Sailway Drive then take the second left and head toward the back of the lot. 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. We will ride along the foothills and into the park and where 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 at the back of the group, 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, 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

Thu Jan 1 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; (925) 556-1564, (925) 819-0247

Fri Jan 2 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; (510) 760-9245

~~Fri Jan 2, 9:15AM~~ **CANCELLED DUE TO ILLNESS**

~~**Seascape, Monterey Bay & Apple Pie**~~

~~**41 miles, 4 (2800'), M**~~

~~**Start location: Start location: Seascape Village Shopping Center (19 Seascape Village, Aptos)**~~

~~Come see Monterey Bay and ride through apple orchards of~~

Corralitos. Our route includes Aptos Beach, Hames Road, and Brown's Valley. Lunch, hot cider and pie at Gizdich Ranch apple orchards; return via Larkin Valley Road. Directions to start: Take Highway 17 to Highway 1 South. Follow Highway 1 South about 10 miles. Exit right on San Andreas Rd.; turn right at Seascape Blvd., then right into shopping center at Racquet Landing Drive Park. Parking has been an issue the last few years. Please park either curbside along Seascape Boulevard or in back of shopping center parking lot away from businesses. Route ride with GPS <https://ridewithgps.com/routes/6202373>

~~Dale Blanchard 510-703-2675 Dale-b@comcast.com~~
~~Joyce Tanaka 510-793-2675 notes4jt@gmail.com~~

Sat Jan 3, 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; (510) 381-0761
B: TBD: No brisk pace leader at press time.

Sat Jan 3, 9:00AM
Thinking about Cinderella?
16 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; (510) 693-8624

Sun Jan 4 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.

2nd Week in January

Mon Jan 5 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; (510) 796-8832

Tue Jan 6 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. Total 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 Jan 6 9:00 AM
Show & Go
20-50 miles, 1-5, L-T-M

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

Tue Jan 6 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; (925) 556-1564, (925) 819-0247

Wed Jan 7 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; alang44@hotmail.com; (510) 760-9245

Thu Jan 8, 9:00AM
Thursday Morning Coffee Rides across the Dumbarton Bridge
25-35 miles, 2-3, L-T

Start location: Don Edward's Wildlife Refuge

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; lorinsommer@gmail.com; (510) 693-8624

Thu Jan 8 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; (925) 556-1564, (925) 819-0247

Fri Jan 9 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; (510) 760-9245

Sat Jan 10 8:30 AM
It Beats the Alternatives
40 miles, 3 (2000'), M

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

Well, tomorrow's my birthday and it's a big one (that's right, I'll be 30.) So, I decided that I'd better get in a ride before I get too old to ride. I'll be heading across the bay to Woodside and then up the hill to the Redwood City cross. I was thinking that stopping at a cross the day before my birthday might be a good idea. We'll head to Prima Deli before returning. Zombie apocalypse cancels ride.

Dave Epps; depps55@gmail.com; h: (510) 487-5288, c: 510-552-2615

Sat Jan 10, 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 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 Jan 10 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 Jan 11, 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; (510) 468-9712

Sun Jan 11 8:30 AM
Show & Go

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

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

3rd Week in January

Mon Jan 12 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; (510) 796-8832

Tue Jan 13 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; (510) 517-1466

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

Tue Jan 13 9:00 AM

Show & Go

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

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

Tue Jan 13 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; (925) 556-1564, (925) 819-0247

Wed Jan 14 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; (510) 760-9245

Thu Jan 15, 9:00AM

Thursday Morning Coffee Ride to Cull Canyon and Schaefer Ranch

26 miles, 2-3, T-M

Start location: Endless Cycles (3300 EAST Castro Valley Blvd., Castro Valley

This ride starts at Endless Cycles (3300 EAST Castro Valley Blvd., Castro Valley, NEAR Center Street, please park in the small side-parking lot. Jeff will open the shop early so we can use the restroom and enjoy some coffee before we head 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 (optional), 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 (510) 693-8624 cell lorimsommer@gmail.com

Thurs Jan 15 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; (925) 556-1564, (925) 819-0247

Fri Jan 16 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; (510) 760-9245

Sat Jan 17 8:30 AM

Show & Go

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

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

Sun Jan 18, 8:30AM

PRS#1 Alum Rock

35 miles, 2 (1374'), M

Start location: CVS Pharmacy/Shopping Center on the corner of Mission Blvd. and Warm Springs Blvd.

For a full description of the Progressive Ride Series (PRS) please see the top of this calendar. Meet at the CVS Pharmacy/Shopping Center on the corner of Mission Blvd. and Warm Springs Blvd. for a ride down to beautiful Alum Rock Park. Bring money for the coffee stop during the ride. Rain cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens. Map is available at: <http://ridewithgps.com/routes/3722545>

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

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

Sun Jan 18, 8:30AM

Niles to Alum Rock

50 miles, 2, B

Start location: Downtown Niles Parking Lot

This ride is a B-pace version of PRS #1, starting at the Niles Parking Lot. We will ride down to beautiful Alum Rock Park. No coffee stop; we will stop at the Visitors Center and have a couple of regroup, but that's it. Rain cancels. Please contact me if rain threatens that morning.

Mike Williams, 510-364-4335, mwilliams297@comcast.net

Sun Jan 18, 9:00AM

FFBC 2015 LAP01 Cull Canyon/Dublin Grade/Schaefer Ranch (option)

25 miles, 2-3 (1345'), T-M

Start location: Endless Cycles 3300 EAST Castro Valley Blvd (near Center Street)

Our first ride in the series! We start at Endless Cycles (please park away from the building) and Jeff will open the shop so we can use the restroom. Please step inside to sign in and browse the shop. We do an out and back on beautiful Cull Canyon (<http://ridewithgps.com/routes/3765401>). Then we will climb East Castro Valley and Dublin Blvd. out to Schaefer Ranch. The climb up Schaefer is optional; it is a short but steep climb to a regroup point then we u-turn back to town. Bring a snack since the coffee stop at Bodi's Java (Subway and Dickie's are alternatives) isn't until mile 24. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us.

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

Lori Sommer lorimsommer@gmail.com 510-693-8624

4th Week in January

Mon Jan 19 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; (510) 796-8832

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

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

Tue Jan 20 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; (925) 556-1564, (925) 819-0247

Wed Jan 21 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; (510) 760-9245

Thu Jan 22, 9:00AM
Thursday Morning Coffee Ride Around Fremont
31 miles, 2-3 (1100"), T-M

Start location: Don Edward's Wildlife Refuge

Wear your orange FFBC jersey as we ride through our neighborhoods! This ride starts at the Don Edward's Wildlife Refuge Visitor Center. 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; (510) 693-8624

Thu Jan 22 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; (925) 556-1564, (925) 819-0247

Fri Jan 23 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; (510) 760-9245

Sat Jan 24, 9:00AM
Cinderella Conditioning #1, Fremont/Newark/Union City Loop

21 miles, 1 (157'), T-M

Start location: The Bicycle Garage, 5006 Mowry Ave., Fremont

It's time to start training for the annual Cinderella Classic ride again! For our first conditioning ride we'll do an easy loop of Fremont, Newark and Union City. This ride is open to all club members (male and female). Optional coffee at Starbucks beside The Bicycle Garage after the ride. Map with printable route sheet is available at:

<http://ridewithgps.com/routes/6390679>

Marty Heinrich; martyheinrich@comcast.net; (510) 579-0651

5th Week in January

Sat Jan 24, 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 ; (510) 441-7607 – H,(510) 364-4435 -C

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

Sat Jan 24 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 Jan 25, 8:30AM

PRS#2 Hills of Fremont

29 miles, 3-4 (1860'), M

Start location: Downtown Niles Parking Lot across from H Street

For a description of the Progressive Ride Series (PRS) please see the top of this calendar. Meet at downtown Niles parking lot, across from H St on Niles Blvd. For our second ride in the series we'll tackle some of Fremont's finest hills – Yakima, "The Animals", Paseo Padre, Pine, Sabercat and Pine again (in reverse this time). Bring money for the coffee stop during the ride. Rain cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens. Map is available at:

<http://ridewithgps.com/routes/3747676>

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

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

Sun Jan 25, 9:00AM

FFBC 2015 LAP02 Collier Canyon/Bernal Bump

34 miles, 2-3 (1400'), T-M

Start location: Crank2 5480 Sunol Blvd, Pleasanton

Collier Canyon this is a really nice ride into scenic rural areas (<http://ridewithgps.com/routes/3765728>). We start at Crank2, ride through Pleasanton and climb Gleason, Fallon, Camino Tassajara, Highland and Collier Canyon. This is a clockwise loop (some portions do not have a bike lane so we are on the shoulder) with a fun descent into Livermore. We will stop at Denica's in Livermore (Starbucks is another alternative) for coffee and meander back before climbing Bernal Bump as the finish to our ride. Byron will open the shop for us so we can use the restroom before the ride. Please step inside the shop to sign in for the ride. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us.

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

Lori Sommer lorimsommer@gmail.com 510-693-8624

Sun Jan 25 8:30 AM

Show & Go

20-50 miles, 2-4, B

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

Mon Jan 26 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; (510) 796-8832

Tue Jan 27 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; (510) 517-1466

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

Tue Jan 27 9:00 AM

Show & Go

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

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

Tue Jan 27 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; (925) 556-1564, (925) 819-0247

Wed Jan 28 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; (510) 760-9245

Thu Jan 29, 9:00AM

Thursday Morning Coffee Ride to Denica's in Dublin

31 miles, 2-3 (1000'), T-M

Start location: Sunol Train Station

Meet at the Sunol Train Station and we will ride along Foothill to Muirwood. We will climb Gleason, Fallon, Tassajara and Windemere Parkway and after lunch at Denica's in Dublin, we will return along the Alamo Canal Trail. There are portions on Tassajara with no bike lane. No one left behind. Bring \$ for lunch. Extreme temperatures or construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.

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

Thu 29 Jan 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; (925) 556-1564, (925) 819-0247

Fri Jan 30 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; (510) 760-9245

Sat Jan 31, 9:00AM

Cinderella Conditioning #2, The "Animals"

23 miles, 2-3 (979'), T-M

Start location: Centripetal Bikes, 3646 Thornton Ave., Fremont

For our second ride in the series we'll go south and tackle "The Animals". They sound worse than they really are but certainly a little more challenging than last week's ride. After "The Animals" we'll get a well-deserved downhill along Mission Blvd. to downtown Niles. We'll make our way from there around Quarry Lakes and back to the start. Optional coffee at Suju's after the ride. Remember these conditioning rides are open to all club members (male and female). Map with printable route sheet is available at: <http://ridewithgps.com/routes/6619531>

Marty Heinrich; martyheinrich@comcast.net; (510) 579-0651

Sat Jan 31 8:30 AM

Show & Go

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

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