

# MARCH 2015 RIDE CALENDAR

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

### TRAINING FOR SPRING METRIC & FULL CENTURIES

The month of March continues with 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) continues every Sunday. The PRS series gets riders ready for a full century (such as the Primavera Worker's Ride on April 18<sup>th</sup>). 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 other 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 century with a fun group of people? Are some of the club rides too fast, especially when there is a lot of climbing? The Less Aggressive Progressive (LAP) series will get you 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](http://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 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 by no means least, we have our annual Cinderella training series continuing in March and running Saturday's through April 4th. 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 March are available at: [http://www.ffbc.org/html/start\\_locations.html](http://www.ffbc.org/html/start_locations.html).

#### THANK YOU TO ALL THE MARCH 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 [ridecoordinator@ffbc.org](mailto:ridecoordinator@ffbc.org).

**Sun Mar 1, 8:30AM**

**PRS #7 Del Valle  
61 miles, 3 (2650'), M**

**Start location: Downtown Niles Parking lot across from H Street**

There is only one major hill on this ride; only problem is that we have to do it twice. Enjoy the Livermore valley as we make our way to Mines Rd. and our destination of Lake Del Valle. Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Bring money for a coffee stop en route. Rain cancels. Map with printable route sheet is available at:

<http://ridewithgps.com/routes/3759093>

**M: Kevin McDonnell; [kevin@mcnmc.com](mailto:kevin@mcnmc.com); (510) 441-7607 –H, (510) 364-4435 –C**

**B: Tim O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 471-2464**

**Sun Mar 1, 9:00AM**

**LAP 07 Livermore Hills  
51 miles, (2500'), T-M**

**Start location: gravel lot across from the Sunol Train Station**

Let's play on the highway! We will meet in the gravel lot across from the Train Station. Please park in the gravel lot or on the surrounding streets (preferable) and ride over. There is a nearby elementary school but we did not request permission (\$) so it is at your own risk. DO NOT PARK in the Sunol Train Station parking lot. We will ride on Highway 680 (for one exit only, it is legal) to access Vallecitos (Highway 84). Caution, there is a short portion without a bike lane. We will regroup at the top, ride through some beautiful vineyards then head out to Holdener Park and up Tesla to the top of Corral Hollow. It is an out and back. We will stop in Livermore for lunch and then head back to Sunol via the vineyards (in the other direction) then up the Bernal Bump, Happy Valley and Foothill. If you want to join us but don't want to do ALL the climbing you are welcome to modify the route and turn around anytime on the out and backs. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call me. For reference only:

<http://ridewithgps.com/routes/7042415>

**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624  
Cindy Maxwell [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net) (408) 506-6860**

**Mon Mar 2, 8:30 AM**

**Monday Morning Recovery Ride  
40 miles, 1-2 (610'), M**

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

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

**Tue Mar 3, 8:30 AM**

**Tour de Fremont Hills  
29 miles, 3 (~1,900'), M, B**

**Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail and join us for a few of Fremont's finest hills. We'll warm up**

on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to Peet's for a well-deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.

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

**M: Terri Yi;** [terriyi@yahoo.com](mailto:terriyi@yahoo.com); (510) 304-5571

**Tue Mar 3, 9:00 AM**

**Show & Go**

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

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

**Tue Mar 3, 6:15 PM**

**TNT (Tuesday Night Training)**

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

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

**Meet at ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

When dark, lights required. Helmets are always mandatory.

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

**Wed Mar 4, 8:30 AM**

**Mid-week Morning Ride**

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

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

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

**Thurs Mar 5, 9:00 AM**

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

**42 miles, 3 (1800'), T-M**

**Start location: Lake Elizabeth, Teen Center**

We will gather in the parking lot near the restrooms. There are a lot of parking lots in Fremont's Central Park. To access the correct lot, near the Teen Center, turn in from Paseo Padre at the light on Sailway. We will warm up climbing Paseo Padre and have a quick regroup at the top of Warren with a restroom stop at Jose Adobe Higuera (mile 10.6). If you'd like to shorten your ride, meet the group at Jose Adobe or along the route. Then we will ride along the foothills and regroup at the turn onto Penetencia. Then we will ride into the park and there are options to head straight to the Visitor's Center or climb the Inspiration Loop and/or 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](mailto:lorimsommer@gmail.com); (510) 693-8624

**Thurs Mar 5, 6:15 PM**

**TNT (Thursday Night Training)**

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

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

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

When dark, lights required. Helmets are mandatory.

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

**Fri Mar 6, 8:30 AM**

**The Friday Bike Club**

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

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

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

**Sat Mar 7, 8:00AM**

**Cinderella Conditioning #7, Redwood City Cross**

**43 miles, 3 (1,782'), T-M**

**Start location: Don Edwards Wildlife Refuge, Marshlands Rd., Fremont**

This is hidden gem of a ride courtesy of our Adventurous Duo - Ken & Dale. We start off by making our way to Woodside; then it's on to Canada road and into the Emerald Hills area in search of the Redwood City Easter cross. We climb to the Cross where, on a clear day, the view is spectacular, and then zigzag our way back down to Redwood City. We'll stop at Prima Deli for coffee/lunch before making our way back to Fremont. Rain cancels. Please check the FFBC Yahoo! Group or contact the ride leader on the morning of the ride if the weather is questionable. Map with printable route sheet is available at:

<http://ridewithgps.com/routes/3949823>

**Marty Heinrich;** [martyheinrich@comcast.net](mailto:martyheinrich@comcast.net); (510) 579-0651

**Sat Mar 7, 8:30 AM**

**Calaveras CW**

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

**B: TBD; No ride leader at press time.**

**Sat Mar 7, 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, L-T**  
**Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

## **2<sup>nd</sup> Week in March** **Daylight Savings Time Begins**

**Sun Mar 8, 8:30AM**  
**PRS #8 Corral Hollow**  
**63 miles, 3 (2753'), M**  
**Start location: Livermore Park & Ride lot on E. Airway Blvd. at Rutan Dr.**  
This ride takes us into Tracy via Corral Hollow and returns via Altamont pass road. Meet at Livermore Park & Ride lot on E. Airway Blvd. at Rutan Dr. Bring money for a coffee stop en route. Rain cancels. Map with printable route sheet is available at: <http://ridewithgps.com/routes/3976230>  
**M: Kevin McDonnell; [kevin@mcnmc.com](mailto:kevin@mcnmc.com); (510) 441-7607 –H, (510) 364-4435 –C**  
**B: Michael Williams; [mwilliams297@comcast.net](mailto:mwilliams297@comcast.net); (510) 364-4335**

**Sun Mar 8, 9:00AM**  
**LAP 08 Palomares, Eden, Palomares!**  
**35 miles, (3100'), T-M**  
**Start location: Niles parking lot across from H St on Niles Blvd.**  
This week we will ride a portion of the Club's Primavera route. Starting in Niles, we'll ride to Palomares Road for a scenic & sustained climb. After we catch our breath, we'll lose it again as we tear back down the hill. We will next explore Eden Canyon, which is a rural out-and-back climb, then head to Bodi's café in Castro Valley for a break. When we climb back on our bikes, we will climb Palomares Road on the backside, also known as the steeper side. Our reward will be a long pretty descent and our return to the starting point. Anybody for a beer at Bronco Billy's? We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regroup as needed. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us. For reference only: <http://ridewithgps.com/routes/3788767>  
**Lori Sommer; [lorinsommer@gmail.com](mailto:lorinsommer@gmail.com); (510) 693-8624 –C**  
**Cindy Maxwell [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net) ; (408) 506-6860**

**Sun Mar 8, 9:00 AM**  
**"Get to Know Us Ride"**  
**20-25 miles, 1-2, L-T-M**  
**Starting location: The Bicycle Garage 5006 Mowry Ave at Blacow Rd.**  
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 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 and Julia Walker; [dbwalker0min@gmail.com](mailto:dbwalker0min@gmail.com); (510) 468-9712**

**Mon Mar 9, 8:30 AM**  
**Monday Morning Recovery Ride**  
**40 miles, 1-2 (610'), M**  
**Let's meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the**

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

**Tue Mar 10, 8:30 AM**  
**Tour de Fremont Hills**  
**38 miles, 3 (~2,000'), M, B**  
**Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail.** Since I've heard that a change is as good as a rest on the second and fourth Tuesdays of the month we'll do one of my favorite local hills – Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill. We'll return through the canyon with the ride once again finishing at Peet's for a well-deserved coffee. Rain cancels. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.  
**B: Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 517-1466**  
**M: Terri Yi; [terriyi@yahoo.com](mailto:terriyi@yahoo.com); (510) 304-5571**

**Tue Mar 10, 9:00 AM**  
**Show & Go**  
**20-50 miles, 1-5, L-T**  
**Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue Mar 10, 6:15 PM**  
**TNT (Tuesday Night Training)**  
**60-90 minutes, 1, M-B-F**  
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.  
**Meet at ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**  
When dark, lights required. Helmets are always mandatory.  
**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Wed Mar 11, 8:30 AM**  
**Mid-week Morning Ride**  
**35-45 miles, 2-3, M-B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.** We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.  
**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Thu Mar 12, 9:30AM**  
**Let's Climb Some Hills!**  
**21 miles, 3-4 (2300'), 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. Eden Canyon is an out and back (approx. 2.5 miles) with a couple of short, but steep pitches (10%) along the way and at the end. Then, since there is a restroom near the top, we will try 5-Canyons (also an out and back (approx. 2.4 miles)

with even steeper pitches of 17%! When (and if, in my case) we arrive at the top we can ride along Fairview. The great thing about these climbs are they are (or can be) out and back, meaning, you can turn around if you've had enough and head for coffee! I may also work out an alternate return to coffee from Fairview by the time the ride takes place. We will stop for coffee/lunch at Bodi's Java in Castro Valley near the end of the ride. Be sure to bring some snacks and money. 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](mailto:lorimsommer@gmail.com)

**Thurs Mar 12, 6:15 PM**  
**TNT (Thursday Night Training)**  
**60-90 minutes, 1, M-B-F**

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

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

When dark, lights required. Helmets are mandatory.

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

**Fri Mar 13, 8:30 AM**  
**The Friday Bike Club**  
**35-45 miles, 3-4, M-B**

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

Al Quintana; [alang44@hotmail.com](mailto:alang44@hotmail.com); (510) 760-9245

**Sat Mar 14, 8:00AM**  
**Cinderella Conditioning #8, Loop Around the Bay**  
**~50 miles, , T-M**

**Start location: Club Sport, 46650 Landing Parkway, Fremont**  
Join us for a fun, flat loop around the bay. We'll start by heading south, then west, hugging the bay and the wetlands before turning north and across the Dumbarton Bridge back to Fremont. We'll stop for coffee/snacks in Mountain View before our return so don't forget to bring money. Rain cancels. Please check the FFBC Yahoo! Group or contact the ride leader on the morning of the ride if the weather is questionable. Map with printable route sheet will be posted to the FFBC Yahoo! Group closer to the ride date.

Marty Heinrich; [martyheinrich@comcast.net](mailto:martyheinrich@comcast.net); (510) 579-0651

**Sat Mar 14, 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](mailto:mikenorthrup@gmail.com); (510) 796-8832

**Sat Mar 14, 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, L-T-B**

**Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

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

**Sun Mar 15, 8:00AM**  
**PRS #9 Mines Road**  
**63 miles, 4 (4481'), M**

**Start location: Lucky's parking lot in Livermore, Concannon and Holmes**

This ride is an out and back on Mines Road in Livermore to the Junction at Del Puerto Canyon. Meet in the parking lot of Lucky's in Livermore (Concannon and Holmes). Bring food, we can't always depend on the Junction Café to be open/fast enough for the stop. Rain cancels. Map with printable route sheet is available at: <http://ridewithgps.com/routes/3759113>

M: Kevin McDonnell; [kevin@mcnmc.com](mailto:kevin@mcnmc.com); (510) 441-7607 -H, (510) 364-4435 -C Jay Gilson; [jaymgilson@gmail.com](mailto:jaymgilson@gmail.com); (510) 468-0285 -C, (510) 790-3564 -H  
B: TBD; no leader at press time.

**Sun Mar 15, 9:00AM**  
**LAP 09 Calaveras Double**  
**43 miles, (3000'), T-M**

**Start location: Sunol: gravel lot across from the Sunol Train Station**

Make sure you eat your Wheaties this morning! Today we're going to do another part of the club's Primavera Century. We will meet in the gravel lot across from the Sunol Train Station. Please park in the gravel lot or on the surrounding streets (preferable) and ride over. There is a nearby elementary school but we did not request permission (\$) so it is at your own risk. **DO NOT PARK** in the Sunol Train Station parking lot. We'll leave Sunol and travel southwest, up and over the hills past the Calaveras Reservoir and down The Wall for coffee and lunch at Erik's/Starbucks/Noah's in Milpitas. This is a simple out-and-back, so we will head back to the hills and grind up the beloved Wall and back to Sunol. We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regroup as needed. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us.

For reference only: <http://ridewithgps.com/routes/3787872>  
Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624  
Cindy Maxwell [maxwell.c@sbcbglobal.net](mailto:maxwell.c@sbcbglobal.net) 408-506-6860

**Sun Mar 15, 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, B**

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

**Mon Mar 16, 8:30 AM**  
**Monday Morning Recovery Ride**  
**40 miles, 1-2 (610'), M**

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

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

**Tue Mar 17, 8:30 AM**  
**Tour de Fremont Hills**  
**29 miles, 3 (~1,900'), M, B**

**Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail** and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to Peet's for a well-deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.

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

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

**Tue Mar 17, 9:00 AM**  
**Show & Go**  
**20-50 miles, 1-5, L-M-B**

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

**Tue Mar 17, 6:15 PM**  
**TNT (Tuesday Night Training)**  
**60-90 minutes, 1, M-B-F**

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

**Meet at ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

When dark, lights required. Helmets are always mandatory.

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

**Wed Mar 18, 8:30 AM**  
**Mid-week Morning Ride**  
**35-45 miles, 2-3, M-B**

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

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

**Thu Mar 19, 9:30AM**  
**Thursday Morning Coffee Rides across the Dumbarton Bridge**  
**25-35 miles, 3, T-M**

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

**Thurs Mar 19, 6:15 PM**  
**TNT (Thursday Night Training)**  
**60-90 minutes, 1, M-B-F**

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

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

When dark, lights required. Helmets are mandatory.

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

**Fri Mar 20, 8:30 AM**  
**The Friday Bike Club**  
**35-45 miles, 3-4, M-B**

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

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

**Sat Mar 21, 8:00AM**  
**Cinderella Conditioning #9, Livermore via Vallecitos**  
**~50 miles, 3, T-M**  
**Start location: Dirt Lot Across from Sunol Train Station, Sunol**

Join us for a ride through the beautiful Livermore Valley. We'll start in Sunol, ride up Vallecitos with the briefest foray onto highway 680 (perfectly legal and with a wide shoulder!). We'll make our way out to Cross road via Sycamore and Holdener Parks, followed by a climb up Flynn to Carroll before riding into downtown Livermore for a well deserved coffee/bagel/pastry/sandwich stop. We'll head back to the start through Pleasanton and via the Pleas-Sunol Rd. Rain cancels. Please check the FFBC Yahoo! Group or contact the ride leader

on the morning of the ride if the weather is questionable. Map with printable route sheet is available at: <http://ridewithgps.com/routes/7053477>  
**Marty Heinrich; [martyheinrich@comcast.net](mailto:martyheinrich@comcast.net); (510) 579-0651**

**Sat Mar 21, 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.  
**TBD; No ride leader at press time.**

**Sat Mar 21, 8:30 AM**  
**Show & Go**  
**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).**

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

**Sun Mar 22, 8:00AM**  
**PRS #10 CV to Martinez**  
**72 miles, 3 (5430'), M**  
**Start location: Castro Valley Park & Ride, Center St.**  
For a fuller description of the Progressive Ride Series (PRS), please see top of this calendar. Meet at Castro Valley Park & Ride. Bring money for a lunch stop en route. Rain cancels. Map with printable route sheet is available at: <http://ridewithgps.com/routes/3976285>  
**M: Kevin McDonnell; [kevin@mcnmc.com](mailto:kevin@mcnmc.com); (510) 441-7607 –H, (510) 364-4435 –C Jay Gilson; [jaymgilson@gmail.com](mailto:jaymgilson@gmail.com); (510) 468-0285 –C, (510) 790-3564 –H**  
**B: Tim O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 471-2464**

**Sun Mar 22, 9:00AM**  
**LAP 10 Patterson Pass**  
**58 miles, (3500'), T-M**  
**Start location: Crank2 5480 Sunol Blvd, Pleasanton**  
Bryon will open Crank2 early so we can use the restroom before we start our jaunt. We are pulling out an "old route" from the Cinderella Challenge Series. The Bernal Bump will warm us up and then we will be ready for Cross and Patterson Pass. After a short break in Tracy we will return on Grant Line and Altamont before tackling Carroll and Flynn. After lunch in Livermore, it will be a direct route via Stanley to Crank2. For reference only: <http://ridewithgps.com/routes/7042579>. We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regrouping as needed. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us.  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 –C**  
**Cindy Maxwell [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net); (408) 506-6860**

**Mon Mar 23, 8:30 AM**  
**Monday Morning Recovery Ride**  
**40 miles, 1-2 (610'), M**  
**Let's meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage) at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.**  
**Mike Northrup; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Tue Mar 24, 8:30 AM**  
**Tour de Fremont Hills**  
**38 miles, 3 (~2,000'), M, B**  
**Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail.** Since I've heard that a change is as good as a rest on the second and fourth Tuesdays of the month we'll do one of my favorite local hills – Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill. We'll return through the canyon with the ride once again finishing at Peet's for a well-deserved coffee. Rain cancels. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.  
**B: Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 517-1466**  
**M: Mike Northrup; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Tue Mar 24, 9:00 AM**  
**Show & Go**  
**20-50 miles, 1-5, L-T**  
**Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue Mar 24, 6:15 PM**  
**TNT (Tuesday Night Training)**  
**60-90 minutes, 1, M-B-F**  
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.  
**Meet at ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**  
When dark, lights required. Helmets are always mandatory.  
**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Wed Mar 25, 8:30 AM**  
**Mid-week Morning Ride**  
**35-45 miles, 2-3, M-B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.** We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.  
**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Thurs Mar 26, 9:30AM**  
**Thursday Morning Coffee Ride to Denica's in Dublin**  
**31 miles, 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 [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624

**Thurs Mar 26, 6:15 PM**  
**TNT (Thursday Night Training)**  
**60-90 minutes, 1, M-B-F**

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

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

When dark, lights required. Helmets are mandatory.

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

**Fri Mar 27, 8:30 AM**  
**The Friday Bike Club**

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

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

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

**Sat Mar 28, 8:00AM**  
**Cinderella Conditioning #10, Crystal Springs**  
**56 miles, 2, T-M**

**Start location: Bicycle Garage, 5006 Mowry Ave, Fremont**

Join us for one of the highlights of the Cinderella Conditioning Ride Series, a ride to beautiful Crystal Springs Reservoir. Starting at the Bicycle Garage we'll ride over the Dumbarton Bridge to Menlo Park where we'll weave through the neighborhoods. We'll take Woodside road to Woodside and then ride down Canada Rd. taking in the beautiful views of the reservoir. We'll U-turn at HWY 92 and head down Edgewood rd. to coffee/sandwiches at Prima Deli in Redwood City. From there we'll weave our way back to Fremont the scenic way! Rain cancels. Please check the FFBC Yahoo! Group or contact the ride leader on the morning of the ride if the weather is questionable. Map with printable route sheet is available at:

<http://ridewithgps.com/routes/4123948>

**Marty Heinrich;** [martyheinrich@comcast.net](mailto:martyheinrich@comcast.net); (510) 579-0651

**Sat Mar 28, 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) 441-7607 -H, (510) 364-4435 -C

**Sat Mar 28, 8:30 AM**

**Show & Go**

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

**Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

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

**Sun Mar 29, 8:00AM**  
**PRS #11 San Gregorio**  
**74 miles, 4 (5323'), M**

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

It's over the bridge, over the hill and almost to the coast we go, to San Gregorio for lunch. Go easy on the heavy stuff though, because after lunch we will make the climb up Tunitas Creek for the return trip. Meet at the Raley's Shopping Center parking lot, east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark). Bring money for a lunch stop en route. Rain cancels.

Map with printable route sheet is available at:

<http://ridewithgps.com/routes/3759693>

**M: Kevin McDonnell;** [kevin@mcnmc.com](mailto:kevin@mcnmc.com); (510) 441-7607 -H, (510) 364-4435 -C **Jay Gilson;** [jaymgilson@gmail.com](mailto:jaymgilson@gmail.com); (510) 468-0285 -C, (510) 790-3564 -H

**B: Michael Williams;** [mwilliams297@comcast.net](mailto:mwilliams297@comcast.net); 510-364-4335

**Sun Mar 29, 9:00AM**  
**LAP 11 Palomares Calaveras Clockwise Metric**  
**62 miles, (3900'), T-M**

**Start location: Niles, in the Niles Blvd. parking lot across from H Street**

It's the last ride of the LAP series, so let's ride a metric century! We will start in downtown Niles and generally follow the Club's Primavera 100K route, but backward. The best thing is we've already done the climbs on previous LAP rides; we just need to put them together! We will ride through Niles Canyon and climb Palomares. After Dublin grade, we will have a bite to eat at the Corner Bakery Café then head up Calaveras. By then we will be elated to roll back on a mostly flat ride to the start and finally finish our first metric century of 2015! We can celebrate finishing the ride series at Broncho Billy's in Niles. We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regroup as needed. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us.

**Lori Sommer;** [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624  
**Cindy Maxwell** [maxwell.c@sbcbglobal.net](mailto:maxwell.c@sbcbglobal.net); (408) 506-6860

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

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

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

**Tue Mar 31, 8:30 AM**

**Tour de Fremont Hills**

**40 miles, 3-4 (~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.**

For the 5<sup>th</sup> Tuesday of the month (which doesn't happen very often) we'll do something different; perhaps a real surprise! Hills will be involved, and of course we'll have our obligatory coffee stop (but maybe not our regular one) for a well-earned break.

Rain cancels (like that's going to happen!). If uncertain of the status of the ride, please check the FFBC Yahoo! group or contact one of the ride leaders on the morning of the ride.

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

**M: TBD**

**Tue Mar 31, 9:00 AM**

**Show & Go**

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

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

**Tue Mar 31, 6:15 PM**

**TNT (Tuesday Night Training)**

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

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

**Meet at ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

When dark, lights required. Helmets are always mandatory.

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