

APRIL 2015 RIDE CALENDAR

1st Week in April

PRIMAVERA CENTURY & WORKERS RIDE

April 26th is our annual Primavera century ride. There are no club rides scheduled on the day of the Primavera (since our club members will be helping with the event). The "Workers Ride" on April 19th will follow the Primavera routes and is for club members and volunteers only. See the ride descriptions below for more information.

If you haven't volunteered yet to help with the Primavera, it's not too late! You can fill out a volunteer form online: <http://ffbc.org/primavera/volunteer/>

FFBC RIDE CLASSIFICATION

At first glance our ride calendar might seem a little intimidating to those unfamiliar with it but it's easy to decode. Each ride listing follows a simple ride template:

<date> <time>

<title>

<# miles>, <terrain>, <pace(s)>

<start location>

<description>

<ride leader(s) contact info.>

- Where **terrain** has a numeric value between **1** and **5** (1 being flat, 5 being very hilly and/or very steep, and everything in between becoming progressively hillier). Sometimes the terrain is followed by a number in parenthesis that is the estimated total elevation gain (in feet) of the ride.
- The **pace** of a ride can be **L** (leisurely - up to 10 mph), **T** (touring - 10-13 mph), **M** (moderate - 13-16 mph), **B** (brisk - 16-19 mph) or **F** (fast - 19+ mph) or some combination. Depending on the mix of riders who show up and the terrain for a ride, the pace may be a little faster or slower than advertised.
- The **time** listed is the meet time at the start location unless otherwise stated in the ride description. The ride leaves **promptly** 15 minutes after the meet time.
- The ride leader contact information is provided in case you need to contact him/her/them.
- Some of our rides are entitled "Show & Go"; these rides do not have a ride leader or a pre-determined route. The riders who show up decide the length and route of the ride.

For more information about our ride classification and guidelines please refer to our online document at:

<http://www.ffbc.org/html/RideClassification.html>

MAPS TO FREQUENTLY USED START LOCATIONS

Maps to the start locations for April are available at: http://www.ffbc.org/html/start_locations.html.

THANK YOU TO ALL THE APRIL 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.

Wed April 1 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 Apr 2, 9:00AM

Thursday Morning Coffee Ride from Lake Elizabeth to Alum Rock

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

Start location: Lake Elizabeth, Teen Center

Rise and shine! We will resume our "normal" start time of 9:00AM. We will gather in the parking lot near the Teen Center. There are a lot of parking lots in Fremont's Central Park. To access the correct lot, turn in from Paseo Padre at the light on Sailway, then park in the big parking lot on the left, near the back. 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 regroup at the turn onto Penetencia. Once we get into the park, 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 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; lorinsommer@gmail.com; (510) 693-8624 -C

Thurs April 2 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 April 3, 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 Apr 4, 7:30AM
Cinderella Conditioning #11 "Reverse Primavera"
65 miles, 4 (3,500'), T-M

Start location: Downtown Niles, Fremont

Join us on our final Cinderella training ride, and what a great ride we have planned. We'll ride the Primavera metric century in reverse (the easier way!). The start of the ride takes us up Palomares and out to Castro Valley, then it's on to Pleasanton via Foothill Blvd. and out to Sunol. From Sunol we'll take scenic Calaveras, past the reservoir, past the eagle's nest, down "The Wall" and into Milpitas. From there it's an easy ride back to the start in Fremont. Don't forget to bring money for a snack! 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; (510) 579-0651

Sat Apr 4, 8:00AM (note date change)
PRS #12 Metric Primavera with Canyons
80 miles, 5 (5481'), M, B

Start location: Downtown Niles, parking lot across from H St.

This is the metric version of the Primavera with the addition of the canyons from our 5 Canyons ride. Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Bring money for a lunch stop en route. Rain cancels. Map with printable route sheet is available at: <http://ridewithgps.com/routes/4059703>

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

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

B: TBD

Sat Apr 4 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 meet in the Niles parking lot 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; 510-471-8047

home 510-461-8838 cell

B: TBD

Sun April 5 8:30 AM
Show & Go
20-50 miles, 2-4, L-T-M-B

Start location: REI in Fremont (43962 Fremont Blvd.).

2nd Week in April

Mon April 6 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 April 7 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; (510) 517-1466

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

Tue April 7 9:00 AM
Show & Go
20-50 miles, 1-5, L-T-M

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

Tue April 7, 6:15PM
TuNT (Tuesday Night Training)
25 miles, 4-5 (3000'), B-F

Start location: Parking lot adjacent to Clubsport Fremont (6650 Landing Parkway Fremont, CA 94538)

Club members are welcome to join the race team for a training ride to various hill climb loops in the South Bay. Meet at 6:15 for sign in. Departure time from the parking lot will be 6:30 PM. We will generally climb about 3000ft on this ride. Return to Clubsport between 8:10 - 8:30. Full lights are required.

West Kurihara, 650-279-0813, wkurihara@yahoo.com

Wed April 8 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 Apr 9, 9:00AM
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 (Don Edwards National Wildlife Refuge, 1 Marshlands Rd, cross-street Thornton Ave, Fremont) and we head across the Dumbarton Bridge to various destinations. For a flat ride we head through East Palo Alto and along a few paths to Shoreline Park for lunch. For a ride with climbing we do Woodside Road,

Sand Hill/Whisky Hill, Alpine Loop, Arastradero or Edgewood Road. Sometimes the climbing is optional. We always stop for coffee and riders are welcome to head back on their own if they know the way. Usually we ride without route sheets so we regroup as necessary and no one is left behind. Bring \$ for lunch. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.

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

**Thurs April 9 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 April 10 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 Apr 11 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; (510) 796-8832

**Sat April 11 8:30 AM
Show & Go
20-50 miles, 2-4, B**

Start location: REI in Fremont (43962 Fremont Blvd.).

**Sun Apr 12, 8:00 AM
PRS #13– Sierra and Calaveras
50 miles, 5 (3548'), M**

Start location: Downtown Niles, parking lot across from H St.

For the final ride in the series let's climb Sierra and then do Calaveras counter clockwise. 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/4244533>

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 Apr 12 9:00 AM
"Get to Know Us Ride"
20-25 miles, 1-2, L-T-M**

Starting location: The Bicycle Garage (5006 Mowry Ave., Fremont),

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 Walker; dbwalker0min@gmail.com; 510-468-4454

**Sun April 12 8:30 AM
Show & Go
20-50 miles, 2-4, B**

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

3rd Week in April

**Mon April 13 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 April 14 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: Terri Yi; terriyi@yahoo.com; (510) 304-5571

Tue April 14 9:00 AM

Show & Go

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

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

Tue April 14, 6:15PM

TuNT (Tuesday Night Training)

25 miles, 4-5 (3000'), B-F

Start location: Parking lot adjacent to Clubsport Fremont (6650 Landing Parkway Fremont, CA 94538)

Club members are welcome to join the race team for a training ride to various hill climb loops in the South Bay. Meet at 6:15 for sign in. Departure time from the parking lot will be 6:30 PM. We will generally climb about 3000ft on this ride. Return to Clubsport between 8:10 - 8:30. Full lights are required.

West Kurihara, 650-279-0813, wkurihara@yahoo.com

Wed April 15 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 Apr 16, 9:00AM

The Thursday Morning Coffee Ride Celebrates Molly's 80th Birthday!

21 miles, 2, T-M

Start location: Don Edwards Wildlife Refuge

Join us for a celebration ride as Molly Michelfelder celebrates her 80th birthday. Please feel welcome to join in the fun even if you haven't met Molly. We also welcome non-riders to meet us at Anderson Bakery. Meet at Don Edwards Visitor Center (Don Edwards National Wildlife Refuge, 1 Marshlands Rd, cross-street Thornton Ave, Fremont) to join the party on wheels. Wear your club jersey and decorate your helmet with ribbons too. We will parade around Coyote Hills (the climb up Nike is optional) and then head to Anderson Bakery near Union Landing in Union City for lunch and cake. Anderson Bakery has remodeled and will set up places for us inside, but seating may be limited. I will send out [a menu to the yahoo list in March and take preorders for lunch](#). If you aren't on the yahoo list, contact me and I can email the menu to you directly. Please give me your pre-order by Tuesday, 3/14/15. When you pick up your order the day of the ride, you can pay individually and add coffee and drinks at the register. Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call me.

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

Thurs April 16 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 April 17 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 Apr 18 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

Sat April 18 8:30 AM

Show & Go

20-50 miles, 2-4, B

Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).

Sun April 19

Primavera Workers Rides

25M, 65K, 100K, 85M, 100M, 3-5, T-M-B

Meet times: 100 mile – 7:00 AM, 85 mile – 7:30 AM

100K – 8:00 AM, 65K – 8:00 AM, 25 mile – 9:00 AM

Start location: Mission San Jose High School, at the entrance on Palm.

Members/volunteers and their families only on these rides! The full century ride is the final ride of the Progressive Ride Series (PRS). All workers rides serve two important functions. Firstly, they allow those members working in support of the Primavera a chance to do the routes, and secondly, to check the route markings, and route sheets for errors prior to the actual Primavera.

Be self-sufficient. These rides are the full-length Primavera routes, but without the staffed rest stops. Bring plenty of water and snacks. Suggestions may be given as to where to stop for supplies. For those doing the 85 and 100 mile routes (M or B pace) please email Andy Sass (andrew.sass@yahoo.com) for estimating food and water needs at the winery. Please be nice to your ride leader. Let him/her know your intentions at the beginning of the ride, or during the ride if you plan on breaking off from the main group.

If you can SAG for the 100 mile route, please email the Ride Coordinators at ridecoordinator@ffbc.org.

If there are any minors planning on doing any of these rides, remember that a [Minor Release form](#) must be filled out and given to the ride leader, and any rider under 16 must be accompanied by an adult.

Please send all corrections/issues with regard to route markings to Andy Sass (andrew.sass@yahoo.com) promptly after the ride so corrections can be made for the Primavera ride the following week.

See the [Primavera web page](#) for routes and maps.

B(100 mile): Andy Sass; andrew.sass@yahoo.com; (520) 490-8098 and Laura Spano; laura@spanofamily.com
M(100 mile): Joyce Tanaka; notes4jt@gmail.com; (510) 703-2675 and Dale Blanchard; dale-b@comcast.net; (510) 703-7474
B(100K): TBD
M(100K): James Wedewer; james@wedewer.com; (408) 409-4040
All other routes & paces: ride leaders TBD

Sun April 19 8:30 AM
Show & Go
8:30 AM 20-50 miles, 2-4, L-T-M-B
Meet at downtown Niles parking lot across from H St on Niles Blvd.

4th Week in April

Mon April 20 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 April 21 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/ Zapotec 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; (510) 517-1466
M: Conni Smith; 4conni.smith@gmail.com; 510-471-8047 home 510-461-8838 cell

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

Tue April 21 6:15 PM
TuNT (Tuesday Night Training)
25 miles, 4-5 (3000'), B-F
Start location: Parking lot adjacent to Clubsport Fremont (6650 Landing Parkway Fremont, CA 94538)
Club members are welcome to join the race team for a training ride to various hill climb loops in the South Bay. Meet at 6:15 for sign in. Departure time from the parking lot will be 6:30 PM. We will generally climb about 3000ft on this ride. Return to Clubsport between 8:10 - 8:30. Full lights are required.
West Kurihara, 650-279-0813, wkurihara@yahoo.com

Wed April 22 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 Apr 23, 9:00AM
Thursday Morning Coffee Rides Cull Canyon and Redwood Road
35 miles, 3, T-M
Start location: Endless Cycles (3300 EAST Castro Valley Blvd., Castro Valley)
This ride starts at Endless Cycles located at 3300 EAST Castro Valley Blvd., Castro Valley (NEAR Center Street, please park in the small side-parking lot and away from the businesses. Jeff will open the shop so we can use the restroom. Come early and browse the store as he sometimes provides Starbucks Coffee for us too!! We will take the neighborhood streets to climb out and back on beautiful Cull Canyon. We will stop for the restroom before passing Endless Cycles and heading out and back on Redwood Road to Pinehurst. Bring \$ for lunch at Starbucks or the new Posh Bagels. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check yahoo group, email or call me.
Lori Sommer (510) 693-8624 cell lorinsommer@gmail.com

Thurs April 23 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 April 24 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 25 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) 364-4435

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

Sat April 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.

No club rides on April 26th – Primavera Century Day!

5th Week in April

Mon April 27 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 April 28 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: Conni Smith; 4conni.smith@gmail.com; 510-471-8047 home 510-461-8838 cell

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

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

Tue April 28 6:15 PM

TuNT (Tuesday Night Training)

25 miles, 4-5 (3000'), B-F

Start location: Parking lot adjacent to Clubsport Fremont (6650 Landing Parkway Fremont, CA 94538)

Club members are welcome to join the race team for a training ride to various hill climb loops in the South Bay. Meet at 6:15 for sign in. Departure time from the parking lot will be 6:30 PM. We will generally climb about 3000ft on this ride. Return to Clubsport between 8:10 - 8:30. Full lights are required.

West Kurihara, 650-279-0813, wkurihara@yahoo.com

Wed April 29 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 Apr 30, 9:00AM

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 (510) 693-8624 lorimsommer@gmail.com

Thurs April 30 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