

JUNE 2015 RIDE CALENDAR

WEDNESDAY EVENING PIZZA RIDES.

Our popular Pizza Rides continue into the month of June! Join Julia and David Walker on Wednesday evenings in June for an early evening ride, returning before dark to feast on pizza. There will be multiple routes to choose from.

If you plan on staying for pizza, \$5 buys you 3 slices of pizza and soft drinks after the ride (participation optional). When signing in, remember to check "YES" or "NO" on the sign-in sheet for pizza so we order the appropriate amount of pizza. The pizza order is placed **before** the ride starts so late arrivals will miss out. Food will be ready at 7:30 pm. The rides meet at 6:00 pm for sign in, to be completed by 6:10. **Departure time is 6:15 sharp.**

Pizza Ride Leader Reservation List:

June: Julia & David Walker

July: Andy Sass

August: OPEN

September: OPEN (usually only the first 2 weeks)

You can volunteer to lead a month of Pizza Rides anytime by contacting the [Ride Coordinator](#). See the [Pizza Ride Coordinator's "How To" Guide](#) on the FFBC website for more information about leading one.

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

THANK YOU TO ALL THE June 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 June

Mon June 1 8:30 AM

Monday Morning Recovery Ride

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

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

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

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

Tue June 2 8:30 AM

Tour de Fremont Hills

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

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

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

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

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

Tue June 2 9:00 AM

Show & Go

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

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

Tue June 2 6:15 PM

TNT (Tuesday Night Training)

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

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

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

When dark, lights required. Helmets are always mandatory.

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

Wed June 3 8:30 AM

Mid-week Morning Ride

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

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

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

Wed June 3 6:00 PM

Pizza Ride

20-25 miles, M,B

Start: Parking lot across the street from Bronco Billy's in downtown Niles.

It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members?

For details about how our Pizza Rides work please see the full description at the top of the ride schedule.

David and Julia Walker; dbwalker0min@gmail.com; (510) 468-9712

Thu Jun 4, 9:00AM

Thursday Morning Coffee Ride to Alum Rock Park

42 miles, (1,800"), T-M

Start location: Lake Elizabeth, Teen Center

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

2nd Week in June

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.

Jim Takasugi; jtakasug@comcast.net; (408) 391-2057
Cindy Maxwell; Maxwell.c@sbcglobal.net; (408) 506-6860

Thurs June 4 6:15 PM
TNT (Thursday Night Training)
60-90 minutes, 1, M-B-F

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

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

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

Fri June 5 8:30 AM
The Friday Bike Club
35-45 miles, 3-4, M-B

Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

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

Sat June 6 8:30 AM
Calaveras Clockwise
40 miles, 3, M & B

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

This is our traditional "1st Saturday of the Month" ride. We will meet in the Nile 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: Donna Kaplan; luporini@aol.com; (415) 584-7621
B: TBD

Sun June 7 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.

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

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

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 June 9 8:30 AM
Tour de Fremont Hills
38 miles, 3 (~2,000'), M, B

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

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

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

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

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

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

Tue June 9 6:15 PM
TNT (Tuesday Night Training)
60-90 minutes, 1, M-B-F

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

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

When dark, lights required. Helmets are always mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564,
(925) 819-0247

Wed June 10 8:30 AM
Mid-week Morning Ride
35-45 miles, 2-3, M-B

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

We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.

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

Wed June 10 6:00 PM

Pizza Ride

20-25 miles, M,B

Start: Round Table Pizza in Warm Springs, 46600 Mission Blvd, Fremont.

It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members?

For details about how our Pizza Rides work please see the full description at the top of the ride schedule.

David and Julia Walker; dbwalker0min@gmail.com; (510) 468-9712

Thu Jun 11, 7:30AM

Mt. Hamilton Loop

107 miles, 4-5, M-B

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

The Death Ride is one month away! Join me for some extra training (and of course FUN!) We will meet at the Niles parking lot and ride up Mission Blvd and Piedmont over to the base of Mt. Hamilton. Then it's up AND over the mountain to the Junction for lunch. We will continue on Mines Rd and into Livermore, traveling through Niles Canyon and back home. Along the way, we WILL stop for coffee. There will also be several regroup/bathroom/water stops along the way. Bring \$\$ for lunch and coffee. I am not planning on SAG support, so you will need to be self sufficient (e.g. bring extra food and a minimum of 2 water bottles or a Camelback). Whiners will be forced to ride Kincaid Rd as well. Riders who wish only to ride to the top of Mt. Hamilton are also welcome!

Laura Spano, 510-209-9542, laura@spanofamily.com

Thu Jun 11, 9:00AM

Thursday Morning Coffee Rides across the Dumbarton Bridge

25-35 miles, 2-3, 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 June 11 6:15 PM

TNT (Thursday Night Training)

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

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

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

When dark, lights required. Helmets are mandatory.

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

Fri June 12 8:30 AM

The Friday Bike Club

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

Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

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

Sat June 13 8:30 AM

Tuesday Hills On Saturday

30 miles, 3 (2,100'), M

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

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

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

Sat June 13 8:30 AM

Show & Go

20-50 miles, 2-4, B

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

Sun June 14 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.

Sun June 14 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 and Julia Walker; dbwalker0min@gmail.com; (510) 468-9712

3rd Week in June

Mon June 15 8:30 AM
Monday Morning Recovery Ride
40 miles, 1-2 (610'), M

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

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 June 16 8:30 AM
Tour de Fremont Hills
29 miles, 3 (~1,900'), M, B

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

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

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

M: Conni Smith; 4conni.smith@gmail.com; (510) 461-8838

Tue June 16 9:00 AM
Show & Go

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

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

Tue June 16 6:15 PM
TNT (Tuesday Night Training)
60-90 minutes, 1, M-B-F

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

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

When dark, lights required. Helmets are always mandatory.

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

Wed June 17 8:30 AM
Mid-week Morning Ride
35-45 miles, 2-3, M-B

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

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

Wed June 17 6:00 PM
Pizza Ride

20-25 miles, M,B

Start: Round Table Pizza in Warm Springs, 46600 Mission Blvd, Fremont.

It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members?

For details about how our Pizza Rides work please see the full description at the top of the ride schedule.

David and Julia Walker; dbwalker0min@gmail.com; (510) 468-9712

Thu Jun 18, 8:30AM

Thursday Morning Coffee Ride to Zachary's Pizza (Early Start)

19 miles, 3 (1,500"), T-M

Start location: Central Park in San Ramon

Meet at Central Park in San Ramon (12501 Alcosta Blvd., use the parking lot at the intersection of Bollinger Canyon and Market Place). We will climb to the top of Norris Canyon and then turn back and head up Bollinger Canyon and look for the zebras and ostriches. Both climbs are out and back so you can turn around any time. After a regroup at Las Trampas we will ride to Zachary's and order our pizza. You can stay there and enjoy a beer (or Starbucks is a couple of doors down) and then ride the flat two miles back to the car after you eat. Or, ride back to the start while the pizza is cooking and drive back to Zachary's to enjoy lunch and not have to ride after eating. No one left behind. Bring \$ for lunch. Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, em! ail or call me.

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

Thurs June 18 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 June 19 8:30 AM

The Friday Bike Club

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

Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

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

Sat June 20 8:30 AM

Portola Loop

30 miles, 3, T-M

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

Please join us for our newest monthly club ride at a touring-moderate pace. We'll ride across the Dumbarton bridge and do a loop around Portola Valley (sometimes CW, sometimes CCW depending on the ride leader's preference). Bring money for a coffee stop along the way. This is a no-drop ride.

TBD

Sat June 20 8:30 AM

Show & Go

20-50 miles, 2-4, B

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

Sun June 21 8:30 AM

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.

4th Week in June

Mon June 22 8:30 AM

Monday Morning Recovery Ride

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

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

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 June 23 8:30 AM

Tour de Fremont Hills

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

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

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

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

M: Conni Smith; 4conni.smith@gmail.com; (510) 461-8838

Tue June 23 9:00 AM

Show & Go

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

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

Tue June 23 6:15 PM

TNT (Tuesday Night Training)

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

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

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

When dark, lights required. Helmets are always mandatory.

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

Wed June 24 8:30 AM

Mid-week Morning Ride

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

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

We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.

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

Wed June 24 6:00 PM

Pizza Ride

20-25 miles, M,B

Start: Round Table Pizza in Warm Springs, 46600 Mission Blvd, Fremont.

It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members?

For details about how our Pizza Rides work please see the full description at the top of the ride schedule.

David and Julia Walker; dbwalker0min@gmail.com; (510) 468-9712

Thu Jun 25, 8:30AM

Thursday Morning Coffee Ride Around Fremont (Early Start!)

31 miles, (1100"), T-M

Start location: Don Edward's Wildlife Refuge

Hopefully summer weather will have arrived and we will actually need this earlier start to avoid the heat. 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

Thurs June 25 6:15 PM

TNT (Thursday Night Training)

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

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

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

When dark, lights required. Helmets are mandatory.

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

Fri June 26 8:30 AM

The Friday Bike Club

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

Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

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

Sat Jun 27, 7:54AM

Dale and Ken's Excellent Adventure--Morgan Territory

52 miles, 5, T-M

Start location: Fremont BART

The start time is the actual BART departure time - be on the train! We will take the 7:54 Richmond train and transfer in Oakland to get to Concord at 9:02 (BART fare \$6.10, senior \$2.25). We should be able to get rolling by 9:15. We will ride over Morgan Territory Rd. (6.3 miles, 1,755ft.) and descend into Livermore for lunch before riding back to Fremont via Vallecitos Rd. and Niles Canyon, finishing at the Fremont BART station. Morgan Territory road is a beautiful ride around the back side of Mt. Diablo. The climb is mostly in the shade and is done early in the ride. Dale promises a tour of the historical marker. If you are confused by the logistics, please re-read this listing several times. (If you get confused and drive your car to Concord, you will have a long trip from Fremont to retrieve it after the ride.) Here is a link to the route:

<http://lasthill.net/Maps/ConcordMorganTerritories.html>

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

Sat Jun 27, 9:00AM

Marina to Carmel/17 Mile Drive

40 miles, 2, T-M

Start location: Vince DiMaggio Park 3200 Del Monte Blvd, Marina, CA 93933 - Cross Streets: Between Reservation Rd and Beach Rd

Ride Along The Ocean. Please join us for a mostly flat, touring to moderate pace ride on the Monterey Bay Coastal Bike Path. We will start from the Vince DiMaggio Park in Marina and ride to Bird Rock at Spanish Bay, a few miles in on the 17 Mile Drive. We will retrace our route to return to the start and stop for lunch along the way. Bring \$ for lunch and a bike lock. No drops & regroup as needed. Threat of rain cancels ride. Any changes will be announced on FFBC Yahoo Group site or call/email/text any one of us.

Susan & Dan Lucchesi 510-299-4927 Cindy Maxwell 408-506-6860

Sat June 27 8:30 AM

Show & Go

20-50 miles, 2-4, B

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

Sun Jun 28, 8:30AM

Mt. Tam - Stage 1 of the Triple Crown

60 miles, 4 (3,000'), M

Start location: Sir Francis Drake Blvd/Claus Dr - Fairfax city parking lot in middle of the blvd, no enforcement on Sunday

The first of three summits in the Bay Area this year, starting with the easiest one, Mt Tam. This is part of the Marin Century - Alpine Lake, Ridgecrest Blvd views of the ocean, out/back to the

Friends of Mt. Tam peak, drop to Stinson Beach along Shoreline Hwy, coffee stop at Bovine Bakery in Point Reyes Station (mile 40), leisurely downhill Nicasio Valley Rd to start. Dress for possible fog/windy conditions along the coastline. Optional celebratory post ride libations at Iron Springs Pub & Brewery outdoor tables. Bring \$\$ for snacks & drinks. <https://connect.garmin.com/course/9560131#.VVAsFFID3ek.ema>

Colin Moy cell 510-690-7749 moyboys@comcast.net

Sun June 28 8:30 AM

Show & Go

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

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

5th Week in June

Mon June 29 8:30 AM

Monday Morning Recovery Ride

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

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

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 June 30 <1st & 3rd Tuesdays> 8:30 AM

Tour de Fremont Hills

40 miles, 3-4 (~2,000'), M-B

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

For the 5th 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; (510) 517-1466

M: Conni Smith; 4conni.smith@gmail.com; (510) 461-8838

Tue June 30 9:00 AM

Show & Go

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

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

Tue June 30 6:15 PM

TNT (Tuesday Night Training)

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

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

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

training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed. When dark, lights required. Helmets are always mandatory. **Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247**