

# November 2015 RIDE CALENDAR

## FFBC RIDE CLASSIFICATION

Ride leaders are encouraged to maintain their ride paces as outlined at <http://www.ffbc.org/html/RideClassification.html>.

## MAPS TO FREQUENTLY USED START LOCATIONS

Maps to the start locations for November are available at: [http://www.ffbc.org/html/start\\_locations.html](http://www.ffbc.org/html/start_locations.html).

## THANK YOU TO ALL THE NOVEMBER RIDE LEADERS

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

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

### DAYLIGHT SAVINGS TIME ENDS TODAY

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

**Race Team Ride #5 - Del Valle**

**55 miles, 3 (3,100'), F**

**Start location: Niles**

Sunday November 1st Tempo ride 'A' Group 8:30 SHARP 'B' Tempo Group 8:40 'C' Development Group 8:45 55 miles F-3 (3,100 ft) Race Team Ride #5 - Del Valle This is the first ride where we are splitting the Race Team rides in to groups. The 'A' group is invitation only. The 'B' group is for all other team members who can maintain a good tempo and guests. The 'C' Group is for development riders and those not ready for the 'B' group. We will ride out thru Niles Canyon to Pleasanton. From the top of the hill above Del Valle, there are options to turn around there or descend to the lake for extra mileage and vertical feet. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. Minimal regroupings. Start from Niles Parking Lot on Niles Boulevard. Cross Street is 'H' Street \$\$\$ for post ride libations  
**Garry Birch (925) 819-0247 [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com)**

**Sun Nov 1 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.**

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

**Mon Nov 2 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.

**Linda Fung; [fungfive@sbcglobal.net](mailto:fungfive@sbcglobal.net); (510) 240-0574**

**Tue Nov 3 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 Sabreacat. 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.mcdonnell@gmail.com](mailto:vanessa.mcdonnell@gmail.com); (510) 517-1466**

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

**Tue Nov 3 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 Nov 3 6:15 PM**

**TuNT (Tuesday Night Training)**

**90 minutes, 3, M - F**

**Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538**

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.

**Prashant Singh; [pksingh.d700@gmail.com](mailto:pksingh.d700@gmail.com)**

**West Kurihara; [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com)**

**Wed Nov 4 8:30 AM**

**Mid-week Morning Ride**

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

**Meet at the former 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**

**Wed Nov 4 6:15 PM**

**WNT (Wednesday 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.**

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting.

When dark, lights required. Helmets are mandatory.

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

**PLEASE NOTE THIS AMENDED LISTING:**

**Thu Nov 5, 9:00AM**

**Thursday Morning Coffee Ride to Honor Florence Silver  
20 miles, 2-3, 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 park in the big parking lot on the left, near the back.

As many of you know, longtime member, Florence Silver, recently passed away. Florence and Bert have both been such great members of FFBC. Florence was a Cinderella Ride leader for many years (in fact, she was one of my first Cinderella ride leaders) and I seem to remember she was the person in charge of a Primavera as well as an FFBC Board Member.

Sydney Friedenbergs suggested we do a ride in honor of Florence as Florence's birthday falls on Thursday, November 5th. We WILL meet at Lake Elizabeth's Teen Center to start but do a shorter ride around the hills and valleys of Fremont. The route is still TBD but will include Stenhammer, since there is a story about this hill and Florence. It will be less than 20 miles, have regroup and options to skip some climbs so the route is doable for everyone. No one will be left behind. We will have our coffee stop at Mission Coffee.

I spoke with Bert Silver and he was very happy to hear we would do a ride in Flo's honor. Unfortunately, Bert won't be at Mission Coffee, but I sure hope you can come and share some cake and a memory or two about Florence. Non-riders are welcome to meet us at coffee and I estimate our arrival at 10:30AM but remember my estimates are nowhere near as precise as Mike Northrup's. You are welcome to download the **Find Friends** app, add me for the day, and track our progress. Rain cancels, check FFBC Yahoo! Group, email or call me.

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

**Thurs Nov 5 6:15 PM**

**TNT (Thursday Night Training)**

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

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

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

When dark, lights required. Helmets are mandatory.  
**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri Nov 6 8:30 AM**

**The Friday Bike Club**

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

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

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

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

**Sat Nov 7 8:30 AM**

**Calaveras Clockwise**

**40 miles, 3, M**

This is our traditional "1st Saturday of the Month" ride. We will meet at downtown Niles parking lot across from H St on Niles Blvd. 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.

**B: Robin & Tim O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 472-2464  
M: Donna Kaplan; [luporini@aol.com](mailto:luporini@aol.com); (415) 584-7621**

**Sat Nov 7, 9:30AM**

**Family Ride, Hot Dogs and Ice Cream.**

**6.5 miles, 1, L**

**Start location: Niles Parking Lot across from Niles Ice Cream at Niles Blvd and J St**

Join me and my 5 year old grandson riding his trailer-bike on a ride from downtown Niles, down Alameda Creek Trail, making our way back to Niles via Isherwood, Osprey, and Niles Boulevard. The only hill is one overpass and the underpasses along Alameda Creek. We'll stop for bathrooms at Quarry Lakes and again to see the pirate ship built in the tree on Niles Blvd. Last stop is Niles Ice Cream for hot dogs and ice cream. All children must be accompanied by an adult. Adults sans children are welcome too.

**Randy Fewel, cell 510 468-6963, [Jailteacher@comcast.net](mailto:Jailteacher@comcast.net)**

**Sun Nov 8, 8:30AM**

**Team Ride #6 – Cross Road, Patterson Pass Road, Livermore**

**70 miles, 3, F**

**Start location: Niles**

The Race Team will split into groups. The 'A' group is invitation only. The 'B' group is for all other team members who can maintain a good tempo and guests. The 'C' Group is for development riders and those not ready for the 'B' group. We head out to the hills via Pleasanton, Vineyard and make a CCW loop of the lower Altamont hills via Cross road, Patterson Pass Road and Altamont Pass Roads All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. Minimal regroup

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

**Sun Nov 8 9:00 AM**

**"The Sunday Social": the ride formerly known as the "Get to Know Us Ride"**

**20-25 miles, 1-2, L-T-M**

Please join us on this monthly "Sunday Social". 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. **Meet at The Bicycle Garage (5006 Mowry Ave., Fremont)**, 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.

**Julia Walker; [walk9422@gmail.com](mailto:walk9422@gmail.com); (510) 468-9712**

**Sun Nov 8 8:30 AM**

**Show & Go**

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

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

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

**Mon Nov 9 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.

**Linda Fung; [fungfive@sbcglobal.net](mailto:fungfive@sbcglobal.net); (510) 240-0574**

**Tue Nov 10 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.mcdonnell@gmail.com](mailto:vanessa.mcdonnell@gmail.com); (510) 517-1466**

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

**Tue Nov 10 9:00 AM**

**Show & Go**

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

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

**Tue Nov 10 6:15 PM**

**TuNT (Tuesday Night Training)**

**90 minutes, 3, M - F**

**Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538**

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.

**Prashant Singh; [psingh.d700@gmail.com](mailto:psingh.d700@gmail.com)**

**West Kurihara; [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com)**

**Wed Nov 11 8:30 AM**

**Mid-week Morning Ride**

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

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

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

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

**Wed Nov 11 6:15 PM**

**WNT (Wednesday 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.

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory.

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

**Thu Nov 12, 9:00AM**

**Thursday Morning Coffee Ride across the Dumbarton Bridge**

**25-35 miles, 2-3, T-M**

**Start location: Don Edwards Wildlife Refuge**

This ride starts at the Don Edwards 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](mailto:lorimsommer@gmail.com); (510) 693-8624**

**Thurs Nov 12 6:15 PM**

**TNT (Thursday Night Training)**

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

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

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

When dark, lights required. Helmets are mandatory.

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

**Fri Nov 13 8:30 AM**

**The Friday Bike Club**

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

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

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

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

**Fri Nov 13, 1:00PM**  
**Paso Robles Adventure--San Miguel and Cross Canyon Rd.**  
**31 miles, 3 (1100'), T-M**  
**Start location: Paso Robles City Park, 12th St. and Spring St.**

We will kick the weekend off with an afternoon ride to Mission San Miguel and to the northeast on Cross Canyon Rd returning through some of the newer vineyards. Please be ready to roll promptly at 1:00 as we want to return before dark. Sunset is about 5:00 with DST. We will not be able to wait for late arrivals.

**Ken Goldman 510-378-5027(C)** [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net)  
**Cindy Maxwell 408-506-6860(C)** [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net)

**Sat Nov 14 8:30 AM**  
**Tuesday Hills On Saturday**  
**30 miles, 3 (2,100'), M**

Get all of the Tuesday Tour de Fremont Hills ride fun on the weekend! **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 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.

**Jay Gilson; [jmgilson1@yahoo.com](mailto:jmgilson1@yahoo.com); (510) 468-0285**

**Sat Nov 14, 9:00AM**  
**Paso Robles Adventure--Santa Margarita Express**  
**53 miles, 3 (2500'), T-M**  
**Start location: Paso Robles City Park, 12th St. and Spring St.**

This is our favorite ride in the area. We start out with some rolling hills to the southeast taking a coffee break at about 15 miles at the general store in Creston (pop. 15) with fresh baked cookies. Along the way we will point out the small-scale railroad and trestle on a farm as well as Alex Trebek's horse ranch for all you Jeopardy fans. At 32 miles we will get some great sandwiches at the general store/deli in Santa Margarita and take the to eat in the city park. Then we will ride a flatter portion through Atascadero and some short hills into Templeton at 47 miles for an ice cream or cold drink at the convenience store before the last 5 miles back into Paso Robles. All this is not a flat ride, there are no long steep hills on this ride and because of the three built in breaks, it seems easier than it sounds.

**Ken Goldman 510-378-5027(C)** [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net)  
**Cindy Maxwell 408-506-6860(C)** [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net)

**Sat Nov 14 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, L-T-M-B**  
**Start location: Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun Nov 15, 8:30AM**  
**Team Ride #7 – Eden Bikes to Berkeley hills RR course**  
**66 miles, 4 (5300'), F**  
**Start location: Start from Eden Bicycles at 3318 Village Drive, Castro Valley**

The Race Team will split into groups. The 'A' group is invitation only. The 'B' group is for all other team members who can maintain a good tempo and guests. The 'C' Group is for development riders and those not ready for the 'B' group. We head out from Eden Bicycles in Castro Valley, then climb Redwood and Pinehurst, Camino Pablo to San Pablo Dam road and one complete lap of the RR course and return the same way. The 'C' group route may be amended to be shorter. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. Minimal regroupings  
**Garry Birch (925) 819-0247 [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com)**

**Sun Nov 15, 9:00AM**  
**Paso Robles Adventure--Around the Hills of Adelaide**  
**28 miles, 3 (2086'), T-M**  
**Start location: Paso Robles City Park, 12th St. and Spring St.**

This is a very pretty ride through the vineyards west of Paso Robles. It has some rolling hills and there is one longer climb of about 3 miles which is similar to the climb to the false summit on Calaveras. Bring two water bottles and some snacks as there is no place to stop for food until we get back to town. We will make arrangements to use the restrooms at one of the wineries along the way. The ride finishes up with a fabulous 7-mile descent back into town.

**Ken Goldman 510-378-5027(C)** [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net)  
**Cindy Maxwell 408-506-6860(C)** [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net)

**Sun Nov 15 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.**

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

**Mon Nov 16 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.

**Linda Fung; [fungfive@sbcglobal.net](mailto:fungfive@sbcglobal.net); (510) 240-0574**

**Mon Nov 16, 9:00AM**  
**Paso Robles Adventure--Peachy Canyon**  
**22 miles, 3 (1800'), T-M**  
**Start location: Paso Robles City Park, 12th St. and Spring St.**

This is a very scenic ride which starts out through the vineyards west of town and then works its way through the wooded area

above Paso Robles before descending right into town. Again, there is no place to get any food along this ride, but we should get back in time for lunch as it is a relatively short ride.

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

**Tue Nov 17 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.mcdonnell@gmail.com](mailto:vanessa.mcdonnell@gmail.com); (510) 517-1466**

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

**Tue Nov 17 9:00 AM**

**Show & Go**

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

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

**Tue Nov 17 6:15 PM**

**TuNT (Tuesday Night Training)**

**90 minutes, 3, M - F**

**Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538**

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.

**Prashant Singh; [pk Singh.d700@gmail.com](mailto:pk Singh.d700@gmail.com)**

**West Kurihara; [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com)**

**Wed Nov 18 8:30 AM**

**Mid-week Morning Ride**

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

**Meet at the former 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 \$\$.**

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

**Wed Nov 18 6:15 PM**

**WNT (Wednesday 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.**

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting.

When dark, lights required. Helmets are mandatory.

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

**Thu Nov 19, 9:00AM**

**Thursday Morning Ride From Endless Cycles**

**25-35 miles, 3-4, T-M**

**Start location: Endless Cycles' New Location, 20825 Nunes Avenue, Castro Valley**

This ride starts at the new Endless Cycles location, 20825 Nunes Avenue, Castro Valley (across from the Jack In The Box and the B of A parking lot, near T Kane's Kung Foo/Karate Martial Arts School). Let's check out the large showroom, repair shop, kitchen, back patio and meeting space. They will have a vintage bike museum too! Jeff will open the shop early so we can use the restroom and enjoy some coffee before we head take off. We will choose our route based on the weather. We may climb Cull Canyon and Dublin Grade (with a Schaefer Ranch option) or Cull Canyon, Procter Hill and some of Redwood Road, or Procter Hill and Redwood Road all the way to Pinehurst or Cull Canyon and Eden Canyon. If you're a fast climber, when you reach the top, you can do repeats. If you want less elevation for your ride, you are more than welcome to turn around anytime as these climbs are all out and back. Bring \$ for lunch. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check yahoo group, email or call me.

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

**Thurs Nov 19 6:15 PM**

**TNT (Thursday Night Training)**

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

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

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

When dark, lights required. Helmets are mandatory.

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

**Fri Nov 20 8:30 AM**

**The Friday Bike Club**

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

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

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

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

**Sat Nov 21, 8:30AM**

**Portola Valley Loop**

**35 - 40 miles, 2 (1,000'), T-M**

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

Monthly club ride over Dumbarton Bridge, quiet neighborhood side streets of Palo Alto, Roberts market for snacks, and cruise back downhill. No drop ride with regroups. Bring \$ for snacks, Rain cancels. Please park in upper lot at request of visitor center staff.

**Colin Moy; [moyboys@comcast.net](mailto:moyboys@comcast.net); H: 510-581-9052 C: 510-690-7749**

Sat Nov 21, 9:00AM

Dale and Ken's Excellent Adventure--Tracy Overnighter:

Day 1

47 miles, 4, T-M

Start location: Niles downtown parking lot

The Dale and Ken Excellent Adventure for November will be a two-day, overnight ride to Tracy. It will start in Niles on Saturday, November 21.

We will be staying at the Fairfield Inn in Tracy. We have arranged a special rate for the night of November 21st. It is \$99.00 plus tax (\$109.00 total) for a room with two beds (be sure to find a room mate). The hotel offers a very nice free breakfast for Sunday morning. The hotel expects to sell out for that night so be sure to reserve a room ASAP. Call 209-833-0135 to make your reservation. The special rate will be noted as "Bicycle Club". If there is any problem about the rate (there shouldn't be) you can ask for the manager, Doshia Myrick. **Again, be sure to reserve a room ASAP before they sell out.**

Saturday is a 47-mile ride and Sunday is a 45-mile ride. The climbing each day is about the same as a Calaveras loop. We will go out over Vallecitos and Corral Hollow and return over Patterson Pass. This ride will be at T/M pace and is certainly suitable for riders who participated in the LAP series as well as Cinderella graduates. There will be a vehicle to carry our overnight bags. All you have to do is ride. Here is a link to a map and route sheet: <http://lasthill.net/Maps/TracyOvernighter.htm> We will stop for coffee in Livermore and have lunch on the outskirts of Tracy.

Dale Blanchard; [dale-b@comcast.net](mailto:dale-b@comcast.net); (510) 703-7474

Ken Goldman; [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net); (510) 791-1095

Sat Nov 21 8:30 AM

Show & Go

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

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

Sun Nov 22, 8:30AM

Team Ride #8 - Tour of the Dead End Canyons

66 miles, 5 (5,000'), F

Start location: Niles

The Race Team will split into groups. The 'A' group is invitation only. The 'B' group is for all other team members who can maintain a good tempo and guests. The 'C' Group is for development riders and those not ready for the 'B' group. An exploration of little used roads coz they don't go anywhere, except UP. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. Minimal regrouping

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

Sun Nov 22, 8:30AM

Dale and Ken's Excellent Adventure--Tracy Overnighter:

Day 2

45 miles, 4, T-M

Start location: Fairfield Inn in Tracy

This is the return trip of our overnight ride. Lunch will be in Livermore.

Dale Blanchard; [dale-b@comcast.net](mailto:dale-b@comcast.net); (510) 703-7474

Ken Goldman; [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net); (510) 791-1095

Sun Nov 22 8:30 AM

8:30 AM

Show & Go

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

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

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

Mon Nov 23 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.

Linda Fung; [fungfive@sbcglobal.net](mailto:fungfive@sbcglobal.net); (510) 240-0574

Tue Nov 24 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.mcdonnell@gmail.com](mailto:vanessa.mcdonnell@gmail.com); (510) 517-1466

M: Conni Smith; [4connismith@gmail.com](mailto:4connismith@gmail.com); (510) 461-8838

Tue Nov 24 9:00 AM

Show & Go

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

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

Tue Nov 24 6:15 PM

TuNT (Tuesday Night Training)

90 minutes, 3, M - F

Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.

Prashant Singh; [pksingh.d700@gmail.com](mailto:pksingh.d700@gmail.com)

West Kurihara; [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com)

Wed Nov 25 8:30 AM

Mid-week Morning Ride

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

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

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

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

**Wed Nov 25 6:15 PM**

**WNT (Wednesday 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.

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory.

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

## THANKSGIVING DAY

**Thu Nov 26, 9:00AM**

**Race Team ride #9 - The Turkey Ride**

**35 miles, 2, F**

**Start location: California Pedaler in Danville at 495 Hartz Avenue or Garry's house**

Join in one the longest running riding traditions in the Bay area. This ride can be MASSIVE, last years good weather brought out Over 400 participants! Goes south from Danville to Dublin, Camino Tassajara, Blackhawk and back to Danville All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping.

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

**Thurs Nov 26 6:15 PM**

**TNT (Thursday Night Training)**

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

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

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

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

**Fri Nov 27 8:30 AM**

**The Friday Bike Club**

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

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

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

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

**Fri Nov 27, 9:30AM**

**Monterey Recreation Trail**

**38 miles, 1-2 (650'), T-M**

**Start location: Locke Paddon Park parking lot, Seaside Ave at Reservation Rd (across from the Holiday Inn Express) in Marina, CA. Bathroom on site.**

This year, we are breaking with tradition. Instead of FFBC's usual 17-mile ride, this year's after-Thanksgiving tour will be on the Monterey Recreation Trail. We will travel south from Marina to the Bird Rock Vista Point and then retrace our route. No one

will be in a hurry and no will be left behind. Lunch will be on our return trip near Fisherman's Wharf in Monterey. This ride is more a social event ride than a fitness ride. I will post a map on the FFBC Yahoo Group site. The ride will be canceled or modified if nasty weather arises. Any changes will be announced on FFBC Yahoo Group site or call, email or text me.

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

**Sat Nov 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>.

**Kevin McDonnell;** [kevin@mcnmc.com](mailto:kevin@mcnmc.com); (510) 364-4435

**Sat Nov 28 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 Nov 29, 8:30AM**

**Team Ride #10 – Calaveras / Palomares Loop**

**66 miles, 4 (3500'), F**

**Start location: Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.**

The Race Team will split into groups. The 'A' group is invitation only. The 'B' group is for all other team members and guests. The 'C' group is for development riders. We will head South to climb the wall on Calaveras Road, then head North to complete the Calaveras loop. Serious riders will continue on to do the Palomares loop in a counter clockwise direction. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. Minimal regroupings

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

**Sun Nov 29 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.**

## 6<sup>th</sup> Week in November

**Mon Nov 30 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.

**Linda Fung;** [fungfive@sbcglobal.net](mailto:fungfive@sbcglobal.net); (510) 240-0574