

## DECEMBER 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 December are available at: [http://www.ffbc.org/html/start\\_locations.html](http://www.ffbc.org/html/start_locations.html).

### THANK YOU TO ALL THE DECEMBER 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> immediately.

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

**Tue Dec 1, 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 climb back over Pine! Then we're ready for a nice downhill coast to Peet's for a well-deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.

**B: Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 517-1466**  
**M: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829**

**Tue Dec 1 9:00 AM**

**Show & Go**

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

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

**Tue Dec 1, 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 Dec 2 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 Dec 2 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) 819-0247**

**Thu Dec 3, 9:00AM**

**Thursday Morning Coffee Ride to Alum Rock Park**

**42 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. 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 once we get into the park, there are options to head straight to the Visitor's Center or climb the Inspiration Loop and/or Miguelita. If you are a slow climber, but want to do the extra climbing, please be considerate of the group and turn around when you see the faster riders returning OR bring yourself to coffee on your own. We will have lunch at Noah's Bagels/Starbucks (\$) before heading back on a mostly flat route, with no regroups. Extreme temperatures, park closure, 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 -C**

**Thurs Dec 3, 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) 819-0247**

**Fri Dec 4, 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 Dec 5, 8:30 AM**  
**Calaveras Clockwise**

**40 miles, 3, M & B**

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

This is our traditional "1st Saturday of the Month" ride. We will ride up Niles Canyon into Sunol then on to Calaveras. Our traditional route brings us out in Milpitas and we return via a route that stays close to the hills. Rain or a serious threat of rain cancels.

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

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

**Sat Dec 5, 9:30AM**

**Thinking about Cinderella?**

**16 miles, 1, L-T**

**Start location: Newark Raley's (Jarvis Ave & Newark Blvd)**

This short, slow, flat ride is intended to figuratively get your feet wet for Cinderella Training. Considering signing up for training but have some fears about your ability? Already signed up, but worried about the first ride? Come ride; see how fun it can be. No pressure! We will meet in the Newark Raley's shopping center parking lot (east side, close to Tutti Frutti) and ride at a leisurely pace to Prolific Oven for coffee. No one left behind. Rain cancels, check FFBC's yahoo group, email or call me. Everyone welcome!

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

**Sat Dec 5 8:30 AM**

**Show & Go**

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

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

**Sun Dec 6 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).**

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

**Mon Dec 7, 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)**

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.

**Joyce Tanaka; [notes4jt@gmail.com](mailto:notes4jt@gmail.com); (510) 703-2675**

**Tue Dec 8, 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](mailto:vanessa@mcnmc.com); (510) 517-1466**  
**M: Terri Yi; [terriyi@yahoo.com](mailto:terriyi@yahoo.com); (510) 304-5571**

**Tue Dec 8 9:00 AM**

**Show & Go**

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

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

**Tue Dec 8, 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 Dec 9, 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 Dec 9 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) 819-0247**

**Thu Dec 10, 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.  
**Lori Sommer**; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624

**Thurs Dec 10, 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) 819-0247

**Fri Dec 11, 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 Dec 12, 8:30 AM**  
**Tuesday Hills On Saturday**  
**30 miles, 3 (2,100'), M**

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

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

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

**Sat Dec 12, 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 Dec 13, 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**

**Start location: Starbucks at Mission and Warm Springs Blvd,** 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. 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 Dec 13, 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, M-B**

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

**\*\*\*FFBC HOLIDAY PARTY TONIGHT\*\*\***

## **3<sup>rd</sup> Week in December**

**Mon Dec 14, 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)**

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.

**Joyce Tanaka**; [notes4jt@gmail.com](mailto:notes4jt@gmail.com); (510) 703-2675

**Tue Dec 15, 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 climb back over Pine! Then we're ready for a nice downhill coast to Peet's for a well-deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.

**B: Vanessa McDonnell**; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 517-1466  
**M: Conni Smith**; [4connismith@gmail.com](mailto:4connismith@gmail.com); (510) 461-8838

**Tue Dec 15 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 Dec 15, 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 Dec 16, 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 Dec 16 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) 819-0247

**Thu Dec 17, 9:00AM****Thursday Morning Ride From Endless Cycles**

**20-25 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 but I'm not sure if that will be ready just yet! 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;** [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 cell

**Thurs Dec 17, 6:15 PM****TNT (Thursday Night Training)**

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

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

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) 819-0247

**Fri Dec 18, 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 Dec 19, 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.

**Conni Smith;** [4conni.smith@gmail.com](mailto:4conni.smith@gmail.com); H: (510) 471-8047 C: (510) 461-8838

**Sat Dec 19, 8:30 AM****Show & Go**

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

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

**Sat Dec 19, 5:30PM****Holiday Lights**

**20 miles, 1, L**

**Start location: Peet's at 2780 Mowry Ave Fremont, CA**

Join us for the 2nd annual Christmas Lights Ride! Get in the Holiday spirit with a festive holiday night ride through Fremont to enjoy some local light displays. We will visit our favorites from last year, but if you know of a good light display, let me know and maybe I can work it in. As with any night ride, everyone will need a headlight and a taillight. Any reflective garb you want to wear would be great too. Decorate your bike with lights! Note that parking can be a problem in the parking lot next to Peet's, but plenty of street parking is available on Central St. right across Paseo Padre. Don't be a Scrooge and ride your bike!

**David and Julia Walker;** [dbwalker0min@gmail.com](mailto:dbwalker0min@gmail.com); 510-661-9422

**Sun Dec 20, 8:30AM****Dale and Ken's Excellent Adventure--Palomares With A Twist**

**40 miles, 4 (2300'), T-M**

**Start location: Niles downtown parking lot**

Come out for a fun ride over Palomares, up Schafer Ranch and down to Dublin to visit the Corner Bakery Cafe. This ride has about the same amount of climbing as a Calaveras loop. All riders are welcome. No one will be left behind. Most likely Dale will be with us in spirit only, but perhaps there will be a surprise appearance at a coffee shop (no promises). Here is a link to the route: <http://lasthill.net/Maps/PalomaresTwist-1.html>

**Ken Goldman** [Ken.goldman@comcast.net](mailto:Ken.goldman@comcast.net) 510-378-5027(C)

**Sun Dec 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).**

## 4th Week in December

**Mon Dec 21 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)**

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.

**Joyce Tanaka; [notes4jt@gmail.com](mailto:notes4jt@gmail.com); (510) 703-2675**

**Tue Dec 22, 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](mailto:vanessa@mcnmc.com); (510) 517-1466**

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

**Tue Dec 22, 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 Dec 22, 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 Dec 23, 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 Dec 23 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) 819-0247**

**Thu Dec 24, 9:00AM**

**Thursday Morning Coffee Ride**

**20 miles, 2-3, T-M**

**Start location: Don Edwards Wildlife Refuge**

Let's get a short ride in before festivities begin. We will start at the Don Edwards Wildlife Refuge Visitor Center (Don Edwards National Wildlife Refuge, 1 Marshlands Rd, cross-street Thornton Ave, Fremont). The actual route is TBD but I will put out info to the yahoo group the day before. 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 Dec 24, 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) 819-0247**

**Fri Dec 25, 8:30 AM**

**The Friday Bike Club (Cancelled for Christmas)**

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

**Sat Dec 26, 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.

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

**Sat Dec 26, 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 Dec 27, 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.**

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

**Mon Dec 28, 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)**

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.

**Joyce Tanaka; [notes4jt@gmail.com](mailto:notes4jt@gmail.com); (510) 703-2675**

**Tue Dec 29, 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.**

For the 5<sup>th</sup> Tuesday of the month (which doesn't happen very often) we'll do something different; perhaps a real surprise! (Could be a climb of Palomares *and* Five Canyons Pkwy., to boot.) 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. If uncertain of the status of the ride, please check the FFBC Yahoo! Group or contact one of the ride leaders on the morning of the ride.

**B: Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 517-1466**  
**M: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829**

**Tue Dec 29, 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 Dec 29, 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 Dec 30, 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 Dec 30 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) 819-0247**

**Thu Dec 31, 9:00AM**  
**Thursday Morning Coffee Ride to Denica's in Dublin**  
**31 miles, 2-3 (1000'), T-M**  
**Start location: gravel lot across from the Sunol Train Station**  
Let's get in a nice ride to end 2015! Meet at the gravel lot across from 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](mailto:lorimsommer@gmail.com)**

**Thurs Dec 31, 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) 819-0247**