

JANUARY 2016 RIDE CALENDAR

1st Week in January

TRAINING FOR SPRING METRIC & FULL CENTURIES

Starting in January we have lots of rides to choose from each weekend. Thinking of riding a metric or full century in the Spring? We have 3 different training series to choose from to help you reach your goal.

Progressive Ride Series (PRS)

Our annual PRS (Progressive Ride Series) rides start on January 10th and runs every Sunday. The PRS series gets riders ready for a full century (such as the Primavera Worker's Ride on April 10th). These rides start out gradually and proceed at an M-pace. If there are any B-paced riders who would like to step up and volunteer to lead at a B-pace accompaniment please let the [ride coordinator](#) know.

Less Aggressive Progressive Ride Series (LAP)

The LAP series is back! Want to train to ride a metric century with a fun group of people? Are some of the club rides too fast, especially when there is a lot of climbing? Try this Less Aggressive Progressive (LAP) series and you'll be ready for metrics like the Tierra Bella or the Primavera Worker's Ride. This series has fewer miles and less elevation gain than the traditional Progressive Series and is aimed at Touring/Moderate pace riders (especially those that climb at a slower pace). The route sheet will be sent out via email to FFBC's Yahoo Group about a week before each ride. The mapped route and elevation profile is also available at [ridewithgps.com](#). (Please use our route sheet on the LAP ride, not the [ridewithgps.com](#) cue sheet).

Once again, this year we have lots of friendly, knowledgeable and helpful ride leaders for the LAP series. A few of last year's ride leaders will be returning and we have some new, enthusiastic additions too! We are very flexible; many of the routes can be modified to reduce mileage and climbing and you are welcome to join mid-route, skip coffee/lunch, leave early or ride off the front – just let a ride leader know. There is always a sweep and we will do regroupings so no one is left behind. Come join us!

Cinderella Conditioning Ride Series (CCRS)

Last, but my no means least, we have our annual Cinderella training series starting on January 23rd and running Saturday's through April 2nd. This year we've split the training into two distinct series, the "Coaching Series" is for new women riders (sorry, no men) and is a paid program. For full details of the "Coaching Series" please see the [FFBC Cinderella](#) website. **The second Cinderella series is our "Cinderella Conditioning Ride Series". It's free, and open to all club members.** The "Conditioning" series will progress to a metric century a little more gently than the LAP rides. The rides will be no-drop rides at a T-M pace, led by many of our regular Cinderella ride leaders.

FFBC RIDE CLASSIFICATION

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

MAPS TO FREQUENTLY USED START LOCATIONS

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

THANK YOU TO ALL THE JANUARY 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.

Fri Jan 1 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; (510) 760-9245

Sat Jan 2 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: Donna Kaplan; luporini@aol.com; (415) 584-7621

B: TBD: No brisk pace leader at press time.

Sat Jan 2, 9:30AM

Thinking about Cinderella?

16 miles, 1, L-T

Start location: the former 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; (510) 693-8624

Julia Walker; walk9422@gmail.com; (510) 468-9712

Sun Jan 3 8:30 AM

Show & Go

20-50 miles, 2-4, B

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

2nd Week in January

Mon Jan 4, 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.

Louis Friedenberg; louispf@sbcglobal.net; (510) 673-3203

Tue Jan 5 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 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; (510) 517-1466

M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

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

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

Tue Jan 5, 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

West Kurihara; wkurihara@yahoo.com

Wed Jan 6 8:30 AM
Mid-week Morning Ride
35-45 miles, 2-3, M-B

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

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 Jan 6 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; (925) 819-0247

Thu Jan 7, 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 regroup. 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; (510) 693-8624 -C

Thu Jan 7 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) 819-0247

Fri Jan 8 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 Jan 9, 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. Rain or threat of rain cancels the ride.

TBD: No ride leader at press time.

Sat Jan 9 8:30 AM

Show & Go

20-50 miles, 2-4, 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 Jan 10, 8:30AM

PRS#1 Alum Rock

35 miles, 2 (1374'), M

Start location: CVS Pharmacy/Shopping Center on the corner of Mission Blvd. and Warm Springs Blvd.

For a full description of the Progressive Ride Series (PRS) please see the top of this calendar. Meet at the CVS Pharmacy/Shopping Center on the corner of Mission Blvd. and Warm Springs Blvd. for a ride down to beautiful Alum Rock Park. Bring money for the coffee stop during the ride. Rain cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens. Map is available at: <http://ridewithgps.com/routes/3722545>

Colin Moy; moyboys@comcast.net; cell 510-690-7749 (home 510-581-9052 - no cell signal at home)

Sun Jan 10, 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: Urban Bike Fitters at 1205 Fulton Place off 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; (510) 468-9712

Sun Jan 10 8:30 AM

Show & Go

20-50 miles, 2-4, B

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

3rd Week in January

Mon Jan 11, 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.

Louis Friedenber; louispf@sbcglobal.net; (510) 673-3203

Tue Jan 12 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

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

Tue Jan 12 9:00 AM

Show & Go

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

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

Tue Jan 12 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

West Kurihara; wkurihara@yahoo.com

Wed Jan 13 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 Jan 13 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; (925) 819-0247

Thu Jan 14, 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; (510) 693-8624

**Thurs Jan 14 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) 819-0247

Fri Jan 15 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 Jan 16, 9:00AM

Cinderella Conditioning #1, Fremont/Newark/Union City Loop

21 miles, (157'), T-M

Start location: The Bicycle Garage, 5006 Mowry Ave., Fremont

It's time to start training for the annual Cinderella Classic ride again! For our first conditioning ride we'll do an easy loop of Fremont, Newark and Union City. This ride is open to all club members (male and female). Optional coffee at Starbucks beside The Bicycle Garage after the ride. Map with printable route sheet is available at:

<http://ridewithgps.com/routes/6390679>

Julia Walker; walk9422@gmail.com; (510) 468-9712

Sat Jan 16 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; H: (510) 471-8047 C: (510) 461-8838

Sat Jan 16 8:30 AM

Show & Go

20-50 miles, 2-4, B

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

Sun Jan 17, 8:30AM

PRS#2 Hills of Fremont

29 miles, 3-4 (1860'), M

Start location: Downtown Niles Parking Lot – across from H St. on Niles Blvd.

For a description of the Progressive Ride Series (PRS) please see the top of this calendar. Meet at downtown Niles parking lot, across from H St on Niles Blvd. For our second ride in the series we'll tackle some of Fremont's finest hills – Yakima, "The Animals", Paseo Padre, Pine, Sabercat and Pine again (in reverse this time). Bring money for the coffee stop during the ride. Rain cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens. Map is available at:

<http://ridewithgps.com/routes/3747676>

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

Sun Jan 17, 9:00AM

FFBC 2016 LAP 01 Schaefer Ranch (optional)/Dublin Grade/Cull Canyon

27 miles, 2-3 (1400/1700'), T-M

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

Our first ride in the LAP series! We will start at Endless Cycles and meet behind the shop. Jeff will open the place up so the restroom will be available. Please step inside to sign in and browse the shop. Our first LAP ride has two out and back climbs. First we will head down Dublin Blvd and, those that dare, will climb the short, but steep, Schaefer Ranch and be rewarded with a bathroom stop. Don't want to test your mettle on this first LAP ride? No problem, it's optional. Just turn around and head on back down Dublin Blvd for a beautiful pedal up Cull Canyon.

<http://ridewithgps.com/routes/11551438> Bring a snack since the coffee stop at Starbucks/Posh Bagel isn't until the end of the ride. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us.

Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860

Lori Sommer lorimsommer@gmail.com 510-693-8624

Sun Jan 17 8:30 AM

Show & Go

20-50 miles, 2-4, B

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

4th Week in January

Mon Jan 18, 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 Gimmer. 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.

Louis Friedenberg; louispf@sbcglobal.net; (510) 673-3203

Tue Jan 19 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 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: Dave Fishbaugh; fish1950@comcast.net; (510) 657-6006; (510) 364-2207 (cell)

M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

Tue Jan 19 9:00 AM

Show & Go

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

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

Tue Jan 19 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

West Kurihara; wkurihara@yahoo.com

Wed Jan 20 8:30 AM

Mid-week Morning Ride

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

Start location: the former 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 Jan 20 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; (925) 819-0247

Thu Jan 21, 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

Lori Sommer (lorimsommer@gmail.com) has proposed the following ride: Thu Oct 15, 9:00AM Thursday Morning Ride From Endless Cycles 20-25 miles, 3-4, T-M Start location: 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 (510) 693-8624 cell lorimsommer@gmail.com

Thu Jan 21 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) 819-0247

Fri Jan 22 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 Jan 23, 9:00AM

Cinderella Conditioning #2, The "Animals"

23 miles, (979'), T-M

Start location: Centripetal Bikes, 3646 Thornton Ave., Fremont

For our second ride in the series we'll go south and tackle "The Animals". They sound worse than they really are but certainly a little more challenging than last week's ride. After "The Animals" we'll get a well-deserved downhill along Mission Blvd. to downtown Niles. We'll make our way from there around Quarry

5th Week in January

Lakes and back to the start. Optional coffee at Suju's after the ride. Remember these conditioning rides are open to all club members (male and female). Map with printable route sheet is available at: <http://ridewithgps.com/routes/6619531>
Julia Walker; walk9422@gmail.com; (510) 468-9712

Sat Jan 23, 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 Jan 23 8:30 AM
Show & Go

20-50 miles, 2-4, 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 Jan 24, 8:30AM

PRS #3 Portola Valley Loops

40 miles, 3, (2100'), M

Start location: Burgess Park on Alma in Menlo Park

Not your typical Portola Valley loop, this one's twice the fun with a double loop! Meet at Burgess Park on Alma (West side of Burgess Park) in Menlo Park. Bring money for the coffee stop during the ride. Rain cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens. Map with printable route sheet is available at: <http://ridewithgps.com/routes/3751089>

Jim Fehrle; fehrle@sbcglobal.net; (650) 387-7425 cell

Sun Jan 24, 9:00AM

FFBC 2016 LAP02 Collier Canyon/Bernal Bump

34 miles, 3 (1400'), T-M

Start location: Crank2, 5480 Sunol Blvd, Pleasanton

Today's route, LAP 02, is a great ride into scenic rural areas. (<http://ridewithgps.com/routes/3765728>). We will start at the Crank2 shop, ride through Pleasanton and climb Gleason, Fallon, Camino Tassajara, Highland and Collier Canyon. This is a clockwise loop (some portions do not have a bike lane so we are on the shoulder) with a fun descent into Livermore. We will stop at Denica's in Livermore (Starbucks is another alternative) for coffee and meander back before climbing Bernal Bump as the finish to our ride. Byron will open the Crank 2 shop for us so we can use the restroom before the ride. Please step inside the shop to sign in for the ride. Extreme weather or construction may modify the route and rain cancels.

Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860

Lori Sommer lorimsommer@gmail.com 510-693-8624

Sun Jan 24 8:30 AM

Show & Go

20-50 miles, 2-4, B

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

Mon Jan 25, 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.

Louis Friedenber; louispf@sbcglobal.net; (510) 673-3203

Tue Jan 26 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

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

Tue Jan 26 9:00 AM

Show & Go

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

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

Tue Jan 26 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

West Kurihara; wkurihara@yahoo.com

Wed Jan 27 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 Jan 27 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; (925) 819-0247

Thu Jan 28, 9:00AM

Thursday Morning Coffee Ride to Tully's via Kilkare, Happy Valley and Bernal Bump

27 miles, 3 (1600'), T-M

Start location: gravel lot across from the Sunol Train Station

We will meet at the gravel lot and ride Kilkare out and back. Our route will then head up Foothill to ride Happy Valley, out to the golf course, return to Happy Valley and continue up the Bernal Bump out to Stanley. There are some options if you want to skip some or most of the climbing and meet us at Tully's coffee in Pleasanton. No one left behind. Bring \$. Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call me.

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

Thu Jan 28 Jan 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) 819-0247

Fri Jan 29 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 Jan 30, 8:30AM

Cinderella Conditioning #3, "Collier Canyon"

31 miles, (1071'), T-M

Start location: Crank-2, 5480 Sunol Blvd, Pleasanton

We "borrowed" this gem of a ride from Lori Sommer who leads it occasionally on her Thursday rides. It's a great ride through Pleasanton, Dublin and Livermore and goes through some surprisingly scenic, rural areas. Bring money for a coffee stop at Denica's in Livermore. Rain cancels. Please check the FFBC Yahoo! Group or the ride leader on the morning of the ride if the weather is questionable. Map with printable route sheet is available at: <http://ridewithgps.com/routes/3941888>

Julia Walker; walk9422@gmail.com; (510) 468-9712

Sat Jan 30 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.

Sun Jan 31, 8:30AM

PRS #4 Round the Bay

55 miles, 2, M

Start location: the former Raley's Shopping Center in Newark

This ride has been around the club in various forms for a long time. It takes us through many communities, and in roughly this order: Newark, Fremont, Milpitas, San Jose, Santa Clara, Sunnyvale. Los Altos, Los Altos Hills, Palo Alto, Stanford Univ., Menlo Park and East Palo Alto. There are fewer hills, but more miles than last week. Bring money for a lunch stop. Rain cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens. Map with printable route sheet is available at: <http://ridewithgps.com/routes/6482080>

TBD: No ride leader at press time.

Sun Jan 31, 9:00AM

FFBC 2016 LAP 03 Alum Rock, Miguelita, Old Piedmont

43 miles, 3 (1975'), T-M

Start location: Lake Elizabeth, Teen Center, Sailway Dr.

This ride is always a club favorite winding along the foothills into beautiful Alum Rock Park.

<http://ridewithgps.com/routes/5789802> Meet at the Teen Center in Lake Elizabeth, Fremont. To access the correct parking lot, turn in from Paseo Padre at the light on Sailway Drive then take the second left and head toward the back of the lot. 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. We will ride along the foothills and into Alum Rock Park where there are options to head straight to the Visitor's Center or climb the Inspiration Loop and/or Miguelita. We will head up Miguelita via Alum Rock Road and climb to the intersection at Mt. Hamilton Road. We return the same way but when we reach the park we will enter the gate on the right and climb to (and descend) Inspiration Point. After a regroup at the Visitor's Center, we return along the foothills detouring on Old Piedmont with an option to climb the bottom loop of Sweigert. We will have lunch at Noah's Bagels/Starbucks (bring \$) before heading back on a mostly flat route to Lake Elizabeth. Extreme weather or construction may modify the route and rain cancels.

Lori Sommer lorimsommer@gmail.com 510-693-8624

Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860

Sun Jan 31 8:30 AM

Show & Go

20-50 miles, 2-4, 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 Jan 31 5:00 PM through 8:00 PM

Ride Leader Recognition Pizza Party

Next to no miles, 3 slices per person, chew at your own pace, don't fall off.

Start location: Round Table Pizza at 5544 Thornton Ave., Newark

Ride leaders of 2015, plus one guest, are invited to join this paceline of extraordinary accomplishment.