

# JUNE 2016 RIDE CALENDAR

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

### WEDNESDAY EVENING PIZZA RIDES.

It's time again for our popular Pizza Rides! Join Carrie Payne on Wednesday evenings in June for an early evening ride, returning before dark to feast on pizza. There will be multiple routes to choose from.

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

The rides meet at 6:00 pm for sign in, to be completed by 6:10. **Departure time is 6:15 sharp.**

#### Pizza Ride Leader Reservation List:

**June:** Julia and David Walker

**July:** Andy Sass from Mission Pizza

**August:** TBD

**September:** TBD (usually only the first 2 weeks)

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

#### FFBC RIDE CLASSIFICATION

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

#### MAPS TO FREQUENTLY USED START LOCATIONS

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

#### THANK YOU TO ALL THE JUNE RIDE LEADERS

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

#### LOOKING AHEAD:

At press time we have no ride leaders for either the 6/18 Portola Loop or 6/25 Calaveras CCW rides. In each case we have a prospective leader for July, but as yet, no one for June. Please contact the Ride Coordinator ASAP if you are interested.

Any and all FFBC members who have led at least one ride during 2016 are invited to attend a ride leader recognition party on Sunday, July 17. Please hold the date and watch the Yahoo Group for more information.

**Wed June 1 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](mailto:alanq44@hotmail.com); (510) 760-9245**

**Wed June 1 6:00 PM**

**Pizza Ride**

**20-25 miles, M,B**

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

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

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

**David and Julia Walker; [dbwalker0min@gmail.com](mailto:dbwalker0min@gmail.com); (510) 468-9712**

**Wed June 1 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 June 2 9:00 AM**

**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**

**Thu June 2 6:15 PM**  
**TNT (Thursday Night Training)**

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

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

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

When dark, lights required. Helmets are mandatory.

**Chris Menicou;** [cmenicou@sbcglobal.net](mailto:cmenicou@sbcglobal.net); (510) 406-5511

**Fri June 3 8:30 AM**

**The Friday Bike Club**

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

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

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

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

**Sat June 4, 8:30 AM**

**Calaveras Clockwise**

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

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

This is our traditional "1st Saturday of the Month" ride. We will 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](mailto:luporini@aol.com); (415) 584-7621

**B: Tim and Robin O'Hara (on the Tandem);**

[tohara2938@aol.com](mailto:tohara2938@aol.com); 510 471-2464

**Sat June 4 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).**

**Sun Jun 5, 8:30AM**

**Moraga Loop**

**70+ miles, 4 (4,000+'), M**

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

Up and over a leisurely Palomares Rd warm up, Redwood Rd, Pinehurst, through Moraga, rest/snack in Danville or San Ramon. Paceline down San Ramon Blvd and last climb over Schafer Ranch, and another paceline. Oops, forgot another bump, Palomares again to finito! Rain cancels. Bring \$ for snack. I'll be at the rear of the pack.

**Colin Moy, 510-690-7749 cell,** [moyboys@comcast.net](mailto:moyboys@comcast.net)

**Sun June 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.**

## 2nd Week in June

**Mon June 6, 8:30 AM**

**Monday Morning Recovery Ride**

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

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

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 June 7 8:30 AM**

**Tour de Fremont Hills**

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

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

Join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to Peet's for a well-deserved coffee and the end of our ride. Rain or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! Group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

**B: Jay Gilson;** [jaymgilson@gmail.com](mailto:jaymgilson@gmail.com); (510) 468-0285 -C, (510) 790-3564 -H

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

**Tue June 7 9:00 AM**

**Show & Go**

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

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

**Tue June 7 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 June 8 8:30 AM**  
**Mid-week Morning Ride**

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

**Start location: DOWNTOWN Niles parking lot across from H St on Liles 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 June 8 6:00 PM**

**Pizza Ride**

**20-25 miles, M, B**

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

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

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

**David and Julia Walker; [dbwalker0min@gmail.com](mailto:dbwalker0min@gmail.com); (510) 468-9712**

**Wed June 8 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 Jun 9, 9:00AM**

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

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

**Start location: Visitor Center, Don Edwards Wildlife Refuge**

This ride starts at the Don Edwards 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 -C**

**Thu June 9 6:15 PM**

**TNT (Thursday Night Training)**

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

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

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

When dark, lights required. Helmets are mandatory.

**Chris Menicou; [cmenicou@sbcglobal.net](mailto:cmenicou@sbcglobal.net); (510) 406-5511**

**Fri June 10 8:30 AM**

**The Friday Bike Club**

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

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

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

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

**Sat June 11, 8:30 AM**

**Tuesday Hills On Saturday**

**30 miles, 3 (2,100'), T-M**

**NEW START LOCATION: Fremont Central Park Teen Center parking lot; enter from Sailway Drive off Paseo Padre Parkway; Teen Center lot is on the left and is signed. The address: 39770 Paseo Padre Parkway, Fremont, CA 94538.**

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 crossing Fremont 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.

**M: Julie Gilson; [Jmgilson1@yahoo.com](mailto:Jmgilson1@yahoo.com); 510-468-0284**

**Sat Jun 11, 8:30AM**

**Cinderella Redux Ride**

**58 miles, 3-4 (~1830'), T-M**

**Start location: Crank2: 5480-9 Sunol Blvd., Pleasanton, CA 94566**

Did you miss the Cinderella because it rained, or maybe you just want to do the ride again? Maybe the fellas would like to see where this fantastic route goes. We will ride through Amador, Livermore, Diablo and San Ramon Valleys. This is a no-drop ride with plenty of regroups. Luis Facha has graciously volunteered to SAG for us on his mighty motorcycle. Please bring money for coffee and foodies, as there will be short breaks and a lunch stop. Extreme temperatures or construction may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call us!

**Sydney Friedenber; Cell: 510-299-1611; Email:**

**[sydnefy50@gmail.com](mailto:sydnefy50@gmail.com)**

**Becky Smith: Cell: 510-449-9892; Email:**

**[metalcowgurl@outlook.com](mailto:metalcowgurl@outlook.com)**

**Sat June 11, 9:00 AM (8:00 AM at Fremont BART)**

**"The Leading Ladies Series": Old Tunnel Road**

**40 miles, 4 (2,700'), T-M**

**Start location: Oakland Rockridge BART Station.**

**From Fremont you can board at the Fremont BART Station**

**and ride the 8:14 a.m. Richmond train to the Rockridge**

**Station in Oakland.** (Transfer at the 19th St. Station in Oakland for a Pittsburg/Bay Point train that will deliver us to the Rockridge station at 9:00 am. Meet at ground level, outside on the south side of the station and near the taxis, buses & "kiss & ride" stop.)

From there we will hop on our bikes and ride back to Fremont.

From the Rockridge BART station, we will first head up Old

Tunnel Road and make a quick stop at the Oakland Hills Fire

Memorial Park; then we will go up and over the Caldecott

Tunnel. If there's no fog, the views will be spectacular. We will

continue south along Skyline and descend Redwood Road with a stop in Castro Valley for lunch/coffee. Afterwards we will have a

mostly flat ride home. Here is the RWGPS link <https://ridewithgps.com/routes/13094478>; and a route sheet link: <http://tinyurl.com/oldtunnelrd>.

Michelle Dudley; [mdudley13@gmail.com](mailto:mdudley13@gmail.com); (408) 230-5209

**Sat June 11 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 June 12 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: Bicycle Garage, 5006 Mowry Ave., Fremont**

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 June 12 8:30 AM**

**Show & Go**

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

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

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

**Mon June 13, 8:30 AM**

**Monday Morning Recovery Ride**

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

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

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.

**Ken Lew; [kqlew@mac.com](mailto:kqlew@mac.com); (415) 515-8140**

**Tue June 14 8:30 AM**

**Tour de Fremont Hills**

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

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

What could be better than a little climbing? How about a little more climbing? For the second Tuesday of the month we're going to climb our local favorite hill, Palomares Rd., to Castro Valley and then follow it with a little more climbing up Five Canyons Pkwy. All that climbing will be followed by a fast descent into Hayward and a jaunt down Mission Blvd (hopefully with a tailwind) back to Fremont. There will, of course, be a coffee stop, either at Pearl's by Cal State Hayward or Peet's back in Fremont. Rain or significant chance of rain cancels. The

ride leaders will post to the FFBC Yahoo! group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

**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 June 14 9:00 AM**

**Show & Go**

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

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

**Tue June 14 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 June 15 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](mailto:alanq44@hotmail.com); (510) 760-9245**

**Wed June 15 6:00 PM**

**Pizza Ride**

**20-25 miles, M, B**

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

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

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

**David and Julia Walker; [dbwalker0min@gmail.com](mailto:dbwalker0min@gmail.com); (510) 468-9712**

**Wed June 15 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 June 16, 9:00AM**

**Thursday Morning Coffee Ride From Endless Cycles**

**20-30 miles, 3-4, T-M**



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

This ride starts at Endless Cycles, 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). Park on the street or in the B of A parking lot and bring your bike through the gates to the back patio. Jeff will open the shop early so we can use the restroom and maybe even enjoy some coffee before we head take off. Buy a last minute item or check out the large showroom, repair shop, kitchen, back patio, meeting space, vintage bike museum, and the new bike fit area while we sign in. 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, Proctor Hill and some of Redwood Road, or Proctor Hill and Redwood Road all the way to Pinehurst or Cull I Canyon and Eden Canyon. We may head over to Alameda via Lake Chabot Road. 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

**Thu June 16 June 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.

Chris Menicou; [cmenicou@sbcglobal.net](mailto:cmenicou@sbcglobal.net); (510) 406-5511

**Fri June 17 8:30 AM**

**The Friday Bike Club**

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

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

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

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

**Sat June 18, 8:00AM**

**Al's Birthday Ride (17th Annual)**

**63 miles, 2, M**

**Start location: Don Edwards Wildlife Refuge**

Join us on this annual ride and help me celebrate ANOTHER 29th birthday (my 39th one)! Similar to the previous ride, we will pedal clockwise around the south end of the Bay. Meet by the bathrooms at Don Edwards Wildlife Refuge (9800 Thornton Ave., Fremont, CA.) at 8:00am. We will take a circuitous route down toward the southern end of Fremont, then head directly south to Milpitas. We will make a brief stop there for coffee and a snack, then proceed around the south end of the Bay to our lunch destination in Palo Alto.

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

**Sat June 18 8:30 AM**

**Portola Loop**

**30 miles, 3, T-M**

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

Monthly club ride over the Dumbarton Bridge, quiet neighborhood side streets of Palo Alto, Roberts Market for

snacks, and cruise back downhill. No drop ride with regroup. Bring \$ for snacks, Rain cancels. Please park in upper lot at request of visitor center staff.

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

**Sat June 18 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).**

**Sun June 19 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.**

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

**Mon June 20, 8:30 AM**

**Monday Morning Recovery Ride**

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

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

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 June 21, 8:30 AM**

**Tour de Fremont Hills**

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

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

Join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotec leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to Peet's for a well-deserved coffee and the end of our ride. Rain or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

**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 June 21 9:00 AM**

**Show & Go**

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

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

**Tue June 21 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 June 22 8:30 AM**  
**Mid-week Morning Ride**  
**35-45 miles, 2-3, M-B**

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

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

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

**Wed June 22 6:00 PM**  
**Pizza Ride**  
**20-25 miles, M, B**

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

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

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

**David and Julia Walker;** [dbwalker0min@gmail.com](mailto:dbwalker0min@gmail.com); (510) 468-9712

**Wed June 22 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 Jun 23, 8:30AM**  
**Thursday Morning Coffee Ride to Denica's**  
**25-35 miles, 3, T-M**

**Start location: gravel lot across from the Sunol Train Station**

Meet at the gravel lot across from the Sunol Train Station. Since Tassajara will be closed for a while due to construction, we will have to find a new route to Denica's or maybe we will go to a different Denica's. Of course, we will do some climbing before we arrive. 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;** [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C

**Thu June 23 6:15 PM**  
**TNT (Thursday Night Training)**  
**60-90 minutes, 1, M-B-F**

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

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

When dark, lights required. Helmets are mandatory.

**Chris Menicou;** [cmenicou@sbcglobal.net](mailto:cmenicou@sbcglobal.net); (510) 406-5511

**Fri June 24 8:30 AM**  
**The Friday Bike Club**  
**35-45 miles, 3-4, M-B**

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

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

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

**Sat June 25, 8:30 AM**  
**Calaveras CCW**  
**38 miles, 3-4, M**

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

Sometimes it's good to go against the grain, or in this case counter-clockwise instead of clockwise. This counter clockwise loop of Calaveras meets in downtown Niles and takes the usual route to Calaveras. Map and route sheet online at: <http://ridewithgps.com/routes/3945502>

Coffee at the end of the ride at Peet's in Fremont.

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

**Saturday, June 25, 6:30 AM sharp**  
**Mt. Hamilton Laps and Repeats**  
**100+ miles, 5, M**

**Start location: Meet at the intersection of Alum Rock and Mt. Hamilton road.**

I hope to ascend the front side at least twice and the back side once as a training regimen for the Death Ride. There will be lots of descending, too. If you want to do less or a variation, that's fine, too. Be sure to bring lunch and snacks.

**Jim Fehrle,** [jfehrle@sbcglobal.net](mailto:jfehrle@sbcglobal.net), **H: 650-323-4030, C: 650-387-7425.**

**Sat June 25 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 June 26 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, M-B**

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

## 5th Week in June

**Mon June 27, 8:30 AM**

**Monday Morning Recovery Ride**

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

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

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 June 28 8:30 AM**

**Tour de Fremont Hills**

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

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

Since I've heard that a change is as good as a rest on the second and fourth Tuesdays of the month we'll do one of my favorite local hills – Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill. We'll return through the canyon with the ride once again finishing at Peet's for a well-deserved coffee. Note: M paced riders may do Palomares out and back per ride leader's discretion. Rain or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

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

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

**Tue June 28 9:00 AM**

**Show & Go**

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

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

**Tue June 28 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 June 29 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 June 29 6:00 PM**

**Pizza Ride**

**20-25 miles, M, B**

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

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

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

**David and Julia Walker; [dbwalker0min@gmail.com](mailto:dbwalker0min@gmail.com); (510) 468-9712**

**Wed June 29 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 Jun 30, 8:30AM**

**Thursday Morning Coffee Ride to Zachary's Pizza**

**19 miles, 3-4 (1,400'), T-M**

**Start location: Central Park in San Ramon**

Meet at Central Park in San Ramon (12501 Acosta Blvd., use the parking lot at the intersection of Bollinger Canyon and Market Place - From 680, take Bollinger (west) to Alcosta then a u-turn into the parking lot as the entrance at Market Place is closed for construction). We will climb to the top of Norris Canyon (looking for the miniature donkeys and peacock along the way) and then turn back and head up Bollinger Canyon and look for the ostriches. Both climbs are out and back so you can turn around any time you feel like it. After a regroup at Las Trampas parking lot, we will head back to our cars and drive the couple of miles to Zachary's so we don't have to ride after eating (and Walt doesn't have to worry about riding with a pizza box with his leftovers). No one left behind. Bring \$ for lunch. 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](mailto:lorimsommer@gmail.com)**

**Thu June 30 6:15 PM**

**TNT (Thursday Night Training)**

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

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

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

When dark, lights required. Helmets are mandatory.

**Chris Menicou; [cmenicou@sbcglobal.net](mailto:cmenicou@sbcglobal.net); (510) 406-5511**