

SEPTEMBER 2016 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 September are available at: http://www.ffbc.org/html/start_locations.html.

THANK YOU TO ALL THE SEPTEMBER 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:

Two new training series have been added this month:

- The **Sierra Progressive Ride Series** begins on Sunday, Sept. 4 and emphasizes climbing at a moderate pace. The objective of the weekly series is to prepare riders for a climb of Sierra Road on the fourth Sunday, Sept. 25.
- Brisk pace riders who wish to train for the annual loop around Mt. Hamilton in mid-October will appreciate the series of **Mt. Ham Loop Training** rides commencing on Sept. 10.

A section of Palomares Road is undergoing a construction project through October and will be closed to traffic, including cyclists. Please note the changes made to the Tuesday rides that regularly traverse Palomares Road.

In addition, Calaveras Road will be closed to through traffic on weekdays for the foreseeable future. It will be open to cyclists and motor vehicles on weekends.

1st Week in September

Thu September 1, 9:00 AM

REI to Alum Rock

34 miles, 2-3-4, T-M

Start location: REI, Fremont

Sleep in an extra half-hour! We are back to the old start time (9:00AM) and since we are doing our old start at REI, let's follow it though and wear our oldest bike jersey to go along with it! An old, NEW start. REI isn't open, you may need to use the facilities as Starbucks or wait until we reach Jose Adobe Park. We will ride along the foothills and once we get into Alum Rock park, there are options to head straight to the Visitor's Center or climb the Inspiration Loop and/or Miguelito. Also, you don't have to go all the way to the park...you can turn early to coffee to reduce milage significantly. 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 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 September 1, 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; (510) 406-5511

Fri September 2, 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 September 3, 8:30 AM

Calaveras Clockwise

40 miles, 3, M & B

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

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

M: Donna Kaplan; luporini@aol.com; (415) 584-7621

B: No ride leader at press time.

Sun September 4, 8:30 AM

Sierra Progressive Ride Series (SPRS)

30-40 miles, 3-4 (2500-3000'), M

Start location: Old Mission Park, Pine St. @ Ibero Way Fremont

This is a four-week progressive training series in preparation for the Sierra Road Climb. Each week will increase in elevation gain. There are plenty of hills to get us ready. Sept. 4, Week #1 hills: Curtner, Scott Creek to top, The Wall. Sept. 11, Week #2 hills: Animals Backwards, Marsh Rd. Sept. 18, Week #3 Top of Felter to Sierra. Sept. 25, Week #4 Sierra Rd (3 miles of climbing at an average of 10% grade). Bring \$\$ for drinks and snacks at Starbucks/Noah's Bagels in Milpitas.

Joyce Tanaka; notes4jt@gmail.com; (510) 703-2675

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

Sun September 4, 8:30 AM

Show & Go

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

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

2nd Week in September

Mon September 5, 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.

Robin O'Hara; rjohara6@gmail.com; (510) 418-2669

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

Tue September 6, 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: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

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

Tue September 6, 9:00 AM

Show & Go

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

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

Tue September 6, 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.

No ride leader at press time (but the ride will go on!)

Wed September 7, 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 September 7, 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 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 September 8, 9:00AM

Thursday Morning Coffee Ride Celebrates Walt's 85th Birthday!

20 miles, 2 (500'), T-M

Start location: Texas Roadhouse, 32115 Union Landing Blvd, Union City

Walt Thomas is turning 85 and is ready for his annual birthday trek up Nike Hill. Come join the celebration and cheer him on! Some things change and some things remain the same. While we will still be climbing Nike, (optional, of course) our start location, route and lunch stop will change this year. We will meet in the parking lot near the Texas Roadhouse Restaurant in the Union Landing Shopping Center. Please wear your club jersey! Ken has created a nice 20 mile route for us. <https://ridewithgps.com/routes/16056221> We will be eating at the Roadhouse Cafe, Walt's most favorite restaurant (besides Zachary's of course). Our lunch stop will be at the end of the ride so bring a snack to eat along the way and a bike lock too. For those not able to lock their bikes in their car or on their bike racks, the restaurant will make their small patio in the back available for bike parking. The manager has been very accommodating and will do separate checks, bring in extra service people for us, we can sit in big groups in the same area, we don't have to preorder and they will even allow us to bring in a cake. I explained that some riders prefer not to eat and may just order coffee to have with their cake and he said that is not a problem either. I asked about the almost standard practice of adding 18% to each check for parties above 8 but he said they do not do that and that diners chose their own tips. So, please be generous as we will probably be back next year if things go well. Thanks so much to Cindy for the lunch stop suggestion and Marcella for the idea to start and end the ride at the restaurant so we can enjoy our lunch. As always, thanks to Ken for his patience as I figured this out and figuring out three different routes while I came to a final decision. A route sheet will be provided and cake will be served. For those unable to join the ride, please feel free to join us at 11:15 at the restaurant. Since I need to provide a count to the restaurant in the morning, I'd appreciate an email or quick text the night before to let me know you are coming. This ride is co-listed with the Valley Spokesmen. Extreme temperatures or construction may modify the route. Rain cancels, check Yahoo! group, email or call me.

Lori Sommer; lorisommer@gmail.com; (510) 693-8624 -C

Thu September 8, 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; (510) 406-5511

Fri September 9, 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 September 10, 8:00 AM
Mt. Ham Loop Training Ride #1: Del Valle
60 miles, 4 (2900'), B

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

To Del Valle and back; mostly flat with an up and down to the lake. We will detour to Happy Valley on the way back.

Tim and Robin O'Hara on the Tandem; 510 418-2672;

tohara2938@aol.com

Sat September 10, 8:30 AM
Show & Go

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

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

Sun Sep 11, 8:30 AM
Sierra Progressive Ride Series (SPRS)
30-40 miles, 3-4, M

Start location: Old Mission Park, Pine St. @ Ibero Way Fremont

This is the second of the four-week progressive training series in preparation for the Sierra Climb. See Sept. 4th ride description. Sept. 11, Week #2 hills: Animals Backwards, Marsh Rd. Sept. 18, Week #3 Top of Felter to Sierra. Sept. 25, Week #4 Sierra Rd (3 miles of climbing at an average of 10% grade). Bring \$\$ for drinks and snacks at Starbucks/Noah's Bagels in Milpitas.

Joyce Tanaka; notes4jt@gmail.com; mobile 510-703-2675

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

Sun September 11, 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; 510-468-9712

Sun September 11, 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).

3rd Week in September

Mon September 12, 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.

Robin O'Hara; rjohara6@gmail.com; (510) 418-2669

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

Tue September 13, 8:30 AM

Tour de (South) Fremont Hills

30-40 miles, 3-4 (Plenty'), M-B

Start location: Old Mission Park, Pine St. @ Ibero Way, Fremont

Palomares, one of our favorite hills, is closed until the end of October, necessitating a change in our Tuesday Hills schedule. This month we're changing the start of the ride on the 2nd, 4th and 5th Tuesdays to Old Mission Park so we can ride some of the hills south of Fremont. There are plenty of good hills to choose from - Calaveras (to the closure), Old Calaveras, Felter (with or without Marsh), Sierra, Sweigert, Suncrest, Country Club. Did I mention Sierra? We'll choose a different set of hills each week depending on how sadistic the ride leaders are feeling on the morning :-). There will of course be a coffee stop cos' all good rides have a coffee stop. Rain cancels (you never know!). 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; (510) 517-1466

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

Tue September 13, 9:00 AM

Show & Go

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

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

Tue September 13, 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.

No ride leader at press time (but the ride will go on!)

Wed September 14, 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 September 14, 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 September 15, 9:00 AM

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 BofA parking lot, near T Kane's Kung Foo/Karate Martial Arts School). Park on the street or in the BofA parking lot and bring your bike through the alley/gate 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, Procter Hill and some of Redwood Road, or Procter Hill and Redwood Road all the way to Pinehurst or Cull Canyon and Eden Canyon. We may do a flatter ride and 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 (510) 693-8624 cell lorimsommer@gmail.com

Thu September 15, 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; (510) 406-5511

Fri September 16, 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 Sep 17, 8:00 AM

Mt Hamilton Loop Training Ride #2: Felter, Marsh, Calaveras CCW

55 miles, 4 (4000'), B

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

Up Calaveras to Felter with a detour to Marsh then all the way to the top and then back down and back home.

Tim and Robin O'Hara on the Tandem; 510 418-2672; tohara2938@aol.com

Sat September 17, 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.

No ride leader at press time

Sun Sep 18, 8:30 AM

Sierra Progressive Ride Series (SPRS)

30-40 miles, 3-4 (2500-3000 ft.), M

Start location:

This is the third of a four-week progressive training series in preparation for the Sierra Climb. See Sept. 4th ride description for the complete series. Sept. 18, Week #3 Top of Felter to Sierra. Sept. 25, Week #4 Sierra Rd (3 miles of climbing at an average of 10% grade). Bring \$\$ for drinks and snacks at Starbucks/Noah's Bagels in Milpitas.

Joyce Tanaka; notes4jt@gmail.com; mobile 510-703-2675

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

Sun September 18, 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.

4th Week in September

Mon September 19, 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.

Robin O'Hara; rjohara6@gmail.com; (510) 418-2669
Louis Friedenber; louispf@sbcglobal.net; (510) 673-3203

Tue September 20, 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: Dave Fishbaugh; fish1950@comcast.net; (510) 364-2207 – C, (510) 657-6006 –H
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

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

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

Tue September 20, 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.

No ride leader at press time (but the ride will go on!)

Wed September 21, 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 September 21, 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 September 22, 9:00 AM
Thursday Morning Coffee Ride to Panama Red Coffee
25-30 miles, 2-3, T-M

Start location: gravel lot across from the Sunol Train Station
Let's head to Panama Red Coffee in Livermore. We have various options to get to Livermore. We could do a flat route, a hilly route or somewhere in between. Come have some fun with us! No one left behind. Bring \$. Extreme temperatures or construction may modify the route. Rain cancels, check Yahoo! group, email or call me..

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

Thu September 22, 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; (510) 406-5511

Fri September 23, 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

5th Week in September

Sat Sep 24, 8:00 AM

Mt. Ham Loop Training Ride #3 Redwood Rd to Moraga
72 miles, 4 (4000'), B

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

The Moraga Loop, via Foothill/Dublin Canyon as Palomares is closed.

Tim & Robin O'Hara on the Tandem; tohara2938@aol.com;
(510) 418-2672

Sat September 24, 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.

No ride leader at press time

Sat September 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.

Sun September 25, 8:30 AM

Women's Social Ride

15-20 miles, 1-2, T-M

Start location: Bicycle Garage, 5006 Mowry Ave, Fremont

Join us this month for another low-key, leisurely ride around the tri-city area. This ride is geared (pun intended!) towards our female riders but men are also welcome. We will re-group as needed. Nobody will be left behind. Optional coffee and extra socialization at Starbucks at the end. Rain or threat of rain will cancel the ride.

Michelle Dudley; mdudley13@gmail.com; (408) 230-5209

Sun September 25, 8:30 AM

Sierra Progressive Ride Series (SPRS)

40 miles, 3-5 (>3000'), M

Start location: Old Mission Park, Pine St. @ Ibero Way Fremont

This is the last of a four-week progressive training series to climb Sierra. See Sept. 4th for the full ride description. Sierra Road: One of the longest climbs in the Bay Area, it's 3 miles at an average 10% grade. In 2012, Chris Horner flew up its 18% pitches to lock up the win in the Tour de California. He rode those pitches at around 13 mph. Most humans ride those same pitches at <3-4 mph. Bring \$\$ for drinks and snacks at Starbucks/Noah's Bagels in Milpitas. You'll deserve it!

Joyce Tanaka; notes4jt@gmail.com; (510) 703-2675 -C

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

Sun September 25, 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).

Mon September 26, 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.

Robin O'Hara; rjohara6@gmail.com; (510) 418-2669

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

Tue September 27, 8:30 AM

Tour de (South) Fremont Hills

30-40 miles, 3-4 (Plenty'), M-B

Start location: Old Mission Park, Pine St. @ Ibero Way, Fremont

Palomares, one of our favorite hills, is closed until the end of October, necessitating a change in our Tuesday Hills schedule. This month we're changing the start of the ride on the 2nd, 4th and 5th Tuesdays to Old Mission Park so we can ride some of the hills south of Fremont. There are plenty of good hills to choose from - Calaveras (to the closure), Old Calaveras, Felter (with or without Marsh), Sierra, Sweigert, Suncrest, Country Club. Did I mention Sierra? We'll choose a different set of hills each week depending on how sadistic the ride leaders are feeling on the morning :-). There will of course be a coffee stop cos' all good rides have a coffee stop. Rain cancels (you never know!). 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.mcdonnell@gmail.com;

(510) 517-1466

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

Tue September 27, 9:00 AM

Show & Go

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

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

Tue September 27, 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.

No ride leader at press time (but the ride will go on!)

Wed September 28, 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 September 28, 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 September 29, 9:00 AM

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., Directions to our parking lot from Fremont: 680N, exit Bollinger, right turn onto Bollinger, u-turn at Alcosta, you'll see the parking lot on the RHS). 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 ostrich. 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 his leftovers in a pizza box). No one left behind. Bring \$ for lunch. Extreme temperatures or construction or whim of the ride leader can modify the route. Ra! in cancels, check yahoo group, email or call me.

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

Thu September 29, 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; (510) 406-5511

Fri September 30, 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