

FFBC Calendar (preliminary)

Tue Nov 1, 2016

8:45am - 12:45pm Tour de Fremont Hills

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 29; Elevation: 1,912-2,500; Terrain/Pace: 3/M,B Join us for a few of Fremont's finest hills. We might ride the neighborhood hills we affectionately call "The Stupid Hills" (including Pine, Sabercat, "The Animals" and our friend Paseo Padre), or we might head through Niles Canyon to Palomares Road for a quite, scenic climb to Castro Valley. From Castro Valley we'll either head to Pleasanton and tackle the rollers on Foothill before returning through the canyon, or for a little extra climbing, we'll head up Five Canyons Pkwy and return via Hayward. Bring money for coffee and/or a snack, we'll definitely stop for a well deserved break! Rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by one (or both) ride leaders on the morning of the ride if it is being cancelled (no email, means the ride is on). If unsure of the ride status call or text the appropriate ride leader on the morning of the ride. Ride Leader Info: B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466 M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

9am - 12pm Show & Go

Where: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20+ miles; Elevation: feet; Terrain: 1,2 Pace: L,T,M Easy riding in the Fremont area with a recurring group of friendly riders. RidewithGPS URL:

6:15pm - 7:45pm TuNT: Tuesday Night Training

Where:

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 25 miles; Elevation: feet; Terrain: 3 Pace: M,B,F 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 Google Group if the plans are changed. Headlights, tail lights, and Helmets are required. RidewithGPS URL: Keith Strong Khstrong10@gmail.com 510-435-9479

Wed Nov 2, 2016

8:30am - 12:30pm Mid-week Morning Ride

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 35-45 miles; Elevation: feet; Terrain: 2,3 Pace: M,B 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 \$\$\$. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

6:15pm - 7:45pm WNT (Wednesday Night Training)

Where: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F 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. RidewithGPS URL: Garry Birch garry_b94568@yahoo.com 925-819-0247

Thu Nov 3, 2016

9am - 1pm Thursday Morning Coffee Ride: REI to Alum Rock

Where: REI, Fremont Boulevard, Fremont

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 25-35 miles; Elevation: 500-3,000 feet; Terrain/Pace: 2-3/T-M Description: We are riding to Alum Rock. Since REI isn't open at 9:00AM, you may need to use the facilities at Starbucks or wait until we reach the Jose Higuera Adobe. 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. Also, you don't have to go all the way to the park...you can turn early to coffee to reduce mileage 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 the FFBC Yahoo! Group, email or call me. Ride Leader Info: Lori Sommer (510) 693-8624 lorimsommer@gmail.com

6:15pm - 7:45pm TNT (Thursday Night Training)

Where:

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.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 15-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F 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. RidewithGPS URL: Larry Nolan teamnolan@hotmail.com 510-790-0118

FFBC Calendar (preliminary)

Fri Nov 4, 2016

8:30am - 12:30pm Friday Bike Club

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 35-45 miles; Elevation: feet; Terrain: 3,4 Pace: M,B Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

Sat Nov 5, 2016

8:30am - 12pm Calaveras Clockwise

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 37 miles; Elevation: feet; Terrain: 3 Pace: M,B This is our traditional "1st Saturday of the Month" ride. We will meet in the Niles 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. Today we will cut out the usual coffee stop at Starbucks/Noah's to get back in time for the Annual FFBC Summer Picnic at the Quarry Lakes Regional Park. Route sheets provided. Rain or a serious threat of rain cancels. RidewithGPS URL: Donna Kaplan kaplanluporini@aol.com 415-584-7621 Tim and Robin O'Hara tohara2938@aol.com 510-418-2672

8:30am - 12pm Show and Go

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description: 20-50 miles; 2-4; M

Sun Nov 6, 2016

8:30am - 12:30pm Show & Go

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description: Length: 20-50 miles; Elevation: feet; Terrain: 2,3,4 Pace: M,B RidewithGPS URL: TBD

Mon Nov 7, 2016

8:30am - 11:30am Monday Morning Recovery Ride

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 40 miles; Elevation: 610 feet; Terrain: 1,2 Pace: M 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. RidewithGPS URL: Mike Brasseur mbrasseur00@yahoo.com 510-449-6233

Tue Nov 8, 2016

8:45am - 12:15pm Tour de Fremont Hills

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 38 miles; Elevation: 1,912- 2,500 feet; Terrain: 3 Pace: M,B Join us for a few of Fremont's finest hills. We might ride the neighborhood hills we affectionately call "The Stupid Hills" (including Pine, Sabercat, "The Animals" and our friend Paseo Padre), or we might head through Niles Canyon to Palomares Road for a quite, scenic climb to Castro Valley. From Castro Valley we'll either head to Pleasanton and tackle the rollers on Foothill before returning through the canyon, or for a little extra climbing, we'll head up Five Canyons Pkwy and return via Hayward. Bring money for coffee and/or a snack, we'll definitely stop for a well deserved break! Rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by one (or both) ride leaders on the morning of the ride if it is being cancelled (no email, means the ride is on). If unsure of the ride status call or text the appropriate ride leader on the morning of the ride. RidewithGPS URL: Vanessa McDonnell vanessa@mcnmc.com 510-441-7607 Amy Giles apgiles@sbcglobal.net 510-224-0829

9am - 12pm Show & Go

Where: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20+ miles; Elevation: feet; Terrain: 1,2 Pace: L,T,M Easy riding in the Fremont area with a recurring group of friendly riders. RidewithGPS URL:

FFBC Calendar (preliminary)

6:15pm - 7:45pm TuNT: Tuesday Night Training

Where:

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 25 miles; Elevation: feet; Terrain: 3 Pace: M,B,F 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 Google Group if the plans are changed. Headlights, tail lights, and Helmets are required. RidewithGPS URL: Keith Strong Khstrong10@gmail.com 510-435-9479

Wed Nov 9, 2016

8:30am - 12:30pm Mid-week Morning Ride

Where: Downtown Niles parking lot across from H St on Niles Blvd.

Calendar: calendar@ffbc-temp.org

Description:

Length: 35-45 miles; Elevation: feet; Terrain: 2,3 Pace: M We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$\$. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

6:15pm - 7:45pm WNT (Wednesday Night Training)

Where: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F 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. RidewithGPS URL: Garry Birch garry_b94568@yahoo.com 925-819-0247

Thu Nov 10, 2016

9am - 1pm Thursday Morning Coffee Ride across the Dumbarton

Where: Visitor Center, Don Edwards Wildlife Refuge

Calendar: calendar@ffbc-temp.org

Description:

Length: 25-35 miles; Elevation: feet; Terrain: 2,3 Pace: T,M 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! RidewithGPS URL: Lori Sommer lorimsommer@gmail.com 510-693-8624

6:15pm - 7:45pm TNT (Thursday Night Training)

Where:

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.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 15-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F 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. RidewithGPS URL: Larry Nolan teamnolan@hotmail.com 510-790-0118

Fri Nov 11, 2016

8:30am - 12:30pm Friday Bike Club

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 35-45 miles; Elevation: feet; Terrain: 3,4 Pace: M,B Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

Sat Nov 12, 2016

8:30am - 12pm Saturday Tour de Fremont Hills

Where:

: 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.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 30 miles; Elevation: 2100 feet; Terrain: 3 Pace: M 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. RidewithGPS URL: Julie Gilson jmgilson1@yahoo.com 510-468-0284

FFBC Calendar (preliminary)

Sun Nov 13, 2016

8:30am - 12pm Show and Go

Where: Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.
Calendar: calendar@ffbc-temp.org
Created by: Dave Fishbaugh
Description: 20-50 miles; 2-4; M

9am - 12pm "The Sunday Social": the ride formerly known as the "Get to Know Us Ride"

Where: Warm Springs Starbucks
Calendar: calendar@ffbc-temp.org
Created by: Dave Fishbaugh
Description:
Length: 20-25 miles; Elevation: feet; Terrain: 1,2 Pace: L,T,M Please join us on this monthly "Sunday Social". This casual, social ride is always fun and offers everyone the chance to meet other cyclists. Bring your cycling friends along and help us introduce newcomers and guests to the club. Don't forget \$\$ for a coffee/snack stop. If you have a club jersey or jacket, this is a great time to wear it. Ride with GPS URL: David Walker dbwalker0min@gmail.com 510-468-4454 Julia Walker walk9422@gmail.com 510-468-9712

Mon Nov 14, 2016

8:30am - 11:30am Monday Morning Recovery Ride

Where: Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)
Calendar: calendar@ffbc-temp.org
Created by: Dave Fishbaugh
Description:
Length: 40 miles; Elevation: 610 feet; Terrain: 1,2 Pace: M 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. Ride with GPS URL: Mike Brasseur mbrasseur00@yahoo.com 510-449-6233 Davis Quan davisquanh50@yahoo.com 510-386-3245

Tue Nov 15, 2016

8:45am - 12:15pm Tour de Fremont Hills

Where: Old Mission Park, Pine St. @ Ibero Way, Fremont
Calendar: calendar@ffbc-temp.org
Description:
Length: 30-40 miles; Elevation: 1,912-2,500 feet; Terrain: 3,4 Pace: M,B When our favorite local hill (Palomares) was closed for 3 months due to road works we were forced to choose different routes and a different starting location for some of our Tuesday rides. We liked the new routes so much we decided to keep them in the rotation. On the 3rd and 5th Tuesdays (if there is a 5th Tuesday) we will ride some of the hills in South Fremont, Milpitas and San Jose. We might ride "The Hill of Insanity" (Scott Creek, Country Club, Sweigert and Suncrest) or a little tamer climb we're ride Calaveras to Marsh with a side of "The Wall", or we might try something else completely. Bring money for coffee and/or a snack, we'll definitely stop for a well deserved break! Rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by one (or both) ride leaders on the morning of the ride if it is being cancelled (no email, means the ride is on). If unsure of the ride status call or text the appropriate ride leader on the morning of the ride. Ride with GPS URL: Vanessa McDonnell vanessa@mcnmc.com 510-441-7607 Amy Giles apgiles@sbcglobal.net 510-224-0829

9am - 12pm Show & Go

Where: Bicycle Garage 5006 Mowry Ave at Blacow Rd.
Calendar: calendar@ffbc-temp.org
Created by: Dave Fishbaugh
Description:
Length: 20+ miles; Elevation: feet; Terrain: 1,2 Pace: L,T,M Easy riding in the Fremont area with a recurring group of friendly riders. Ride with GPS URL:

6:15pm - 7:45pm TuNT: Tuesday Night Training

Where:
Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538
Calendar: calendar@ffbc-temp.org
Description:
Length: 25 miles; Elevation: feet; Terrain: 3 Pace: M,B,F 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 Google Group if the plans are changed. Headlights, tail lights, and Helmets are required. Ride with GPS URL: Keith Strong Khstrong10@gmail.com 510-435-9479

Wed Nov 16, 2016

8:30am - 12:30pm Mid-week Morning Ride

Where: the former Rayley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).
Calendar: calendar@ffbc-temp.org
Created by: Dave Fishbaugh
Description:
Length: 35-45 miles; Elevation: feet; Terrain: 2,3 Pace: M,B 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 \$\$\$. Ride with GPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

FFBC Calendar (preliminary)

6:15pm - 7:45pm WNT (Wednesday Night Training)

Where: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F 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. RidewithGPS URL: Garry Birch garry_b94568@yahoo.com 925-819-0247

Thu Nov 17, 2016

9am - 1pm Thursday Morning Coffee Ride From Endless Cycles

Where: Endless Cycles, 20825 Nunes Avenue, Castro Valley

Calendar: calendar@ffbc-temp.org

Description:

Length: 20-30 miles; Elevation: feet; Terrain: 2,3 Pace: T,M This ride starts at Endless Cycles, 20825 Nunes Avenue, Castro Valley (near TKane'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 and step inside to sign-in. Jeff will open the shop early so we can use the restroom, purchase a last minute item and maybe even 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. 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. RidewithGPS URL: LoriSommer lorissommer@gmail.com 510-693-8624

6:15pm - 7:45pm TNT (Thursday Night Training)

Where:

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.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 15-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F 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. RidewithGPS URL: Larry Nolan teamnolan@hotmail.com 510-790-0118

Fri Nov 18, 2016

8:30am - 12:30pm Friday Bike Club

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 35-45 miles; Elevation: feet; Terrain: 3,4 Pace: M,B Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop. RidewithGPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

Sat Nov 19, 2016

8:30am - 12:30pm Portola Loop

Where: Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).

Calendar: calendar@ffbc-temp.org

Description:

Length: 30 miles; Elevation: feet; Terrain: 3 Pace: T,M 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. RidewithGPS URL: TBD: No ride leader at press time.

Sun Nov 20, 2016

8:30am - 12:30pm Show & Go

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description: Length: 20-50 miles; Elevation: feet; Terrain: 2,3,4 Pace: M,B RidewithGPS URL: TBD

Mon Nov 21, 2016

8:30am - 11:30am Monday Morning Recovery Ride

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 40 miles; Elevation: 610 feet; Terrain: 1,2 Pace: M 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. RidewithGPS URL: Mike Brasseur mbrasseur00@yahoo.com 510-449-6233

FFBC Calendar (preliminary)

Tue Nov 22, 2016

8:45am - 12:15pm Tour de Fremont Hills

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 38 miles; Elevation: 1,912-2,500 feet; Terrain: 3 Pace: M,B Join us for a few of Fremont's finest hills. We might ride the neighborhood hills we affectionately call "The Stupid Hills" (including Pine, Sabercat, "The Animals" and our friend Paseo Padre), or we might head through Niles Canyon to Palomares Road for a quite, scenic climb to Castro Valley. From Castro Valley we'll either head to Pleasanton and tackle the rollers on Foothill before returning through the canyon, or for a little extra climbing, we'll head up Five Canyons Pkwy and return via Hayward. Bring money for coffee and/or a snack, we'll definitely stop for a well deserved break! Rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by one (or both) ride leaders on the morning of the ride if it is being cancelled (no email, means the ride is on). If unsure of the ride status call or text the appropriate ride leader on the morning of the ride. Ride with GPS URL: Vanessa McDonnell vanessa@mcnmc.com 510-441-7607 Terri Yi terriyi@yahoo.com 510-304-5571

9am - 12pm Show & Go

Where: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20+ miles; Elevation: feet; Terrain: 1,2 Pace: L,T,M Easy riding in the Fremont area with a recurring group of friendly riders. Ride with GPS URL:

6:15pm - 7:45pm TuNT: Tuesday Night Training

Where:

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

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Wed Nov 23, 2016

8:30am - 12:30pm Mid-week Morning Ride

Where: Downtown Niles parking lot across from H St on Niles Blvd.

Calendar: calendar@ffbc-temp.org

Description:

Length: 35-45 miles; Elevation: feet; Terrain: 2,3 Pace: M We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$\$. Ride with GPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

6:15pm - 7:45pm WNT (Wednesday Night Training)

Where: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F 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. Ride with GPS URL: Garry Birch garry_b94568@yahoo.com 925-819-0247

Thu Nov 24, 2016

6:15pm - 7:45pm TNT (Thursday Night Training)

Where:

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.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 15-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F 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. Ride with GPS URL: Larry Nolan teamnolan@hotmail.com 510-790-0118

Fri Nov 25, 2016

8:30am - 12:30pm Friday Bike Club

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 35-45 miles; Elevation: feet; Terrain: 3,4 Pace: M,B Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop. Ride with GPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

FFBC Calendar (preliminary)

Sat Nov 26, 2016

8:30am - 12:30pm Calaveras CCW

Where: Downtown Niles parking lot across from H St on Niles Blvd.

Calendar: calendar@ffbc-temp.org

Description:

Length: 38 miles; Elevation: feet; Terrain: 3,4 Pace: M 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 indowntown Niles and takes the usual route to Calaveras. Map and routesheet online at [RidewithGPS](http://RidewithGPS.com). Coffee at the end of the ride at Peet's in Fremont. [RidewithGPS URL: http://ridewithgps.com/routes/3945502](http://RidewithGPS.com/routes/3945502) TBD: Noride leader at press time.

Sun Nov 27, 2016

8:30am - 12pm Show and Go

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description: 20-50 miles; 2-4; M

8:30am - 12pm Women's Social Ride

Where: Bicycle Garage, 5006 Mowry Ave, Fremont

Calendar: calendar@ffbc-temp.org

Description:

Length: 15-20 miles; Elevation: feet; Terrain: 1,2 Pace: T,M 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. [RidewithGPS URL: Michelle Dudley; mdudley13@gmail.com; \(408\) 230-5209](http://RidewithGPS.com)

Mon Nov 28, 2016

8:30am - 11:30am Monday Morning Recovery Ride

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 40 miles; Elevation: 610 feet; Terrain: 1,2 Pace: M 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. [RidewithGPS URL: Mike Brasseur mbrasseur00@yahoo.com 510-449-6233 Davis Quan davisquanh50@yahoo.com 510-386-3245](http://RidewithGPS.com)

Tue Nov 29, 2016

8:45am - 12:15pm Tour de Fremont Hills

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 38 miles; Elevation: 2,310-2,844 feet; Terrain: 3,4 Pace: M,B When our favorite local hill (Palomares) was closed for 3 months due to road works we were forced to choose different routes and a different starting location for some of our Tuesday rides. We liked the new routes so much we decided to keep them in the rotation. On the 3rd and 5th Tuesdays (if there is a 5th Tuesday) we will ride some of the hills in South Fremont, Milpitas and San Jose. We might ride "The Hills of Insanity" (Scott Creek, Country Club, Sweigert and Suncrest) or for a little tamer climb we're ride Calaveras to Marsh with a side of "The Wall", or we might try something else completely. Bring money for coffee and/or a snack, we'll definitely stop for a well deserved break! Rain or significant chance of rain cancels. A ride cancellation email will be sent to the FFBC Yahoo! group by one (or both) ride leaders on the morning of the ride if it is being cancelled (no email, means the ride is on). If unsure of the ride status call or text the appropriate ride leader on the morning of the ride. [RidewithGPS URL: Vanessa McDonnell vanessa@mcnmc.com 510-441-7607 Terri Yi terriyi@yahoo.com 510-304-5571](http://RidewithGPS.com)

9am - 12pm Show & Go

Where: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20+ miles; Elevation: feet; Terrain: 1,2 Pace: L,T,M Easy riding in the Fremont area with a recurring group of friendly riders. [RidewithGPS URL:](http://RidewithGPS.com)

6:15pm - 7:45pm TuNT: Tuesday Night Training

Where:

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 25 miles; Elevation: feet; Terrain: 3 Pace: M,B,F 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 Google Group if the plans are changed. Headlights, tail lights, and Helmets are required. [RidewithGPS URL: Keith Strong Khstrong10@gmail.com 510-435-9479](http://RidewithGPS.com)

FFBC Calendar (preliminary)

Wed Nov 30, 2016

8:30am - 12:30pm Mid-week Morning Ride

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

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 35-45 miles; Elevation: feet; Terrain: 2,3 Pace: M,B 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 \$\$.

RidewithGPS URL: [Al Quintana alanq44@hotmail.com 510-760-9245](https://www.ridewithgps.com/routes/1044444444)

6:15pm - 7:45pm WNT (Wednesday Night Training)

Where: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 20-30 miles; Elevation: feet; Terrain: 1 Pace: M,B,F 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. RidewithGPS URL: [Garry Birch garry_b94568@yahoo.com 925-819-0247](https://www.ridewithgps.com/routes/1044444444)