



# Spoke'n Truth

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**Volume 44, Issue 12, December 2016**

Photo and article submissions for each month's e-Newsletter must reach Eve Ben-Ora ([ffbc.newsletter@gmail.com](mailto:ffbc.newsletter@gmail.com)) by the 20th of the month.

## **FFBC Gear - Get in the program**

FFBC Logo Bike Clothing & Custom-made Clip-On Bike Mirrors: Jerseys (\$52), windbreakers (\$45), vests (\$45), arm warmers (\$20), headbands (\$5), and DeFeet socks (\$6) are available for sale. Mirrors (\$10) adjust to fit the earpiece of almost any glasses frame gives you a broader field of view, and are guaranteed for life. These items can be purchased either at FFBC's monthly meeting or by calling for an appointment at my home.

Contact [clothing-sales@ffbc.org](mailto:clothing-sales@ffbc.org) for clothing, and Molly and Neil Michelfelder (510) 797-6458 for mirrors.

For all of the latest updates about club activities, visit our website at [www.ffbc.org](http://www.ffbc.org).

## From The Summit

My name is David Walker, and I've just been elected president of your club, the Fremont Freewheelers. It is an awesome responsibility to be the president of a club that has done so much for me as a cyclist. I don't think it is any exaggeration to say that everything I've achieved cycling and my continued participation and enjoyment cycling is because of my experiences as a Fremont Freewheeler.

I started my cycling career as a sporadic commuter. In 2006, I became a little more serious about getting into shape so I started commuting more consistently. My bike at the time was a heavy, inexpensive hybrid bike. My wife and I would drive up to the Coyote Hills and we would ride around the hill for our big weekend ride. On my commutes home, I would pass by Calaveras Road and wondered what it would be like to climb up it. My oldest daughter was a cyclist and would climb up roads like Mount Hamilton and the like. I, being a non-cyclist, of course thought she was crazy!

One day on the way home, I mustered up the courage to go up Calaveras and did a little loop from Calaveras, to Downing, then down Old Calaveras. I had such a good time and I was so proud of myself! Eventually, I worked my way all the way to the top (although the first time I had to stop about halfway). At about this time, I was wondering if there were any bicycle clubs in Fremont, and Google dutifully directed me to the Fremont Freewheelers. On the web site, I saw the Primavera event and noticed that the 45 mile route went up Calaveras. Was there any way I could do a ride that like?

One day after work, I tried it and was successful, although I knew the heavy hybrid bike was not suitable for these rides. So, I went to Bicycle Garage and bought my Specialized Roubaix (a bike I still ride regularly). I continued riding on my own, but I thought that I might be ready to ride with a club. I had no idea what to expect. I was also very nervous as I had no idea whether or not I would fit in. My first ride was "Getting Acquainted w/Hills #5" led by then club president Karen White on June 16, 2007 (Thanks to the newsletter archive, I could locate it). I remembered I had a great time. Everyone was really friendly and it was great learning new routes and places to ride.

Over the years, I've continued to ride with the club. In 2009, I started to ride double centuries and in 2010, I started randonneuring (long distance, unsupported bike rides). Sometimes, these long rides can become mentally draining, and I've always found that participating in club rides is the right remedy for whenever I'm beginning to feel burnout.

How about you? How did you find out about the club? Do you remember your first club ride? What does the club mean to you. This article is posted at <http://ffbcpresident.blogspot.com/> so leave any comments there.

David Walker

# New Membership Renewal Process



*Vintage Membership Card*

Go online to - [www.ffbc.org](http://www.ffbc.org) - click on to the membership page, log in and then renew your membership. The price is still the same: \$20 for an individual membership, \$26 for a family membership.

## Benefits of Membership:

- The FFBC has a beautiful new design for the 45th Primavera Century jersey and it will be available to club members soon. This and other FFBC gear (socks, arm warmers, etc) are offered at a great discounted price but only to current club members.
- All cyclists are welcome to ride on FFBC rides. If you are a current member, you sign on the front of the sheet and if you not current, then you sign on the back as a guest (a guest in your own club ... really???). We keep track of our own - Pedal Pounders credit is given to current club members.
- Discounts at local bike stores are offered to current club members.
- And, probably the most important: If something should happen on a club ride and you're injured, you will be covered by the FFBC insurance if you are a current club member. The insurance company contacts me when an accident is reported and I verify whether the cyclist was a current FFBC member at the time of the accident. Last year, I was able to report that all accept one cyclist did have current membership which was helpful for all but that one cyclist. Don't be that person.

Thanks to the hard work of Bob Miller, the membership process is streamlined. Among other features, you can go online and check your profile if you don't remember whether or not your membership is current. Mark Davis had done an incredible job getting the FFBC membership into an online database form and he supported it for years. Bob has now upgraded the system so that it really works so much better for the FFBC. My work on membership is now reasonable ... I even agreed to another term as membership chair!

If you have not yet renewed your membership in the FFBC, I encourage you to do so. Our club is made stronger with your participation and your membership.

Becky (FFBC membership)

## Board Meeting Minutes

Minutes can now be found on the FFBC website.

Meetings take place the 2nd Tuesday of the month at the Fremont Adult School.  
4700 Calaveras Avenue  
Board meets at 6:30 p.m.  
General meeting at 7:30 p.m.

# Your Photos From the Road



August 1, 2016 **Monday Morning Recovery Ride** Top of Nike Hill (past the locked fence for some great views): Al Quintana, Dennis Dong, Davis Quan, Andy Sass, Susana Wong, Barry Saeed, Linda Fung, Jen Shively **Photo submitted by Robin O'Hara**



August 1, 2016 **Monday Morning Recovery Ride** Top of Nike Hill(past the locked fence): Louis Friedenberg, Dennis Dong, Davis Quan, Andy Sass, Robin O'Hara, Susana Wong, Barry Saeed, Linda Fung, Jen Shively **Photo submitted by Robin O'Hara**



August 1, 2016 **Monday Morning Recovery Ride** riders that made it up Nike Hill (see the open gate): Davis Quan, Al Quintana, Ron Razura, Barry Saeed, Jen Shively, Robin O'Hara, Andy Sass, Louis Friedenberg, Ken Lew, Linda Fung, Susana Wong, Dave Epps, Steve McCauley, Becky Deneven, Dana Kleinsasser **Photo submitted by Robin O'Hara**



*Vintage Patch from  
Bert Silver*





The Tuesday Show n Go, June 7, at Mission Coffee. From the left: Jon Graff, Becky Smith, Louis Rosenbaum, Sydney Friedenberg who is holding my drawing of a triceratops, Herman Rosenbaum, Donna Boomershine, and Lambert Caulfield.



The Tuesday, June 14, Show n Go group at Anderson's Bakery in Union. From the left: Jon Graff, Herman Rosenbaum, Syndey Friedenberg, Donna Boomershine, Ron Razura, and Lambert Caulfield.

Jon Graff composed the photo, which was taken by a camera self-timer.

The Tuesday Show n Go, July 12, at the Kaffee Coffee. From the left: Lambert Caulfield, Ron Razura, Sydney Friedenberg, Tina Perez, Jon Graff, and Herman Rosenbaum.

Taken by Jon Graff via self-timer



Tuesday Show n Go, July 19. Sydney Friedenberg's birthday at Mission Coffee. From the left: Sydney Friedenberg, Jon Graff, Lambert Caulfield and Herman Rosenbaum.



August 2 Tuesday Show n Go at Mission Coffee: from the left: Sydney Friedenberg, Herman Rosenbaum, Lambert Caulfield, Becky Smith, and Jon Graff.

Taken by a self-timer by Jon Graff



Today's, August 9, Tuesday Show n Go group photo at Starbucks in McCarthy Ranch. From the left: Jon Graff, Sydney Friedenberg, Lambert Caulfield, Herman Rosenbaum and Ankur Zindal

Taken by Jon Graff using a self-timer.



The Tuesday Show n Go Group at Mission Coffee August 30, 2016, From the left: Donna Boomershine, Lambert Caulfield, Herman Rosenbaum, Vicki Robinson, Jon Graff, and Sydney Friedenberg



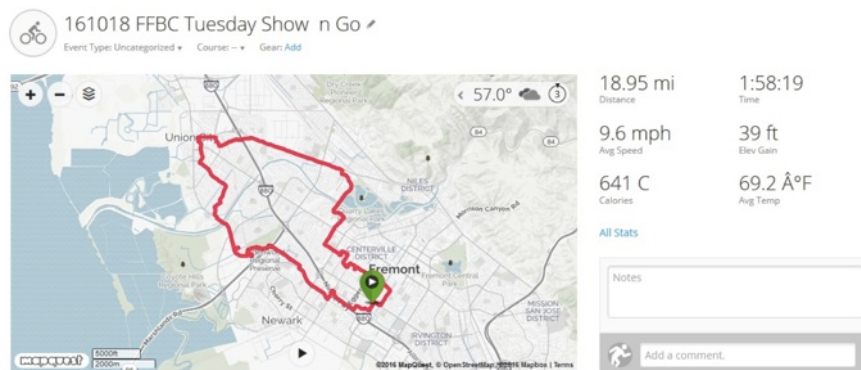


Tuesday, Sept. 27, Show n Go ride on a very hot day. Taken at the bay end of the Alameda Creek Trail, from the left: Sydney Friedenber, Randy Fewel, Jon Graff, Donna Boomershine, and Lambert Caulfield.

Photo taken by a stranger.



The Tuesday, Oct. 10, Show n Go riders at Mission Coffee. From the left: Connie Smith, Donna Boomershine, Ron Razura, Jon Graff, Sydney Friedenber, and Lambert Caulfield. Herman Rosenbaum left the ride before we got to Mission Coffee. Taken by Jon Graff using a self-timer.



October 18 Show-n-Go Route map & stats



Tuesday, Oct 18, Show n Go group at Kaffee Coffee, Union. From the left: Lambert Caulfield, Sydney Friedenber, Jon Graff and Donna Boomershine. Photo taken by a self-timer by Jon Graff



Tuesday, Nov. 8, Show n Go at the Union City Anderson's Bakery. From the left Lambert Caulfield, Becky Smith, Donna Boomershine, Jon Graff and Sydney Friedenber.

Taken with a self-timer by Jon Graff.



The Tuesday, Nov. 15, 2016, Show n Go at the McCarthy Ranch Starbucks. From the left: Al Rendon, Ron Razura, Herman Rosenbaum, Neil Michelfield, Sydney Friedenber, Becky Smith, Donna Boomershine, Lambert Caulfield, and Jon Graff.

Taken by a self-timer by Jon Graff



Good Ride!

Tuesday, Dec. 16, 2016 Show n Go at the top of Warren Hill after successfully climbing it: From the left: Herman Rosenbaum, Sydney Friedenberg, Jon Graff, Gayle Tupper and Eve Ben-Ora

Taken by Jon Graff with a self-timer



Tuesday, Dec. 13, 2016, Show n Go group in front of a Holiday display. From the left: Jon Graff, Donna Boomershine, standing Herman Rosenbaum, kneeling Sydney Friedenberg, Randy Fewel and Ron Razura



Tuesday, Dec. 13, 2016, Show n Go group at the Devout Coffee, Niles. From the left: Randy Fewel, Ron Razura, Herman Rosenbaum, Sydney Friedenberg, Jon Graff, and Donna Boomershine.

Photos taken by Jon Graff with a self-timer





Tuesday, Dec. 20, 2016, Show n Go group at the McCarthy Ranch Starbucks. From the left: Ann Fairbairn, Sydney Friedenberg, Jon Graff, Colin Fairbairn, and Herman Rosenbaum.

Taken by Jon Graff with a self-timer.



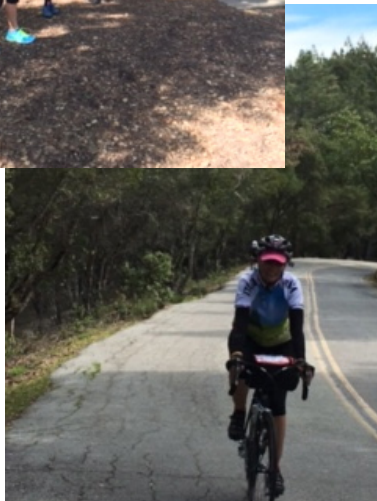
A rainy Tuesday on January 10, 2017 forced us to stay indoors at Boudin's for lunch. Participants from left to right: Sydney Friedenberg, Jon Graff, Donna Boomershine, Lambert Caufield, Herman Rosenbaum and Louis Friedenberg.



Tuesday August 16, 2016 Show n Go at Coyote Hills. Lambert Caulfield, Becky Smith and Sydney Friedenber. Photo courtesy of Becky Smith



Lap 4, Huddart Park and you recognize these smiley, courtesy of Randy Fewel



Thursday Coffee Ride. Do happy faces? Photos





Spinach Salad from  
Avantis Pizza: Do  
you eat to ride or  
ride to eat? There is  
no wrong answer!

(Photo by Randy Fewel)

## Thanks to Our Ride Leaders





Without our ride leaders, there would be no Fremont Freewheelers. Thanks to these dedicated volunteers, there is some kind of ride opportunity every day of the week, every day of the year.

Paul	Andrus
Garry	Birch
Mike	Brasseur
Creighton	Chong
Alan	Cookson
Michele	Dudley
Dave	Epps
Jim	Fehrle
Sydney	Friedenberg
Louis	Friedenberg
Linda	Fung
Amy	Giles
Jay	Gilson
Julie	Gilson
Ken	Goldman
Becky	Hoffman
Larry	Jenks
Donna	Kaplan
West	Kurihara
Ken	Lew
Cindy	Maxwell
Vanessa	McDonnell
Chris	Menicou
Mike	Moore
Colin	Moy
Larry	Nolan
Robin	O'Hara
Tim	O'Hara
Carrie	Payne
Davis	Quan
Al	Quintana
Andy	Sass
Prashant	Singh
Becky	Smith
Conni	Smith
Gary	Smith
Lori	Sommer
Laura	Spano

Donna	Stidolph
Keith	Strong
Jim	Takasugi
Joyce	Tanaka
David	Walker
Julia	Walker
Pat	Wai
Teri	Yi

This newsletter is dedicated to Sydney Friedenberg for her patient persistence in supporting the new process for creating this document.

Thanks to all who sent in photos!

P.S. New Membership System

Hi Everyone,

It's taken a little longer than I expected, but our online membership application is now live on the website. If you have any friends that want to apply for membership they can go for it now.

A few notes on the new system:

- Our new membership system is no longer on a calendar year basis. For example, if your friend applied for membership today, their membership would go from 11/11/2016 to 11/10/2017. So there is no longer a reason for a person to wait to join the club; they can join immediately and start taking advantage of the benefits.
- Most of you are already members and your memberships expire on 12/31. You can renew at any time and your membership will be extended one year from the ending date of your membership (12/31). So please go ahead and renew now!! Don't let your membership lapse!
- Starting with your membership term next year, you will get an email reminder one month before your membership lapses (for most of you that would be 11/30/2017). So no reminder this year – so please remember to renew!! Do it now.
- With the new system the default is that you pay via PayPal or Credit/Debit Card. If you would prefer to pay by check, you would fill out the membership form in the same way – all the way thru to the final submit. Note the instructions there on where to mail your check. After you submit you are taken to the PayPal site – if you want to pay by check you cancel at that point and send in your check.
- You must login (and have previously registered) before you can use the membership application form. Please use the login and password the system sent you about one month ago – you r were automatically registered from our old website database. This will tie you into your membership and pedal pounder history.

If you have any other questions or see any issues with the new system please contact me or Becky Denevan, the membership director.

Thanks,  
Bob Miller

