



Spoke'n Truth

Visit our Website

Volume 45, Issue 1, January 2017

Photo and article submissions for each month's e-Newsletter must reach Eve Ben-Ora (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 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.

*When riding
remember:
"It's not the
pace, it's the
smiling face."
Julie Ganzlin*



January 22: First Conditioning Ride! Photo by Julie Fuller

Monthly FFBC Board & General Meeting

Held every month except July and December

Board Meeting: Second Tuesday of the month, 6:30 P.M.

General Meeting: Second Tuesday of the month, 7:30 p.m.

Meetings are held at the Fremont Adult School (Room **N6**) **4700 Calaveras Ave** **Fremont**

Welcome to the new and returning board members

President: David Walker
Treasurer: Randy Fewel
Ride Coordinator:
Member-at-Large:
Race Team Representative:

Vice-President: Ken Goldman
Secretary: Judy Young
Dave Fishbaugh (returning)
Trish Conklin (returning)
West Kurihara

Many thanks to retiring members for all their time and energy spent guiding the club's direction: Luis Facha, Louis Friedenberg, Julia Walker, Chris Menicou, Bob Miller



Here's the frozen group of Tuesday, Jan 17, Show n Go group with one none rider (Lambert) and missing one of the participants (Herman Rosenbaum): From the left: Jon Graff, Sydney Friedenberg, Ron Razura, Lambert Caulfield, and Neil Michelfelder. *Photo by Jon Graff using 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 Caulfield, Herman Rosenbaum and Louis Friedenberg.



For more than 40 years FFBC has been the proud sponsor of the popular [Primavera Century](#). The Primavera is a club-supported bicycle tour of the local area.

The next event is scheduled for Sunday April 23. Stay tuned for more details!

Last year's event took place on Sunday April 17, 2016. Check out the [Primavera Facebook page](#) for photos and more!





The Tuesday
Show N Go
Members at the
McCarthy
Ranch
Starbucks-
January 31, 2017

**Inspiration for us all; ride on and
don't stop, ever!!**

105-Year-Old Man Sets Cycling World
Record

http://www.huffingtonpost.com/entry/105-year-old-man-sets-cycling-world-record_us_586e5e98e4b0c4be0af31259

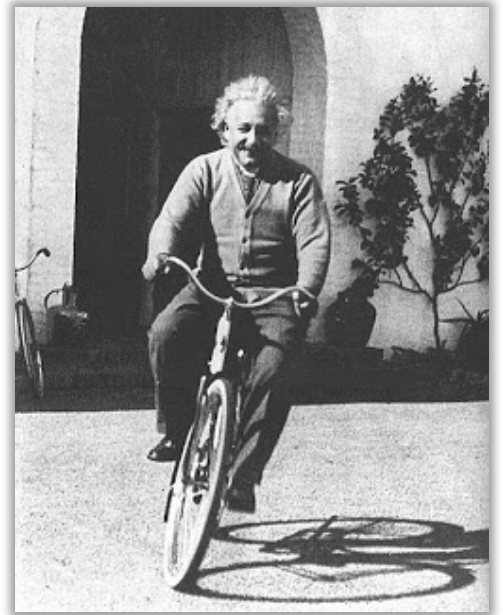


From the left, sitting in
the front row: Donna
Boomershine, Neil
Michelfelder and Randy
Fewel.

Standing: Jon Graff,
Sydney Friedenber, and
Suzanne Reinlib

Thanks to January Ride Leaders

Garry	Birch
Mike	Brasseur
Michele	Dudley
Dave	Epps
Amy	Giles
Julie	Gilson
Ken	Goldman
Becky	Hoffman
Donna	Kaplan
Margaret	Koninieć
Cindy	Maxwell
Vanessa	McDonnell
Colin	Moy
Larry	Nolan
Robin	O'Hara
Tim	O'Hara
Carrie	Payne
Al	Quintana
Lori	Sommer
Keith	Strong
Pat	Wai
David	Walker
Julia	Walker
Teri	Yi



Life is like
riding a
bicycle. To
keep your
balance you
must keep
moving.

-Albert Einstein



Have you joined the
FFBC Facebook page?
This is a closed group
open only to members.

Please go to this link and
request to be added:

[https://www.facebook.com/
groups/129389617321/](https://www.facebook.com/groups/129389617321/)

Once you add yourself send
an e-mail to:

ffbc.newsletter@gmail.com

then you will be added to
the group. Please allow 5
days for approval.



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.

Go online to - 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.

Becky (FFBC membership)

