

FFBC Ride Calendar

Wed Mar 1, 2017

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 Mar 2, 2017

9:30am - 1:30pm Thursday Morning Coffee Ride - REI to Alum Rock

Where: REI, Fremont

Calendar: calendar@ffbc-temp.org

Description:

Length: 34 miles; Elevation: feet; Terrain: 2,3 Pace: T,M PLEASE NOTE THE NEW START TIME FOR WINTER! We are riding to Alum Rock. Since REI isn't open at 9:30AM, you may need to use the facilities at Starbucks or wait until we reach the Jose Higuera Adobe in Milpitas. 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 Road. 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 FFFBC Yahoo! Group, email or text 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

FFBC Ride Calendar

Fri Mar 3, 2017

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: AlQuintanaalanq44@hotmail.com 510-760-9245

Sat Mar 4, 2017

8am - 12pm Cinderella Coaching Ride

Where: Please check the Cinderella Coaching ride listing for start times and the route.

Calendar: calendar@ffbc-temp.org

Description:

Length: 15 - 56 miles; Elevation: feet; Terrain: 1,2 Pace: L,T The Cinderella Coaching series is open to registered women riders. Check the Cinderella tab for more information. RidewithGPS URL: MargaretKoninieckoninieck@sbcglobal.net 510-917-2461

8:30am - 12:30pm 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: 40.5 miles; Elevation: 2,300 feet; Terrain: 3 Pace: M,B This is our traditional "1st Saturday of the Month" ride, however due to the closure of Calaveras Road, we will ride to Alum Rock Park instead. The route will still bring us out in Milpitas, and we will still return via a route that stays close to the hills. Bring \$\$ for a coffee stop at Noah's/Starbucks in Milpitas. Rain or serious threat of rain cancels. RidewithGPS URL: <https://ridewithgps.com/routes/18944890> Donna Kaplan luporini@aol.com 415-584-7621 Tim and Robin O'Hara tohara2938@aol.com 510-418-2672

8:30am - 2pm Saturday Conditioning Series: Loop around the Bay

Where: Urban Bike Fitters 1205 Fulton Place, Fremont (off Warm Springs Blvd)

Calendar: calendar@ffbc-temp.org

Description:

Length: 50 miles; Elevation: 1000 feet; Terrain: 2 Pace: T,M Join us as we ride a fun, flat loop around the bay. We'll start at Urban Bike Fitters in the Warm Springs district, head south to Milpitas, across the bottom of the bay to Mountain View, over to Palo Alto and Menlo Park before our return trip across the "Dumbo" to Fremont. We are asking everyone to wear an FFBC or Primavera jersey for this ride, if you have one! Bring money for coffee/snack/lunch at Plantation Coffee in Menlo Park. Rain cancels. Please check the FFBC Yahoo! Group or contact the ride leader on the morning of the ride if the weather is questionable. RidewithGPS URL: <https://ridewithgps.com/routes/12339377> Julia Walker walk9422@gmail.com 510-468-9712

8:30am - 12pm 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

Description:

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

FFBC Ride Calendar

Sun Mar 5, 2017

8am - 3pm PRS #9: Mines Road to the Junction

Where: Lucky's parking lot in Livermore, Concannon and Holmes

Calendar: calendar@ffbc-temp.org

Description:

Length: 69 miles; Elevation: 4481 feet; Terrain: 4 Pace: M This ride is an out and back on Mines Road in Livermore to the Junction at DelPuerto Canyon. Meet in the parking lot of Lucky's in Livermore (Concannon and Holmes). Bring plenty of food; the Junction Café may be open for business, but at times is not. The nearby CDF Sweetwater station has a public restroom and furnishes water for riders on weekends. Please be respectful of this wonderful accommodation. Rain cancels. RidewithGPS URL: <http://ridewithgps.com/routes/3759113> Julie and Jay Gilson jmgilson1@yahoo.com 510-468-0284 Pat Waipatbikes59@gmail.com

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, B

9am - 1pm FFBC 2017 LAP08 Palomares, Eden, Palomares!

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 35 miles; Elevation: 3100' feet; Terrain: 4 Pace: T,M IMPORTANT NOTE: Due to the continued closure of Palomares Road, the route and starting point are being changed and the details will be sent out on the FFBC Yahoo list. Anyone who is not on the Yahoo list can contact Cindy Maxwell or Ken Goldman for details. This week we will attempt to ride a portion of the Club's Primavera route. We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regroup as needed. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us. Anybody for a beer at Bronco Billy's afterwards? RidewithGPS URL: <https://ridewithgps.com/routes/13585330> Cindy Maxwell cmaxwell@sbcglobal.net 408-506-6860 Ken Goldman; ken.goldman@comcast.net; (510) 791-1095 (H)

Mon Mar 6, 2017

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

FFBC Ride Calendar

Tue Mar 7, 2017

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: Show and Go: ad hoc ride leader perhaps

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 Mar 8, 2017

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

FFBC Ride Calendar

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 Mar 9, 2017

9:30am - 1:30pm Thursday Morning Coffee Ride across the Dumbarton

Where: Visitor Center, Don Edwards Wildlife Refuge

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

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 Mar 10, 2017

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

FFBC Ride Calendar

Sat Mar 11, 2017

8am - 12pm Cinderella Coaching Ride

Where: Please check the Cinderella Coaching ride listing for start times and the route.

Calendar: calendar@ffbc-temp.org

Description:

Length: 15 - 56 miles; Elevation: feet; Terrain: 1,2 Pace: L,T The Cinderella Coaching series is open to registered women riders. Check the Cinderella tab for more information. RidewithGPS URL: Margaret Koninieć koninieć@sbcglobal.net 510-917-2461

8:30am - 2:30pm Saturday Conditioning Series - Crystal Springs

Where: Bicycle Garage

Calendar: calendar@ffbc-temp.org

Description:

Length: 56 miles; Elevation: 1838 feet; Terrain: 2,3 Pace: T,M Join us for one of the highlights of the Conditioning Ride Series, a ride to beautiful Crystal Springs Reservoir. Starting at the Bicycle Garage we'll ride over the Dumbarton Bridge to Menlo Park where we'll weave through the neighborhoods. We'll make our way to Woodside and then ride down Canada Rd. taking in the beautiful views of the reservoir. We'll turn at HWY 92 and head to our coffee/lunch stop at Plantation Coffee. From there we'll make our way back to Fremont and the start of the ride! Rain cancels. Please check the FFBC Yahoo! Group or contact the ride leader on the morning of the ride if the weather is questionable. RidewithGPS URL: <https://ridewithgps.com/routes/12510238> Julia Walker walk9422@gmail.com 510-468-9712 510-661-9422

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

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; B, M

Sun Mar 12, 2017

8am - 3:30pm PRS #10 Castro Valley to Martinez

Where: Castro Valley Park & Ride, Center St.

Calendar: calendar@ffbc-temp.org

Description:

Length: 72 miles; Elevation: 5430 feet; Terrain: 4 Pace: M This is a lengthy traverse of the East Bay Hills into Contra Costa County and back. Bring money for a lunch stop en route. Rain cancels. RidewithGPS URL: <http://ridewithgps.com/routes/3976285> Jim Fehrle; fehrle@sbcglobal.net; (650) 387-7425 cell

FFBC Ride Calendar

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

Where:

Meet at the former Raley's shopping center parking lot east side, closeto 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

9am - 1:30pm FFBC 2017 LAP09 Calaveras Double

Where: gravel lot across from the Sunol Train Station

Calendar: calendar@ffbc-temp.org

Description:

Length: 43 miles; Elevation: 3000 feet; Terrain: 3,4 Pace: T,M Make sure you eat your Wheaties this morning! Today we're going to do another part of the club's Primavera Century. We will meet in the gravel lot across from the Sunol Train Station. If it is still full of equipment or gravel, we have permission to overflow into the Sunol Train Station parking lot as a backup. We'll leave Sunol and travel southwest, up and over the hills past the Calaveras Reservoir and down The Wall for coffee and lunch at Erik's/Starbucks/Noah's in Milpitas. This is a simple out-and-back, so we will head back to the hills and grind up the beloved Wall and back to Sunol. We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regroup as needed. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us. For reference only: <https://ridewithgps.com/routes/13651389> RidewithGPS URL: [https://ridewithgps.com/routes/13651389%20Lori Sommerlorimsommer@gmail.com](https://ridewithgps.com/routes/13651389%20Lori%20Sommerlorimsommer@gmail.com) 510-693-8624 Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860 Ken Goldman; ken.goldman@comcast.net; (510) 791-1095 (H)

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

Where: The Bicycle Garage, 5006 Mowry Ave, Fremont, CA 94538, USA

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. RidewithGPS URL: David Walker dbwalker0min@gmail.com 510-468-4454 Julia Walker walk9422@gmail.com 510-468-9712

Mon Mar 13, 2017

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

FFBC Ride Calendar

Tue Mar 14, 2017

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: B: Vanessa McDonnell vanessa@mcnmc.com 510-441-7607 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. 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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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 Mar 15, 2017

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 \$\$\$. Ride with GPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

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Created by: Dave Fishbaugh

Description:

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Thu Mar 16, 2017

9:30am - 1:30pm Thursday Morning Coffee Ride From Endless Cycles

Where: Endless Cycles, 20825 Nunes Avenue, Castro Valley

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

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: Lori Sommer lorisommer@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.

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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 Mar 17, 2017

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

FFBC Ride Calendar

Sat Mar 18, 2017

8am - 12pm Cinderella Coaching Ride

Where: Please check the Cinderella Coaching ride listing for start times and the route.

Calendar: calendar@ffbc-temp.org

Description:

Length: 15 - 56 miles; Elevation: feet; Terrain: 1,2 Pace: L,T The Cinderella Coaching series is open to registered women riders. Check the Cinderella tab for more information. RidewithGPS URL: Margaret Koniniec koniniec@sbcglobal.net 510-917-2461

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 the moment

8:30am - 2:30pm Saturday Conditioning Series - Pleasanton / Livermore Hills

Where: dirt lot across from Sunol Train Station

Calendar: calendar@ffbc-temp.org

Description:

Length: 56 miles; Elevation: 2457 feet; Terrain: 3,4 Pace: T,M Today's ride takes us from downtown Sunol through Pleasanton, to the scenic Livermore Valley. Between the wildflowers, the green hills and the vineyards the ride should be a feast for the senses. Previous participants of the Cinderella Classic will be familiar with parts of the ride. There are options to shorten the ride and climbing. Bring money for coffee/snack/lunch in downtown Livermore. Rain cancels. Please check the FFBC Yahoo! Group or contact the ride leader on the morning of the ride if the weather is questionable RidewithGPS URL: Jeanne Moncada mjeanne@comcast.net 510-303-6147

8:30am - 12pm 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

Description:

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

Sun Mar 19, 2017

8am - 3:30pm PRS #11 San Gregorio

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

Description:

Length: 74 miles; Elevation: 5323 feet; Terrain: 4 Pace: M It's over the bridge, over the hill and almost to the coast we go, to San Gregorio for lunch. Go easy on the heavy stuff though, because after lunch we will make the climb up Tunitas Creek for the return trip. Meet at the Raley's Shopping Center parking lot, east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark). Bring money for a lunch stop en route. Rain cancels. RidewithGPS URL: <http://ridewithgps.com/routes/3759693> TBD fish1950@comcast.net 555-555-5555

FFBC Ride Calendar

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, B

9am - 3pm FFBC 2017 LAP 10 Patterson Pass

Where: Bernal Community Park, 7001 Pleasanton Ave, Pleasanton, CA 94566

Calendar: calendar@ffbc-temp.org

Description:

Length: 58 miles; Elevation: 3500 feet; Terrain: 3,4 Pace: T,M This will be a new start location. Please park in the Bernal Community Park's old lot near the playground rather than the new ones near the sports fields. We are pulling out an "old route" from the Cinderella Challenge Series. The Bernal Bump will warm us up and then we will be ready for Cross and Patterson Pass. After a short break in Tracy we will return on Grant Line and Altamont before tackling Carroll and Flynn. After lunch in Livermore, it will be a direct route via Stanley to the finish. For reference only: <https://ridewithgps.com/routes/13651592>. We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regroup as needed. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us. RidewithGPS URL: <https://ridewithgps.com/routes/13651592> Lori Sommer lorisommer@gmail.com 510-693-8624 Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860 Ken Goldman; ken.goldman@comcast.net; (510) 791-1095 (H)

Mon Mar 20, 2017

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: [Robin O'Hara; rjohara6@gmail.com](mailto:Robin.O'Hara@rjohara6@gmail.com); (510) 418-2669 Louis Friedenberg; louispf@sbcglobal.net; (510) 673-3203

FFBC Ride Calendar

Tue Mar 21, 2017

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 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. Ride with GPS URL: B: VanessaMcDonnell vanessa@mcnmc.com 510-441-7607 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. 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 Mar 22, 2017

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

Created by: Dave Fishbaugh

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

FFBC Ride Calendar

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 Mar 23, 2017

9:30am - 1:30pm Thursday Morning Coffee Ride - Sunol Start

Where: The gravel lot across from the Sunol Train Station

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 25-35 miles; Elevation: feet; Terrain: 2,3 Pace: T,M This week the route starts from the gravel lot across from the Sunol Train Station. There are lots of places we can go and sometimes a portion of the climbing is optional and mileage can be reduced. Our favorite destinations include the Corner Bakery or Peet's via Kilcare, the water tower and Bernal Bump or maybe out to Panama Red Coffee in Livermore by way of Sycamore Grove/Holdener Park or the climbs out by Signal Hill and the fun descent on Croak Road with lunch at Panera in Livermore. Another favorite is Denica's in Dublin via Windemere. Bring \$ for coffee or 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: 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 Mar 24, 2017

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

FFBC Ride Calendar

Sat Mar 25, 2017

8am - 12pm Cinderella Coaching Ride

Where: Please check the Cinderella Coaching ride listing for start times and the route.

Calendar: calendar@ffbc-temp.org

Description:

Length: 15 - 56 miles; Elevation: feet; Terrain: 1,2 Pace: L,T The Cinderella Coaching series is open to registered women riders. Check the Cinderella tab for more information. RidewithGPS URL: Margaret Koniniec koniniec@sbcglobal.net 510-917-2461

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 downtown Niles and takes the usual route to Calaveras. Map and routesheet online at RidewithGPS. Coffee at the end of the ride at Peet's in Fremont. RidewithGPS URL: <http://ridewithgps.com/routes/3945502> Laura Spano 510-209-9542 laura@spanofamily.com

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; B, M

9am - 2pm Saturday Conditioning Ride #11 - Tunnel Road

Where:

East Side of Rockridge BART Station -- Start time is 8:00 AM at Fremont BART, or 9 AM from Oakland Rockridge BART Station.

Calendar: calendar@ffbc-temp.org

Description:

Length: 39 miles; Elevation: 2540 feet; Terrain: 3 Pace: T,M Start time is 8:00 AM at Fremont BART, or 9 AM from 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 taxi, buses & "kiss & ride" stop.) 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. Afterward we will have a mostly flat ride home, with one fun kicker. Rain cancels. Please check the FFBC Yahoo! Group or contact the ride leader on the morning of the ride if the weather is questionable. RidewithGPS URL: <https://ridewithgps.com/routes/13094478> Julia Walker walk9422@gmail.com 510-468-9712

Sun Mar 26, 2017

8am - 4pm PRS #12 Metric Primavera with Canyons

Where: Downtown Niles, parking lot across from H St.

Calendar: calendar@ffbc-temp.org

Description:

Length: 80 miles; Elevation: 5481 feet; Terrain: 5 Pace: M This is the metric version of the Primavera with the addition of the canyons from our 5 Canyons ride. Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Bring money for a lunch stop en route. Rain cancels. RidewithGPS URL: <http://ridewithgps.com/routes/4059703> Colin Moy; moyboys@comcast.net; 510-690-7749 Donna Kaplan luporini@aol.com 415-584-7621

FFBC Ride Calendar

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

Where:

Meet at the former Raley's shopping center parking lot east side, closeto 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

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: TBD

9am - 3:30pm FFBC 2017 LAP 11 Palomares Calaveras Clockwise Metric

Where: Niles, in the Niles Blvd. parking lot across from H Street

Calendar: calendar@ffbc-temp.org

Description:

Length: 63 miles; Elevation: 3600' feet; Terrain: 4 Pace: T,M It's the last ride of the LAP series, so let's ride a metric century! We will start in downtown Niles and generally follow the Club's Primavera 100K route, but backward. The best thing is we've already done the climbs on previous LAP rides; we just need to put them together! We will ride through Niles Canyon and climb Palomares. After Dublin grade, we will have a bite to eat at the Corner Bakery Café then head up Calaveras. By then we will be elated to roll back on a mostly flat ride to the start and finally finish our first metric century of 2017! We can celebrate finishing the ride series at Broncho Billy's in Niles. We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regroup as needed. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us. RidewithGPS URL: <https://ridewithgps.com/routes/13651757> RidewithGPS URL: <https://ridewithgps.com/routes/13651757> Lori Sommer lorisommer@gmail.com 510-693-8624 Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860 Ken Goldman; ken.goldman@comcast.net; (510) 791-1095 (H)

Mon Mar 27, 2017

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: [Robin O'Hara;rjohara6@gmail.com](mailto:RobinO'Hara;rjohara6@gmail.com); (510) 418-2669 Louis Friedenberg; louispf@sbcglobal.net; (510) 673-3203

FFBC Ride Calendar

Tue Mar 28, 2017

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: B: Vanessa McDonnell vanessa@mcnmc.com 510-441-7607 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. 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 Mar 29, 2017

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 \$\$\$. Ride with GPS URL: Al Quintana alanq44@hotmail.com 510-760-9245

FFBC Ride Calendar

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