

FFBC Ride Calendar

Sat Apr 1, 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 - 12:30pm Calaveras Clockwise (Palomares and Eden Canyon diversion)

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 NOTE: Due to the continued closure of Calaveras Road, this month's ride will feature a traverse of Palomares Road and an extension to the far end of Eden Canyon. 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. Bring \$\$ for a coffee stop at Noah's/Starbucks in Milpitas. Rain or a serious threat of rain cancels. RidewithGPS URL: Donna Kaplan luporini@aol.com 415-584-7621 Tim and Robin O'Hara tohara2938@aol.com 510-418-2672

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

9am - 1:30pm Saturday Conditioning Series #12 - Portola Loop + Alpine

Where: Don Edwards

Calendar: calendar@ffbc-temp.org

Description:

Length: 41 miles; Elevation: 2207 feet; Terrain: 3,4 Pace: T,M This is a fun end to the series - challenging but less so than the previous weeks. Our route will cross the Dumbarton Bridge and take us on the bike bridge over 101 with a regroup at Burgess Park in Menlo Park. We will climb Sandhill, Alpine and then another seven miles to the gate at the end of Alpine. We'll turn back to Robert's Market for a quick lunch. We will return on Portola/Sandhill and Willow. Rain cancels. Check FFBC Yahoo! Group, email or call the ride leader if in doubt. RidewithGPS URL: <https://ridewithgps.com/routes/13563850> Christina Peabody christina.peabody@gmail.com 408-425-2624

Sun Apr 2, 2017

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

FFBC Ride Calendar

Mon Apr 3, 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: Mike Brasseur; mbrasseur00@yahoo.com; 510-449-6233 (cell)

Tue Apr 4, 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: 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

FFBC Ride Calendar

Wed Apr 5, 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 Apr 6, 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 Alum Rock may still be closed but no worries, Cindy will still lead you on a fun ride. Since REI isn't open at 9:30AM, use the facilities at Starbucks or wait until Jose Higuera Adobe in Milpitas. There will be a coffee/lunch (\$) mild-ride. The whim of the ride leader will modify the route. Rain cancels, check FFFBC Yahoo! Group, email or text Cindy. RidewithGPS URL: Cindy Maxwell, (408)506-6670, maxwell.c@sbcglobal.net

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 Apr 7, 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: alquintana.alanq44@hotmail.com 510-760-9245

Sat Apr 8, 2017

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: 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 Apr 9, 2017

8am - 1pm PRS #13- Sierra and Calaveras

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

Calendar: calendar@ffbc-temp.org

Description:

Length: 50 miles; Elevation: 3500 feet; Terrain: 5 Pace: M For the final ride in the series let's climb Sierra and then do Calaveras to the False Summit and back. Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Bring money for a coffee stop en route. Rain cancels. RidewithGPS URL: <http://ridewithgps.com/routes/4244533> TBD
fish1950@comcast.net 555-555-5555

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 - 12pm "The Sunday Social": the ride formerly known as the "Get to Know UsRide"

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: Gary Smith; gsmith289@aol.com; (510) 304-0956

Mon Apr 10, 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: Mike Brasseur; mbrasseur00@yahoo.com; 510-449-6233 (cell)

Tue Apr 11, 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. RidewithGPS URL: B: Vanessa McDonnell vanessa@mcnmc.com 510-441-7607 M: Amy Giles apgiles@sbcglobal.net 510-224-0829

FFBC Ride Calendar

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 Apr 12, 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

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 Apr 13, 2017

9:30am - 2pm

Thursday Morning Coffee Ride across the Dumbarton: Special Edition

Where: Visitor Center, Don Edwards Wildlife Refuge

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 38.8 miles; Elevation: 1,500 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. This week is the Woodside, Huddart Park, Freewheel Brew / Los Gallos Taqueria ride. 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: <https://ridewithgps.com/routes/19866820> Jim Takasugi jtakasug@comcast.net 408 391-2057

FFBC Ride Calendar

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 Apr 14, 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

Sat Apr 15, 2017

7am - 2pm Primavera Worker's Ride

Where: Mission San Jose High School, at the entrance on Palm Ave., Fremont.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 86 miles; Elevation: 4,500 feet; Terrain: 4 Pace: M,B,F

Members/volunteers and their families only on these rides! All workers rides serve two important functions. First, they allow those members working in support of the Primavera a chance to do the routes, and second, to check the route markings, and route sheets for errors prior to the actual Primavera. Be self-sufficient. These rides are the full-length Primavera routes, but with only two fully stocked rest stops (Sunol and Rios Lovell). For those doing the 86 and 103 mile routes (M or B pace) please email Andy Sass (andrew.sass@yahoo.com) for estimating food and water needs at the winery. Please be nice to your ride leader. Let him/her know your intentions at the beginning of the ride, or during the ride if you plan on breaking off from the main group. If you can drive SAG for the 100 mile route, or staff the Sunol or Rios Lovell stop, please email the Ride Coordinator at ridecoordinator@ffbc.org. If there are any minors planning on doing any of these rides, remember that a Minor Release form must be filled out and given to the ride leader, and any rider under 16 must be accompanied by an adult. Please send all corrections/issues with regard to route markings to Andy Sass (andrew.sass@yahoo.com) promptly after the ride so corrections can be made for the Primavera ride the following week. See the Primavera web page for routes and maps. RidewithGPS URL: B: Tim O'Hara; tohara@illumina.com 510-363-2967 M: Andy Sass; andrew.sass@yahoo.com; (520) 490-8098

FFBC Ride Calendar

7am - 3pm Primavera Worker's Ride

Where: Mission San Jose High School, at the entrance on Palm Ave., Fremont.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 103 miles; Elevation: 5,800 feet; Terrain: 5 Pace: M,B,F

Members/volunteers and their families only on these rides! The full century ride is the final ride of the Progressive Ride Series (PRS). All workers rides serve two important functions. First, they allow those members working in support of the Primavera a chance to do the routes, and second to check the route markings, and route sheets for errors prior to the actual Primavera. Be self-sufficient. These rides are the full-length Primavera routes, but with only two fully stocked rest stops (Sunol and Rios Lovell). For those doing the 85 and 100 mile routes (M or B pace) please email Andy Sass (andrew.sass@yahoo.com) for estimating food and water needs at the winery. Please be nice to your ride leader. Let him/her know your intentions at the beginning of the ride, or during the ride if you plan on breaking off from the main group. If you can drive SAG for the 100 mile route, or staff the Sunol or Rios Lovell stop, please email the Ride Coordinator at ridecoordinator@ffbc.org. If there are any minors planning on doing any of these rides, remember that a Minor Release form must be filled out and given to the ride leader, and any rider under 16 must be accompanied by an adult. Please send all corrections/issues with regard to route markings to Andy Sass (andrew.sass@yahoo.com) promptly after the ride so corrections can be made for the Primavera ride the following week. See the Primavera web page for routes and maps. RidewithGPS URL: B: Tim O'Hara; tohara@illumina.com 510-363-2967 M: Andy Sass; andrew.sass@yahoo.com; (520) 490-8098

7am - 2pm Primavera Worker's Ride

Where: Mission San Jose High School, at the entrance on Palm Ave., Fremont.

Calendar: calendar@ffbc-temp.org

Description:

Length: 63 miles; Elevation: 4,000 feet; Terrain: 4 Pace: M,B,F

Members/volunteers and their families only on these rides! All workers rides serve two important functions. First, they allow those members working in support of the Primavera a chance to do the routes, and second, to check the route markings, and route sheets for errors prior to the actual Primavera. Be self-sufficient. These rides are the full-length Primavera routes, but with only two fully stocked rest stops (Sunol and Rios Lovell). Please be nice to your ride leader. Let him/her know your intentions at the beginning of the ride, or during the ride if you plan on breaking off from the main group. If there are any minors planning on doing any of these rides, remember that a Minor Release form must be filled out and given to the ride leader, and any rider under 16 must be accompanied by an adult. Please send all corrections/issues with regard to route markings to Andy Sass (andrew.sass@yahoo.com) promptly after the ride so corrections can be made for the Primavera ride the following week. See the Primavera web page for routes and maps. RidewithGPS URL: TBD fish1950@comcast.net 555-555-5555

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: 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 TBD

8:30am - 12pm 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

Description:

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

FFBC Ride Calendar

9am - 12:30pm Primavera Worker's Ride

Where: Mission San Jose High School, at the entrance on Palm Ave., Fremont.

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 25 miles; Elevation: 464 feet; Terrain: 1 Pace: L, T Members/volunteers and their families only on these rides! All workers rides serve two important functions. First, they allow those members working in support of the Primavera a chance to do the routes, and second to check the route markings, and route sheets for errors prior to the actual Primavera. Please be nice to your ride leader. Let him/her know your intentions at the beginning of the ride, or during the ride if you plan on breaking off from the main group. Remember that a Minor Release form must be filled out and given to the ride leader, and any rider under 16 must be accompanied by an adult. Please send all corrections/issues with regard to route markings to Andy Sass (andrew.sass@yahoo.com) promptly after the ride so corrections can be made for the Primavera ride the following week. See the Primavera web page for routes and maps. RidewithGPS URL: David Godinez dggodinez@gmail.com 510-552-4334 Marie Hughes macmadame@gmail.com

Sun Apr 16, 2017

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

Mon Apr 17, 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: Mike Brasseur; mbrasseur00@yahoo.com; 510-449-6233 (cell)

FFBC Ride Calendar

Tue Apr 18, 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 Apr 19, 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

Thu Apr 20, 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.

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 Apr 21, 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 Apr 22, 2017

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. Coffee at the end of the ride at Peet's in Fremont. RidewithGPS URL: <http://ridewithgps.com/routes/3945502> TBDfish1950@comcast.net 555-555-5555

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 Apr 23, 2017

7am - 6:30pm FFBC Primavera

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description: No club rides held today.

Mon Apr 24, 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: Mike Brasseur; mbrasseur00@yahoo.com; 510-449-6233 (cell)

FFBC Ride Calendar

Tue Apr 25, 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 Apr 26, 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 Apr 27, 2017

9:30am - 1:30pm Thursday Morning Coffee Ride - New Start at Bernal Park

Where: 7001 Pleasanton Avenue, Pleasanton

Calendar: calendar@ffbc-temp.org

Created by: Dave Fishbaugh

Description:

Length: 32 miles; Elevation: 1050 feet; Terrain: 2, 3 Pace: T, M A new start this week and a new route too, but familiar roads - all courtesy of Ken. Meet at Bernal Park in Pleasanton. We'll find a new way to the top of Windermere and ride Highland and Manning before our coffee stop at Starbucks in Livermore. 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: <https://ridewithgps.com/routes/19774299> Lori Sommer lorimsommer@gmail.com 510-693-8624 Ken Goldman ken.goldman@comcast.net 510-791-1095 home

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 Apr 28, 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 Apr 29, 2017

8:30am - 12pm 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

Description:

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

RidewithGPS URL: TBD