

FFBC General Meeting

Please see the FFBC Web Site for the date and time of the monthly meeting.

<http://www.fremontfreewheelers.org/>



The FFBC continues to be the proud sponsor of the popular Primavera Bicycle Tour

([http:// www.ffbc.org/primavera/](http://www.ffbc.org/primavera/))

The Primavera is a club supported bicycle tour of the local area with four different distances: 100 miles (Century), 100 km, 70 km and 25 miles.

Participate in 2012!

Spoke'n Truth

<http://www.pbcsmarketing.com/fremont/newsletter.htm>

A monthly club newsletter, **The Spoke'n Truth**, provides information on club activities including a complete ride schedule for the coming month for both road and off road (mountain bike) rides.

BECOME A MEMBER

Join FFBC Today

Your FFBC Membership entitles you to:

- Spoke 'n Truth Newsletter (online only, <http://www.pbcsmarketing.com/fremont/newsletter.htm>)
- Up to the minute club and cycling community news via our Yahoo! group
- Access to our new Facebook group for viewing/sharing photos and videos of rides and other club events
- Fellowship in a vibrant community of cycling enthusiasts

Join today!

Individual membership \$20

Family membership \$26

<http://www.fremontfreewheelers.org/html/documents/Membership.pdf>

Join FFBC Rides

The FFBC offer weekly and monthly rides on all types of terrain for all types of riders. Come join us for our "Get To Know Us Ride" on the second Sunday of each month, or our "First Saturday of the Month" Calaveras Ride.

Rides are scheduled for all levels of riding ability -- beginning, intermediate and advanced.

The complete ride schedule for the month can also be found on this site in the **ride calendar**.



FFBC also sponsors an annual ride series designed to introduce women to cycling. The **Cinderella Training Ride Series** is geared toward the completion of the women-only Cinderella 100 km and 100 mile ride sponsored every March by the Valley Spokesmen Bicycle Club. Many of the women who have participated in the Cinderella Training Rides have gone on to become active members of FFBC and the cycling community in general.