

December 2009 RIDE CALENDAR

SPORTS BASEMENT RIDES: December 12, 2009

The Sports Basement has again invited us to start our FFBC club rides from their Sunnyvale store.

There are five rides listed below. Route sheets will be provided. If there is not a ride leader designated by the time of the ride, do not fret; we will treat the ride as a show and go and designate a volunteer ride leader for that unfortunate orphan ride.

The Sports Basement Sunnyvale store will provide snacks and beverages for FFBC, PLUS a 20% discount shopping day.

1st Week in December

Tue Dec 1 **Show and Go**
9:00 AM **20-50 miles, 1-5 L-M-B**
Meet at the **Bicycle Garage**, at the Lucky shopping center, Mowry Av. between Farwell and Blacow.

Wed Dec 2 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3 M-B**
Meet at **Raley's shopping center at Jarvis & Newark Blvd.**, for a 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 \$\$.
Al Quintana; alang44@hotmail.com (510) 760-9245

Thur Dec 3 **Thursday Morning Coffee Ride**
9:00 AM **30 miles, 2-3 M**
We meet at the **Sunol Train Station**. Maybe it will be the False Summit and Kilkare with lunch at the Jazz Cafe. Pleasanton? Livermore? Maybe we will get adventurous. No route sheets. We will regroup as necessary. No one left behind. Rain cancels. Call or check yahoo list for rain cancellation.
Lori Sommer; lorimsommer@gmail.com
(510) 794-8624 home, (510) 693-8624 cell

Fri Dec 4 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4 M-B**
Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana; alang44@hotmail.com (510) 760-9245

Sat Dec 5 **LSD Ride**
8:30 AM SHARP **60 miles 4 F**
Race Team ride – Mines Road (Livermore to the junction) A new ride area for the team. Start from the **Nob Hill store on South Livermore Avenue**, ride out on rural roads all the way to the Junction on Mines Road and retrace. All race team members are requested to wear their team uniform. Rain will NOT stop play. No stopping, no dropping.
Mark King; zensurweb@yahoo.com (925) 449-0970

Sat Dec 5 **Baylands Park (with the Back Seat Driver)**
8:30 AM **30 miles, 1-2 T with a bit of M**
Join us for a ride to Baylands Park in Sunnyvale. Bring \$\$ for a coffee stop along the way. No one will be left behind! New location for ride start: **Dixon Landing Park, Milpitas**. Directions: I-880 south from Fremont. Go east on Dixon Landing Rd. Turn right at Milmont and then right at Jurgens. Parking lot is on the right.
Shelley and Jorge Gildelatorre; swills22@yahoo.com
(510) 501-2241

Sat Dec 5 **Calaveras Clockwise**
8:30 AM **40 miles, 3 M-B**
This is our traditional "1st Saturday of the Month" ride. We will meet in the **Downtown 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. There will be a ride leader for the pace(s) listed below. Rain or a serious threat of rain cancels.
M Pace: Julie Gilson; jmgilson@comcast.net (510) 468-0284
B Pace: Tim & Robin O'Hara Timothy.Ohara@kla-tencor.com
(510) 471-2464

Sun Dec 6 **Palomares Loop with a Twist**
8:30 AM **36 miles, 4 M**
Come climb Palomares, Dublin Grade with a detour onto Schaeffer Ranch and up Inspiration before dropping down to Dublin for a coffee stop. Then Foothills to Sunol and home through Niles Canyon. All "M" pace riders welcome--no one left behind. Meet at **Niles downtown parking lot**.
See the route at: <http://lasthill.net/Maps/PalomaresTwist.html>
Ken Goldman; ken.goldman@comcast.net (510) 791-1095

Sun Dec 6 **Team Hill Slug Climb for Gourmet Hotdogs**
9:00 AM **~30 miles, 4-5 M, 2700 ft**
Climb for hot dogs at Mark's Hot Dogs, the Big Orange! Up Old Calaveras to Calaveras to Felter to Sierra then Alum Rock Park and down Mt. Hamilton Rd back to Alum Rock and Mark's Hot Dogs. START: In the **Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station**, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas.
Jon Graff; jon.graff@yahoo.com (408) 262-9577

Sun Dec 6 **Low-key ride**
9:00 AM SHARP **45 miles, ? F**
Women's Race Team Ride – The Ribbon ride
Route to be decided on the morning. Ride will be a maximum of 45 miles. **This is a women's only ride**, the first of many we hope. Women who wish for a little extra challenge are invited to join the women's section of the race team. All race team members are requested to wear their team uniform. Rain will stop play. There are no planned rest stops except for regroups as required. This is a no drop ride. Start from the **parking lot of Cyclepath Cycles Pleasanton** (located at the rear of the Bank of America on Main Street). Plenty of parking available.
Sandra King; regalmoded@yahoo.com (925) 487-7658

2nd Week in December

Mon Dec 7 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
Let's meet at the **Cabrillo Park Cafe/former Bicycle Garage** parking lot at 4673 Thornton Ave 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 may head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 465 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Tue Dec 8 **Show and Go**
9:00 AM **20-50 miles, 1-5 L-M-B**
Meet at the **Bicycle Garage**, at the Lucky shopping center, Mowry Av. between Farwell and Blacow.

Wed Dec 9 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3 M-B**
Meet at the **Niles Staging Area parking lot** located at the east end of the Alameda Creek Trail. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.
Al Quintana; alang44@hotmail.com (510) 760-9245

Thur Dec 10 **Thursday Morning Coffee Ride**
9:00 AM **25-35 miles, 1-3 M**
Come ride with a fun, flexible, welcoming group for a low-key ride. Start location: **Don Edward's Wildlife Refuge** near the new visitor center. We cross the Dumbarton and ride to Shoreline Park, Molly Stone's, Robert's Market, or Plantation Coffee. If we want something short, we head for Paddy's in Union City via the optional Nike Hill. There are no route sheets so we regroup as necessary. We always have a coffee stop so bring money. Faster riders are welcome to ride ahead or head back early if they know the route. Rain cancels. Call or check yahoo list for rain cancellation.
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

Fri Dec 11 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4 M-B**
Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot.. Bring \$\$ for a coffee stop.
Al Quintana; alang44@hotmail.com (510) 760-9245

Sat Dec 12 **Show and Go**
8:30 AM **20-50 miles, 1-5 L-T-M-B**
Meet at **Mission Coffee** on Washington Blvd, near Mission Blvd.

Sat Dec 12 **Sports Basement, Multiple Rides**
The following five rides start at the **Sports Basement, 1177 Kern Ave., Sunnyvale (408-732-0300)**. See introduction at top for more information. Directions from Fremont area: 880 South, exit 237 West toward Mountain View, exit Lawrence Expwy., and take Lawrence Expwy. to Kern (a little past 101), turn right on Kern and the Sports Basement is on your immediate right. Meet in the parking lot.

Route sheets and sign-up sheets will be provided. If there is not a ride leader designated by the time of the ride, do not fret; we will treat the ride as a show and go and designate a volunteer ride leader for that unfortunate orphan ride.

Sat Dec 12 **LSD ride**
8:30 AM SHARP **60 miles, 3 F**
Race Team Ride – Sunnyvale Sports Basement / Lexington / HW9. The route is to ride over to the Los Gatos Creek Trail, past Lexington Reservoir, up Old Santa Cruz Hwy to Skyline and back down HW9. All race team members are requested to wear their team uniform. Rain will NOT stop play. No stopping, no dropping.
Richard Brockie; rmb_ffbc@brockie.org.uk (650) 868-3346

Sat Dec 12 **Stevens Creek Res. Out & Back**
9:00 AM **21 miles, 3 T and/or M**
See above for start location and directions. This ride goes out to Stevens Creek Reservoir via Saratoga-Sunnyvale Rd and McClellan, with a rest stop at the reservoir. Mostly flat with some short hills.
Ride leaders: TBD

Sat Dec 12 **Stevens Creek Res. Loop**
9:00 AM **25 miles, 3-4 T-M and/or B**
See above for start location and directions. This ride goes out to Stevens Creek Reservoir via Saratoga-Sunnyvale Rd and McClellan, with a rest stop at the reservoir. It then continues around the Reservoir via Mt. Eden and Pierce roads.
Ride leaders: TBD

Sat Dec 12 **Stevens Creek Res. Loop + Montebello**
9:00 AM **35 miles, 5 M and/or B**
See above for start location and directions. This ride goes out to Stevens Creek Reservoir via Saratoga-Sunnyvale Rd and McClellan, then turns on Montebello for a challenging climb and return. Water and toilets available at the reservoir. It then continues around the Reservoir via Mt. Eden and Pierce roads.
Ride leaders: TBD

Sat Dec 12 **North Loop**
9:00 AM **40 miles, 3-4 M and/or B**
See above for start location and directions. This ride leaves the Sunnyvale area and goes North up Foothill Expwy., loops around on a few short, but noticeable climbs, and then heads back on a few back roads. There will be an optional coffee/rest stop, and a return on the city streets of Sunnyvale.
Ride leaders: TBD

Sun Dec 13 **FFBC "Get-To-Know-Us-Ride"**
9:00 AM **20-25 miles, 1-2 L-T-M**
Please join us on this monthly "Get-To-Know-Us-Ride". 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. Meet at the **Raley's shopping center at Jarvis & Newark Blvd.**, for a ride through the Fremont area. Don't forget \$\$ for a coffee/snack stop. If you have a club jersey, this is a great time to wear it.
Wynn Kageyama; davitusrider@yahoo.com (408) 499-0881

Sun Dec 13 **Low-key ride**
9:00 AM SHARP **45 miles max, ? F**
Women's Race Team Ride – The Ribbon ride
Route to be decided on the morning. Ride will be a maximum of 45 miles. **This is a women's only ride.** Women who wish for a little extra challenge are invited to join the women's section of the race team for a brisker ride. All race team members are requested to wear their team uniform. Rain will stop play. There are no planned rest stops except for regroups as required. This is a no drop ride. Start from the **parking lot of Cyclepath Cycles Pleasanton** (located at the rear of the Bank of America on Main Street). Plenty of parking available.
Sandra King; regalmoded@yahoo.com (925) 487-7658

Sun Dec 13 **Mission San Jose Loop (Counter Clockwise)**
9:00 AM **~30 mi, 1-2 T-M**
We ride the rollers on Piedmont and climb two 0.2 mile 7-8% hills. With the exception of the 2 climbs, this a "group" ride. Riders are expected to maintain a 14-16 mph pace on the level. The slowest rider sets the pace for the group **START: Great Mall parking lot across from the VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive, Milpitas.**
Jon Graff; jon.graff@yahoo.com (408) 262-9577

3rd Week in December

Mon Dec 14 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**

Let's meet at the **Cabrillo Park Cafe**/former Bicycle Garage parking lot at 4673 Thornton Ave 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 may head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 465 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Tue Dec 15 **Show and Go**
9:00 AM **20-50 miles, 1-5 L-M-B**

Meet at the **Bicycle Garage**, at the Lucky shopping center, Mowry Av. between Farwell and Blacow.

Wed Dec 16 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3 M-B**

Meet at **Raley's shopping center at Jarvis & Newark Blvd.**, for a 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 \$\$.

Al Quintana; alang44@hotmail.com (510) 760-9245

Thur Dec 17 **Thursday Morning Coffee Ride**
9:00 AM **32 miles, 2 M**

Come join us for a trip to Alum Rock Park. Meet at **REI in Fremont** (43962 Fremont Blvd, next to the Home Depot on Auto Mall). No route sheets. We will regroup as necessary and stop for coffee/quick lunch so bring money. No one left behind. Rain cancels. Rain cancels. Call or check yahoo list for rain cancellation.

Lori Sommer; lorimsommer@gmail.com
(510) 794-8624 home, (510) 693-8624 cell

Fri Dec 18 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4 M-B**

Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot.. Bring \$\$ for a coffee stop.

Al Quintana; alang44@hotmail.com (510) 760-9245

Sat Dec 19 **Show and Go**
8:30 AM **20-50 miles, 1-4, L-T-M**

Meet at the **Raley's shopping center at Jarvis & Newark Blvd.**

Sat Dec 19 **Calaveras CCW**
8:30 AM **40 miles, 3 M**

We will meet in the **Downtown Niles Parking lot** ride through Fremont to Milpitas and then up the wall. We will include a hard hitter's option of going up Old Calaveras, We return via Sunol and Niles Canyon.

Tony Flusche; TonyF@att.net (510) 247-3220

Sat Dec 19 **Intensity / Technique**
8:30 AM SHARP **50 miles, 1 F**

Race Team Ride – Race Practice at the EB Circuit.

A day with our team mentor, Larry Nolan. The Plan is to practice some race techniques, and to ride with some higher intensity. Larry will be setting the program in detail.

NOTE : if this day is rained out we will be moving this program to Dec 26th. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. Start from the **Niles Parking Lot**.

Gary Birch; garry_b94568@yahoo.com (925) 819-0247

Sun Dec 20 **Tour De Fremont (Counter-clockwise)**
9:00 AM **44-50 mi, 1-2 T-M**

This is a circular ride around Fremont. We ride the rollers on Piedmont and climb two 0.3 mile 7-8% hills. Bring fruit or a snack and money. We'll break at the top of the Don Edwards National Wildlife Center (~25 miles and NO purchasable food). We'll have buy lunch in or near the Auto Mall Park so bring money. This a "group" ride. Riders are expected to maintain a 14-16 mph pace on the level. The slowest rider sets the pace for the group. START: **Great Mall parking lot across from the VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive, Milpitas.** Jon Graff; jon.graff@yahoo.com (408)262-9577

Sun Dec 20 **Show and Go**
9:00 AM **20-50 miles, 1-4, L-T-M**

Meet at the **Raley's shopping center at Jarvis & Newark Blvd.**

Sun Dec 20 **Low-key ride**
9:00 AM SHARP **45 miles max, ? F**

Women's Race Team Ride – The Ribbon ride

Route to be decided on the morning. Ride will be a maximum of 45 miles. This is a **women's only ride**. Women who wish for a little extra challenge are invited to join the women's section of the race team for a brisker ride. All race team members are requested to wear their

team uniform. Rain will stop play. There are no planned rest stops except for regroupings as required. This is a no drop ride.

Start from the **parking lot of Cyclepath Cycles Pleasanton**

(located at the rear of the Bank of America on Main Street).

Plenty of parking available.

Sandra King; regalmoded@yahoo.com (925) 487-7658

4th Week in December

Mon Dec 21 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**

Let's meet at the **Cabrillo Park Cafe**/former Bicycle Garage parking lot at 4673 Thornton Ave 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 may head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 465 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Tue Dec 22 **Show and Go**
9:00 AM **20-50 miles, 1-5 L-M-B**

Meet at the **Bicycle Garage**, at the Lucky shopping center, Mowry Av. between Farwell and Blacow.

Wed Dec 23 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3 M-B**
Meet at the **Niles Staging Area parking lot** located at the east end of the Alameda Creek Trail. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.
Al Quintana; alqu44@hotmail.com (510) 760-9245

Thur Dec 24 **Show and Go**
9:00 AM **20-50 miles, 1-4, L-T-M**
Meet at the **Raley's shopping center at Jarvis & Newark Blvd.**

Fri Dec 25 – Christmas Day **Show and Go**
9:00 AM **20-50 miles, 1-4, L-T-M**
Meet at the **Downtown Niles parking lot** by the bathroom.

Sat Dec 26 **Time Trial Race**
8:30 AM SHARP **45 miles, 2 F**
Race Team Ride – Calaveras TT or see Dec 19th program. We will ride out to the Calaveras TT course, probably with a loop within Fremont to start so we know we will be properly warmed up for our big effort of the day. Options are pairing up for a Team TT, Tandems, and please bring your high end TT bike if you feel comfortable with that as well. Rain will stop play. Start from the **Niles Parking Lot**.
Garry Birch; garry_b94568@yahoo.com (925) 819-0247

Sat Dec 26 **Show and Go**
8:30 AM **20-50 miles, 1-4, L-T-M**
Meet at the **Raley's shopping center at Jarvis & Newark Blvd.**

Sun Dec 27 **Show and Go**
8:30 AM **20-50 miles, 1-5 L-T-M-B**
Meet at **Mission Coffee** on Washington Blvd, near Mission Blvd.

Sun Dec 27 **Low-key ride**
9:00 AM SHARP **45 miles max, ? F**
Women's Race Team Ride – The Ribbon ride
Route to be decided on the morning. Ride will be a maximum of 45 miles. **This is a women's only ride.** Women who wish for a little extra challenge are invited to join the women's section of the race team for a brisker ride. All race team members are requested to wear their team uniform. Rain will stop play. There are no planned rest stops except for regroupings as required. This is a no drop ride. Start from the **parking lot of Cyclepath Cycles Pleasanton** (located at the rear of the Bank of America on Main Street). Plenty of parking available.
Sandra King; regalmoded@yahoo.com (925) 487-7658

Sun Dec 27 **Tour de Dumbarton Bridge (Counter-clockwise)**
9:00 AM **~60 mi, 1-2 T-M**
Bike through 10 cities! We start with rollers on Piedmont Road/North Park Victoria and climb the Dumbarton Bridge. There is a break at the Don Edwards National Wildlife Center (~25 miles and NO purchasable food!). We'll buy lunch in Mountain View (~35 miles). This a "group" ride. Each rider is expected to maintain a 14- 16 mph pace on the level. The slowest rider sets the pace for the group. **START: In the Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas.**
Jon Graff; jon.graff@yahoo.com (408) 262-9577

5th Week in December

Mon Dec 28 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
Let's meet at the **Cabrillo Park Cafe/former Bicycle Garage** parking lot at 4673 Thornton Ave 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 may head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 465 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Tue Dec 29 **Show and Go**
9:00 AM **20-50 miles, 1-5 L-M-B**
Meet at the **Bicycle Garage**, at the Lucky shopping center, Mowry Av. between Farwell and Blacow.

Wed Dec 30 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3 M-B**
Meet at **Raley's shopping center at Jarvis & Newark Blvd.**, for a 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 \$\$.
Al Quintana; alqu44@hotmail.com (510) 760-9245

Thur Dec 31 **Thursday Morning Coffee Ride**
9:00 AM **25-35 miles, 1-3 M**
Come ride with a fun, flexible, welcoming group for a low-key ride. Start location: **Don Edward's Wildlife Refuge** near the new visitor center. We cross the Dumbarton and ride to Shoreline Park, Molly Stone's, Robert's Market, or Plantation Coffee. If we want something short, we head for Paddy's in Union City via the optional Nike Hill. There are no route sheets so we regroup as necessary. We always have a coffee stop so bring money. Faster riders are welcome to ride ahead or head back early if they know the route. Rain cancels. Call or check yahoo list for rain cancellation.
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

Fri Jan 1st 2010
Happy New Year!