

March 2010 RIDE CALENDAR

Continuing in March are three training series, the Cinderella training series and CHALLENGE Cinderella training series, for female riders, and the Progressive Ride Series for all club members and potential club members.

During March the Cinderella training will complete the series with training rides #8 through #10. For ride #11 the Cinderella training riders have been pre-registered for the Worldly Wanda Tour de Fremont 2010 touring the five districts of Fremont including: Niles, Mission, Warm Springs, Irvington, Centerville, and BEYOND. Anyone else may register for the 10 mile, 25 mile, 60 mile or 60+ mile CHALLENGE ride, a friendly cycling fundraiser benefiting AAUW Fremont's Legal Advocacy Fund and Local Scholarships, at the Worldly Wanda Tour de Fremont 2010 website.

The women only 2010 Cinderella Century will be on April 10.

The Progressive Ride Series is intended to help club members get prepared to complete a century ride. The rides are progressive in mileage as well as elevation gain, and also give the participants a variety of different rides. The series will culminate with the worker's ride of our own Primavera century route. **Get PRS route sheets from ridecoordinator@ffbc.org.**

Thank you to all the volunteer ride leaders! And good luck to all who hope to do their first century this year.

Ride leaders are encouraged to maintain the ride paces as outlined at <http://www.ffbc.org/html/RideClassification.html>.

1st Week in March

Mon Mar 1 **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 Mar 2 **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 Mar 3 **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 Mar 4 **Thursday Morning Coffee Ride**
9:00AM **30 miles, 2-3, M**

We meet at the Sunol Train Station. Maybe it will be the False Summit and Kilcare 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; lorisommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

Fri Mar 5 **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 Mar 6 **Cinderella Training Ride #8—Calaveras to the wall &back**
7:30 AM SHARP **~40 miles, 3 T-M**

Participation in the series is by pre-registration and limited to registered riders. **NOTE start time and location: Meet at Pleasanton Ridge Park, south of Castlewood Dr. and north of the town of Sunol, on Foothill Road, Pleasanton.** Arrive with enough time to leave by 7:30.

We will warm up along Foothill and Pleasanton-Sunol Road before heading up Calaveras. We will regroup at the False Summit and then continue to The Wall. Grimes Getaways Bicycle Tours will provide our snack at this point in the ride. Then we turn back "down" Calaveras and back to Pleasanton Ridge Park.

Our rain policy is we will meet at the start and decide if we will go out. If we start the ride and it begins to rain, the ride leaders can shorten the route or find temporary shelter until it is safe to continue.

**Linda Gordon; Linda.Gordon@bsci.com
Nikki Grimes; info@GrimesGetaways.com**

Sat Mar 6 **CHALLENGE Cinderella Training Ride #8**
7:30 AM SHARP **Livermore**
~70 miles, 4, M-B

Participation in the series is by pre-registration and limited to registered riders.

For those pre-registered for the Cinderella Challenge Training Series, please **join us at Crank 2 Bicycle Shop located at 5480-9 Sunol Boulevard in Pleasanton** (in the Oak Hills Shopping Center near Raley's). Plan to arrive at least 15 minutes early so that you can sign-in and hear any last minute instructions before we leave at 7:30 AM sharp.

If you are registered and don't receive other instructions, come rain or shine. Bring money for a coffee stop mid-way through the ride.

Tina Boomershine; tkboomer@aol.com (408) 937-7895 home or (408) 655-1060 cell

Joyce Tanaka; notes4jt@comcast.net (510) 703-2675

Sat Mar 6 **Calaveras Clockwise**
8:30 AM **40 miles, 3 M**

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.

Jorge Gildelatorre; jorge@gildelatorre.com (510) 589-0660

Sat Mar 6
8:30 AM
Meet at Downtown Niles Parking Lot.

Show and Go
30-50 miles, 3 B

2nd Week in March

Sun Mar 7
8:00 AM
Start at Castro Valley Park & Ride

PRS # 9. Castro Valley to Martinez
70 miles, 5 M

In my opinion this ride is the most like the typical centuries put on by clubs, just a little shorter. What with the support and rest stops, what's another 30 miles? Roads that will be featured include Redwood, Pinehurst, Releiz Valley, Alhambra, and Bear Creek. I just haven't figured out which direction we'll do the loop around Briones Park yet. There will be a good stop for refueling in Martinez before returning to Castro Valley.

TBD (get ride route sheets from ridecoordinator@ffbc.org)

Sun Mar 7
8:30 AM
Start at Castro Valley Park & Ride

Show and Go
30-70 miles, 5 B

Sun Mar 7
9:00 AM
Meet at Cyclepath in Pleasanton. Ride will be 45 miles and route will be decided on the day.

Womens's Race Team
45 miles, 1-5, B-F

Sandra King; regalmoded@yahoo.com (510) 487-7658

Sun Mar 7
9:00 AM SHARP
Climb for hot dogs at Mark's Hot Dogs, the Big Orange! Up Old Calaveras to Calaveras to Felter to Sierra then to Mark's Hot Dogs. Each rider sets his or her own pace on the climbs. There is a regroup at Sierra and Piedmont intersection and the group will ride to Mark's Hotdogs at an M pace, 14-16 mph with the slowest rider setting the pace. START: In the Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway and McCandless Drive/Great Mall Dr., Milpitas.

Team Hill Slug Climb for Gourmet Hotdogs
30 miles, 2700 ft, 5 M

Jon Graff; jon.graff@yahoo.com (408) 262-9577

Sun Mar 7
10:00 AM

Family-Friendly Ride: Coyote Creek Trail
10 miles, 1 T

This is a ride designed for riders with youngsters (on their own bikes, in seats, or in trailers) and casual riders in general. We'll meet at Hellyer County Park in San Jose (985 Hellyer Ave) and ride along the Coyote Creek trail until we think we've gone far enough, then turn around. No coffee stop, but we'll probably pause occasionally for a drink from our sippy cup, and perhaps enjoy some goldfish crackers. The ride should take about 1-2 hours.

Directions: From US-101 take the Hellyer Ave exit, and follow the signs to the county park. Take the first left on Hellyer (there is another park entrance straight ahead, you don't want that one) and turn left again to enter the park. After passing the kiosk at the entrance, go right at the fork in the road and follow it all the way to the parking lot at the end. Entrance fee is \$6, but there may be parking available on residential streets on the other side of the bridge next to the entrance. Rain cancels; call or email if unsure.

Mark Davis; mark@markandshirley.com (510) 573-0184, (510) 299 0076 cell

Vanessa McDonnell; vanessa@mcnmc.com (510) 441-7607, (510) 517-1466 cell

Mon Mar 8
8:30 AM

Monday Morning Recovery Ride
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 Mar 9
9:00 AM

Show and Go
20-50 miles, 1-5, L-M-B

Meet at the Bicycle Garage, at Mowry Av. Fremont.

Wed Mar 10
8:30 AM

Mid-week Morning Ride
35-45 miles, 2-3, M-B

Meet at the Niles DOWNTOWN parking lot. 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 Mar 11
9:00AM

Thursday Morning Coffee Ride
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 Mar 12
8:30 AM

The Friday Bike Club
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 Mar 13
7:00 AM SHARP

Cinderella Training Ride # 9 - Livermore
44 miles, 3 L-T-M

Participation in the series is by pre-registration and limited to registered riders. **NOTE start time and location: Meet at Crank 2 Bike Shop, 5480 Sunol Blvd, Pleasanton. Please park AWAY from all the stores (near Sunol Blvd or in the middle portion of the lot).** Arrive with enough time to leave by 7:30.

We ride through Pleasanton and Livermore on several of the roads that are part of the actual Cinderella route. The highlights include Happy Valley, Wente (no stopping for wine), Cross Rd and Patterson Pass. The coffee stop is late in the ride so bring enough water and food to keep your energy up for the long ride. Our rain policy is we will meet at the start and decide if we will go out. If we start the ride and it begins to rain, the ride leaders can shorten the route or find temporary shelter until it is safe to continue.

Linda Gordon; Linda.Gordon@bsci.com

Nikki Grimes; info@GrimesGetaways.com

Sat Mar 13 CHALLENGE Cinderella Training Ride #9
7:30 AM SHARP Mines Road
~80 miles, 4, M-B

Participation in the series is by pre-registration and limited to registered riders.

For those pre-registered for the Cinderella Challenge Training Series, please **join us at Cyclepath Pleasanton located at 337B Main Street** (behind Bank of America in same building). Plan to arrive at least 15 minutes early so that you can sign-in and hear any last minute instructions before we leave at 7:30 AM sharp.

If you are registered and don't receive other instructions, come rain or shine. Bring money for a coffee stop mid-way through the ride.

Facilities are very limited along the way, so bring extra liquids and snacks.

Tina Boomershine; tkboomer@aol.com (408) 937-7895
home or (408) 655-1060 cell
Joyce Tanaka; notes4jt@comcast.net (510) 703-2675

Sat Mar 13 Show and Go
8:30 AM 20-50 miles, 1-4, L-T-M-B

Meet near the middle of the parking lot of the **Raley's Shopping Center** at Jarvis and Newark Boulevard.

Sun Mar 14 PRS # 10 - San Gregorio
8:00 AM 74 miles, 5 M

Starting at Raley's Shopping Center at Jarvis and Newark Boulevard, it's over the bridge, over the hill and to the coast (almost to the coast) 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.

TBD (get ride route sheets from ridecoordinator@ffbc.org)

Sun Mar 14 Show and Go
8:30 AM 30-74 miles, 5 B

Starting at Raley's Shopping Center at Jarvis and Newark Boulevard,

Sun Mar 14 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 or jacket, this is a great time to wear it.

Jorge Gildelatorre; jorge@gildelatorre.com (510) 589-0660

Sun Mar 14 Team Hill Slug Calaveras to Pleasanton Challenge
9:00 AM SHARP 60 miles, 4100 ft, 4 M

From Milpitas we will climb the wall (3 miles, 1400+ ft); descend into Sunol; then to Pleasanton and return through Sunol and the backside of Calaveras. We will have a lunch in Pleasanton, so please bring money, fruit, snacks & plenty to drink. **START: In the Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway and McCandless Drive/Great Mall Dr., Milpitas**

Jon Graff; jon.graff@yahoo.com (408) 262-9577

Sun Mar 14 Womens's Race Team
9:00 AM 45 miles, 4-5, B-F

Sandra's Birthday ride

Meet at North Vasco Road Starbucks in Livermore. Ride will be 45 miles. We will be riding Corral Hollow road and back via the Altamont.

Sandra King; regalmoded@yahoo.com (510) 487-7658

3rd Week in March

Mon Mar 15 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 Mar 16 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 Mar 17 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 Mar 18 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 Mar 19 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 Mar 20 Cinderella Training Ride # 10 – Crystal Springs
7:30 AM SHARP 56 miles, 3 T-M

Participation in the series is by pre-registration and limited to registered riders. **NOTE start time. Meet at the Bicycle Garage at 5006 Mowry Ave (corner of Mowry and Blacow), Fremont.** Arrive with enough time to leave by 7:30.

Today's destination is Crystal Springs Reservoir! We cross the Dumbarton, climb Woodside Road and tour along scenic Canada Road. We descend Edgewood Road and stop for lunch at a great deli in Redwood City before heading back. The climbs and descents are a challenge but you are ready for it after all your training.

Our rain policy is we will meet at the start and decide if we will go out. If we start the ride and it begins to rain, the ride leaders can shorten the route or find temporary shelter until it is safe to continue.

Linda Gordon; Linda.Gordon@bsci.com
Nikki Grimes; info@GrimesGetaways.com

5th Week in March

Sat Mar 27 CLASSIC Cinderella Training Ride #11
8:00 AM SHARP Worldly Wanda Ride
60 miles, 3-4, T-M

Participation in the series is by pre-registration and limited to registered riders.

For those pre-registered for the Classic Cinderella Training Series, please **join us at Central Park near Community Center** 40204 Paseo Padre Parkway, Fremont, CA.

Linda Gordon; Linda.Gordon@bsci.com
Nikki Grimes; info@GrimesGetaways.com

Sat Mar 27 CHALLENGE Cinderella Training Ride #11
7:30 AM SHARP Worldly Wanda Ride
60 - 80 miles, 4, M-B

Participation in the series is by pre-registration and limited to registered riders.

For those pre-registered for the Cinderella Challenge Training Series, please **join us at Starbucks at 353 Jacklin Rd Milpitas** to get some extra miles in before and after the Worldly Wanda Ride. Plan to arrive at least 15 minutes early so that you can sign-in and hear any last minute instructions before we leave at 7:30 AM sharp.

If you are registered and don't receive other instructions, come rain or shine.

Joyce Tanaka; notes4jt@comcast.net (510) 703-2675
Tina Boomershine; tkboomer@aol.com (408) 937-7895
home or (408) 655-1060 cell

Sat Mar 27 Los Altos Coffee Ride
9:00 AM 40-45 miles, 4 M

Meet at Raley's shopping center at Jarvis and Newark Blvd.
We'll cross the bay and take Alpine, Arastradero and Purissima to Los Altos. We'll return on Foothill before crossing the bay again. We'll regroup a few times and make sure nobody gets left behind. Bring \$ for a refreshment stop. Rain cancels.

Gary Smith; GSMITH289@aol.com (510) 797-7809 home or (510) 304-0956 cell

Sat Mar 27 Show and Go
9:00 AM 30-50 miles, 4 B
Meet at Raley's shopping center at Jarvis and Newark Blvd.

Sun Mar 28 Show and Go
8:30 AM 20-50 miles, 1-4, L-T-M-B
Meet at Downtown Niles Parking Lot.

Sun Mar 28 Womens's Race Team
9:00 AM 45 miles, 4-5, B-F
Altamont TTT practice

Meet at North Vasco Road Starbucks. Ride will be 45 miles. We will ride the Altamont TTT course twice then ride over Carroll Road and North Flynn back to Vasco Road.

Sandra King; regalmoded@yahoo.com (510) 487-7658

Sun Mar 28 Tour de Dumbarton (CW)
9:00 AM SHARP 45-60 miles, 4 M

Bike through 10 cities! We see Alviso and the south of the Bay and the western cities before climbing the Dumbarton Bridge. There is a snack break, so bring food. We'll buy lunch. This is a group ride. Riders are expected to maintain a 14-16 mph pace on the level. The slowest riders sets the pace for the group. Plan to be back at the start a little after 3:30 PM. **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

Mon Mar 29 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 Mar 30 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 Mar 31 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; alanq44@hotmail.com (510) 760-9245