

April 2010 RIDE CALENDAR

This month is highlighted with the Primavera Worker's Ride on the 3rd, and of course, the Primavera Century itself on the 11th. Let's all hope, and work for a memorial and enjoyable ride for our guests who normally don't get a chance to ride on our local roads; after all, we want them back next year for another successful Primavera Century.

If you haven't yet volunteered for a job, it's not too late. Online go to: <http://www.ffbc.org/primavera/volunteer/> or contact Dennis Crovella (primavera-volunteer-coordinator@ffbc.org), so you can do your part.

Thank you to all the volunteer ride leaders!

Good luck to all who hope to do their first century this year!

The ride leaders are encouraged to maintain the ride paces as listed in (<http://www.ffbc.org/html/RideClassification.html>), the FFBC website newsletter.

1st Week in April

Thur Apr 1 **Thursday Morning Coffee Ride**
9:00AM **25-40 miles, 2-4, 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.
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

Fri Apr 2 **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 Apr 3 **Primavera Worker's Rides**

Members and their families only on this ride. This is the final ride of the progressive ride series and it has two functions. First, allow those members working in support of the Primavera a chance to do the route, and second, to check the route marking, and route sheets for errors prior to the actual Primavera.

IF YOU FIND ANY ERRORS ON THE ROAD MARKINGS OR THE ROUTE SHEET, make a note and contact:
Dale Blanchard; dale-B@comcast.net (510) 703-7474.

We will meet at Logan High School parking lot, Alvarado Niles Rd. and H Street in Union City. Be self-sufficient. These rides are the full length Primavera routes, but without the staffed rest stops. Bring plenty of water and snacks. Suggestions may be given as to where to stop for supplies.

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 of 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. The form can be found on our website under club forms.

Complete Century

7:00 AM **100 miles, 5, M/B/F**
Altamont Pass sandwiched in between Calaveras and Palomares, and the Bernal Bump to provide a little added spice. There will be an opportunity to go off-route in Livermore for food as this can be a pretty long day and there's no easy-to-access restroom stop out that far. Andrew will have lunch (sandwiches, drinks, fruit, and cookies) at the winery for a proper lunch stop. Groups/individuals may break apart to ride at their own pace
I will have sign-up and route sheets at the start of the ride.
B Pace: Andrew Sass; andrew.sass@yahoo.com (520) 490-8098

Perfect Metric

7:30 AM **65 miles (100 kilometers), 5, T/M/B/F**
Our classic combination of Calaveras and Palomares. There is an opportunity to get food in Sunol; other than that the stops are at parks and have water and restrooms only. Groups/individuals may break apart to ride at their own pace.
I will have sign-up and route sheets at the start of the ride.

Calaveras Loop

7:30 AM **45 miles (70 kilometers), 4, T/M/B/F**
Get a workout on the 'Wall' then enjoy the scenery. Follow the Century route to and around the Calaveras Reservoir and then Niles Canyon. Stops around the loop are at parks which have water and restrooms only.
I will have sign-up and route sheets at the start of the ride.

Family Fun Ride

9:00 AM **25 miles, 2, T(and a bit of M)**
A fairly flat ride through Fremont and Newark with a good portion of the Alameda Creek Trail included. A coffee stop is planned so bring \$.
Please send me a note requesting sign-up and route sheets for this ride at ridecoordinator@ffbc.org.

Sat Apr 3 **CLASSIC Cinderella Training Ride**
Graduation Ride

Each Classic Cinderella training ride group will be choosing their own route. It would be up to each ride team leader to come up with a route and start time.

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

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

Sat Apr 3 **CHALLENGE Cinderella Training Ride #11**
8:00 AM SHARP **Graduation Ride**
40-60 miles, 4, M

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 Sunol Train Station – Main Street & Kilkare in Sunol.** Plan to arrive at least 15 minutes early so that you can sign-in and hear any last minute instructions before we leave at 8:00 AM sharp. If you are registered and don't receive other instructions, come rain or shine. Bring money for snacks and a coffee stop along the way.

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

Sun Apr 4 **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 Apr 4 Team Hill Slug Calaveras to Pleasanton Challenge
9:00 AM SHARP 60 miles, 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. This is a ride at your own pace ride. **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

2nd Week in April

Mon Apr 5 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 Apr 6 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 Apr 7 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 Apr 8 Thursday Morning Coffee Ride
9:00AM 25-40 miles, 2-4, M+
Come ride with a fun group. **Start location: Don Edward's Wildlife Refuge near the new visitor center.** We cross the Dumbarton and ride to Shoreline Park, Robert's Market, or Plantation Coffee. Sometimes the climbs are optional. 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.
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

Fri Apr 9 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 Apr 10 Death Ride Training #1 /
Tour of California Stage 3 Preview (North)
7:45 AM 75-80 miles, 5, B
San Francisco to Union City
RATING: 1.5 PASSES
Moving the Tour of California to May gives us an exciting opportunity to get in some good training, preview the northern half of the Stage 3 course, take in some fantastic views (weather permitting), and ride the SF/northern peninsula area (something we almost never do)—all in the same day!

Let's leave the cars at home, taking the 7:55 AM train from Union City BART (or 7:50 from Fremont, if you prefer) to Embarcadero, transferring at Bay Fair (no direct service to SF on Sunday).

Once we're in the City, we'll ride some of the TOC streets from earlier years, making our way along the Embarcadero and Marina. We'll encounter some warm-up hills in the Presidio on our way to the official race start on the Great Highway. From there, we'll follow the tour route as faithfully as possible while stopping in Half Moon Bay for lunch, and later regrouping at the top of the Death Ride-caliber climb of Tunitas Creek Road. After descending Kings Mountain, we'll leave the tour route and head back to Union City or wherever you choose to go. (If you're concerned about riding in the City, keep in mind that we will be there on a Sunday morning, so traffic should be OK.)
Mike Williams; mwilliams297@comcast.net (510) 364-4335

Sat Apr 10 Show and Go
8:30 AM 20-50 miles, 1-4, L-T-M-B
Meet at **Downtown Niles Parking Lot.**

Sun Apr 11 PRIMAVERA CENTURY
NO CLUB RIDES SCHEDULED

3rd Week in April

Mon Apr 12 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 Apr 13 Show and Go
9:00 AM 20-50 miles, 1-5, L-M-B
Meet at the **Bicycle Garage**, at Mowry Av. Fremont.

Wed Apr 14 Mid-week Morning Ride
8:30 AM 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 Apr 15 **Thursday Morning Coffee Ride**
9:00AM **25-30 miles, 3-4, M**
Come join us for a trip up to Ed Levin (The Wall is optional!).
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.
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

Fri Apr 16 **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; alanq44@hotmail.com (510) 760-9245

Sat Apr 17 **Calaveras Clockwise**
8:30 AM **40 miles, 3, M**
This is make up ride of our traditional "1st Saturday of the Month" ride; this month the Primavera Worker's rides were scheduled on the 1st Saturday. 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 Apr 17 **Show and Go**
8:30 AM **30-50 miles, 3 B**
Meet at Downtown Niles Parking Lot.

Sun Apr 18 **San Gregorio**
8:00 AM **74 miles, 5, M**
Progressive Ride #10 - REDO
Starting at Raley's Shopping Center at Jarvis and Newark Boulevard, it's over the bridge, over the hill and just near the coast (we might eat at 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.
Nick Marshall; pinnacle@sdf.lonestar.org (510) 790-0580

Sun Apr 18 **Paicines to Panoche**
9:00 AM **55 miles, 3, M**
Come ride a great rural road with no stop signs, no traffic lights, no intersections and almost no traffic--unless you count the cows. This is a very pretty ride; very similar to Mines Road but much less climbing.
This is an out and back ride--27.5 miles out to a bar/cafe (Panoche Inn) with cold drinks and sandwiches available. This is one of our favorite rides. There are no long or steep climbs. Directions to the **start of the ride: Hwy 101 south to Gilroy. Exit to Rte. 25 towards Hollister. Follow the 25 bypass around Hollister and continue about 8 miles south of town on Hwy 25 to Paicines. Look for a left turn onto (little) Panoche Rd (J-1).** There is a general store on the left just past the intersection (if you miss the turn). After the left turn just park on the right shoulder of the road away from the intersection. You should allow yourself about an hour and 15 minutes from Fremont.
If possible, please let one of the ride leaders know if you plan on joining us. The cafe would like a rough idea of how many will be coming. However, if you decide to come at the last minute--no problem.
Ken Goldman; ken.goldman@comcast.net (510) 791-1095
Dale Blanchard; dale-B@comcast.net (510) 703-7474

Sun Apr 18 **Family Ride – Los Gatos Creek Trail**
10:00 AM **10 miles, 1, T**
Meet in the parking lot of Los Gatos Creek County Park in Campbell (at Dell Ave. & Hacienda Ave.) We'll take a leisurely ride to downtown Los Gatos with a possible stop for ice-cream before returning to the start. The pace will be suitable for children of all ages and the young at heart. We might stop for a quick tour of the playground or to push our bikes up the "big hills". As usual, no child left behind!
Vanessa McDonnell; vanessa@mcnmc.com (510) 441-7607 home, (510) 517-1466 cell

4th Week in April

Mon Apr 19 **Linda's Ride**
8:30 AM **47 miles, 3, M**
We'll **meet at Raley's in Newark.** Cross the Dumbarton bridge onward to Palo Alto. We will then loop around Arastadero and even climb Page Mill. Don't worry, it is not a climb to the top. We will cut through a road that will take us into Los Altos. Eventually, we'll end up on Foothill Expressway on our way home, but not after stopping for coffee and snack. **Rain Cancels.**
Linda Fung; Fungfive@sbcglobal.net (650) 391-5975

Mon Apr 19 **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 Apr 20 **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 Apr 21 **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

Thur Apr 22 **Thursday Morning Coffee Ride**
9:00 AM **25-40 miles, 2-4, M+**
Come ride with a fun group. **Start location: Don Edward's Wildlife Refuge near the new visitor center.** We cross the Dumbarton and ride to Shoreline Park, Robert's Market, or Plantation Coffee. Sometimes the climbs are optional. 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.
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

Fri Apr 23 **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 Apr 24 **Show and Go**
8:30 AM **20-50 miles, 1-4, L-T-M-B**
Meet at Raley's shopping center at Jarvis and Newark Blvd.

Sat Apr 24 **Alum Rock**
9:00 AM **~30 miles, 1-2, T with a bit of M**
Join us for my favorite ride to Alum Rock Park. Bring \$\$ for a coffee stop along the way. No one will be left behind! Meet at **REI in Fremont.**
Jorge Gidelatorre; jorge@gidelatorre.com (510) 589-0660

Sun Apr 25 **Show and Go**
8:30 AM **20-50 miles, 1-4, L-T-M-B**
Meet at Downtown Niles Parking Lot.

5th Week in April

Mon Apr 26 **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 Apr 27 **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 Apr 28 **Mid-week Morning Ride**
8:30 AM **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 Apr 29 **Thursday Morning Coffee Ride**
9:00AM **25-40 miles, 2-4, M+**
We meet at the **Sunol Train Station.** Maybe it will be the False Summit and Killcare with lunch at the Jazz Cafe'. Pleasanton? Livermore? Maybe we will get adventurous. No route sheets. We will regroup as necessary.
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

Fri Apr 30 **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