

MARCH 2011 RIDE CALENDAR

CONTINUING THIS MONTH

Our Cinderella Training Series' finish this month with the Cinderella ride, organized by The Valley Spokesmen, on March 31st. Congratulations ladies on completing the series!

The Progressive Ride Series (PRS), open to all club members and guests, continues in March. Brisk-paced PRS rides are on Saturdays and moderate-paced rides are on Sundays. The PRS is designed to get riders in condition to do the Primavera Worker's Ride (a full century) in April.

FFBC RIDE CLASSIFICATION

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

MAPS TO FREQUENTLY USED START LOCATIONS

Maps to the start locations for March are available at: http://www.ffbc.org/html/start_locations.html.

THANK YOU TO ALL OUR MARCH RIDE LEADERS!

1st Week in March

Thurs Mar 1. Thursday Morning Coffee Ride
9:00 AM 31 miles, 2, M
Let's go to Alum Rock Park! This has become my favorite ride. We meet at REI in Fremont (43962 Fremont Blvd.) and our first regroup is at Jose Higuera Park. We ride along the rolling foothills and climb into Alum Rock Park. It is such a beautiful area; often deer are sighted and sound of the rushing creek is relaxing. We descend into Milpitas and have lunch at Noah's Bagels/Starbucks on North Milpitas Blvd. It is a flat ride back with no regroups. No routes sheets, no one left behind, and there are options for faster riders that like to climb. Rain cancels, check Yahoo! group, email, or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 794-8624 -H, (510) 693-8624 -C

Thurs Mar. 1 TNT (Thursday Night Training)
6:15 PM 60-90 minutes, 1, 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.
Meet at 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.
When dark, lights are required. Helmets are mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Mar. 2 The Friday Bike Club
8:30 AM 35-45 miles, 3-4, M-B
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley). Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Mar. 3 Cinderella Training #8
7:30 AM SHARP CLASSIC, LET'S CLIMB!, CHALLENGE
43-70 miles, 2-3, T-M-B

Participation in the series is by pre-registration and limited to registered riders. For details of this week's ride please see the [Cinderella Training Schedule](#).

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

This is our traditional "1st Saturday of the Month" ride. We will meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. 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. Rain or a serious threat of rain cancels.

M: Kevin McDonnell; kevin@mcnmc.com ; (510) 441-7607 - H, (510) 364-4435 -C

Sat Mar. 3 PRS #6 - Del Valle
8:30 AM 61 miles, 3, B

There is only one major hill on this ride, only problem is that we have to do it twice. Enjoy the Livermore valley as we make our way to Mines Rd. and our destination of Lake Del Valle. Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Rain cancels.

Robin & Tim O'Hara; tohara2938@aol.com ; (510) 471-2464

Sat Mar. 3 Show and Go
8:30 AM 30-50 miles, B
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark)

Sun Mar. 4 Cinderella Training #8
7:30 AM SHARP CHALLENGE
70 miles, 2-3, M

Participation in the series is by pre-registration and limited to registered riders. For details of this week's ride please see the [Cinderella Training Schedule](#).

Sun Mar. 4 PRS #6 - Del Valle
8:30 AM 61 miles, 3, M

There is only one major hill on this ride, only problem is that we have to do it twice. Enjoy the Livermore valley as we make our way to Mines Rd. and our destination of Lake Del Valle. Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Rain cancels.

Ride Leader TBD (route sheets from ridecoordinator@ffbc.org)

Sun Mar. 4 Show and Go
8:30 AM 20-50 miles, 2-4, L-T-M-B

Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun Mar. 4 Race Team Ride
8:45 AM 45, 3-4, B-F

Meet at The CyclePros. Main Street, Pleasanton. If you're looking for a fast-paced ride this is the one for you. Race team and club members are all welcome. This is a no drop ride with the aim of returning by 12pm.

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

2nd Week in March

Mon Mar. 5 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2, M**
Let's meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage) 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.
Mike Northrup; mikenorthrup@gmail.com; (510) 796-8832

Tue Mar. 6 **Tour de Fremont Hills**
8:30 AM **~1,900' elevation gain, 29 miles, 3-4, M-B**
Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail 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 our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to Peet's for a well-deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.
Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C

Tue Mar. 6 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Mar. 6 **Cinderella Redoux**
9:00 AM **30+ miles, 2, T-M**
A repeat of Saturday's Cinderella Classic training ride for those who missed it or want to repeat it. This ride is open to all club members. **Meet at The Bicycle Garage, 5006 Mowry Ave at Blacow Rd.** If Saturday's ride does not start at The Bicycle Garage we will do a ride of comparable length and difficulty starting at The Bicycle Garage.
Margaret Koniniec; koniniec@sbcglobal.net ; (510) 651-3225 -H, (510) 917-2461 -C

Wed Mar. 7 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), 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

Thurs Mar. 8 **Thursday Morning Coffee Ride**
9:00 AM **25-35 miles, 1-3, M**
Come ride with a fun group of people! **This ride starts at the Don Edward's Wildlife Refuge Visitor Center, Newark** and we head across the Dumbarton Bridge to various destinations. For a flat ride we head through East Palo Alto and along a few paths to Shoreline Park for lunch. For a ride with climbing we do Woodside Road, Sand Hill/Whisky Hill, Alpine Loop, Arastradero Park or Edgewood Road. Sometimes the climbing is optional. We always stop for coffee and riders are welcome to head back on their own if they know the way. There are no route sheets so we regroup as necessary and no one is left behind. Rain cancels, check Yahoo! group, email, or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 794-8624 -H, (510) 693-8624 -C

Thurs Mar. 8 **TNT (Thursday Night Training)**
6:15 PM **60-90 minutes, 1, 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.
Meet at 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.
When dark, lights are required. Helmets are mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Mar. 9 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley). Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Mar. 10 **Cinderella Training #9**
7:30 AM SHARP **CLASSIC, LET'S CLIMB!, CHALLENGE**
49-80 miles, 2-4, T-M-B
Participation in the series is by pre-registration and limited to registered riders. For details of this week's ride please see the [Cinderella Training Schedule](#).

Sat Mar. 10 **PRS #7 – Corral Hollow**
8:30 AM **63 miles, 3, B**
This ride takes us into Tracy via Corral Hollow and returns via Altamont pass road. **Meet at Livermore Park & Ride lot on Airway Blvd.** Rain cancels.
Ride Leader TBD (route sheets from ridecoordinator@ffbc.org)

Sat Mar. 10 **Show and Go**
8:30 AM **20-50 miles, 2-4, L-T-M-B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun Mar. 11 **Cinderella Training #9**
7:30 AM SHARP **CHALLENGE**
80 miles, 4, M
Participation in the series is by pre-registration and limited to registered riders. For details of this week's ride please see the [Cinderella Training Schedule](#).

Sun Mar. 11 **PRS #7 – Corral Hollow**
8:30 AM **63 miles, 3, M**
This ride takes us into Tracy via Corral Hollow and returns via Altamont pass road. **Meet at Livermore Park & Ride lot on Airway Blvd.** Rain cancels.
Ride Leader TBD (route sheets from ridecoordinator@ffbc.org)

Sun Mar. 11 **Show and Go**
8:30 AM **20-50 miles, 2-4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Mar. 11 **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 parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark),** 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.
Dale “The Younger” Bodtker; rundale@msn.com; (510) 703-7927

Sun Mar. 11 **Mountain View – Hong Kong Bakery**
9:00 AM SHARP **30 miles, 1, T-M**
Bike to work up an appetite for the Hong Kong Bakery in Mountain View, so bring money. We’ll cycle through historic Alviso. This is a group ride, so the slowest rider sets the pace for the group. Riders are expected to maintain a 10 to 12 mph pace for the entire ride (when riding flat with no wind). **Start under the “Bump” sign in the Great 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

3rd Week in March

Mon Mar. 12 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2, M**
Let’s meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage) 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.
Mike Northrup; mikenorthrup@gmail.com; (510) 796-8832

Tue Mar. 13 **Tour de Fremont Hills**
8:30 AM **~2,000’ elevation gain, 38 miles, 3-4, M**
Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail. Since I’ve heard that a change is as good as a rest the second and last Tuesdays of the month we’ll do my favorite Fremont hill - Palomares. We’ll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill, returning through the canyon with the ride once again ending at Peet’s for a well-deserved coffee. Rain cancels. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.
Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C

Tue Mar. 13 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Mar. 13 **Cinderella Redoux**
9:00 AM **30+ miles, 2, T-M**
A repeat of Saturday’s Cinderella Classic training ride for those who missed it or want to repeat it. This ride is open to all club members. **Meet at The Bicycle Garage, 5006 Mowry Ave at Blacow Rd.** If Saturday’s ride does not start at The Bicycle Garage we will do a ride of comparable length and difficulty starting at The Bicycle Garage.
Margaret Koniniec; koniniec@sbcglobal.net ; (510) 651-3225 -H, (510) 917-2461 -C

Wed Mar. 14 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Thurs Mar. 15 **Thursday Morning Coffee Ride**
9:00 AM **31 miles, 1,075’, M**
We will start at Crank2 Performance Tandems (5480-9 Sunol Boulevard, Pleasanton). Bryon will open the shop early for coffee and restrooms. We will ride in a CW loop up Camino Tassajara and Collier Canyon, descend into Livermore with a coffee stop at Vineyard Starbucks/Subway and finish with a climb up Bernal. The route may change due to road construction. Rain cancels, check Yahoo! group, email, or call me.
Lori Sommer; lorisommer@gmail.com; (510) 794-8624 -H, (510) 693-8624 -C

Thurs Mar. 15 **TNT (Thursday Night Training)**
6:15 PM **60-90 minutes, 1, 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.
Meet at 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.
When dark, lights are required. Helmets are mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Mar. 16 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley). Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Mar. 17 **Cinderella Training #10**
7:30 AM SHARP **CLASSIC, LET'S CLIMB!, CHALLENGE**
55-70 miles, 2-5, L-T-M
Participation in the series is by pre-registration and limited to registered riders. For details of this week's ride please see the [Cinderella Training Schedule](#).

Sat Mar. 17 **PRS #8 – Mines**
8:30 AM **63 miles, 4, B**
After the last few weeks this ride is going to feel like a vacation. You probably won't notice that the mileage is up. The climbing comes early and just after the lunch break. The pretty scenery and fun road are always enjoyable. **Meet in the parking lot of Lucky's in Livermore (Concannon and Holmes).** Rain cancels.
Robin & Tim O'Hara; tohara2938@aol.com ; (510) 471-2464

Sat Mar. 17 **Palomares & Redwood Road**
8:30 AM **3,800', 60 miles, 4, M**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. for a ride up Palomares and Redwood Road. We'll take Pinehurst to Skyline and then back to Redwood. After all that climbing we'll refresh ourselves with a stop at Peet's in Castro Valley before taking the flat route home through Hayward. Rain cancels. Call on the morning of the ride if unsure.
Kevin McDonnell; kevin@mcnmc.com ; (510) 441-7607 –H, (510) 364-4435 –C

Sat Mar. 17 **Show and Go**
8:30 AM **20-50 miles, 2-4, B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun Mar. 18 **Cinderella Training #10**
7:30 AM SHARP **CHALLENGE**
70 miles, 5, M
Participation in the series is by pre-registration and limited to registered riders. For details of this week's ride please see the [Cinderella Training Schedule](#).

Sun Mar. 18 **PRS #8 – Mines**
8:30 AM **63 miles, 4, M**
After the last few weeks this ride is going to feel like a vacation. You probably won't notice that the mileage is up. The climbing comes early and just after the lunch break. The pretty scenery and fun road are always enjoyable. **Meet in the parking lot of Lucky's in Livermore (Concannon and Holmes).** Rain cancels.
Ride Leader TBD (route sheets from ridecoordinator@ffbc.org)

Sun Mar. 18 **Show and Go**
8:30 AM **20-50 miles, 2-4, L-T-M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Mar. 18 **Race Team Ride**
8:45 AM **45, 3-4, B-F**
Meet at Starbucks on North Vasco Road in Livermore. If you're looking for a fast-paced ride this is the one for you. Race team and club members are all welcome. This is a no drop ride with the aim of returning by 12pm.
Sandra King; regalmoded@yahoo.com; (925) 487-7658

4th Week in March

Mon Mar. 19 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2, M**
Let's meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage) 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.
Mike Northrup; mikenorthrup@gmail.com; (510) 796-8832

Tue Mar. 20 **Tour de Fremont Hills**
8:30 AM **~1,900' elevation gain, 29 miles, 3-4, M-B**
Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail 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 our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to Peet's for a well-deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.
Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 –H, (510) 517-1466 –C

Tue Mar. 20 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Mar. 20 **Cinderella Redoux**
9:00 AM **30+ miles, 2, T-M**
A repeat of Saturday's Cinderella Classic training ride for those who missed it or want to repeat it. This ride is open to all club members. **Meet at The Bicycle Garage, 5006 Mowry Ave at Blacow Rd.** If Saturday's ride does not start at The Bicycle Garage we will do a ride of comparable length and difficulty starting at The Bicycle Garage.
Margaret Koninieci; koninieci@sbcglobal.net ; (510) 651-3225 –H, (510) 917-2461 –C

Wed Mar. 21 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), 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

Thurs Mar. 22 **Thursday Morning Coffee Ride**
9:00 AM **25-35 miles, 1-3, M**
Come ride with a fun group of people! **This ride starts at the Don Edward's Wildlife Refuge Visitor Center, Newark** and we head across the Dumbarton Bridge to various destinations. For a flat ride we head through East Palo Alto and along a few paths to Shoreline Park for lunch. For a ride with climbing we do Woodside Road, Sand Hill/Whisky Hill, Alpine Loop, Arastradero Park or Edgewood Road. Sometimes the climbing is optional. We always stop for coffee and riders are welcome to head back on their own if they know the way. There are no route sheets so we regroup as necessary and no one is left behind. Rain cancels, check Yahoo! group, email, or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 794-8624 -H, (510) 693-8624 -C

Thurs Mar. 22 **TNT (Thursday Night Training)**
6:15 PM **60-90 minutes, 1, 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.
Meet at 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.
When dark, lights are required. Helmets are mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Mar. 23 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley). Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Mar. 24 **PRS #9 – CV to Martinez**
8:30 AM **72 miles, 3, B**
This ride is like the typical century ride put on my clubs, just a little shorter. What with support and rest stops what's another 30 miles? Roads that will be featured include Redwood, Pinehurst, Releiz Valley, Alhambra and Bear Creek. There will be a good stop for refueling in Martinez before returning to Castro Valley.
Meet at Castro Valley Park & Ride. Rain cancels.
Robin & Tim O'Hara; tohara2938@aol.com ; (510) 471-2464

Sat Mar. 24 **Show and Go**
8:30 AM **20-50 miles, 2-4, L-T-M-B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun Mar. 25 **Dale & Ken's Excellent Adventure**
8:30 AM **Redwood City Cross**
44 miles, 3, M
Meet at Raley's shopping center parking lot, east side, close to Tutti Frutti, Jarvis Ave. and Newark Blvd. (Newark). Come ride across the bay for a close up view of the notorious Redwood City Cross, a picturesque view back across the bay, and a great descent (the longest climb is Woodside Rd. up to Robert's Market).
http://en.wikipedia.org/wiki/Emerald_Lake_Hills,_California
We will have our food stop at a different place than the last time we led this. You will have a choice of a nice deli or the coffee shop next door.
Route and other info. can be viewed at:
<http://lasthill.net/Maps/RedwoodCityCross.html>
Ken Goldman; ken.goldman@comcast.net; (510) 791-1095 H
Dale Blanchard; dale-b@comcast.net; (510) 703-7474 C

Sun Mar. 25 **PRS #9 – CV to Martinez**
8:30 AM **72 miles, 3, M**
This ride is like the typical century ride put on my clubs, just a little shorter. What with support and rest stops what's another 30 miles? Roads that will be featured include Redwood, Pinehurst, Releiz Valley, Alhambra and Bear Creek. There will be a good stop for refueling in Martinez before returning to Castro Valley.
Meet at Castro Valley Park & Ride. Rain cancels.
Ride Leader TBD (route sheets from ridecoordinator@ffbc.org)

Sun Mar. 25 **Show and Go**
8:30 AM **20-50 miles, 2-4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Mar. 25 **Race Team Ride**
8:45 AM **45, 3-4, B-F**
Meet at The CyclePros, Main Street, Pleasanton. If you're looking for a fast-paced ride this is the one for you. Race team and club members are all welcome. This is a no drop ride with the aim of returning by 12pm.
Sandra King; regalmoded@yahoo.com; (925) 487-7658

Sun Mar. 25 **Tour de Dumbarton Bridge (CCW)**
9:00 AM SHARP **45-50 miles, 1-2, T-M**
Bike through 9 cities! We'll tour several east bay cities before climbing the Dumbarton bridge. We'll break at The Don Edwards National Wildlife Refuge (~25 miles, bring snacks). We'll buy lunch and also visit Hong Kong Bakery so bring money. This is a group ride with the slowest rider setting the pace for the group. Riders are expected to maintain a 10-12 mph pace for the entire ride (when riding on the flat without wind). **Start under the "Bump" sign in the Great 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 March

Mon Mar. 26 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2, M**

Let's meet at the **Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)** 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.

Mike Northrup; mikenorthrup@gmail.com; (510) 796-8832

Tue Mar. 27 **Tour de Fremont Hills**
8:30 AM **~2,000' elevation gain, 38 miles, 3-4, M**

Meet at the **Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail**. Since I've heard that a change is as good as a rest the second and last Tuesdays of the month we'll do my favorite Fremont hill - Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill, returning through the canyon with the ride once again ending at Peet's for a well-deserved coffee. Rain cancels. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.

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

Tue Mar. 27 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the **Bicycle Garage 5006 Mowry Ave at Blacow Rd**.

Wed Mar. 28 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**

Meet at **DOWNTOWN Niles parking lot across from H St on Niles Blvd**. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.

Al Quintana; alanq44@hotmail.com (510) 760-9245

Thurs Mar. 29 **Thursday Morning Coffee Ride**
9:00 AM **27 miles, 3, M**

Let's meet in the dirt lot across from Sunol Train Station in Sunol for a ride out to Livermore via Pigeon Pass. We will ride for a short distance along HWY 680, climb Vallecitos road, then descend into Livermore with a coffee stop at Panama Coffee. Rain cancels, check Yahoo! group, email, or call me. Route subject to change depending on road conditions.

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

Thurs Mar. 29 **TNT (Thursday Night Training)**
6:15 PM **60-90 minutes, 1, 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.

Meet at **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.

When dark, lights required. Helmets are mandatory.

Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

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

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

Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Mar. 31 **PRS #10 – San Gregorio**
8:30 AM **74 miles, 4, B**

It's over the bridge, over the hill and almost to the coast we go, 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. Meet at the **Raley's Shopping Center parking lot, east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark)**. Rain cancels.

Ride Leader TBD (route sheets from ridecoordinator@ffbc.org)

Sat Mar. 31 **Show and Go**
8:30 AM **30-50 miles, 2-4, B**

Meet at **DOWNTOWN Niles parking lot across from H St on Niles Blvd**.

Sat Mar. 31 **"A Few Fremont Hills"**
9:00 AM **~35 miles, 4, M**

Meet at the **Raley's Shopping Center parking lot, east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark)**. We'll head south and climb some Fremont hills including Sabercat, Pine, and "The Animals". 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 -H, (510) 304-0956 -C