

NOVEMBER 2012 RIDE CALENDAR

TOUR OF THE MONTEREY PENINSULA

You are invited to the annual FFBC club ride along Seventeen Mile Drive in Carmel on the Friday after Thanksgiving (23rd). Come out and enjoy the sights and have lunch on the beach.

For full ride details see below.

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 November are available at: http://www.ffbc.org/html/start_locations.html.

THANK YOU TO ALL THE NOVEMBER RIDE LEADERS!

1st Week in November

Thurs Nov 1 Thursday Morning Coffee Ride
9:00 AM 32 miles, 2-3 (1,000'), M
Let's go to Alum Rock Park! **We meet at REI in Fremont (43962 Fremont Blvd.)** Our first regroup is at Jose Higuera Park. We ride along rolling foothills, climb into Alum Rock Park, 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. There are options (Inspiration Point and Miguelito/Miguelita) for faster riders who like to climb. Bring \$ for lunch.
Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Nov 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 required. Helmets are mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Nov 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 Nov 3 Calaveras Clockwise
8:30 AM 40 miles, 3, M & B
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: Amy Giles; apgiles@sbcglobal.net ; (510) 224-0829

Sat Nov 3 Show and Go
8:30 AM 20-30 miles, 1-4, L-T
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sat Nov 3 Race Team Tempo Ride
'A' Group: 8:30 AM Sharp Ride #5 – Del Valle
'B' Tempo Group: 8:40 AM Sharp 55 miles, 3, F
'C' Development Group: 8:45 AM Sharp
This is the first ride where we are splitting the Race Team rides into groups. The 'A' group is by invitation only. The 'B' group is for all other team members and guests who can maintain a good tempo. The 'C' group is for development riders and those not ready for the 'B' group.

We will ride out through Niles Canyon to Pleasanton and on to Del Valle. From the top of the hill above Del Valle there are options to turn around or descend to the lake for extra mileage and vertical feet.
All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. Minimal regroups.
Start from Niles parking lot in downtown Niles, on Niles Blvd. across from H St.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564 or (925) 819-0247

Sun Nov 4 Race Team Time Trial (TT) Race
8:30 AM Sharp Ride #6 – Calaveras Road TT
All team members and guests are invited. The intention is for riders to use the time trial to gauge their fitness. Start order of field will be set on the morning at the start line. Hopefully we can do at least two more TT tests before the racing season gets seriously under way.
Ride out through Niles Canyon, make a warm up effort on Poggio (Foothill Road, bump at Sunol, cross over to Sunol-Pleasanton Road at the footbridge and head back to the TT start, warmed up and ready to race. Riders can choose their regular road bike or TT bike.
All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. Minimal regroups.
Start from Niles parking lot in downtown Niles, on Niles Blvd. across from H St.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564 or (925) 819-0247

Sun Nov 4 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 Nov 4 Gary's Nightmare
9:00 AM 50-55 miles, 5 (5,000'), M
If climbing 5,000 feet sounds like fun, this is your kind of ride. We'll start in Cupertino, wind our way up to Skyline, descend Kings Mountain Road into Woodside and return on Foothill. Bring \$ for a stop at Roberts Market. **Start location: Monta Vista Park (Foothill and Voss Ave., Cupertino). Directions: Take 280 to Cupertino, and take the Foothill Road South exit. Drive about 1.2 miles. Turn right on Voss Ave. Park on the street or in the parking lot on your right.** Rain cancels.
Gary Smith; GSMITH289@aol.com; (510) 797-7809 –H, (510) 304-0956 -C

2nd Week in November

Mon Nov 5 Monday Morning Recovery Ride
8:30 AM 40 miles, 1-2 (610'), 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 Nov 6 Tour de Fremont Hills
8:30 AM 29 miles, 3 (~1,900'), 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/ Zapotec 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 Peets 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 Nov 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.

Wed Nov 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 Nov 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** 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 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. Usually we ride without route sheets so we regroup as necessary and no one is left behind. Bring \$ for lunch.
Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Nov 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 required. Helmets are mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Nov 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 Nov 10 Tuesday Hills On Saturday
8:00 AM 30 miles, 3, M
Get all of the Tuesday Tour de Fremont Hills ride fun on the weekend! **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/ Zapotec 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 the grind up Sabrecat. If we haven't managed to elevate our heart rates sufficiently we'll tackle Paseo Padre the wrong way again; otherwise we'll head directly to Peets 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 7:00am and 7:30am by phone on the day of the ride.
Mike Northrup; mikenorthrup@gmail.com; (510) 796-8832

Sat Nov 10 **Race Team Tempo/LSD Ride**
Ride #7 – Cross Road, Patterson Pass Road
'A' Group: 8:30 AM Sharp **70 miles, 3 (1,860'), F**
'B' Tempo Group: 8:40 AM Sharp
'C' Development Group: 8:45 AM Sharp

The riders will be split into groups. The 'A' group is by invitation only. The 'B' group is for all other team members and guests who can maintain a good tempo. The 'C' group is for development riders and those not ready for the 'B' group.

We head out to the hills via Patterson, Vineyard and make a CCW loop of the lower Altamont hills via Cross road, Patterson Pass Road and Altamont Pass roads.

All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. Minimal regroupings.

Start from Niles parking lot in downtown Niles, on Niles Blvd. across from H St.

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

Sat Nov 10 **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 Nov 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 Nov 11 **Dale & Ken's Excellent Adventure**
8:45 AM **Paicines to Panoche**
8:45 AM **55 miles, 3, M**
Start location: Panoche Rd. in Paicines

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. Elevation gain is roughly equivalent to a Calaveras loop with no wall. This is a "Cinderella Friendly" ride. No one left behind.

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. **Note:** There are no restrooms at the start. We suggest you make a stop in Hollister on the way. You should allow yourself about 1 hour and 15 minutes driving time from Fremont.

Here's a link to the route and route sheet, and there is a link to driving directions on the map.
<http://lasthill.net/Maps/PanocheRoad.html>

Ken Goldman; ken.goldman@comcast.net; (510) 791-1095
Dale Blanchard; dale-B@comcast.net; (510) 703-7474

Sun Nov 11 **"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.
Gary Smith; GSMITH289@aol.com; (510) 797-7809 –H, (510) 304-0956 –C

3rd Week in November

Mon Nov 12 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 (610'), 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 Nov 13 **Tour de Fremont Hills**
8:30 AM **38 miles, 3 (~2,000'), M-B**
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 on the second and fourth Tuesdays of the month we'll do one of my favorite local hills – Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill. We'll return through the canyon with the ride once again finishing 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 Nov 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.

Wed Nov 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 Nov 15 **Thursday Morning Coffee Ride**
9:00 AM **31 miles, 2-3 (1,000'), M**
An old favorite is back. Meet in the gravel parking lot across from the Sunol Train Station and we will ride along Foothill to W. Las Positas. We will climb Tassajara/Windemere Parkway and after lunch at Denica's we will return along Foothill. No one left behind. Bring \$ for lunch.
Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call me.
Lori Sommer; lorisommer@gmail.com; (510) 693-8624 –C

Thurs Nov 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 required. Helmets are mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Nov 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 Nov 17 **The Backseat Driver's ride with a twist**
8:00 AM **25-30 miles, 1-2, T with a bit of M**
To fit our monthly ride into the November calendar, we're "wrapping" it around the ride that Lori and I are co-leading the same day. If you'd like a longer ride, meet me and Jorge at **REI in Fremont** at 8:00. We'll ride to Raley's, participate in the "Thinking about Cinderella Training?" ride (open to everyone), and then return to REI. Total mileage will be 25 to 30 miles. Riders looking for something a little faster can join Jorge in the lead. Rain cancels (watch the FFBC Yahoo! group for ride status).
Shelley & Jorge Gildelatorre; swills22@yahoo.com; (510) 651-0635

Sat Nov 17 **Race Team Tempo/LSD Ride**
Ride #8 – Redwood Road, Pinehurst, Moraga, Danville
'A' Group: 8:30 AM Sharp **65 miles, 4 (3,500'), F**
'B' Tempo Group: 8:40 AM Sharp
'C' Development Group: 8:45 AM Sharp
The riders will be split into groups. The 'A' group is by invitation only. The 'B' group is for all other team members and guests who can maintain a good tempo. The 'C' group is for development riders and those not ready for the 'B' group.
We head out over Palomares to Castro Valley, then climb Redwood Road and Pinehurst to Moraga, St. Mary's to Walnut Creek and then south back to Fremont. The 'C' group ride may be shortened.
All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. Minimal regroupings.
Start from Niles parking lot in downtown Niles, on Niles Blvd. across from H St.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564 or (925) 819-0247

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

Sat Nov 17 **Thinking about Cinderella Training?**
9:00 AM **10-12 miles, 1, L-T**
This short, slow, flat ride is intended to figuratively get your feet wet for Cinderella Training. Considering signing up for training but have some fears about your ability? Come join Shelley and me; see how fun it can be. No pressure! Ride Leaders, we'd love to have you join us, and men are welcome too. **We will meet in the parking lot of the Newark Raley's (Jarvis and Newark Blvd.)** and leisurely ride to Prolific Oven for coffee. No one left behind.
Rain cancels, check FFBC Yahoo! group, email or call us.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C
Shelley Gildelatorre; swills22@yahoo.com; (510) 651-0635

Sun Nov 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.

4th Week in November

Mon Nov 19 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 (610'), 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 Nov 20 **Tour de Fremont Hills**
8:30 AM **29 miles, 3 (~1,900'), 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 Peets 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 Nov 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.

Wed Nov 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 Nov 22 **No Thursday Morning Coffee Ride!**
Happy Thanksgiving!

Thurs Nov 22 **Unregulated Race Team Ride**
9:00 AM Sharp **Ride #9 – The Turkey Ride**
35 or 47 miles, 1, F
Join in one of the longest running riding traditions in the bay area. This ride can be MASSIVE! Last year's good weather brought out over 400 participants! The ride goes south from Danville to Dublin, Camino Tassajara, Blackhawk and Danville. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564 or (925) 819-0247

Thurs Nov 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 required. Helmets are mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Nov 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

Fri Nov 23 **17-Mile Drive Ride**
10:00 AM **40+/- miles, 2-3, L-M**
Meet at George Washington Park in Pacific Grove (Sinex Avenue and 17-Mile Drive). This is FFBC's traditional day after Thanksgiving tour of the scenic 17-Mile Drive in Carmel, with a side trip to Point Lobos. No one's in a hurry today, and no will be left behind. Bring money for lunch in Carmel. We will eat on the beach. We will have frequent regroupings, usually impromptu, and located at a scenic and/or wildlife viewing point. After the ride many people go out to eat at Moss Landing for terrific seafood, a fine ending to a great day.
Directions: 101 South past Gilroy to Hwy. 156. Go west to Hwy 1, then south on Hwy 1 to Hwy 68 west. Bear left at the Y onto Sunset drive. Right on 17-Mile drive. Right onto Sinex Ave. then left onto Alder Street. Do a U-turn and park adjacent George Washington Park rather than in front of people's houses. If serious rain threatens call Ron Mitchell at home or watch for a message on the FFBC Yahoo! Group.
Ron Mitchell; ron_m_ffwbc@sbcglobal.net; (510) 792-7219 -H, (510) 508-7219 -C

Sat Nov 24th **Race Team Tempo/LSD Ride**
Ride #10 – Tour of the Dead End Canyons
'A' Group: 8:30 AM Sharp **66 miles, 4-5 (3,500'), F**
'B' Tempo Group: 8:40 AM Sharp
'C' Development Group: 8:45 AM Sharp

The riders will be split into groups. The 'A' group is by invitation only. The 'B' group is for all other team members and guests who can maintain a good tempo. The 'C' group is for development riders and those not ready for the 'B' group.

An exploration of little used roads 'cos they don't go anywhere, except UP.

All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. Minimal regroupings.

Start from Niles parking lot in downtown Niles, on Niles Blvd. across from H St.

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

Sat Nov 24 **Five Canyons**
8:30 AM **43 miles, 4 (2,350'), B**
Classic five canyons ride – Niles Canyon, Palomares, Crow Canyon, Norris Canyon, Bolinger Canyon, and back Foothill.
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.
Tim O'Hara; tohara2938@aol.com; (510) 471-2464

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

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

Sun Nov 25 **Tour de Dumbarton Bridge (CCW)**
9:00 AM Sharp **45-60 miles, 3, T**
Bike through 9 cities! We'll climb 2 short, 7-8% hills before stopping at the Don Edwards National Wildlife Center (at ~25 miles). There is no food for purchase at the center so bring a snack. After crossing the Dumbarton Bridge, we'll buy a Mexican lunch in Menlo Park & visit the Hong Kong Bakery in Mtn View, i.e. bring \$. The slowest rider sets the pace for the group. Each rider is expected to maintain a 11-13 mph pace on flat terrain. Expect to be back after 3 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

Sun Nov 25 **Family Ride – Coyote Hills**
10:00 AM **10-12 miles, 1-2, L-T**
Join us for a loop or two around Coyote Hills. Meet at the gravel parking lot at the end of Patterson Ranch road (before entering the park). We'll bike into the park and ride clockwise around the Bay Trail. Interest permitting we might ride to the bay or maybe do another loop around the park. We'll have frequent regroupings and our pace will be very leisurely. No child left behind. Rain or threat of rain cancels. Please check the FFBC Yahoo! Group for updates on the morning of the ride if rain is forecast, or call one of the ride leaders.
Mark Davis; mark@markandshirley.com; (510) 573-0184 -H, (510) 343-5773 -C
Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C

5th Week in November

Mon Nov 26 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 (610'), 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 Nov 27 **Tour de Fremont Hills**
8:30 AM **38 miles, 3 (~2,000'), M-B**
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 on the second and fourth Tuesdays of the month we'll do one of my favorite local hills – Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill. We'll return through the canyon with the ride once again finishing 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 Nov 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 Nov 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 Nov 29 **Thursday Morning Coffee Ride**
9:00 AM **32 miles, 2-3 (1,524'), M**
Come ride on the freeway with us! We will meet in the gravel parking lot across from the Sunol Train Station and ride out to Panama Red Coffee in Livermore via Vallecitos. After the climb up Pigeon Pass we will do a loop through some rolling vineyards and ride through Sycamore Grove Park (look for the owl in the palm tree) and Holdner Park. No one left behind. Bring \$ for lunch.
Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Nov 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 Nov 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