

JANUARY 2013 RIDE CALENDAR

STARTING THIS MONTH

Happy New Year! This month sees the start of our annual Winter training series – The Cinderella Training Series and the Progressive Training Series. This year we are also fortunate to have ride leaders willing to lead a series entitled “Less Aggressive Progressive” for those who want a little slower pace and/or are interested in training for a metric century.

CINDERELLA TRAINING SERIES

It's Cinderella training time again! This year we have three series to choose from - the Cinderella “Classic” Training Series, the Cinderella “Let's Climb!” Training Series and the Cinderella “Challenge” Training Series. All Cinderella training series are for female riders only. Participation in the series is by pre-registration through Active.com and is limited to registered riders. The Cinderella training is for women of all riding levels, from beginning to experienced riders. For more information about the training series please visit the FFBC Cinderella web page.

All of our Cinderella training series consist of an ORIENTATION and BIKE RODEO (attendance for both is mandatory!), followed by TEN RIDES. Each ride will build on the skills and strength you built the week prior, becoming progressively longer and more challenging as the training series continues. Build strength, endurance, confidence, team riding, and mechanical skills with encouragement and technical tips from other women!

PROGRESSIVE RIDES

The Progressive Ride Series (PRS) is designed to get riders in condition to do a full century. The PRS starts with shorter and flatter rides and gradually builds up to the full century, which is the Worker's Ride in April and follows the Primavera route. Rainouts will not alter the schedule of the series. The emphasis is on an M pace, which will be offered for each PRS ride. Other paces may or may not be supported, look at each ride description in the calendar for this information.

This year we also have ride leaders to lead a series they call “Less Aggressive Progressive” (LAP). The LAP rides will progress at a slower pace (T-M) to a metric century. The LAP series runs concurrently with the PRS.

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

THANK YOU TO ALL THE JANUARY RIDE LEADERS!

Tue Jan 1 **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 Jan 1 **Show & Go**
9:00 AM **20-35 miles, 1-3, L-M**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Jan 1 **Start the Year with a Spin**
9:15 AM **Livermore Loop**
35-40 miles, 2, M

Although this ride is a pre-Cinderella “Challenge” and “Let's Climb” warm up, everyone (including men) is welcome. This ride will make its way from Crank-2 to Livermore enjoying scenic views of vineyards along the way. We might have some optional climbs once we get started. **Meet at Crank-2 in Pleasanton.** Rain cancels. Bring money for a coffee stop mid-way through the ride.
Tina Boomershine; tkboomer@aol.com; (408) 655-1060

Tue Jan 1 **New Year's Social Ride**
10:00 AM **24-30 miles, 1, T-M**
Start 2013 out on your bike! Enjoy an easy-going flat ride down the newly paved sections of the Guadalupe River Trail in San Jose. We'll ride next to the airport & stop around mile 12 for coffee & goodies at Panera Bread on Coleman Road in San Jose. This will probably be an out & back (but the ride leader reserves the right to slightly modify the return, still keeping it a flat route). No drops & regroup as needed. Extreme weather cancels or modifies the ride. Any changes will be announced on FFBC Yahoo Group site or call/email me. **Meet at Dixon Landing Park in Milpitas.** Directions: I-880 south. East on Dixon Landing Rd. Turn right at Milmont and then right at Jurgens. Parking lot on the right.
<http://maps.google.com/maps/DixonLandingPark>
Cindy Maxwell; maxwell.c@sbcglobal.net; (408) 506-6860

Wed Jan 2 **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 Jan 3 **Thursday Morning Coffee Ride**
9:00 AM **Alum Rock with Options**
32 miles, 1-3 (1,000'), M

Let's go to Alum Rock Park! **We meet at REI in Fremont (43962 Fremont Blvd.)** and our first regroup is at Jose Higuera Park. We ride along rolling foothills, climb into Alum Rock Park, descend into Milpitas and have lunch on North Milpitas Blvd. It is a flat ride back with no regroup. No routes sheets, no one left behind, and there are options (Inspiration Point and Miguelito/Miguelita) for faster riders that like to climb. Bring \$ for lunch.

Rain will cancel the ride (check yahoo group, email or call me), extreme weather/construction/whims of the ride leader may modify the route.

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

Thurs Jan 3 **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 Jan 4 **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 Jan 5 **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.

B: Tim & Robin O'Hara; tohara2938@aol.com; (510) 418-2669

M: Paul Heijn; paulheijn@yahoo.com ; (916) 919-5872

Sun Jan 6 **Show & Go**
8:30 AM **20-50 miles, 2-4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Jan 6 **Dale & Ken's Excellent Adventure**
9:00 AM **Sierra for Slowpokes**
45 miles, 5, M

Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Have you always wanted to tackle Sierra Road but didn't want to have people waiting for you? We will offer you the chance to tame the monster and we'll wait for everyone---no matter how many days it takes us. Come on out and give it a try---it's not as hard as it sounds and there's no law against taking breaks on the hill.

And then it's a great 9 mile descent down Felter and Calaveras to coffee at Noah's and a flat route home.

You can see the route at:

<http://lasthill.net/Maps/D-KSierraLoop.html>

Ken Goldman; ken.goldman@comcast.net; (510) 791-1095

Dale Blanchard; dale-B@comcast.net; (510) 703-7474

Sun Jan 6 **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 early Sunday if the weather is ominous. Not a member of the group? Let us know in advance and we'll email you if there's a change in plans.

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

Shelley Gildelatorre; swills22@yahoo.com; (510) 651-0635

2nd Week in January

Mon Jan 7 **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 Jan 8 **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 Jan 8 **Show & Go**
9:00 AM **20-35 miles, 1-3, L-M**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Jan 9 **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 Jan 10 **Thursday Morning Coffee Ride**
9:00 AM **Livermore via Pigeon Pass**
32 miles, 1-3 (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. Rain will cancel the ride (check yahoo group, email or call me), extreme weather/construction/whims of the ride leader may modify the route.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Jan 10 **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 Jan 11 **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 Jan 12 **Tuesday Hills On Saturday**
8:30 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/ 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 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 Jan 12 **Show & 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 Jan 13 **Show & Go**
8:30 AM **20-50 miles, 2-4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Jan 13 **"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

Sun Jan 13 **Family Ride**
1:30 PM **Iron Horse Trail**
10-12 miles, 1, L-T
Meet in the parking lot of the Dublin Library (off Dublin Blvd). We'll take a leisurely ride down the Iron Horse Trail with a stop at the cool new park in San Ramon. The pace will be suitable for children of all ages. On our way back we might stop at Denica's Café for some refreshments. As usual, no child left behind!
Vanessa McDonnell; vanessa@mcnmc.com ; (510) 441-7607 -H, (510) 517-1466 -C
Mark Davis; mark@markandshirley.com; (510) 573-0184, (510) 299-0076 -C

3rd Week in January

Mon Jan 14 **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 Jan 15 **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 Jan 15 **Show & Go**
9:00 AM **20-35 miles, 1-3, L-M**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Jan 16 **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 Jan 17 **Thursday Morning Coffee Ride**
9:00 AM **Ride Across the Bay**
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, Fremont** 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.
Rain will cancel the ride (check yahoo group, email or call me), extreme weather/construction/whims of the ride leader may modify the route.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Jan 17 **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 Jan 18 **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 Jan 19 **Cinderella Rodeo Volunteer Ride**
8:00 AM (show up for rodeo) **20-50 miles, 1-4, L-T-M-B**
Join your fellow FFBC volunteers on a "Show & Go" ride AFTER HELPING with the Cinderella Training Rodeo.

As in past years, we need FFBC members to volunteer at the Cinderella Training Rodeo held at the **Bicycle Garage, 5006 Mowry Avenue, Fremont (corner of Mowry Ave & Blacow Rd in Lucky's shopping center).** Please bring your skills and tools to the rodeo and help women inspect and fit their bikes. The women who come for this training series appreciate the expertise of those who ride, prepare their bike for a ride, and are passionate about all things cycling. We will need you to bring pumps and a helpful attitude. The team is planning to provide information and assistance to approximately 100-150 women cyclists.

This year we will have a different rodeo, no stations. There will be groups that work together. Each rider will work on her own bike - rear tire change, adjust chain, brake check, etc. Please do not adjust bikes. All riders need to be responsible for their own bike adjustments. If a bike needs service, we will provide a list of local bike shops and encourage them to get their bike checked before the first ride on January 26, 2013. You will act as coach, resource person, and friendly face for the riders. Move around to groups as you see needed, we will appreciate all the help we can get!

RSVP to volunteer by January 5, 2013 to Joyce Tanaka by email or phone - (510) 703-2675; notes4jt@gmail.com

Sat Jan 19 **Show & 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 Jan 20 **PRS #1 – Alum Rock Park**
8:30 AM **35 miles, 2, M & B**
For a full description of the Progressive Ride Series (PRS) please see the top of this calendar. **Meet at the CVS Pharmacy/Shopping Center on the corner of Mission Blvd. and Warm Springs Blvd.** Bring money for the coffee stop during the ride. Rain cancels.
M: Colin Moy; moyboys@comcast.net ; (510) 690-7749
B: TBD

Sun Jan 20
9:00 AM

LAP #1 – Collier Canyon
(Less Aggressive Progressive)
32 miles, 2 (1,070'), T-M

Interested in riding a metric century (65 miles)? Join me on this "less aggressive" progressive ride series. The rides will become progressively longer, and hillier so metric centuries will be a lot easier this Spring. The rides are open to all club members and guests. A schedule of rides and the route sheets are located in the Files section of the FFBC Yahoo! Group.

Our first LAP ride will begin in Pleasanton. We'll follow a looped route and enjoy some scenic & gradual climbs in Livermore's Collier Canyon. After our coffee/lunch break in Livermore (Starbucks/Subway) we'll fly over the Bernal Bump on the way back to the start. We will maintain a Touring through Moderate pace (10 to 16 mph) and faster riders are welcome to go ahead and do additional climbing if desired. No drops and re-groups as needed. Extreme weather may cancel or modify the ride. Any changes will be announced on FFBC Yahoo Group or call/text/email Cindy. **The ride starts in front of the Crank 2 bike store in Pleasanton (5480 Sunol Boulevard)**
Cindy Maxwell maxwell.c@sbcglobal.net (408) 506-6860
Co-leaders: Vicki Robinson & Lori Sommer

Sun Jan 20
8:30 AM

Show & Go
20-50 miles, B

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

4th Week in January

Mon Jan 21
8:30 AM

Monday Morning Recovery Ride
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 Jan 22
8:30 AM

Tour de Fremont Hills
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 Jan 22
9:00 AM

Show & Go
20-35 miles, 1-3, L-M

Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Jan 23
8:30 AM

Mid-week Morning Ride
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 Jan 24
9:00 AM

Thursday Morning Coffee Ride
Ride Through Collier Canyon
31 miles, 1-3 (1,075'), M

We will start at Crank2 Performance Tandems (5480-9 Sunol Boulevard, Pleasanton). Bryon MAY open the shop early for coffee and restrooms, otherwise plan to use the restroom in Raley's. 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. No one left behind! Bring \$ for lunch.

Rain will cancel the ride (check yahoo group, email or call me), extreme weather/construction/whims of the ride leader may modify the route.

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

Thurs Jan 24
6:15 PM

TNT (Thursday Night Training)
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 Jan 25
8:30 AM

The Friday Bike Club
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 Jan 26
8:00 AM

Cinderella Training #1
15-35 miles, 1-3 L-T-M-B

The Fremont Freewheelers Cinderella Training (FFCT) series is a 10 weeks training series for women to prepare them to ride the Valley Spokesmen's Cinderella ride (or any other metric or full century) in the Spring. This is a paid training series lead by experienced women. For more details on the series and details of today's ride please visit the FFBC Cinderella Training web page: <http://ffbc.org/cinderella/>

Sat Jan 26
8:30 AM

Show & Go
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).

5th Week in January

Sat Jan 26 **Los Altos**
9:00 AM **35-40 miles, 4, M**
This ride was cancelled because of rain in December so we'll try it again this month. We will cross the bay and take Alpine, Arastradero and Purissima to Los Altos. Our return trip will be on Foothill before crossing the bay again. We'll regroup a few times to make sure nobody gets left behind. **Meet at Don Edwards National Wildlife Refuge Visitor Center, Fremont.** Bring \$ for a refreshment stop in downtown Los Altos. Rain cancels.
Gary Smith; GSMITH289@aol.com; (510) 797-7809 -H, (510) 304-0956 -C

Sun Jan 27 **PRS #2 – Portola Valley**
8:30 AM **40 miles, 3, M**
For a full description of the Progressive Ride Series (PRS), please see top of this calendar. **Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).** Bring money for the coffee stop during the ride. Rain cancels.
M: Kevin McDonnell; kevin@mcnmc.com; (510) 441-7607 -H, (510) 364-4435 -C
B: Tim & Robin O'Hara; tohara2938@aol.com; (510) 418-2669

Sun Jan 27 **Show & Go**
8:30 AM **20-50 miles, 2-4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Jan 27 **LAP #2 – Alum Rock Park**
9:00 AM **(Less Aggressive Progressive)**
33 miles, 2 (1,490'), T-M
Interested in riding a metric century (65 miles)? Join me on this "less aggressive" progressive ride series. The routes will get progressively longer, and hillier so metric centuries will be a lot easier this spring. The rides are open to all club members and guests. A schedule of rides and the route sheets are located in the Files section of the FFBC Yahoo! Group.

LAP ride no. 2 will take us to good old Alum Rock Park in San Jose. Watch out for very tame deer as we climb through the Park and exit at the top near Inspiration Point. After an additional climb up Miguelita, we'll return through the park to our well-earned break at Erik's Deli Cafe in Milpitas. We will maintain a Touring through Moderate pace (10 to 16 mph) and faster riders are welcome to go ahead and do additional climbing if desired. No drops and re-groups as needed. Extreme weather may cancel or modify the ride. Any changes will be announced on FFBC Yahoo! Group site or call/text/email Cindy. **The ride starts at REI, Fremont (43962 Fremont Boulevard).**
Cindy Maxwell; maxwell.c@sbcglobal.net; (408) 506-6860
Co-leaders: Vicki Robinson & Lori Sommer

Mon Jan 28 **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 Jan 29 **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. For the 5th Tuesday of the month (which doesn't happen very often) we'll do something different. This month we'll get a good warm up on Paseo Padre in preparation for an assault of Old Calaveras. When our heart rates have more or less returned to normal we'll conquer Country Club before heading back to Fremont. Just to make sure we've earned our coffee we'll do a quick loop around Ohlone before finishing at Peet's.
Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C

Tue Jan 29 **Show & Go**
9:00 AM **20-35 miles, 1-3, L-M**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Jan 30 **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 Jan 31 **Thursday Morning Coffee Ride**
9:00 AM **Ride to Denica's**
31 miles, 1-3 (~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. Rain will cancel the ride (check yahoo group, email or call me), extreme weather/construction/whims of the ride leader may modify the route.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Jan 31

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