

MARCH 2013 RIDE CALENDAR

(REVISED 3/14/13)

PROGRESSIVE RIDES (PRS & LAP)

The Progressive Ride Series (PRS) continues this month. It 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.

Interested in riding a metric century (65 miles)? The "less aggressive" progressive ride (LAP) series will help you prepare. The routes will become progressively longer and hillier. The LAP 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. We will maintain a touring (T) through moderate (M) pace (10 to 16 mph). Faster riders are welcome to go ahead and do additional climbing if desired.

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 THE MARCH RIDE LEADERS!

1st Week in March

Fri Mar 1 **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.
AI Quintana; alanq44@hotmail.com (510) 760-9245

Sat Mar 2 **Cinderella Training #6**
7:30 AM & 8:00 AM **39-65 miles, 2-3 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 Mar 2 **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: Sandra King; regalmoded@yahoo.com; (925) 487-7658
M: Colin Moy; moyboys@comcast.net; (510) 690-7749

Sun Mar 3 **PRS #7 – Corral Hollow**
8:30 AM **63 miles, 3, M & B**
This ride takes us into Tracy via Corral Hollow and returns via Altamont pass road. Meet at Livermore Park & Ride lot on E. Airway Blvd. at Rutan Dr. Rain cancels.
M: Kevin McDonnell; kevin@mcnmc.com ; (510) 364-4435
B: Michael Williams; Mwilliams297@comcast.net ; (510) 364-4335

Sun Mar 3 **Show & 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 3 **LAP #7 – Old Tunnel Road**
9:00 AM **40 miles, 4 (2,700'), T-M**
For a description of the Less Aggressive Progressive (LAP) rides, please see the top of this calendar. Have you been on a Ken & Dale Adventure Ride yet? If not, you are in for a treat. On this LAP ride, we will start at the Fremont BART station and ride the trains to the Rockridge station in Oakland. From there we will hop on our bikes and ride back to Fremont. From the Rockridge BART station, we will first head up Old Tunnel Road and make a quick stop at the Oakland Hills Fire Memorial Park, then we will go up and over the Caldecott Tunnel. If there's no fog, the views will be spectacular. We will continue south along Skyline and descend Redwood Road with a stop in Castro Valley for lunch/coffee. Afterwards we will have a mostly flat ride home. Thanks to Ken & Dale we have a link to the route: <http://lasthill.net/Maps/RockRidge.html>

Riders will meet at the Fremont BART station and the Rockridge Bart station in Oakland. Be sure you're on time for the trains or you will miss the ride! Beginning in Fremont, we will catch the 8:14 am Richmond train. (Since there are so many of us, it would be great if some riders could catch an earlier train and wait for everyone else to gather at the Rockridge station). We will transfer at the 19th St. station in Oakland for a Pittsburg/Baypoint train that will deliver us to the Rockridge station at 9:00 am. Meet at ground level, outside on the south side of the station and near the taxis, buses & "kiss & ride" stop. The BART fare is \$4.10 one-way. We will start riding at 9:20 am.

We will maintain a Touring through Moderate pace (10 to 16 mph), faster riders are welcome to go ahead and do additional climbing if desired. No drops and regroupings as needed. Extreme weather may cancel or modify the ride. Any changes will be announced on FFBC Yahoo! Group or call/text/email Cindy.

Cindy Maxwell; maxwell.c@sbcglobal.net; (408) 506-6860
Co-leaders: Vicki Robinson & Lori Sommer

2nd Week in March

Mon Mar 4 **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 Mar 5 **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 Mar 5 **Cull Canyon**
9:00 AM **41 miles, 3 (1,400'), M**
The ride will start at the Isherwood Staging area on the East side of the Alameda creek flood channel, near the corner of Paseo Padre Parkway and Isherwood. We will ride up to Castro Valley and continue up Cull Canyon to the end. This is a steady climb that runs for about six miles off Crow Canyon. After an easy decent, we will stop for coffee at Starbucks at the intersection of Castro Valley Blvd and San Maria Ave. Rains cancels, so if there is any doubt call or watch the FFBC Yahoo! Group posting.
Ron Mitchell; ron_m_ffwbc@sbcglobal.net; (510) 792-7219 - H, (510) 508-7219 -C

Tue Mar 5 **Show & 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 6 **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 7 **Thursday Morning Coffee Ride**
9:00 AM **Alum Rock with Options**
32 miles, 3 (1,000'), M
We are back to the regular 9:00AM start this month!
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 to the visitor's center, 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 (Alum Rock Road, Miguelito/Miguelita, Inspiration Point) for faster riders that like to climb. Bring \$ for lunch. Extreme temperatures or construction may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Mar 7 **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 8 **Celebrating 59 Times Around the Sun**
8:00 AM **59 miles, 2 (800'), M**
Start location: Fremont Main Library, 2400 Stevenson Blvd, Fremont, CA. We hug the SF Bay for most of the ride, end at the Ferry Building, returning via BART back to Fremont. The early start is to give us time to ride and lunch. We need to board BART no later than 3:00PM or the trains get crowded and bikes are not allowed on crowded trains. Please purchase your return tickets in advance. The cost for the return ticket to Fremont is \$5.50.
Oh, the title of this ride symbolizes my 59 birthdays today.
Joyce Tanaka; notes4jt@gmail.com; (510) 703-2675

Fri Mar 8 **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 9 **Cinderella Training #7**
7:30 AM & 8:00 AM **39-65 miles, 2-3 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 Mar 9 **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

3rd Week in March

Sat Mar 9 **Show & Go**
8:30 AM **30-50 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 10 **PRS #8 – Mines**
8:30 AM **63 miles, 4, M & B**
For a full description of the Progressive Ride Series (PRS), please see top of this calendar. **Meet in the parking lot of Lucky's in Livermore (Concannon and Holmes).** Rain cancels.
M: Kevin McDonnell; kevin@mcnmc.com; (510) 364-4435
B: Robin & Tim O'Hara; Mail4rohara@aol.com; (510) 418-2672

Sun Mar 10 **Show & Go**
8:30 AM **30-50 miles, 2-4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Mar 3 **LAP #8 – Grant Ranch**
9:00 AM **48 miles, 4 (3,300'), T-M**
For a description of the Less Aggressive Progressive rides (LAP), please see the top of this calendar. We're heading south for the hills this week. **We'll meet at REI in Fremont** and ride to Mt. Hamilton Rd. in San Jose. We'll climb up and up and then up some more. With few cars on the road, we can chat and enjoy the scenery and the climb. At the Ranch, we'll have a short break, maybe ring the Grant Ranch bell and then begin an often thrilling descent back down to the valley floor. By now, we know Piedmont Road well and could probably find our way to Erik's in Milpitas without a route sheet. After our coffee and sandwich, we'll have only an eight mile, flat ride back to the start in Fremont.

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 regroup as needed. Extreme weather may cancel or modify the ride. Any changes will be announced on FFBC Yahoo! Group or call/text/email Cindy.

Cindy Maxwell; maxwell.c@sbcglobal.net; (408) 506-6860
Co-leaders: Vicki Robinson & Lori Sommer

Sun Mar 10 **"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

Mon Mar 11 **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 Mar 12 **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 Mar 12 **Show & 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 13 **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 14 **Thursday Morning Coffee Ride**
9:00 AM **Ride Across the Bridge**
25-35 miles, 1-3, M
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 FFBC Yahoo! Group, email or call me.
Lori Sommer; lorisommer@gmail.com; (510) 693-8624 -C

Thurs Mar 14 **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 15 **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 16 **Cinderella Training #8**
7:30 **44-78 miles, 2-3 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 Mar 16 **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 Mar 17 **PRS #9 – CV to Martinez**
8:00 AM **72 miles, 3, M & B**
For a fuller description of the Progressive Ride Series (PRS), please see top of this calendar. **Meet at Castro Valley Park & Ride.** Rain cancels.
B: Robin & Tim O'Hara; Mail4rohara@aol.com; (510)418-2672
M: TBD (route sheets from ridecoordinator@ffbc.org)

Sun Mar 17 **Show & Go**
8:30 AM **30-50 miles, 2-4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Mar 17 **LAP #9 – Palomares & Dublin Canyon (x2)**
9:00 AM **40 miles, 4-5 (3,300'), T-M**
For a description of the Less Aggressive Progressive rides (LAP), please see the top of this calendar. This week we will ride a portion of the club's Primavera route. Starting in Niles, we'll ride to Palomares Road for a scenic & sustained climb. After we catch our breath, we'll lose it again as we tear back down the hill to Dublin Canyon for a different type of climbing on a long, low grade. After a quick upper on Schaefer Ranch Road, we'll head to Dublin for our break at Panera Bread. When we climb back on our bikes, we will head back the way we came to climb Palomares Road on the backside, also known as the steeper side. Our reward will be a long pretty descent and our return to the starting point. Anybody for a beer at Bronco Billy's?
The ride starts in downtown Niles in the Niles Blvd. parking lot across from H Street.

We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regroup as needed. Extreme weather may cancel or modify the ride. Any changes will be announced on FFBC Yahoo! Group or call/text/email Cindy.
Cindy Maxwell; maxwell.c@sbcglobal.net; (408) 506-6860
Co-leaders: Vicki Robinson & Lori Sommer

4th Week in March

Mon Mar 18 **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 Mar 19 **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 Mar 19 **Show & 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 20 **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 21 **Thursday Morning Coffee Ride**
9:00 AM **Coffee Ride to Denica's**
31 miles, 3 (1,000'), M
Meet in the gravel parking lot across from the Sunol Train Station and we will ride along Foothill to Muirwood. We will climb Gleason, Fallon, Tassajara and Windemere Parkway and after lunch at Denica's we will return along the new Alamo Canal Trail. No one left behind. Bring \$ for lunch. Extreme temperatures or construction may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.
Lori Sommer; lorinsommer@gmail.com; (510) 693-8624 -C

Thurs Mar 21 **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 22 **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 23 **Cinderella Training #9**
7:30 AM **56-74 miles, 2-3 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 Mar 23 **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 Mar 24 **PRS #10 – San Gregorio**
8:00 AM **74 miles, 4, M & 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.
M: Kevin McDonnell; kevin@mcnmc.com ; (510) 364-4435
B: Michael Williams; Mwilliams297@comcast.net; (510) 364-4335

Sun Mar 24 **Show & 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 24 **LAP #10 – Calaveras Double**
9:00 AM **39 miles, 4-5 (3,900'), T-M**
For a description of the Less Aggressive Progressive rides (LAP), please see the top of this calendar. Make sure you eat your Wheaties this morning. Today we're going to do another part of the club's Primavera Century. We'll leave Sunol and travel southwest, up and over the hills past the Calaveras Reservoir and down for coffee and lunch at Erik's in Milpitas. This is a simple out and back, so we will retrace our path back to the hills and grind up the beloved Wall and back to Sunol. If you had a second bowl of Wheaties that morning, you may want to do the optional climbs up Geary or Kilkare to get extra miles and elevation.

The ride starts in Sunol. Find parking on the street and meet at the Sunol Train Station. (Do not park in the train station parking lot).

We will maintain a Touring through Moderate pace (10 to 16 mph). Faster riders are welcome to go ahead and do additional climbing if desired. No drops and regroup as needed. Extreme weather may cancel or modify the ride. Any changes will be announced on FFBC Yahoo! Group or call/text/email Cindy.

Cindy Maxwell; maxwell.c@sbcglobal.net; (408) 506-6860
Co-leaders: Vicki Robinson & Lori Sommer

5th Week in March

Mon Mar 25 **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 Mar 26 **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 Mar 26 **Show & 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 27 **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 28 **Thursday Morning Coffee Ride**
9:00 AM **19 miles, 3 (1,500'), T-M**
Meet at Central Park in San Ramon (12501 Alcosta Blvd., use the parking lot at the intersection of Bollinger Canyon and Market Place). We will climb to the top of Norris Canyon and then turn back and head up Bollinger Canyon and look for the zebras and ostriches. Both climbs are out and back so you can turn around any time. After a regroup at Las Trampas we will ride to Zachary's and order our pizza, ride back to the start (a short, flat two miles) and then we can drive back to Zachary's to enjoy our leisurely lunch and not have to ride after we eat. No one left behind. Bring \$ for lunch. Extreme temperatures or construction may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.
Lori Sommer; lorinsommer@gmail.com; (510) 693-8624 -C

Thurs Mar 28 **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 29 **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 30 **Cinderella Training #10**
TBD **30-50 miles, 2-3 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/>. Today's ride is the "Make-up" ride followed by the series graduation party. The time of the ride and start location will be decided closer to the ride date.

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

Sat Mar 30 **Portola/Alpine**
9:30 AM **30-35 miles, 3, M**
Start location: Don Edwards National Wildlife Refuge Visitor Center. We will cross the bay, ride through Menlo Park and on to a counterclockwise Portola/Alpine loop. We will regroup a few times to make sure nobody gets left behind. Bring \$ for a refreshment stop at Roberts Market in Portola Valley. Rain cancels.
Gary Smith; GSMITH289@aol.com; (510) 797-7809 -H, (510) 304-0956 -C

Sun Mar 31 **PRS #11 – Morgan Territory**
8:00 AM **89 miles, 4, M & B**
Although we usually take BART to get closer to the main climb – Morgan Territory Road, we'll need to ride there this time to get in our miles. **Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.** Bring money for a coffee stop en route. Rain cancels.
M: Kevin McDonnell; kevin@mcnmc.com ; (510) 364-4435
B: TBD (route sheets from ridecoordinator@ffbc.org)

Sun Mar 31 **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 Mar 31 **Tour de Dumbarton Bridge (CW)**
8:45 AM **45-60 miles, 2, T**
Bike through 9 cities! We may climb 2 short 7-8% hills before stopping at the Don Edwards National Wildlife Center (~25 miles and NO purchasable food!) so bring food for snacks. 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 the level. Expect to be back after 3 PM. **Start 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

**Sun Mar 31
9:00 AM**

**Dale & Ken's Excellent Adventure
Shepherd Canyon
36 miles, 4, T-M**

Meet at the Rite Aid parking lot--east end, 3848 Castro Valley Blvd., Castro Valley, CA.

Come ride in the Oakland hills. We will climb Redwood and Pinehurst up to Skyline then drop down Shepherd's Canyon to Montclair for coffee. We will return to Skyline using a unique and scenic route before returning on Redwood. This ride has about 3,400 feet of climbing but it is broken up into several parts. None of the climbs are over 2 miles long. This ride will be led like an LAP (Less Aggressive Progressive) ride. The mileage will be a little shy of the LAP ride originally scheduled for today but with similar elevation gain. No one will be left behind (unless Dale stops to fiddle with his gps.)

For an advance look at this ride check:

<http://lasthill.net/Maps/ShepherdCanyon.html> . . . and you might want to click on the two history buttons on the map. There's history in them thar hills.

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

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