

FEBRUARY 2014 RIDE CALENDAR

PRS, LAP & CCRS

Our training series' in preparation for Spring centuries is well under way but it's not too late to join in the fun while preparing for a metric or full century ride. The PRS (Progressive Ride Series) builds towards a full century, the LAP (Less Aggressive Progressive) prepares riders for hilly metric centuries and our CCRS (Cinderella Conditioning Ride Series) prepares riders for the Valley Spokesmen's Cinderella Classic Ride. The three ride series are open to all club members. Ride details for this month's rides are below. Happy training!

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

THANK YOU TO ALL THE FEBRUARY RIDE LEADERS!

1st Week in February

Sat Feb 1 **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: Joyce Tanaka; notes4jt@gmail.com; (510) 703-2575
M: Dave Epps; depps55@gmail.com; (510) 487-5288 -H, (510) 452-2615 -C
M: Stephen Politzer; thetechdog@gmail.com; (510) 638-3709 -H, (510) 761-5564 -C

Sat Feb 1 **Cinderella Conditioning #3**
8:30 AM **Collier Canyon**
33 miles, 2, T, M

Start location: Crank-2 5480 Sunol Blvd, Pleasanton
We "borrowed" this gem of a ride from Lori Sommer who leads it regularly on her Thursday rides, and led it last month for her LAP rides. It's a great ride through Pleasanton, Dublin and Livermore and goes through some surprisingly scenic, rural areas. Bring money for a coffee stop at Denica's in Livermore. Rain cancels. Please check the FFBC Yahoo! Group or contact one of the ride leaders on the morning of the ride if the weather is questionable. Map with printable route sheet is available at:

<http://ridewithgps.com/routes/3941888>
T: Marty Heinrich; martyheinrich@comcast.net; (510) 579-0651
M: Jo Lynn McCabe; jojmc250@aol.com; (510) 406-5499

Sun Feb 2 **PRS #3 – Portola Valley**
8:30 AM **40 miles, 3, M**
Not your typical Portola Valley loop, this one's twice the fun with a double loop! **Meet at Burgess Park on Alma in Menlo Park.** Bring money for the coffee stop during the ride. Rain cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens. Map with printable route sheet is available at: <http://ridewithgps.com/routes/3751089>
Kevin McDonnell; kevin@mcnmc.com; (510) 441-7607 -H, (510) 364-4435 -C
Jay Gilson; jaymgilson@gmail.com; (510) 468-0285 -C, (510) 790-3564 -H

Sun Feb 2 **PRS #3 – Portola Valley**
8:30 AM **50 miles, 3, B**
Not your typical Portola Valley loop, this one's twice the fun with a double loop! **Meet at Don Edwards Wildlife Refuge, Marshlands Rd, Fremont.** Bring money for the coffee stop during the ride. Rain cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens. Map with printable route sheet is available at: <http://ridewithgps.com/routes/3751089>
Robin & Tim O'Hara; tohara2938@aol.com; (510) 418-2669

Sun Feb 2 **LAP #4**
9:00 AM **Alpine (to the END)/Portola Loop**
41 miles, 3-4 (1,850'), T-M

Let's meet at Don Edward's Wildlife Refuge and we will cross the Dumbarton, take the bike bridge across 101 and re-group at Burgess Park. We will start the climbing on Sandhill to Alpine and climb about 7 miles to the gate at the end of Alpine, then U-turn back to Robert's Market for a quick lunch. If you want to reduce the climbing, just turn into Robert's Market as we pass it the first time and take a long coffee break. We will return on Portola/Sandhill and Willow. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call me.

The map is available at: <http://ridewithgps.com/routes/3947331>
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

2nd Week in February

Mon Feb 3 **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 Feb 4 **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.
B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829 -C

Tue Feb 4 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Feb 4 **TNT (Tuesday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.
Meet at ClupSport parking lot (46650 Landing Parkway Fremont, CA 94538).
When dark, lights required. Helmets are always mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Wed Feb 5 **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 Feb 6 **Thursday Morning Coffee Ride**
9:00 AM **Across the Dumbarton**
25-35 miles, 1-3, M
Start location: Don Edward's Wildlife Refuge
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, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Feb 6 **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 Feb 7 **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 Feb 8 **Tuesday Hills On Saturday**
8:30 AM **30 miles, 3 (2,100'), 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 head back up Pine; otherwise, it's up Paseo Padre the wrong way again before ending the ride at Peets with a well-deserved coffee (**NOTE:** even though the ride ends at Peet's those needing to return to the start of the ride will be accommodated). Rain or threat of rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am by phone on the day of the ride.
Mike Northrup; mikenorthrup@gmail.com; (510) 796-8832

Sat Feb 8 **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 Feb 8 **Cinderella Conditioning #4**
8:30 AM **Alum Rock & Inspiration**
34 miles, 2 (1,496'), T, M
Start Location: REI, Fremont
Join us for a ride down to beautiful Alum Rock Park. This perennial club favorite winds it's way along the foothills to San Jose. Once in the park we'll re-group at the Visitor's Center and then take the paved trail behind it up to Inspiration Point. On our way back we'll stop for coffee so bring money for a snack. Rain cancels. Please check the FFBC Yahoo! Group or contact one of the ride leaders on the morning of the ride if the weather is questionable.
Map with printable route sheet is available at:
<http://ridewithgps.com/routes/3941919>
T: Julia Walker; walk9422@gmail.com; (510) 468-9712
M: Vicki Timmons; vicki2bike@comcast.net; (510) 589-7356

Sun Feb 9 "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 Bicycle Garage (5006 Mowry Ave., Fremont)**, 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.
Ride Leader TBD

Sun Feb 9 PRS #4 – 5 Canyons
8:30 AM 45 miles, 4, M, B
For a full description of the Progressive Ride Series (PRS), please see top of this calendar. **Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.** Bring money for a coffee stop en route. Rain cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens.
Map with printable route sheet is available at: <http://ridewithgps.com/routes/3751078>
M: Kevin McDonnell; kevin@mcnmc.com; (510) 441-7607 –H, (510) 364-4435 –C
M: Jay Gilson; jaymgilson@gmail.com; (510) 468-0285 –C, (510) 790-3564 –H
B: Michael Williams; mwilliams297@comcast.net; (510) 364-4335

Sun Feb 9 LAP #5
9:00 AM Edgewood, Olive Hill, Huddart Park
45 miles, 3-4 (1,900'), T-M
Once again, we meet at Don Edwards and cross the Dumbarton. This time we will ride behind Facebook and re-group at Bayfront Park. We will ride through some nice residential neighborhoods to reach Alameda de Las Pulgas and then we will hit the Brewster Bump (a short but steep hill). We climb the neighborhood streets to reach Edgewood Road and eventually return on Canada Road. Our route will climb through the Olive Hill Loop and the back way into Huddart Park where we will descend Woodside Road. We will have our well-deserved lunch at Plantation Coffee before returning on Willow. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call me.
The map is available at: <http://ridewithgps.com/routes/3947121>
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 –C

3rd Week in February

Mon Feb 10 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 Feb 11 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.
B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 –H, (510) 517-1466 –C
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829 –C

Tue Feb 11 Show & Go
9:00 AM 20-50 miles, 1-5, L-M-B
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Feb 11 TNT (Tuesday Night Training)
6:15 PM 60-90 minutes, 1, M-B-F
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.
Meet at ClupSport parking lot (46650 Landing Parkway Fremont, CA 94538).
When dark, lights required. Helmets are always mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Wed Feb 12 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 Feb 13 Thursday Morning Coffee Ride
9:00 AM Ride To Tully's via Kilcare & Bernal Bump
27 miles, 3 (1,600'), M
Start location: Dirt lot across from the Sunol Train Station
We will meet in the gravel parking lot across from the Sunol Train Station and ride up Kilcare. Then we will head up Foothill to ride Happy Valley and continue up the Bernal Bump. There are some options if you want to skip some climbing and meet us at Tully's coffee in Pleasanton. No one left behind. Bring \$. 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 Feb 13 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 Feb 14 **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 Feb 15 **Portola Loop**
8:30 AM **30 miles, 3, T-M**
Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont). We'll ride across the Dumbarton bridge and do a loop around Portola Valley (sometimes CW, sometimes CCW depending on the ride leader's preference). Bring money for a coffee stop along the way. This is a no-drop ride.
Creighton Chong; creighton_chong@yahoo.com; (510) 551-9520

Sat Feb 15 **Show & Go**
8:30 AM **30-50 miles, 2-4, B**
Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).

Sat Feb 15 **Cinderella Conditioning #5**
8:30 AM **Peninsula Ride**
39 miles, 2-3 (1,490'), T, M
Start Location: Bayfront Park, Menlo Park
This is a classic of the Cinderella Training Series. The route takes us up Alpine, around Arastradero, Foothill, Sandhill, Whiskey Hill, Mountain Home and Woodside Road, to name a few. It's quite the adventure! There will be a coffee stop in the middle so bring money. Rain cancels. Please check the FFBC Yahoo! Group or contact one of the ride leaders on the morning of the ride if the weather is questionable. Map with printable route sheet is available at:
<http://ridewithgps.com/routes/3953563>
T: Rochelle Kiner; chelle_sj@yahoo.com; (408) 981-9820
M: Vicki Timmons; vicki2bike@comcast.net; (510) 589-7356

Sun Feb 16 **PRS #5 – Around The Bay**
8:30 AM **56 miles, 2, M**
This ride has been around the club in various forms for a long time. It takes us through many communities, and in roughly this order: Fremont, Milpitas, San Jose, Santa Clara, Sunnyvale. Los Altos, Los Altos Hills, Palo Alto, Stanford Univ., Menlo Park, East Palo Alto, and Newark. There are fewer hills, but more miles than last week. Bring money for a lunch stop. **Meet at Mission San Jose park, located about 1/4 mile south of Driscoll on Mission Blvd., and just before Mission San Jose HS.** Rain cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens.
Map with printable route sheet is available at:
<http://ridewithgps.com/routes/3758842>
Kevin McDonnell; kevin@mcnmc.com; (510) 441-7607 –H, (510) 364-4435 -C
Jay Gilson; jaymgilson@gmail.com; (510) 468-0285 –C, (510) 790-3564 -H

Sun Feb 16 **PRS #5 – Around The Bay**
8:30 AM **~65 miles, 2, B**
This ride has been around the club in various forms for a long time. It takes us through many communities, and in roughly this order: Fremont, Milpitas, San Jose, Santa Clara, Sunnyvale. Los Altos, Los Altos Hills, Palo Alto, Stanford Univ., Menlo Park, East Palo Alto, and Newark. There are fewer hills, but more miles than last week. Bring money for a lunch stop. **Meet at Don Edwards Wildlife Refuge, Marshlands Rd., Fremont.** Rain cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens.
Map with printable route sheet is available at:
<http://ridewithgps.com/routes/3758842>
Robin & Tim O'Hara; tohara2938@aol.com; (510) 418-2669

Sun Feb 16 **LAP #6**
9:00 AM @Rockridge BART **Old Tunnel Road**
40 miles, 3-4 (2,600'), T-M
Start location: Rockridge BART station.
If you've never been on Ken and Dale's Old Tunnel Adventure Ride then you're in for a treat, this LAP ride is based on their Adventure Ride.
From the Rockridge 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 back to Fremont BART.
This LAP ride starts from the Rockridge station but the adventure begins with the BART ride to the start (taking a bike on BART is always an adventure!). If you plan on "BARTing" to the start make sure you're on time for the train or you will miss the ride! Starting in Fremont, we will catch the 8:14AM Richmond trains. We will transfer at the 19th St. station in Oakland for a Pittsburg/Baypoint train that will deliver us to the Rockridge station at 9:00AM. The BART fare is \$4.35 one-way.
Meet at ground level, outside, on the south side of the station near the taxis, buses & "kiss & ride" stop. We will start riding at 9:20 am promptly.
We will maintain a "Touring" through "Moderate" pace (10 to 16 mph), faster riders are welcome to go ahead. No drops and re-groups as needed. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call me.
The map is available at: <http://ridewithgps.com/routes/3788709>
Lori Sommer; lorisommer@gmail.com; (510) 693-8624 -C

4th Week in February

Mon Feb 17 **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 Feb 18 **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.
B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829 -C

Tue Feb 18 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Feb 18 **San Ramon Valley**
9:30 AM **30 miles, 2 (600'), M**
Start location: San Ramon Central Park
This month we will meet again at San Ramon Central Park at the corner of Bollinger Canyon Rd. and Alcosta Blvd. From #680 exit Bollinger Canyon Road east bound. Just past the Camino Ramon and the Iron Horse Trail, turn left into the park. We will do a loop of approximately 30 miles, and bring \$\$ for a coffee stop during the ride. Rain cancels. Call or check the FFBC Yahoo! Group, or email if unsure.
Ron Mitchell; ron_m_ffwbc@sbcglobal.net; (510) 792-7219 -H, (510) 508-7219 -C

Tue Feb 18 **TNT (Tuesday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.
Meet at ClupSport parking lot (46650 Landing Parkway Fremont, CA 94538).
When dark, lights required. Helmets are always mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Wed Feb 19 **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 Feb 20 **Thursday Morning Coffee Ride**
9:00 AM **Ride to Livermore via Vallecitos**
32 miles, 3 (1,524'), M
Start location: Dirt lot across from the Sunol Train Station
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, ride out to Wente to look for the owl in the palm tree, then up through Holdner Park. 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; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Feb 20 **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 Feb 21 **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 Feb 22 **Calaveras CCW**
8:30 AM **38 miles, 3-4, M**
Start location: Downtown Niles parking lot across from H St. Sometimes it's good to go against the grain, or in this case counter-clockwise instead of clockwise. This counter clockwise loop of Calaveras meets in downtown Niles and takes the usual route to Calaveras. Map and route sheet online at: <http://ridewithgps.com/routes/3945502>
Coffee at the end of the ride at Peet's in Fremont.
Kevin McDonnell; kevin@mcnmc.com; (510) 364-4435
Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

Sat Feb 22 **Show & Go**
8:30 AM **30-50 miles, 2-4, B**
Meet at downtown Niles parking lot, across from H St on Niles Blvd.

Sat Feb 22
8:30 AM

Cinderella Conditioning #6
Redwood City Cross
43 miles, 3 (1,782'), T, M

Start Location: Don Edwards Wildlife Refuge, Marshlands Rd., Fremont

This is another great ride courtesy of our Adventurous Duo - Ken & Dale. We start off in the usual way to Woodside (well one of the usual ways), then it's on to Canada road and into the Emerald Hills area where the Redwood City Easter cross is located. We climb to the cross where, on a clear day, the view is spectacular, and then zig zag our way back down to Redwood city. We'll stop at Prima Deli for coffee/lunch before making our way back to Fremont. Rain cancels. Please check the FFBC Yahoo! Group or contact one of the ride leaders on the morning of the ride if the weather is questionable. Map with printable route sheet is available at:

<http://ridewithgps.com/routes/3949823>

T: Anne Fairbairn; wtdcarolers@gmail.com; (510) 551-1058
M: Stephanie Hom; stephaniehom.email@gmail.com; (510) 917-5401

Sun Feb 23
8:30 AM

PRS #6 – Old La Honda
50 miles, 4, M, B

If you have never ridden Old La Honda road, be prepared for a quiet and scenic climb (about 3.5 mi.) up to Skyline Rd. We'll head back to Woodside and then up by Canada into Redwood City with a lunch stop at Prima Deli. **Meet at Raley's Shopping center, Newark.** Rain cancels. Please check the FFBC Yahoo! Group on the morning of the ride (or contact one of the ride leaders) if rain threatens.

Map with printable route sheet is available at:
<http://ridewithgps.com/routes/3758965>

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

M: Jay Gilson; jaymgilson@gmail.com; (510) 468-0285 -C,
(510) 790-3564 -H

B: Michael Williams; mwilliams297@comcast.net; (510) 364-4335

Sun Feb 23
9:00 AM

LAP #7
Canyons: Cull, Crow, Norris, Bollinger, Norris
40 miles, 3-4 (2,951'), T-M

Start location: Endless Cycles, 3300 EAST Castro Valley Blvd (near Center Street)

We start at Endless Cycles (please park in the small side lot or away from the building) and Jeff will open the shop early so we can use the restroom. We will do an out and back on Cull Canyon then take Crow Canyon to Norris Canyon. We will regroup at the top, descend Norris, then turn left onto Bollinger and ride it to the end at Las Trampas. It is a quick ride back down Bollinger and we will have lunch at Levy's Bagels before climbing back up Norris to return to Castro Valley. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call me.

The map is available at: <http://ridewithgps.com/routes/1533898>

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

5th Week in February

Mon Feb 24
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 Feb 25
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.

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

M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829 -C

Tue Feb 25
9:00 AM

Show & Go
20-50 miles, 1-5, L-M-B

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

Tue Feb 25
6:15 PM

TNT (Tuesday Night Training)
60-90 minutes, 1, M-B-F

Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.

Meet at ClupSport parking lot (46650 Landing Parkway Fremont, CA 94538).

When dark, lights required. Helmets are always mandatory.

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

Wed Feb 26
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 Feb 27
9:00 AM

Thursday Morning Coffee Ride
Across the Dumbarton
25-35 miles, 1-3, M

Start location: Don Edward's Wildlife Refuge

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, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.

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

Thurs Feb 27
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 Feb 28
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