

FEBRUARY 2015 RIDE CALENDAR

1st Week in February

TRAINING FOR SPRING METRIC & FULL CENTURIES

Month of February continues with lots of rides to choose from each weekend. Thinking of riding a metric or full century in the Spring? We have 3 different training series to choose from to help you reach your goal.

Progressive Ride Series (PRS)

Our annual PRS (Progressive Ride Series) continues every Sunday. The PRS series gets riders ready for a full century (such as the Primavera Worker's Ride on April 18th). Jay Gilson and Kevin McDonnell have graciously agreed to lead the entire series. They will lead the rides at an M-pace. Michael Williams will lead at B pace for PRS 5 & 6. If there are any other B-paced riders who would like to step up and volunteer to lead at a B-pace please let the [ride coordinator](#) know.

Less Aggressive Progressive Ride Series (LAP)

Want to train for a metric with a fun group of people? Are some of the club rides too fast especially when there is a lot of climbing? The Less Aggressive Progressive (LAP) series will get you ready for metrics like the Tierra Bella or the Primavera Worker's Ride. This series has fewer miles and elevation gain than the traditional Progressive Series and is aimed at touring/moderate pace riders (especially those that climb at a slower pace). The Excel/pdf route sheet will be sent out via email to FFBC's Yahoo Group about a week before each ride. The elevation profile is also available at ridewithgps.com but is for information only (i.e., the cue sheet is not checked and doesn't have regroups, etc.).

We have lots of friendly, knowledgeable and helpful ride leaders for the LAP series. Dale Blanchard, Mike Christopherson, Ken Goldman, Cindy Maxwell, Vicki Robinson, Lori Sommer, Jim Takasugi, and Julia Walker are returning from last year. Our new additions include Amy and Tom Giles, John Horton, Conni Smith and Joyce Tanaka.

We are very flexible; many of the routes can be modified to reduce mileage and climbing and you are welcome to join mid-route, skip coffee/lunch, leave early or ride off the front – just let a ride leader know. There is always a sweep and if you are slower than the sweep, we will do regroups so no one is left behind. Come join us!

Cinderella Conditioning Ride Series (CCRS)

Last, but by no means least, we have our annual Cinderella training series continuing in February and running Saturday's through April 4th. It's free, and open to all club members. The "Conditioning" series will progress to a metric century a little more gently than the LAP rides. The rides will be no-drop rides at a T-M pace, led by many of our regular Cinderella ride leaders.

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

Please check to make sure the rides you submitted are listed correctly. **If there is an error in the listing below, please contact the ride coordinators at <mailto:ridecoordinator@ffbc.org>.**

Sun Feb 1, 8:30AM

PRS #3 Portola Valley

40 miles, 3, M

Start location: Burgess Park on Alma in Menlo Park

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>

Jay Gilson; jaymgilson@gmail.com; (510) 468-0285 –C

Sun Feb 1 8:30 AM

Show & Go

20-50 miles, 2-4, B

Start location: Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun Feb 1, 9:00AM

FFBC 2015 LAP03 Alpine (to the END) Portola Loop

41 miles, 3-4 (1850'), T-M

Start location: Don Edward's Wildlife Refuge

Today's LAP ride takes us over the Bay to visit a popular route for local bicyclists. (<http://ridewithgps.com/routes/3947331>) Let's meet at Don Edward's Wildlife Refuge. Please ride over or park in the upper parking lot (not the Visitor Center lot), to the west/left side of Marshlands Rd. Meet at the Visitor Center's restrooms. Our route will cross the Dumbarton Bridge and take us on the bike bridge over 101 with a regroup at Burgess Park in Menlo Park. We will climb Sandhill, Alpine and then another seven miles to the gate at the end of Alpine. After catching our breath, we'll 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 us.

Lori Sommer lorimsommer@gmail.com 510-693-8624

Cindy Maxwell maxwell.c@sbcbglobal.net 408-506-6860

Mon Feb 2 8:30 AM

Monday Morning Recovery Ride

40 miles, 1-2 (610'), M

Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)

Let's meet 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 3 8:30 AM
Tour de Fremont Hills
29 miles, 3 (~1,900'), M, B

Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail

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) 517-1466

M: Conni Smith; 4conni.smith@gmail.com; (510)- 461-8838

Tue Feb 3 9:00 AM
Show & Go
20-50 miles, 1-5, L-T-M

Start location: the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Feb 3 6:15 PM
TNT (Tuesday Night Training)
60-90 minutes, 1, M-B-F

Start location: ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).

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.

When dark, lights required. Helmets are always mandatory.

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

Wed Feb 4 8:30 AM
Mid-week Morning Ride
35-45 miles, 2-3, M-B

Start location: Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark),
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

Thu Feb 5, 9:30AM
Thursday Morning Coffee Rides across the Dumbarton Bridge
25-35 miles, 3, T-M

Start location: Don Edward's Wildlife Refuge

Let's start a bit later this month and allow the temperature to warm a bit before we ride. The usual ride order is changed also. 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 5 6:15 PM
TNT (Thursday Night Training)
60-90 minutes, 1, M-B-F

Start location: 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.

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.

When dark, lights required. Helmets are mandatory.

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

Fri Feb 6 8:30 AM
The Friday Bike Club
35-45 miles, 3-4, M-B

Start location: 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 7 8:30 AM
Calaveras Clockwise
40 miles, 3, M & B

Start location: downtown Niles parking lot across from H St on Niles Blvd.

This is our traditional "1st Saturday of the Month" ride. We will and ride up Niles Canyon into Sunol then on to Calaveras. Our traditional route brings us out in Milpitas and we return via a route that stays close to the hills. Rain or a serious threat of rain cancels.

M: Donna Kaplan; luporini@aol.com; (510) 381-0761
B: TBD

Sat Feb 7, 9:00AM
Cinderella Conditioning #3, "Collier Canyon"
31 miles, 2 (1071'), T-M

Start location: Crank-2, 5480 Sunol Blvd, Pleasanton

We "borrowed" this gem of a ride from Lori Sommer who leads it occasionally on her Thursday 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 the ride leader on the morning of the ride if the weather is questionable. Map with printable route sheet is available at: <http://ridewithgps.com/routes/3941888>

Marty Heinrich; martyheinrich@comcast.net; (510) 579-0651

2nd Week in February

Sun Feb 8, 8:30AM
PRS #4 Round the Bay
55 miles, 2, M

Start location: Raley's Shopping Center in Newark

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: Newark, Fremont, Milpitas, San Jose, Santa Clara, Sunnyvale. Los Altos, Los Altos Hills, Palo Alto, Stanford Univ., Menlo Park and East Palo Alto. There are fewer hills, but more miles than last week. Bring money for a lunch stop. 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/6482080>

Kevin McDonnell; kevin@mcnmc.com; (510) 364-4435 -C
Jay Gilson; jaymgilson@gmail.com; (510) 468-0285 -C

Sun Feb 8 8:30 AM
Show & Go
20-50 miles, 2-4 B
Start location: REI, Fremont

Sun Feb 8, 9:00AM
FFBC 2015 LAP04 Alum Rock, Miguelita, Old Piedmont and Sweigert Loop
43 miles, 3 (1975'), T-M

Start location: Lake Elizabeth, Teen Center

This ride is always a club favorite winding along the foothills into beautiful Alum Rock Park. (<http://ridewithgps.com/routes/5789802>) Meet at the Teen Center in Lake Elizabeth, Fremont. To access the correct parking lot, turn in from Paseo Padre at the light on Sailway Drive then take the second left and head toward the back of the lot. We will warm up climbing Paseo Padre and have a quick regroup at the top of Warren with a restroom stop at Jose Higuera Adobe. We will ride along the foothills and into Alum Rock Park where there are options to head straight to the Visitor's Center or climb the Inspiration Loop and/or Miguelita. We will head up Miguelita via Alum Rock Road and climb to the intersection at Mt. Hamilton Road. We return the same way but when we reach the park we will enter the gate on the right and climb to (and descend) Inspiration Point. After a regroup at the Visitor's Center, we return along the foothills with a loop up Old Piedmont with an option to climb the bottom loop of Sweigert. We will have lunch at Noah's Bagels/Starbucks (bring \$) before heading back on a mostly flat route to Lake Elizabeth. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us.

Lori Sommer lorimsommer@gmail.com 510-693-8624 Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860

Sun Feb 8 9:00 AM
"Get to Know Us Ride"
20-25 miles, 1-2, L-T-M
Starting location: Starbucks on Warm Springs / Mission (near the CVS - NOT the Safeway Starbucks)

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. 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.

David and Julia Walker; dbwalker0min@gmail.com; (510) 468-9712

Mon Feb 9 8:30 AM
Monday Morning Recovery Ride
40 miles, 1-2 (610'), M
Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)

Let's meet 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 10 8:30 AM
Tour de Fremont Hills
38 miles, 3 (~2,000'), M, B
Start location: 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) 517-1466

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

Tue Feb 10 9:00 AM
Show & Go
20-50 miles, 1-5, L-T-M
Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Feb 10 6:15 PM
TNT (Tuesday Night Training)
60-90 minutes, 1, M-B-F
Start location: ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).

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.

When dark, lights required. Helmets are always mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Wed Feb 11 8:30 AM
Mid-week Morning Ride
35-45 miles, 2-3, M-B
Start location: 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

Thu Feb 12, 9:30AM

Thursday Morning Coffee Ride to Tully's via Kilkare, Happy Valley and Bernal Bump

27 miles, 3 (1600"), T-M

Start location: Sunol Train Station

We will meet at the Sunol Train Station (yes, we have been given permission!) and ride up Kilkare. Our route will head up Foothill to ride Happy Valley, out to the golf course 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 yahoo group, email or call me.

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

Thurs Feb 12 6:15 PM

TNT (Thursday Night Training)

60-90 minutes, 1, M-B-F

Start location: 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.

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.

When dark, lights required. Helmets are mandatory.

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

Fri Feb 13 8:30 AM

The Friday Bike Club

35-45 miles, 3-4, M-B

Start location: 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 14 8:30 AM

Tuesday Hills On Saturday

30 miles, 3 (2,100'), M

Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail

Get all of the Tuesday Tour de Fremont Hills ride fun on the weekend! 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 14 8:30 AM

Show & Go

20-50 miles, 2-4, B

Start location: Don Edward's Wildlife Refuge, by restrooms

Sat Feb 14, 9:00AM

Cinderella Conditioning #4, "Alum Rock Park & Inspiration Point"

34 miles, 2 (1496'), 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 the ride leader on the morning of the ride if the weather is questionable. Map with printable route sheet is available at:

<http://ridewithgps.com/routes/3941919>

Marty Heinrich; martyheinrich@comcast.net; (510) 579-0651

3rd Week in February

Sun Feb 15, 8:30AM

PRS #5 5 Canyons

45 miles, 4, M, B

Start location: Downtown Niles, parking lot across from H St.

For a full description of the Progressive Ride Series (PRS), please see top of this calendar. 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: Jay Gilson; jaymgilson@gmail.com; (510) 468-0285 -C

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

B: Mike Williams; Mwilliams297@comcast.net; 510-364-4335

Sun Feb 15, 9:00AM

FFBC 2015 LAP05 Edgewood, Olive Hill, Huddart Park

45 miles, 3 (1900'), T-M

Start location: Don Edward's Wildlife Refuge, by restrooms

LAP No. 5 takes us over the Bay, to more scenic Peninsula roads. (<http://ridewithgps.com/routes/3947121>) Once again, we meet at Don Edwards and cross the Dumbarton. Remember to use the upper parking lot and meet at the restrooms! This time we will ride behind Facebook and regroup 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 Huddart Park where we will descend Woodside Road. We will plan some options to reduce climbing. Our well-deserved lunch will be 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 us.

Lori Sommer lorimsommer@gmail.com 510-693-8624 Cindy

Maxwell maxwell.c@sbcglobal.net 408-506-6860

Mon Feb 16 8:30 AM
Monday Morning Recovery Ride

40 miles, 1-2 (610'), M

Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)

Let's meet 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 17 8:30 AM

Tour de Fremont Hills

29 miles, 3 (~1,900'), M, B

Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail

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) 517-1466

M: Conni Smith; 4conni.smith@gmail.com; (510)-461-8838

Tue Feb 17 9:00 AM

Show & Go

20-50 miles, 1-5, L-T-M

Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Feb 17 6:15 PM

TNT (Tuesday Night Training)

60-90 minutes, 1, M-B-F

Start location: ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).

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.

When dark, lights required. Helmets are always mandatory.

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

Wed Feb 18 8:30 AM

Mid-week Morning Ride

35-45 miles, 2-3, M-B

Start location: Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark),

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

Thu Feb 19, 9:30AM

Thursday Morning Coffee Ride to Livermore via Vallecitos

32 miles, 3, T-M

Start location: Sunol Train Station

Come ride on the freeway with us! We will meet at 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. We will return via Stanley Blvd and ride through Pleasanton. No one left behind. Bring \$ for lunch. Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call me.

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

Thurs Feb 19 6:15 PM

TNT (Thursday Night Training)

60-90 minutes, 1, M-B-F

Start location: 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.

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.

When dark, lights required. Helmets are mandatory.

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

Fri Feb 20 8:30 AM

The Friday Bike Club

35-45 miles, 3-4, M-B

Start location: 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 21 8:30 AM

Portola Loop

30 miles, 3, T-M

Start location: Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).

Please join us for our newest monthly club ride at a touring-moderate pace. 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.

TBD – No Ride Leader at press time.

Sat Feb 21 8:30 AM

Show & Go

20-50 miles, 2-4, B

Start location: Downtown Niles, parking lot across from H St.

Sat Feb 21, 9:00AM
Cinderella Conditioning #5, "Peninsula Loops"
39 miles, 2-3 (1678'), 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 the ride leader on the morning of the ride if the weather is questionable. Map with printable route sheet is available at: <http://ridewithgps.com/routes/3953563>
Marty Heinrich; martyheinrich@comcast.net; (510) 579-0651

4th Week in February

Sun Feb 22, 8:30AM
PRS #6 Old La Honda
50 miles, 4, M, B
Start location: Raley's Shopping Center in Newark

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. 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: Jay Gilson; jaymgilson@gmail.com; (510) 468-0285 -C
M: Kevin McDonnell; kevin@mcnmc.com; (510) 364-4435 -C
B: Mike Williams; Mwilliams297@comcast.net; 510-364-4335

Sun Feb 22, 9:00AM
FFBC 2015 LAP06 MT PLEASANT & SAN FELIPE
43 miles, 3-4 (2600'), T-M
Start location: Cardoza Park, Milpitas

Are you ready for more climbing? This time we will head south. (<http://ridewithgps.com/routes/2163484>) We will meet at Cardoza Park in Milpitas. From the 680 freeway, head east on Jacklin Rd. Turn south on N. Park Victoria Dr. and then east on Kennedy Dr. Meet in the first parking lot on the right by the bathrooms. From there, we'll ride to San Jose's Mt. Pleasant to warm-up our calves. After looping around Evergreen Community College and head towards San Felipe Road. Once we reach the summit, we'll roll back down for coffee/lunch at La Boulangerie. The route includes options to skip major climbs. Our return to Milpitas will be on rollers at the base of the foothills. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us.
Lori Sommer lorimsommer@gmail.com 510-693-8624 Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860

Mon Feb 23 8:30 AM
Monday Morning Recovery Ride
40 miles, 1-2 (610'), M
Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)
Let's meet 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 24 8:30 AM
Tour de Fremont Hills
38 miles, 3 (~2,000'), M, B
Start location: 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) 517-1466
M: TBD – No M-paced lead at press time.

Tue Feb 24 9:00 AM
Show & Go
20-50 miles, 1-5, L-T-M
Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Feb 24 6:15 PM
TNT (Tuesday Night Training)
60-90 minutes, 1, M-B-F
Start location: ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).
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. When dark, lights required. Helmets are always mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Wed Feb 25 8:30 AM
Mid-week Morning Ride
35-45 miles, 2-3, M-B
Start location: 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

Thu Feb 26, 9:30AM
Thursday Morning Coffee Ride Around Fremont
31 miles, 3 (1100'), T-M
Start location: Don Edward's Wildlife Refuge
Wear your orange FFBC jersey as we ride through our neighborhoods! This ride starts at the Don Edward's Wildlife Refuge Visitor Center. Come and go as your schedule allows (contact me for the route if you want to meet along the way). We will start off flat to warm up and then do some hills before lunch at Mission Coffee. Bring \$ for lunch or coffee. No one left behind! 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

Thurs Feb 26 6:15 PM

TNT (Thursday Night Training)

60-90 minutes, 1, M-B-F

Start location: 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.

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.

When dark, lights required. Helmets are mandatory.

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

Fri Feb 27 8:30 AM

The Friday Bike Club

35-45 miles, 3-4, M-B

Start location: 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 28 8:30 AM

Calaveras CCW

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 28 8:30 AM

Show & Go

20-50 miles, 2-4, B

Start location: Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sat Feb 28, 9:00AM

Cinderella Conditioning #6, "Calaveras"

39 miles, 3 (2798'), T-M

Start location: Crank-2, 5480 Sunol Blvd, Pleasanton

Join us for the traditional "Cindy" version of Calaveras. We'll start at Crank-2 and make our way out to Calaveras. We'll climb, with a re-group at the "False Summit", to the "Wall" and the U-turn and return to Crank-2. Rain cancels. Please check the FFBC Yahoo! Group or contact the ride leader on the morning of the ride if the weather is questionable. Map with printable route sheet is available at: <http://ridewithgps.com/routes/6838882>

Marty Heinrich; martyheinrich@comcast.net; (510) 579-0651