

# OCTOBER 2015 RIDE CALENDAR

## CLUB PICNIC (for FFBC members and their families only)

Please join us for the annual FFBC member's picnic on Saturday, October 24th at Quarry Lakes Regional Park (North Esperanza Pavilion) @12:00p The picnic is free for member who volunteered at the 2015 Primavera, otherwise the cost is \$6 for adults, \$4 for children 12 and older. All members were sent an "evite" invitation for this event. Please follow its instructions to RSVP. If you are a member and did not receive an "evite", please contact Becky Denevan at [beckydenevan@gmail.com](mailto:beckydenevan@gmail.com) Rides before the picnic will start from various locations, including the nearby Isherwood Staging area (see details in the calendar below)

## FFBC RIDE CLASSIFICATION

Ride leaders are encouraged to maintain their ride paces as outlined at <http://www.ffbc.org/html/RideClassification.html>.

## MAPS TO FREQUENTLY USED START LOCATIONS

Maps to the start locations for October are available at: [http://www.ffbc.org/html/start\\_locations.html](http://www.ffbc.org/html/start_locations.html).

## THANK YOU TO ALL THE OCTOBER RIDE LEADERS!

### 1<sup>st</sup> Week in October

**Thu Oct 1, 9:00AM**

**Thursday Morning Coffee Ride to Alum Rock Park  
42 miles, 2-3, T-M**

**Start location: Lake Elizabeth, Teen Center**

We will gather in the parking lot near the Teen Center. There are a lot of parking lots in Fremont's Central Park. To access the correct lot, turn in from Paseo Padre at the light on Sailway, then park in the big parking lot on the left, near the back. We will warm up climbing Paseo Padre and have a quick regroup at the top of Warren with a restroom stop at Jose Adobe Higuera (mile 10.6). If you'd like to shorten your ride, meet the group at Jose Adobe or along the route. We will ride along the foothills and once we get into the park, there are options to head straight to the Visitor's Center or climb the Inspiration Loop and/or Miguelita. If you are a slow climber, but want to do the extra climbing, please be considerate of the group and turn around when you see the faster riders returning OR bring yourself to coffee !! on y! our own. We will have lunch at Noah's Bagels/Starbucks (\$) before heading back on a mostly flat route, with no regroups. Extreme temperatures, park closure, 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](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thurs Oct 1 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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri Oct 2 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](mailto:alanq44@hotmail.com); (510) 760-9245**

**Sat Oct 3 8:30 AM**

**Calaveras Clockwise**

**40 miles, 3, M**

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

**M: Donna Kaplan; [luporini@aol.com](mailto:luporini@aol.com); (415) 584-7621**

**Sat Oct 3, 8:30AM**

**Mt. Ham Loop Training Ride #4 San Gregorio**

**75 miles, 5 (5000+), B**

**Start location: the former Raley's Parking Lot close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark),**

Up Old La Honda down to the coast, up Stage Road and Tunitas Creek, down Kings Mountain and back to Newark. Feel free to add an M version.

**Tim O'Hara, 510 472-2464, [tohara2938@aol.com](mailto:tohara2938@aol.com)**

**Sun Oct 4, 8:30AM**

**Race Team ride**

**40 miles, 2, F**

**Start location: Niles**

Race Team Ride #1 Our first team ride of the season, on roads where we can do an easy spin and practice some rotating pachelines. Niles Canyon to Sunol, Calaveras road to the bottom of the Calaveras climb where U-Turn (at Geary Road) and then to Pleasanton via Happy Valley and back to Sunol by way of Foothill Road. All race team members are requested to wear their latest team uniform. Rain will stop play. No stopping but minimal regroups at the top of the climbs. This is a no drop ride. Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street. Bring \$\$\$ for post ride caffeinated beverages of your choice at the Niles Cafe.

**Garry Birch (925) 819-0247 [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com)**

**Sun Oct 4**

**8:30 AM**

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

**Show & Go**

**20-50 miles, 2-4, L-T-M-B**

### 2<sup>nd</sup> Week in October

**Mon Oct 5 8:30 AM**

**Monday Morning Recovery Ride**

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

**The former Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry.**

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 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 by 12:00 noon. 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.

**Davis Quan;** [davisquanh50@yahoo.com](mailto:davisquanh50@yahoo.com); (510) 386-3245

**Tue Oct 6 8:30 AM**

**Tour de Fremont Hills**

**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 Peet's 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](mailto:vanessa@mcnmc.com); (510) 517-1466

**M: Terri Yi;** [terriyi@yahoo.com](mailto:terriyi@yahoo.com); (510) 304-5571

**Tue Oct 6 9:00 AM**

**Show & Go**

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

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

**Tue Oct 6 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 ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

When dark, lights required. Helmets are always mandatory.

**Garry Birch;** [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247

**Wed Oct 7 8:30 AM**

**Mid-week Morning Ride**

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

**Meet at the former 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](mailto:alanq44@hotmail.com); (510) 760-9245

**Thu Oct 8, 9:00AM**

**Thursday Morning Coffee Ride across the Dumbarton Bridge**

**25-35 miles, 2-3, T-M**

**Start location: Don Edwards Wildlife Refuge**

This ride starts at the Don Edwards Wildlife Refuge Visitor Center (Don Edwards National Wildlife Refuge, 1 Marshlands

Rd, cross-street Thornton Ave, Fremont) and we head across the Dumbarton Bridge to various destinations. For a flat ride we head through East Palo Alto and along a few paths to Shoreline Park for lunch. For a ride with climbing we do Woodside Road, Sand Hill/Whisky Hill, Alpine Loop, Arastradero or Edgewood Road. Sometimes the climbing is optional. We always stop for coffee and riders are welcome to head back on their own if they know the way. Usually we ride without route sheets so we regroup as necessary and no one is left behind. Bring \$ for lunch. 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](mailto:lorimsommer@gmail.com); (510) 693-8624

**Lori Sommer;** [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624

**Thurs Oct 8 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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247

**Fri Oct 9 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](mailto:alanq44@hotmail.com); (510) 760-9245

**Sat Oct 10 8:30 AM**

**Tuesday Hills On Saturday**

**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.

**Julie Gilson;** [jmgilson1@yahoo.com](mailto:jmgilson1@yahoo.com); (510) 468-0284

**Sat Oct 10, 8:30AM**

**Mt. Ham Loop Training Ride #5 Morgan Territory**

**85 miles, 5 (5000+'), B**

**Start location: Niles**

Up through Sam Ramon and Clayton to the wilderness of Morgan Territory for our last of the Mt. Hamilton Loop Training Rides. Feel free to post an M version.

**Tim O'Hara, 510 472-2464, [tohara2938@aol.com](mailto:tohara2938@aol.com)**

**Sun Oct 11, 8:30 AM**

**Car-free Canyon Ride to The Wall**

**43 miles, 3 (2980'), M**

**Start location: Downtown Niles**

**For one day only Niles Canyon will be closed to cars.** Let's take advantage of the opportunity to ride it both ways without any traffic breathing down our necks. We'll ride from downtown Niles, through the canyon to Calaveras Rd. We'll take Calaveras to the top of the wall and then turn around and ride back through the glorious, traffic free canyon. Optional coffee at Devout in Niles at the end of the ride. Since the ride is an out-and-back riders who don't want to do the full distance can turn around at any point (just let the ride leader know so other riders aren't waiting at re-groups). Rain doesn't cancel the ride, it just makes you wet (until it's really coming down!).

**Vanessa McDonnell; [vanessa.mcdonnell@gmail.com](mailto:vanessa.mcdonnell@gmail.com); 510-517-1466**

**Sun Oct 11 9:00 AM**

**"Get to Know Us Ride" aka "The Sunday Social"**

**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. **Note: Today's ride will feature the rare traversing of Niles Canyon Road without the presence of motor vehicle traffic!**

**Julia Walker; [walk9422@gmail.com](mailto:walk9422@gmail.com); (510) 468-9712**

**Sun Oct 11, 8:30AM**

**Race Team ride**

**40 miles, 2, F**

**Start location: Niles**

Race Team Ride #2 - Low Key ride On roads where we can do an easy spin and practice some rotating pachelines. Niles Canyon to Sunol, Calaveras road to the bottom of the Calaveras climb where U-Turn (at Geary Road) and then to Pleasanton via Happy Valley and back to Sunol by way of Foothill Road. This will be followed by a steady noodly climb of Kilkare and then back to Niles. Be advised that according to Caltrans, the canyon will be closed to motor traffic, so there may be walkers, more bicycles and even horses to coordinate with. All race team members are requested to wear their latest team uniform. Rain will stop play. No stopping but minimal regroupings at the top of the climbs and at the u-turn on Calaveras, no dropping. Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street. Bring \$\$\$ for post ride refreshments at the Niles Cafe

**Garry Birch (925) 556-1564 or (925) 819-0247  
[garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com)**

**Sun Oct 11**

**8:30 AM**

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

**Show & Go**

**20-50 miles, 2-4, B**

**3<sup>rd</sup> Week in October**

**Mon Oct 12 8:30 AM**

**Monday Morning Recovery Ride**

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

**The former Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry.**

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 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 by 12:00 noon. 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.

**Davis Quan; [davisquanh50@yahoo.com](mailto:davisquanh50@yahoo.com); (510) 386-3245**

**Tue Oct 13 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](mailto:vanessa@mcnmc.com); (510) 517-1466**

**M: Terri Yi; [terriyi@yahoo.com](mailto:terriyi@yahoo.com); (510) 304-5571**

**Tue Oct 13 9:00 AM**

**Show & Go**

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

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

**Tue Oct 13 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 ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

When dark, lights required. Helmets are always mandatory.

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Wed Oct 14 8:30 AM**

**Mid-week Morning Ride**

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

**Meet at the former 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](mailto:alanq44@hotmail.com); (510) 760-9245**

**Thu Oct 15, 9:00AM**  
**Thursday Morning Ride From Endless Cycles**  
**20-25 miles, 3-4, T-M**

**Start location: Endless Cycles' New Location, 20825 Nunes Avenue, Castro Valley**

This ride starts at the new Endless Cycles location, 20825 Nunes Avenue, Castro Valley (across from the Jack In The Box and the B of A parking lot, near T Kane's Kung Foo/Karate Martial Arts School). Let's check out the large showroom, repair shop, kitchen, back patio and meeting space. They will have a vintage bike museum but I'm not sure if that will be ready just yet! Jeff will open the shop early so we can use the restroom and enjoy some coffee before we head take off. We will choose our route based on the weather. We may climb Cull Canyon and Dublin Grade (with a Schaefer Ranch option) or Cull Canyon, Procter Hill and some of Redwood Road, or Procter Hill and Redwood Road all the way to Pinehurst or Cull Canyon and Eden Canyon. If you're a fast climber, when you reach the top, you can do repeats. If you want less elevation for your ride, you are more than welcome to turn around anytime as these climbs are all out and back. Bring \$ for lunch. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check yahoo group, email or call me.

**Lori Sommer (510) 693-8624 cell [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com)**

**Thurs Oct 15, 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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri Oct 16 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](mailto:alanq44@hotmail.com); (510) 760-9245**

**Sat Oct 17 7:15 AM**  
**14th Annual Mt. Hamilton Loop Ride (formerly known as Brad's Birthday Ride)**  
**107 miles, 5 (7700'), M-B**

**Start location: Niles**

Another year has passed and here it is again. The Mt. Hamilton loop ride. Up Mt. Hamilton and down the other side the Junction and back Mines Rd. Through Livermore. Drinks and some snacks will be carried by the SAG driver(s). Minimum donation is \$5 prior to starting the ride to cover their gas.

M Ride leader needed.

**B: Tim O'Hara, 510 471-2464, [tohara2938@aol.com](mailto:tohara2938@aol.com)**

**Sat Oct 17 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.

**Conni Smith; [4connismith@gmail.com](mailto:4connismith@gmail.com); (510) 461-8838**

**Sun Oct 18, 8:30AM**  
**Race Team ride #3**  
**40 miles, 2 (1,000'), B**

**Start location: Snap fitness Fremont at 43480 Mission Boulevard**

Alum Rock Park will be our destination. We may also include Crothers Road if it is passable. The plan is to be relaxed on the ride and have some slo-mo fun. All race team members are requested to wear their latest team uniform. Rain will stop play. No stopping but minimal regroupings at the top of the climbs. This is a no drop ride. Start from the Snap Fitness at 43480 Mission boulevard. Snap Fitness has been a great team sponsor for four years now. Lets show them so love. I am hoping we can get a group photo outside the gym. Post ride refreshments will be at Mission Coffee's.

**Garry Birch (925) 819-0247 [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com)**

**Sun Oct 18 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, L-T-M-B**

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

## 4<sup>th</sup> Week in October

**Mon Oct 19 8:30 AM**  
**Monday Morning Recovery Ride**  
**40 miles, 1-2 (610'), M**

**The former Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry.**

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 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 by 12:00 noon. 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.

**Davis Quan; [davisquanh50@yahoo.com](mailto:davisquanh50@yahoo.com); (510) 386-3245**

**Tue Oct 20 8:30 AM**  
**Tour de Fremont Hills**  
**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 Peet's 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](mailto:vanessa@mcnmc.com); (510) 517-1466

**M: Conni Smith;** [4connismith@gmail.com](mailto:4connismith@gmail.com); (510) 461-8838

**Tue Oct 20 9:00 AM**

**Show & Go**

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

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

**Tue Oct 20 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 ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

When dark, lights required. Helmets are always mandatory.

**Garry Birch;** [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247

**Wed Oct 21 8:30 AM**

**Mid-week Morning Ride**

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

**Meet at the former 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](mailto:alanq44@hotmail.com); (510) 760-9245

**Thu Oct 22, 9:00AM**

**Thursday Morning Coffee Ride across the Dumbarton Bridge**

**25-35 miles, 2-3, T-M**

**Start location: Don Edwards Wildlife Refuge**

This ride starts at the Don Edwards Wildlife Refuge Visitor Center (Don Edwards National Wildlife Refuge, 1 Marshlands Rd, cross-street Thornton Ave, Fremont) and we head across the Dumbarton Bridge to various destinations. For a flat ride we head through East Palo Alto and along a few paths to Shoreline Park for lunch. For a ride with climbing we do Woodside Road, Sand Hill/Whisky Hill, Alpine Loop, Arastradero or Edgewood Road. Sometimes the climbing is optional. We always stop for coffee and riders are welcome to head back on their own if they know the way. Usually we ride without route sheets so we regroup as necessary and no one is left behind. Bring \$ for lunch. 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 (510) 693-8624 cell** [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com)

**Thurs Oct 22 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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247

**Fri Oct 23 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](mailto:alanq44@hotmail.com); (510) 760-9245

**Sat Oct 24 8:00 AM (Note earlier start time.)**

**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>.

**This ride will conclude by noon so riders can proceed to the Quarry Lakes site of the Club Picnic.**

**Kevin McDonnell;** [kevin@mcnmc.com](mailto:kevin@mcnmc.com); (510) 364-4435

**Sat Oct 24 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, B**

**Start location: Downtown Niles parking lot across from H St.** Whatever route you choose, make sure to get back in time for the Club Picnic @12:00!

**Sun Oct 25, 9:00AM**

**Dale and Ken's Excellent Adventure--Paicines to Panoche 55 miles, 3, T-M**

**Start location: Panoche Rd. in Paicines**

Come ride a great rural road with no stop signs, no traffic lights, no intersections and almost no traffic - unless you count the cows. This is a very pretty ride; very similar to Mines Road but much less climbing. It is an out and back ride - 27.5 miles out to a bar/cafe (Panoche Inn) with cold drinks and sandwiches available. And picnic tables. This is one of our favorite rides. There are no long or steep climbs. Difficulty is roughly equivalent to a Calaveras loop with no wall. This is a "Cinderella Friendly" ride. No one left behind. Directions to the start of the ride: Hwy 101 south to Gilroy. Exit to Rte. 25 towards Hollister. Follow the 25 bypass around Hollister and continue about 8 miles south of town on Hwy 25 to Paicines. Look for a left turn onto (little) Panoche Rd (J-1). There is a general store on the left just past the intersection (if you miss the turn). After the left turn just park on the right shoulder of the road away from the intersection.

Note: There are no restrooms at the start. We suggest you make a stop in Hollister on the way. You should allow yourself about 1 hour and 15 minutes driving time from Fremont. Here's a link to the route and route sheet, and there is a link to driving directions on the map. <http://lasthill.net/Maps/PanocheRoad.html>

**Dale Blanchard;** [dale-b@comcast.net](mailto:dale-b@comcast.net); (510) 703-7474 (C)  
**Ken Goldman;** [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net); (510) 791-1095 (H)

**Sun Oct 25, 8:30AM**

**Race Team ride #4 - Low Key ride**

**45 miles, 3 (1750'), B**

**Start location: Niles**

On roads where we can do an easy spin and practice some rotating pacelines. Niles Canyon to Sunol, Calaveras road to the top of the false summit where U-Turn and then to Pleasanton via Happy Valley and back to Sunol by way of Foothill Road. This

will be followed by a steady noodly climb of Kilkare or Palomares and then back to Niles. This will be the last team ride as one large group, in November will get a little more serious and split in to ability level groups. All race team members are requested to wear their latest team uniform. Rain will stop play. No stopping but minimal regroupings at the top of the climbs and at the u-turn on Calaveras, no dropping. Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street. Bring \$\$\$ for post ride refreshments at the Niles Cafe  
**Garry Birch (925) 819-0247 [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com)**

**Sun Oct 25 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, L-T-M-B**

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

## 5<sup>th</sup> Week in October

**Mon Oct 26 8:30 AM**

**Monday Morning Recovery Ride**

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

**The former Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry.**

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 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 by 12:00 noon. 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.

**Davis Quan; [davisquanh50@yahoo.com](mailto:davisquanh50@yahoo.com); (510) 386-3245**

**Tue Oct 27 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](mailto:vanessa@mcnmc.com); (510) 517-1466**

**M: Conni Smith; [4connismith@gmail.com](mailto:4connismith@gmail.com); (510) 461-8838**

**Tue Oct 27 9:00 AM**

**Show & Go**

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

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

**Tue Oct 27 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 ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

When dark, lights required. Helmets are always mandatory.

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Wed Oct 28 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; [alang44@hotmail.com](mailto:alang44@hotmail.com); (510) 760-9245**

**Thu Oct 29, 9:00AM**

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

**27 miles, 3 (1600'), T-M**

**Start location: Gravel lot across from the Sunol Train Station**

We will meet at the gravel lot across from the Sunol Train Station and ride up Kilkare. Our route will then 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](mailto:lorimsommer@gmail.com)**

**Thurs Oct 29 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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri Oct 30 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; [alang44@hotmail.com](mailto:alang44@hotmail.com); (510) 760-9245**

**Sat Oct 31, 9:00AM**

**Los Altos**

**38 miles, 3-4 (1200'), T-M**

**Start location: Don Edwards National Wildlife Refuge Visitor Center, Fremont**

Boo! It's Halloween. We will cross the bay and take Alpine, Arastradero and Purissima to Los Altos. Our return ride will be on Foothill before crossing the bay again. We'll regroup a few times and make sure nobody gets left behind. Bring \$ for a refreshment stop in downtown Los Altos. Costumes and masks are optional. Rain cancels.

**Gary Smith; [GSMITH289@aol.com](mailto:GSMITH289@aol.com); (510) 797-7809-H (510) 304-0956+C**

**Sat Oct 31, 9:00AM**

**Halloween Ride**

**20-25 miles, 1, T-M**

**Start location: Boat dock at the Lake in Newark / on Chelsea drive off Edgewater**

Join Susan and Dan for a short ride out and around Coyote hills and Fremont. No lunch stop. For those who wish to stay, food and drinks will be provided at our house: 35767 Scarborough Dr., Newark, CA 94560

**Dan and Susan Lucchesi; ([1dllucchesi@att.net](mailto:1dllucchesi@att.net)); (510) 797-2005 or (510) 299-4927**

**Sat Oct 31 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).**