

## FEBRUARY 2016 RIDE CALENDAR

### TRAINING FOR SPRING METRIC & FULL CENTURIES

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

#### Progressive Ride Series (PRS)

Our annual PRS (Progressive Ride Series) rides run every Sunday. The PRS series gets riders ready for a full century (such as the Primavera Worker's Ride on April 10<sup>th</sup>). These rides start out gradually and proceed at an M-pace. If there are any B-paced riders who would like to step up and volunteer to lead at a B-pace accompaniment please let the [ride coordinator](mailto:ridecoordinator@ffbc.org) know.

#### Less Aggressive Progressive Ride Series (LAP)

The Sunday LAP series is going strong! Want to train to ride a metric century with a fun group of people? Are some of the club rides too fast, especially when there is a lot of climbing? Try this Less Aggressive Progressive (LAP) series and you'll be ready for metrics like the Tierra Bella or the Primavera Worker's Ride. This series has fewer miles and less elevation gain than the traditional Progressive Series and is aimed at Touring/Moderate pace riders (especially those that climb at a slower pace). The route sheet will be sent out via email to FFBC's Yahoo Group about a week before each ride. The mapped route and elevation profile is also available at [ridewithgps.com](http://ridewithgps.com). (Please use our route sheet on the LAP ride, not the [ridewithgps.com](http://ridewithgps.com) cue sheet).

Once again, this year we have lots of friendly, knowledgeable and helpful ride leaders for the LAP series. A few of last year's ride leaders will be returning and we have some new, enthusiastic additions too! 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 we will do regroupings so no one is left behind. Come join us!

#### Brisk Progressive Ride Series—NEW for 2016

Robin and Tim O'Hara have volunteered to lead a series of B-paced rides starting on Saturday, Feb. 13. Expect a rapid pace, plenty of climbing and minimal re-groups.

#### Cinderella Conditioning Ride Series (CCRS)

Last, but by no means least, we have our annual Cinderella training series running Saturday's through April 2nd. This year we've split the training into two distinct series, the "Coaching Series" is for new women riders (sorry, no men) and is a paid program. For full details of the "Coaching Series" please see the [FFBC Cinderella](http://ffbc.org) website. **The second Cinderella series is our "Cinderella Conditioning Ride Series". 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](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> at once.

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

**Mon Feb 1, 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)**

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.

**Robin O'Hara; [rjohara6@gmail.com](mailto:rjohara6@gmail.com); 510-418-2669**

**Tue Feb 2 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 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: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829**

**Tue Feb 2 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 2, 6:15 PM**

**TuNT (Tuesday Night Training)**

**90 minutes, 3, M - F**

**Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538**

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights

required. Helmets are always mandatory.  
**Prashant Singh;** [pk Singh.d700@gmail.com](mailto:pk Singh.d700@gmail.com)  
**West Kurihara;** [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com)

**Wed Feb 3 8:30 AM**  
**Mid-week Morning Ride**  
**35-45 miles, 2-3, M-B**  
**Start location: the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.  
**AI Quintana;** [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245

**Wed Feb 3 6:15 PM**  
**WNT (Wednesday 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.  
This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory.  
**Garry Birch;** [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 819-0247

**Thu Feb 4, 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 your 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

**Thu Feb 4 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](mailto:garry_b94568@yahoo.com); (925) 819-0247

**Fri Feb 5 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.  
**AI Quintana;** [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245

**Sat Feb 6, 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 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  
**B: Tim and Robin O'Hara (on the Tandem);**  
[tohara2938@aol.com](mailto:tohara2938@aol.com); 510 471-2464

**Sat Feb 6, 8:30AM**  
**Cinderella Conditioning #4, "Alum Rock Park & Inspiration Point"**  
**34 miles, (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 is available at:  
<http://ridewithgps.com/routes/3941919>  
**Julia Walker;** [walk9422@gmail.com](mailto:walk9422@gmail.com); (510) 468-9712

**Sun Feb 7, 8:30AM**  
**PRS #5: Five Canyons**  
**45 miles, 4, M**  
**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>  
**Julie Gilson;** [Jmgilson1@yahoo.com](mailto:Jmgilson1@yahoo.com); 510-468-0284

**Sun Feb 7, 9:00AM**  
**FFBC 2016 LAP04 Alpine (to the END) Portola Loop**  
**41 miles, 3-4 (1850'), T-M**  
**Start location: Don Edwards Wildlife Refuge**  
Today's LAP ride takes us over the Bay to the Portola Loop, 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](mailto:lorimsommer@gmail.com) 510-693-8624

**Sun Feb 7 8:30 AM**

**Show & Go**

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

**Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

## 2nd Week in February

**Mon Feb 8, 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)**

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.

Robin O'Hara; [rjohara6@gmail.com](mailto:rjohara6@gmail.com); 510-418-2669

**Tue Feb 9 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. Note: M paced riders may do Palomares out and back per ride leader's discretion. 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; [4conni.smith@gmail.com](mailto:4conni.smith@gmail.com); H: (510) 471-8047

C: (510) 461-8838

**Tue Feb 9 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 9 6:15 PM**

**TuNT (Tuesday Night Training)**

**90 minutes, 3, M - F**

**Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on**

**the Corner of Warren & Lakeview) Fremont, CA 94538**

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.

Prashant Singh; [pk Singh.d700@gmail.com](mailto:pk Singh.d700@gmail.com)

West Kurihara; [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com)

**Wed Feb 10 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](mailto:alanq44@hotmail.com); (510) 760-9245

**Wed Feb 10 6:15 PM**

**WNT (Wednesday 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.

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory.

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

**Thu Feb 11, 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

**Thurs Feb 11 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](mailto:garry_b94568@yahoo.com); (925) 819-0247

**Fri Feb 12 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](mailto:alanq44@hotmail.com); (510) 760-9245**

**Sat Feb 13, 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 Peet's with a well-deserved coffee. Rain or threat of rain cancels the ride.  
**Marie and Francis Tanjuatco;**  
**[thechronicpainteam@gmail.com](mailto:thechronicpainteam@gmail.com); 650.678.7739 mobile**

**Sat Feb 13, 8:30AM**  
**Cinderella Conditioning #5, "Peninsula Loops"**  
**39 miles, 2-3 (1678'), T-M**  
**Start location: Bayfront Park, Menlo Park**  
This is a classic ride of the Cinderella Training Series. The route takes us up Alpine, around Arastradero, Foothill, Sandhill, Manzanita, 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 is available at:  
<http://ridewithgps.com/routes/3953563>  
**Julia Walker; [walk9422@gmail.com](mailto:walk9422@gmail.com); (510) 468-9712**

**Sat Feb 13, 8:30AM**  
**Brisk Progressive #1: Five Canyons**  
**43 miles, 4, B**  
**Start location: DOWNTOWN Niles parking lot across from H St on Niles Blvd.**  
This is the first in a series of rides leading up to the Primavera Worker's Ride.  
**Tim and Robin O'Hara (on the Tandem);**  
**[tohara2938@aol.com](mailto:tohara2938@aol.com); 510 471-2464**

**Sun Feb 14, 8:30AM**  
**PRS #6 Old La Honda**  
**50 miles, 4, M**  
**Start location: Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (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>

**Vanessa and Kevin McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 517-1466**

**Sun Feb 14, 9:00AM**  
**FFBC 2016 LAP05 Edgewood, Olive Hill, Huddart Park**  
**45 miles, 3-4 (1900'), T-M**  
**Start location: Don Edwards Wildlife Refuge, by restrooms**  
LAP05 takes us over the Bay, to sample more scenic Peninsula roads. (<http://ridewithgps.com/routes/3947121>) Once again, we meet at Don Edwards and cross the Dumbarton Bridge. 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, in Menlo Park, 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](mailto:lorimsommer@gmail.com) 510-693-8624**  
**Cindy Maxwell [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net) 408-506-6860**

**Sun Feb 14, 9:00 AM**  
**"The Sunday Social": the ride formerly known as the "Get to Know Us Ride"**  
**20-25 miles, 1-2, L-T-M**  
**Start location: Starbucks, 46655 Mission Blvd, Fremont**  
Please join us on this monthly "Sunday Social". 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. Don't forget \$\$ for a coffee/snack stop. If you have a club jersey or jacket, this is a great time to wear it.  
**Julia Walker; [walk9422@gmail.com](mailto:walk9422@gmail.com); (510) 468-9712**

**Sun Feb 14 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

## 3<sup>rd</sup> Week in February

**Mon Feb 15, 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)**  
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.  
**Robin O'Hara; [rjohara6@gmail.com](mailto:rjohara6@gmail.com); 510-418-2669**

**Tue Feb 16 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 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: Amy Giles; [apggiles@sbcglobal.net](mailto:apggiles@sbcglobal.net); (510) 224-0829**

**Tue Feb 16 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 16 6:15 PM**

**TuNT (Tuesday Night Training)**

**90 minutes, 3, M - F**

**Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538**

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.

**Prashant Singh; [psingh.d700@gmail.com](mailto:psingh.d700@gmail.com)**

**West Kurihara; [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com)**

**Wed Feb 17 8:30 AM**

**Mid-week Morning Ride**

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

**Start location: the former 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 \$\$.

**AI Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Wed Feb 17 6:15 PM**

**WNT (Wednesday 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.**

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting.

When dark, lights required. Helmets are mandatory.

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

**Thu Feb 18, 9:00AM**

**Thursday Morning Ride From Endless Cycles**

**20-30 miles, 3-4, T-M**

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

This ride starts at Endless Cycles, 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). Park on the street or in the B of A parking lot and bring your bike through the gates to the back patio. Jeff will open the shop early so we can use the restroom and maybe even enjoy some coffee before we head take off. Buy a last minute item or check out the large showroom, repair shop, kitchen, back patio, meeting space, vintage bike museum, and the new bike fit area while we sign in. 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. We may head over to Alameda via Lake Chabot Road. 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)**

**Thu Feb 18 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](mailto:garry_b94568@yahoo.com); (925) 819-0247**

**Fri Feb 19 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.

**AI Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Sat Feb 20 8:30 AM**

**Portola Loop**

**30 miles, 3, T-M**

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

Monthly club ride over the Dumbarton Bridge, quiet neighborhood side streets of Palo Alto, Roberts Market for snacks, and cruise back downhill. No drop ride with regroupings. Bring \$ for snacks, Rain cancels. Please park in upper lot at request of visitor center staff.

**Alan Cookson; [alannjc@yahoo.com](mailto:alannjc@yahoo.com); 908-240-7739**

**Sat Feb 20, 8:30AM**

**Cinderella Conditioning #6, "Redwood City Cross"**

**43 miles, 3 (1782'), T-M**

**Start location: Don Edwards Wildlife Refuge, Marshlands Rd., Fremont**

This is hidden gem of a ride courtesy of our Adventurous Duo - Ken & Dale. We start off by making our way to Woodside, then

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

it's on to Canada road and into the Emerald Hills area in search of the Redwood City Easter cross. 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 the ride leader on the morning of the ride if the weather is questionable. Map is available at:

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

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

**Sat Feb 20, 8:30AM**

**Brisk Progressive Ride #2: Old La Honda Over the Top and Back**

**50 miles, 4, B**

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

**Tim and Robin O'Hara (on the Tandem);**

[tohara2938@aol.com](mailto:tohara2938@aol.com); 510 471-2464

**Sun Feb 21, 8:30AM**

**PRS #7 Del Valle**

**61 miles, 3 (2650'), M**

**Start location: Downtown Niles Parking lot across from H Street**

There is only one major hill on this ride; only problem is that we have to do it twice. Enjoy the Livermore Valley as we make our way to Mines Rd. and our destination of Lake Del Valle. Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Bring money for a coffee stop en route. Rain cancels. Map with printable route sheet is available at:

<http://ridewithgps.com/routes/3759093>

**Dave Fishbaugh; [fish1950@comcast.net](mailto:fish1950@comcast.net); h: 510 657-6006, c: 510 364-2207**

**Sun Feb 21, 9:00AM**

**FFBC 2016 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 [lorirmsommer@gmail.com](mailto:lorirmsommer@gmail.com) 510-693-8624**

**Cindy Maxwell [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net) 408-506-6860**

**Sun Feb 21 8:30 AM**

**Show & Go**

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

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

**Mon Feb 22, 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)**

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.

**Robin O'Hara; [rjohara6@gmail.com](mailto:rjohara6@gmail.com); 510-418-2669**

**Tue Feb 23 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. Note: M paced riders may do Palomares out and back per ride leader's discretion. 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 Feb 23 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 23 6:15 PM**

**TuNT (Tuesday Night Training)**

**90 minutes, 3, M - F**

**Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538**

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.

**Prashant Singh; [psingh.d700@gmail.com](mailto:psingh.d700@gmail.com)**

**West Kurihara; [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com)**

**Wed Feb 24 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](mailto:alanq44@hotmail.com); (510) 760-9245

**Wed Feb 24 6:15 PM**

**WNT (Wednesday 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.

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory.

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

**Thu Feb 25, 9:00AM**

**Thursday Morning Coffee Ride to Panama Red Coffee**

**25-30 miles, 2-3, T-M**

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

Let's head to Panama Red Coffee in Livermore. We have various options out of Sunol and various options to get to Livermore. We could do a flat route, a hilly route or somewhere in between. Come have some fun with us! 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)

**Thu Feb 25 Feb 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](mailto:garry_b94568@yahoo.com); (925) 819-0247

**Fri Feb 26 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](mailto:alanq44@hotmail.com); (510) 760-9245

**Sat Feb 27, 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.

**Alan Cookson;** [alannjc@yahoo.com](mailto:alannjc@yahoo.com); 908-240-7739

**Marie and Francis Tanjuatco;**

[thechronicpainteam@gmail.com](mailto:thechronicpainteam@gmail.com); 650.678.7739 mobile

**Sat Feb 27, 8:30AM**

**Cinderella Conditioning #7, "Calaveras"**

**40 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 Rd. We'll climb, with a re-group at the "False Summit", to the "Wall" and then 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 is available at:

<http://ridewithgps.com/routes/6838882>

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

**Sat Feb 27, 8:30AM**

**Brisk Progressive Ride #3: To the top of Felter and back via Calaveras CCW**

**52 miles, 4, B**

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

**Tim and Robin O'Hara (on the Tandem);**

[tohara2938@aol.com](mailto:tohara2938@aol.com); 510 471-2464

**Sun Feb 28, 8:30AM**

**PRS #8 Corral Hollow**

**63 miles, 3 (2753'), M**

**Start location: Livermore Park & Ride lot on E. Airway Blvd. at Rutan Dr.**

This ride takes us into Tracy via Corral Hollow and returns via Altamont pass road. Meet at Livermore Park & Ride lot on E. Airway Blvd. at Rutan Dr. Bring money for a coffee stop en route. Rain cancels. Map with printable route sheet is available at:

<http://ridewithgps.com/routes/3976230>

**M: Colin Moy;** [moyboys@comcast.net](mailto:moyboys@comcast.net); cell 510-690-7749 (home 510-581-9052 - no cell signal at home)

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

**Sun Feb 28, 9:00AM**

**FFBC 2016 LAP 07 Livermore Hills**

**51 miles, 3-4 (2500'), T-M**

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

Let's play on the highway! We will meet in the gravel lot across from the Train Station. Please park in the gravel lot or on the surrounding streets (preferable) and ride over. There is a nearby elementary school but we did not request permission (\$) so it is at your own risk. DO NOT PARK in the Sunol Train Station parking lot. We will ride on Highway 680 (for one exit only, it is legal) to access Vallecitos (Highway 84). Caution, there is a short portion without a bike lane. We will regroup at the top, ride through some beautiful vineyards then head out to Holdener Park and up Tesla to the top of Corral Hollow. It is an out and back. We will stop in Livermore for lunch and then head back to Sunol via the vineyards (in the other direction) then up the Bernal Bump, Happy Valley and Foothill. If you want to join! us but don't want to do ALL the climbing you are welcome to modify the route and turn around anytime on the out and backs. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us. For reference only:

<http://ridewithgps.com/routes/7042415>

**Lori Sommer;** [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624  
**Cindy Maxwell** [maxwell.c@sbcbglobal.net](mailto:maxwell.c@sbcbglobal.net) (408) 506-6860

**Sun Feb 28 8:30 AM**

**Show & Go**

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

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

## 5th Week in February

**Mon Feb 29, 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)**

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.

**Robin O'Hara; [rjohara6@gmail.com](mailto:rjohara6@gmail.com); 510-418-2669**