

MARCH 2016 RIDE CALENDAR

TRAINING FOR SPRING METRIC & FULL CENTURIES

Throughout March 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 10th). 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](#) 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](#). (Please use our route sheet on the LAP ride, not the [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, and others, have volunteered to lead a series of B-paced rides starting on Saturdays. Expect a rapid pace, plenty of climbing and minimal re-groups.

Cinderella Conditioning Ride Series (CCRS)

Last, but my 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](#) 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 March are available at: http://www.ffbc.org/html/start_locations.html.

THANK YOU TO ALL THE MARCH 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 coordinator at <mailto:ridecoordinator@ffbc.org> at once.

1st Week in March

Tue Mar 1 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/ Zapotec 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 or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

**M: Conni Smith; 4conni.smith@gmail.com; H: (510) 471-8047
C: (510) 461-8838**

Tue Mar 1 9:00 AM

Show & Go

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

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

Tue Mar 1, 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; pksingh.d700@gmail.com

West Kurihara; wkurihara@yahoo.com

Wed Mar 2 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 \$\$.

Al Quintana; alanq44@hotmail.com; (510) 760-9245

Wed Mar 2 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; (925) 819-0247

Thu Mar 3, 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; (510) 693-8624 -C

Thu Mar 3 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) 819-0247

Fri Mar 4 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 Mar 5, 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; (415) 584-7621

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

tohara2938@aol.com; 510 471-2464

Sat Mar 5, 8:00AM
Cinderella Conditioning #8, "Loop Around the Bay"
55 miles, 1-2 (762'), T-M

Start location: Urban Bike Fitters, 1205 Fulton Place, Fremont (off Warm Springs Blvd)

Join us as we ride a fun, flat loop around the bay. We'll start at Urban Bike Fitters in the Warm Springs district head south to Milpitas, across the bottom of the bay to Mountain View, over to Palo Alto and Menlo Park before our return trip across the "Dumbo" to Fremont. Bring money for coffee/snack/lunch at Plantation Coffee in Menlo Park. Rain cancels. Please check the FFBC Yahoo! Group or contact the ride leader on the morning of the ride if the weather is questionable.

Julia Walker; walk9422@gmail.com; (510) 468-9712

Sun Mar 6, 8:00AM
PRS #9: Mines Road to the Junction
63 miles, 4 (4481'), M

Start location: Lucky's parking lot in Livermore, Concannon and Holmes

This ride is an out and back on Mines Road in Livermore to the Junction at Del Puerto Canyon. Meet in the parking lot of Lucky's in Livermore (Concannon and Holmes). Bring plenty of food; the Junction Café is now closed for business. The nearby CDF Sweetwater station has a public restroom and furnishes water for riders on weekends. Please be respectful of this wonderful accommodation. Rain cancels. Map with printable route sheet is available at: <http://ridewithgps.com/routes/3759113>

Dave Fishbaugh; fish1950@comcast.net; (510) 657-6006 & (510) 364-2207 (cell)

Sun Mar 6, 9:00AM
LAP08 Palomares, Eden, Palomares!
35 miles, 4 (3100'), T-M

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

This week we will ride a portion of the Club's Primavera route. Starting in Niles, we'll ride to Palomares Road for a scenic & sustained climb. After we catch our breath, we'll lose it again as we tear back down the hill. We will next explore Eden Canyon, which is a rural out-and-back climb, then head to Bodi's Café in Castro Valley for a break. When we get back on our bikes, we will climb Palomares Road on the backside, also known as the steeper side. Our reward will be a long pretty descent and our return to the starting point. Anybody for a beer at Bronco Billy's? We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regroups as needed. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or call us. For reference only: <https://ridewithgps.com/routes/7055788>

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

Sun Mar 6 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 March

Mon Mar 7, 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; 510-418-2669

Louis Friedenber; louispf@sbcglobal.net; (510) 673-3203

Tue Mar 8, 8:30AM

Tour de Fremont Hills meets Joyce's Birthday Ride

35 miles, (~3500'), M-B

Start location: Old Mission Park, Pine St. @ Ibero Way, Fremont

This week we have a special hills ride to help Joyce celebrate her 29th birthday (again). We'll start our ride at Old Mission Park on Pine Street and take the usual way to Calaveras. We will climb Calaveras and then continue up Felter to the top of Sierra Road. On the return trip--time permitting--we may take the short, scenic out-and-back detour on Marsh Road. The (optional) coffee stop will be at Joyce's house after the ride. Rain or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

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

Tue Mar 8 9:00 AM

Show & Go

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

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

Tue Mar 8 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

West Kurihara; wkurihara@yahoo.com

Wed Mar 9 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

Wed Mar 9 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; (925) 819-0247

Thu Mar 10, 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; (510) 693-8624

Thu Mar 10 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) 819-0247

Fri Mar 11 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 Mar 12, 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.

Julie Gilson; Jmgilson1@yahoo.com; 510-468-0284

Sat Mar 12, 8:00AM
Cinderella Conditioning #9, "Pleasanton/Livermore"
53 miles, 2-3 (2457'), T-M

Start location: Dirt lot across from Sunol Train Station, Sunol

Today's ride takes us from downtown Sunol (blink and you'll miss it), through Pleasanton, to the scenic Livermore Valley. Between the wildflowers, the green hills and the vineyards the ride should be a feast for the senses. Previous participants of the Cinderella Classic will be familiar with parts of the ride. Bring money for coffee/snack/lunch in downtown Livermore. Rain cancels. Please check the FFBC Yahoo! Group or contact the ride leader on the morning of the ride if the weather is questionable.

Julia Walker; walk9422@gmail.com; (510) 468-9712

Sat Mar 12, 8:30AM
Brisk Progressive #4: Out to Del Valle and Back
61 miles, 3 (2650'), B

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

Tim and Robin O'Hara; tohara2938@aol.com; 510 471-2464

START OF DAYLIGHT SAVINGS TIME

Sun Mar 13, 8:00AM
PRS #10 Castro Valley to Martinez
72 miles, 3 (5430'), M

Start location: Castro Valley Park & Ride, Center St.

For a fuller description of the Progressive Ride Series (PRS), please see top of this calendar. Meet at Castro Valley Park & Ride. Bring money for a lunch stop en route. Rain cancels. Map with printable route sheet is available at:

<http://ridewithgps.com/routes/3976285>

Jim Fehrle; fehrle@sbcglobal.net; (650) 387-7425 cell
Colin Moy; moyboys@comcast.net; cell 510-690-7749 (home 510-581-9052 - no cell signal at home)

Sun Mar 13, 9:00AM
LAP09 Calaveras Double
43 miles, 4 (3000'), T-M

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

Make sure you eat your Wheaties this morning! Today we're going to do another part of the club's Primavera Century. We will meet in the gravel lot across from the Sunol 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'll leave Sunol and travel southwest, up and over the hills past the Calaveras Reservoir and down The Wall for coffee and lunch at Erik's/Starbucks/Noah's in Milpitas. This is a simple out-and-back, so we will head back to the hills and grind up the beloved Wall and back to Sunol. We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regrouping as needed. 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/3787872>

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

Sun Mar 13, 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: Bicycle Garage 5006 Mowry Ave., 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; (510) 468-9712

Sun Mar 13 8:30 AM
Show & Go
20-50 miles, 2-4, B

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

3rd Week in March

Mon Mar 14, 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; 510-418-2669

Louis Friedenber; louispf@sbcglobal.net; (510) 673-3203

Tue Mar 15 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 or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

M: Conni Smith; 4conni.smith@gmail.com; **H: (510) 471-8047**
C: (510) 461-8838

Tue Mar 15 9:00 AM

Show & Go

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

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

Tue Mar 15 6:15 PM

TuNT (Tuesday Night Training)

90 minutes, 3, M - F

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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

West Kurihara; wkurihara@yahoo.com

Wed Mar 16 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 \$\$.

Al Quintana; alanq44@hotmail.com; (510) 760-9245

Wed Mar 16 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; (925) 819-0247

Thu Mar 17, 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; lorimsommer@gmail.com; (510) 693-8624 cell

Thu Mar 17 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) 819-0247

Fri Mar 18 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 Mar 19 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 regroup. Bring \$ for snacks, Rain cancels. Please park in upper lot at request of visitor center staff.

Alan Cookson; alannjc@yahoo.com; 908-240-7739

Sat Mar 19, 8:00AM

Cinderella Conditioning #10, "Crystal Springs"

56 miles, 2-3 (1838'), T-M

Start location: Bicycle Garage, 5006 Mowry Ave, Fremont (at Blacow Rd.)

Join us for one of the highlights of the Cinderella Conditioning Ride Series, a ride to beautiful Crystal Springs Reservoir. Starting at the Bicycle Garage we'll ride over the Dumbarton Bridge to Menlo Park where we'll weave through the neighborhoods. We'll make our way to Woodside and then ride down Canada Rd. taking in the beautiful views of the reservoir. We'll U-turn at HWY 92 and head to our coffee/lunch stop at Plantation Coffee. From there we'll make our way back to Fremont and the start of the ride! Rain cancels. Please check the FFBC Yahoo! Group or contact the ride leader on the morning of the ride if the weather is questionable.

Julia Walker; walk9422@gmail.com; (510) 468-9712

Sat Mar 19, 8:30AM
Brisk Progressive #5: Mines Road to the Junction and Back
64 miles, 4, B
Start location: Lucky Parking Lot, Concannon and Holmes, Livermore
Tim and Robin O'Hara; tohara2938@aol.com; 510 471-2464

Sun Mar 20, 8:00AM
PRS #11 San Gregorio
74 miles, 4 (5323'), M
Start location: the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

It's over the bridge, over the hill and almost to the coast we go, to San Gregorio for lunch. Go easy on the heavy stuff though, because after lunch we will make the climb up Tunitas Creek for the return trip. Meet at the Raley's Shopping Center parking lot, east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark). Bring money for a lunch stop en route. Rain cancels. Map with printable route sheet is available at:

<http://ridewithgps.com/routes/3759693>

Jim Fehrle; fehrle@sbcglobal.net; (650) 387-7425 cell

Sun Mar 20, 9:00AM
LAP 10 Patterson Pass
58 miles, 4 (3500'), T-M
Start location: Crank2 5480 Sunol Blvd, Pleasanton
Byron will open Crank2 early so we can use the restroom before we start our trek. We are pulling out an "old route" from the Cinderella Challenge Series. The Bernal Bump will warm us up and then we will be ready for Cross Road and Patterson Pass. After a short break in Tracy we will return on Grant Line and Altamont before tackling Carroll and Flynn. After lunch in Livermore, it will be a direct route via Stanley to Crank2. For reference only: <http://ridewithgps.com/routes/7042579>. We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regroup as needed. 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 –C
Cindy Maxwell; maxwell.c@sbcglobal.net; (408) 506-6860

Sun Mar 20 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).

4th Week in March

Mon Mar 21, 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; 510-418-2669

Louis Friedenber; louispf@sbcglobal.net; (510) 673-3203

Tue Mar 22 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 or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

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

Tue Mar 22 9:00 AM
Show & Go
20-50 miles, 1-5, L-T-M
Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Mar 22 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; pksingh.d700@gmail.com

West Kurihara; wkurihara@yahoo.com

Wed Mar 23 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

Wed Mar 23 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; (925) 819-0247

Thu Mar 24, 9:00AM

Thursday Morning Coffee Ride to Denica's in Dublin

31 miles, 2-3 (1000'), T-M

Start location: gravel lot across from the Sunol Train Station
Meet at the gravel lot across from the Sunol Train Station and we will ride along Foothill to Muirwood. We will climb Gleason, Fallon, Tassajara and Windemere Parkway and after lunch at Denica's in Dublin, we will return along the Alamo Canal Trail. There are portions on Tassajara with no bike lane. No one left behind. Bring \$ for lunch. Extreme temperatures or 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 cell

Thu Mar 24 Mar 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) 819-0247

Fri Mar 25 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 Mar 26, 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; 908-240-7739

Sat Mar 26, 8:30AM

Cinderella Conditioning #11, "Reverse Primavera"

60 miles, 3 (4049'), T-M

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

Join us on our second last Cinderella Conditioning training ride, and what a great ride we have planned. We'll ride the Primavera metric century in reverse (the easier way!). The start of the ride takes us up Palomares and out to Castro Valley, then it's on to Pleasanton via Foothill Blvd. and out to Sunol. From Sunol we'll take scenic Calaveras, past the reservoir, past the eagle's nest, down "The Wall" and into Milpitas. From there it's an easy ride back to the start in Fremont. Don't forget to 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.

Jeanne Moncada; mjeanne@comcast.net; (510) 303-6147

Sat Mar 26, 8:30AM

Brisk Progressive #6: Castro Valley to Martinez and Back

72 miles, 5, B

Start location: Safeway Parking lot "580 Marketplace", East Castro Valley Blvd.

Mike Williams; mwilliams297@comcast.net; (510) 364-4335

Sun Mar 27, 9:00AM

Easter Ride To The Calaveras False Summit

26 miles, 4 (2500'), T-M

Start location: Cardoza Park, Kennedy Rd, Milpitas

Join me for a little climbing on Easter morning! We will start in Milpitas and head straight for the hills by climbing Calaveras Rd, up The Wall to the false summit. Maybe we will even see a bunny or two. Coffee stop at Noah's/Starbucks in Milpitas. For reference only: <https://ridewithgps.com/routes/12266011>. No drops and regroup as needed. Faster riders are welcome to ride ahead. Extreme weather or construction may modify the route and rain cancels. Check FFBC Yahoo! Group, email or text me.

Cindy Maxwell maxwell.c@sbcglobal.net; (408) 506-6860

Sun Mar 27 8:30 AM

Show & Go

20-50 miles, 2-4, M-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 March

Mon Mar 28, 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; 510-418-2669

Louis Friedenber; louispf@sbcglobal.net; (510) 673-3203

Tue Mar 29 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.

What could be better than a little climbing? How about a little more climbing? For the second Tuesday of the month we're going to climb our local favorite hill, Palomares Rd., to Castro Valley and then follow it with a little more climbing up Five Canyons Pkwy. All that climbing will be followed by a fast descent into Hayward and a jaunt down Mission Blvd (hopefully with a tailwind) back to Fremont. There will, of course, be a coffee stop, either at Pearl's by Cal State Hayward or Peet's back in Fremont. Rain or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! group on the morning

of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

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

Tue Mar 29 9:00 AM

Show & Go

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

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

Tue Mar 29 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

West Kurihara; wkurihara@yahoo.com

Wed Mar 30 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 \$\$.

Al Quintana; alanq44@hotmail.com; (510) 760-9245

Wed Mar 30 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; (925) 819-0247

Thu Mar 31, 9:00AM

Thursday Morning Coffee Ride to Zachary's Pizza

19 miles, 3-4 (1,500'), T-M

Start location: Central Park in San Ramon

Meet at Central Park in San Ramon (12501 Alcosta Blvd., use the parking lot at the intersection of Bollinger Canyon and Market Place). We will climb to the top of Norris Canyon and then turn back and head up Bollinger Canyon and look for the zebras and ostriches. Both climbs are out and back so you can turn around any time. After a regroup at Las Trampas we will ride to Zachary's and order our pizza. You can stay there and enjoy a beer (or Starbucks is a couple of doors down) and then ride the flat two miles back to the car after you eat. Or, ride back to the start while the pizza is cooking and drive back to Zachary's to enjoy lunch and not have to ride after eating. 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; lorimsommer@gmail.com; (510) 693-8624 cell

Thu Mar 31 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) 819-0247