

MAY 2016 RIDE CALENDAR

1st Week in May

WEDNESDAY EVENING PIZZA RIDES.

It's time again for our popular Pizza Rides! Join Carrie Payne on Wednesday evenings in May for an early evening ride, returning before dark to feast on pizza. There will be multiple routes to choose from.

If you plan on staying for pizza, \$5 buys you 3 slices of pizza and soft drinks after the ride (participation optional). When signing in, remember to check "YES" or "NO" on the sign-in sheet for pizza so we order the appropriate amount of pizza. The pizza order is placed **before** the ride starts, so late arrivals will miss out. Food will be ready at 7:30 pm.

The rides meet at 6:00 pm for sign in, to be completed by 6:10. **Departure time is 6:15 sharp.**

Pizza Ride Leader Reservation List:

May: *Carrie Payne*

June: *TBD*

July: *TBD*

August: *TBD*

September: *TBD* (usually only the first 2 weeks)

You can volunteer to lead a month of Pizza Rides anytime by contacting the [Ride Coordinator](#). See the [Pizza Ride Coordinator's "How To" Guide](#) on the FFBC website for more information about leading one.

CONTINUING TRAINING FOR SPRING AND SUMMER METRIC & FULL CENTURIES

Throughout May we have several rides to choose from most weekends.

Progressive Ride Series (PRS)

Makeup the rain-outs and favorite rides from the PRS series in May, including an epic climb of Sierra Rd. and traverse of Calaveras, and more.

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

THANK YOU TO ALL THE MAY 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> pronto.

LOOKING AHEAD!

Save the date of **Saturday, June 12 for a Cinderella Re-do Ride**. Sydney Friedenber and Becky Smith will follow the 100K Cinderella course, rain-free they presume.

Sun May 1, 8:00AM

PRS #13– Sierra and Calaveras

50 miles, 5 (3548'), M

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

For the final ride in the series let's climb Sierra and then do Calaveras counter clockwise. 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/4244533>

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

Sun May 1 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 May

Mon May 2, 8:30 AM

Monday Morning Recovery Ride

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

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

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 May 3 8:30 AM

Tour de Fremont Hills

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

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

Join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to 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: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

Tue May 3 9:00 AM

Show & Go

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

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

Tue May 3 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 May 4 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 May 4 6:00 PM

Pizza Ride

20-25 miles, M, B

Start Location: Bronco Billy's Pizza Palace, 37651 Niles Blvd.

It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? **Meet in the parking lot across the street from Bronco Billy's in downtown Niles.** For details about how our Pizza Rides work please see the full description at the top of the ride schedule.

Carrie Payne; carriepayne@att.net; 510-754-0276

Wed May 4 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 May 5, 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

Thu May 5 6:15 PM

TNT (Thursday Night Training)

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

Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.

When dark, lights required. Helmets are mandatory.

Chris Menicou; cmenicou@sbcglobal.net; (510) 406-5511

Fri May 6 8:30 AM

The Friday Bike Club

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

Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

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

Sat May 7, 8:30 AM

Calaveras Clockwise

40 miles, 3, M & B

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

This is our traditional "1st Saturday of the Month" ride. We will 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: TBD: No ride leader at press time.

Sat May 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).

Sun May 8, 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

Sun May 8 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.

Gary Smith; gsmith289@aol.com; (510) 304-0956

Sun May 8 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 May

Mon May 9, 8:30 AM

Monday Morning Recovery Ride

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

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

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 May 10 8:30 AM

Tour de Fremont Hills

38 miles, 3 (~2,000'), M, B

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

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 May 10 9:00 AM

Show & Go

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

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

Tue May 10 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 May 11 8:30 AM

Mid-week Morning Ride

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

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

We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.

Al Quintana; alang44@hotmail.com; (510) 760-9245

Wed May 11 6:00 PM

Pizza Ride

20-25 miles, M, B

Start Location: Bronco Billy's Pizza Palace, 37651 Niles Blvd.

It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? **Meet in the parking lot across the street from Bronco Billy's in downtown Niles.** For details about how our Pizza Rides work please see the full description at the top of the ride schedule.

Carrie Payne; carriepayne@att.net; 510-754-0276

Wed May 11 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 May 12, 8:30AM

Bike to Work...okay, really, its Bike to Coffee

23-35 miles, 2-3, T-M

Start location: Don Edwards Wildlife Refuge Visitor Center

Get up early! Lets get to an Energizer Station before they close. This EARLIER START ride begins at the Don Edwards Visitor Center (Don Edwards National Wildlife Refuge, 1 Marshlands Rd, cross-street Thornton Ave, Fremont). We will cross the Dumbarton and hit the energizer station near Facebook. Then we will head for the hills or at least one or two. Our final destination will, of course, include coffee. Usually we ride without

route sheets so we regroup as necessary and no one is left behind. Bring \$ for lunch. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me!
Lori Sommer; lorinsommer@gmail.com; (510) 693-8624 cell

Thu May 12 6:15 PM
TNT (Thursday Night Training)
60-90 minutes, 1, M-B-F

Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.

When dark, lights required. Helmets are mandatory.
Chris Menicou; cmenicou@sbcglobal.net; (510) 406-5511

Fri May 13 8:30 AM
The Friday Bike Club
35-45 miles, 3-4, M-B

Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

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

Sat May 14, 8:30 AM
Tuesday Hills On Saturday
30 miles, 3 (2,100'), T-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.

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

Sat May 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.

Sun May 15, 8:30AM
Alum Rock Ride, Cindy-friendly
31 miles, (1700'), T-M

Start location: REI, Fremont: 43962 Fremont Blvd.

This is the traditional Alum Rock route. We'll keep it between 10 and 14 mph. Everyone is welcome. See

http://ffbc.org/cinderella/routes/FFCT_2016_Coaching_Route_5.pdf.

Becca Freed; beccafreed@gmail.com; (510) 541-6014
Christina Peabody; (408) 425-2624

Sun May 15 8:30 AM
Show & Go

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

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

4th Week in May

Mon May 16, 8:30 AM
Monday Morning Recovery Ride
40 miles, 1-2 (610'), M

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

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 May 17 8:30 AM
Tour de Fremont Hills
29 miles, 3 (~1,900'), M, B

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

Join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to 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: Terri Yi; terriyi@yahoo.com; (510) 304-5571

Tue May 17 9:00 AM
Show & Go
20-50 miles, 1-5, L-T-M

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

Tue May 17 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 May 18 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 May 18 6:00 PM

Pizza Ride

20-25 miles, M, B

Start Location: Bronco Billy's Pizza Palace, 37651 Niles Blvd.

It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? **Meet in the parking lot across the street from Bronco Billy's in downtown Niles.** For details about how our Pizza Rides work please see the full description at the top of the ride schedule.

Carrie Payne; carriepayne@att.net; 510-754-0276

Wed May 18 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 May 19, 9:00AM

Thursday Morning Coffee 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, Proctor Hill and some of Redwood Road, or Proctor Hill and Redwood Road all the way to Pinehurst or Cull I 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 May 19 May 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.

Chris Menicou; cmenicou@sbcglobal.net; (510) 406-5511

Fri May 20 8:30 AM

The Friday Bike Club

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

Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

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

Sat May 21, 8:00AM

Al's Birthday Ride (17th Annual)

63 miles, 2, M

Start location: Don Edwards Wildlife Refuge

Join us on this annual ride and help me celebrate ANOTHER 29th birthday (my 39th one)! Similar to the previous ride, we will pedal clockwise around the south end of the Bay. Meet by the bathrooms at Don Edwards Wildlife Refuge (9800 Thornton Ave., Fremont, CA.) at 8:00am. We will take a circuitous route down toward the southern end of Fremont, then head directly south to Milpitas. We will make a brief stop there for coffee and a snack, then proceed around the south end of the Bay to our lunch destination in Palo Alto. Contact Al Quintana at (510) 760-9245 or alanq44@hotmail.com

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

Sat May 21 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.

Paul Andrus; paulrayandrus@gmail.com; (510) 207-5751

Sat May 21, 8:30AM

Beautiful Rides - Paradise Loop

48 miles, 3-4 (2486'), T-M

Start location: Ferry Building, San Francisco

This is a remote start ride. We will bike across the Golden Gate Bridge into Sausalito, followed by a climb up Camino Alto and onto the Tiburon Peninsula. On the return we will climb the bump out of Sausalito and back over the Golden Gate to the Civic Center station. This route follows several bike paths, features rolling topography, and no brutal climbs. Along the way there are great views of the city and the bay. Bring money for a snack/lunch in Tiburon. <https://ridewithgps.com/routes/13324048> Be sure you're on time for the trains or you will miss the ride! Meet on the Fremont BART station platform to catch the 7:14

Richmond train. We will transfer at Bay Fair – catching the 7:38 Daly City train. We arrive at the Embarcadero station at 8:06. We will bike over to the Ferry Building for the start of the ride. We will return via Bart, from the Civic Center station. The BART fare is \$6.15 each way.

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

David Walker; dbwalker0min@gmail.com; 510-468-4454

Sat May 21 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).

Sun May 22, 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 your own food, or take your chances on the "cuisine" offered by the now-re-opened Junction Café. 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>

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

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

Sun May 22 8:30 AM

Show & Go

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

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

5th Week in May

Mon May 23, 8:30 AM

Monday Morning Recovery Ride

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

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

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@sbclglobal.net; (510) 673-3203

Tue May 24 8:30 AM

Tour de Fremont Hills

38 miles, 3 (~2,000'), M, B

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

Since I've heard that a change is as good as a rest on the second and fourth Tuesdays of the month we'll do one of my favorite local hills – Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill. We'll return through the canyon with the ride once again finishing at Peet's for a well-deserved coffee. 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: Conni Smith; 4conni.smith@gmail.com; **H: (510) 471-8047**
C: (510) 461-8838

Tue May 24 9:00 AM

Show & Go

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

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

Tue May 24 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 May 25 8:30 AM

Mid-week Morning Ride

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

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

We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.

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

Wed May 25 6:00 PM

Pizza Ride

20-25 miles, M, B

Start Location: Bronco Billy's Pizza Palace, 37651 Niles Blvd.

It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? **Meet in the parking lot across the street from Bronco Billy's in downtown Niles.** For details about how our Pizza Rides work please see the full description at the top of the ride schedule.

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

Wed May 25 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 May 26, 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; lorinsommer@gmail.com; (510) 693-8624 cell

Thu May 26 6:15 PM

TNT (Thursday Night Training)

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

Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.

When dark, lights required. Helmets are mandatory.

Chris Menicou; cmenicou@sbcglobal.net; (510) 406-5511

Fri May 27 8:30 AM

The Friday Bike Club

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

Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

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

Sat May 28, 8:30 AM

Calaveras CCW

38 miles, 3-4, M

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

Sometimes it's good to go against the grain, or in this case counter-clockwise instead of clockwise. This counter clockwise loop of Calaveras meets in downtown Niles and takes the usual route to Calaveras. Map and route sheet online at: <http://ridewithgps.com/routes/3945502>

Coffee at the end of the ride at Peet's in Fremont.

TBD: No ride leader at press time.

Sat May 28 8:30 AM

Show & Go

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

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

Sun May 29 8:30 AM

Show & Go

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

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

6th Week in May

Mon May 30, 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 May 31 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: Terri Yi; terriyi@yahoo.com; (510) 304-5571

Tue May 31 9:00 AM

Show & Go

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

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

Tue May 31 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