

May 2009 RIDE CALENDAR

2nd Week in May

WEDNESDAY EVENING PIZZA RIDE

Join Robin & Tim O'hara as they host the popular Wednesday evening Pizza Rides. For the month of May, the pizza rides will meet at **Mission Pizza**, located at 1572 Washington Blvd, Fremont, (510) 651-6858. This is the plaza on Washington between Paseo Padre Pkwy and the Washington exit from Interstate 680. **Please park at the rear of the shopping complex** rather than in front of the pizza parlor as this space is shared. As always, there will be two routes; a longer more challenging ride, and a shorter flatter ride. The rides meet at 6:00 PM for sign in to be completed by 6:10. When signing in, remember to check "YES" or "NO" on the sign in sheet for pizza so we have an accurate head count on who is staying after the ride. The pizza order is placed before we depart. Departure time is 6:15pm sharp. The cost is \$5.00 per person and that includes three pieces of pizza and a soda per rider. No charge if you're not staying for pizza.

1st Week in May

Fri. May 1 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4 M/B**
Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot.. Bring \$\$ for a coffee stop.
Al Quintana (510) 760-9245; alang44@hotmail.com

Sat. May 2 **Calaveras Clockwise**
8:30 AM **40 miles, 3 M & B**
This is our traditional "1st Saturday of the Month" ride. We will meet in the **Downtown Niles Parking Lot** and ride up Niles Canyon into Sunol then on to Calaveras. Our traditional route brings us out in Milpitas and we return via a route that stays close to the hills. There will be a ride leader for the pace(s) listed below. Rain or a serious threat of rain cancels.
M Pace: Karen White (510) 475-0746; kkwh@pacbell.net
B Pace Tim & Robin O'Hara, (510) 471-2464
tohara2938@aol.com

Sat. May 2 **Baylands Park**
9:00 AM **30 miles, 1-2 L-T, with a bit of M**
Baylands Park with the Back Seat Driver (This is a Cindy friendly ride)
The Back Seat Driver rides are back! Join me (and Jorge) for a counter-clockwise ride to Baylands Park in Sunnyvale . Bring \$\$ for a coffee stop somewhere along the way. **The ride starts at the east-most (second) parking lot for Cardoza Park in Milpitas .** (Note new start location.)

Directions to Cardoza Park: Go east on Calaveras (237) off 880 or 680. Make a left at Park Victoria (the first light after 680). Make a right at the stop sign onto Kennedy Drive. Pass the first parking lot for Cardoza Park, and then turn right into the second parking lot.

Shelley Wills-Gildelatorre (510) 501-2241
swills22@yahoo.com
Jorge Gildelatorre

Sun. May 3 **Show and Go**
8:30 AM **20-50 miles, 1-4 L-T-M-B**
Meet at **The Bicycle Garage . (New location: Lucky shopping center, Mowry, between Farwell and Blacow)**

Mon. May 4 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
Let's meet at the **Cabrillo Park Cafe/former Bicycle Garage parking lot at 4673 Thornton Ave** 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 Starbucks 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 may head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 465 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Tue May 5 **Show and Go**
9:00 AM **20-50 miles, 1-5 L-M-B**
Meet at the **Bicycle Garage. New location: Lucky shopping center, Mowry, between Farwell and Blacow**

Wed. May 6 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3 M/B**
Meet at the **Raley's shopping center at Jarvis & Newark Blvd.** for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.
Al Quintana (510) 760-9245; alang44@hotmail.com

Wed. May 6 **Pizza Ride**
6:00 PM **20-25 miles**
Meet at Mission Pizza
Please see the full description at the beginning of the ride schedule. Arrive by 6:00 PM; Sign in by 6:10 PM; Departure at 6:15 PM sharp. At sign in remember to check the "Yes" or "No" box for Pizza.
Tim & Robin O'Hara, (510) 471-2464
tohara2938@aol.com

Thur. May 7 **Thursday Morning Coffee Ride**
9:15 AM **20-25 miles, 3-4, M pace.**
Come join us for a trip up to Ed Levin (The Wall is optional!). **Meet at REI in Fremont** (43962 Fremont Blvd, next to the Home Depot on Auto Mall). No route sheets. We will regroup as necessary and stop for coffee/quick lunch so bring money. Rain cancels.
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell;
lorimsommer@gmail.com

Fri. May 8 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4 M/B**
Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot.. Bring \$\$ for a coffee stop.
Al Quintana (510) 760-9245; alang44@hotmail.com

Sat. May 9 **Climb to Grant Park**
8:30 AM **50 Miles, 4M**
Join us at the **Fremont REI on Auto Mall Parkway** for a spring trip to Grant Park on Mt. Hamilton Road. This ride will take us through Alum Rock Park and on to Miguelito before finding our way to Mt. Hamilton Road for our ascent to Grant Park. This ride is doable for Cinderella graduates who have continued to ride, can maintain an "M" pace and are able to sustain a long steady climb. Plan on enough regroups to keep us together for the duration and a coffee and snack following our descent. Temperatures over 90° may cancel this ride.
Karen White (510) 475-0746; kkwh@pacbell.net

Sat. May 9 **Mike's Commute**
8:30 AM **50 miles, 4B**
Actually, I don't bike commute that often. But when I do, I always think this could be a good club ride. We'll start at the **Raley's Shopping Center in Newark** (no, I don't live there) and make our way across the bridge to Palo Alto. Then we'll start "Mike's Noon Ride" into the foothills before heading back to Newark. I plan for a couple of bathroom stops, but no lunch or coffee stop, so be prepared. (Work might be busy for me at the time, so if you folks don't mind helping me out around the office that day...yeah, that would be great. And if you don't mind coming in on Sunday, too....)
Mike Williams (510) 364-4335, mwilliams297@comcast.net

Sat. May 9 **Show and Go**
8:30 AM **20-50 miles, 1-4 F**
Meet at **Mission Coffee** on Washington Blvd, near Mission Blvd.

Sun. May 10 **FFBC "Get-To-Know-Us-Ride"**
9:00 AM **20-25 miles, 1-2 L-T-M**
Please join us on this monthly "Get-To-Know-Us-Ride". This casual, social ride is always fun and offers everyone the chance to meet other cyclists. Bring your cycling friends along and help us introduce newcomers and guests to the club. Meet at the **Raley's shopping center at Jarvis & Newark Blvd.**, for a ride through the Fremont area. Don't forget \$\$ for a coffee/snack stop. If you have a club jersey or jacket, this is a great time to wear it.
Gary Smith 510-797-7809 home, 510-304-0956 cell, GSMITH289@aol.com

3rd Week in May

Mon. May 11 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
See the listing of Mon. May 4 for complete details of this recurring ride starting at the **Cabrillo Park Cafe/former Bicycle Garage parking lot at 4673 Thornton Ave**
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Tue May 12 **Show and Go**
9:00 AM **20-50 miles, 1-5 L-M-B**
Meet at the **Bicycle Garage. New location: Lucky shopping center, Mowry, between Farwell and Blacow**

Wed. May 13 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3 M/B**
Meet at the **Niles Staging Area** parking lot located at the east end of the Alameda Creek Trail. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.
Al Quintana (510) 760-9245; alang44@hotmail.com

Wed. May 13 **Pizza Ride**
6:00 PM **20-25 miles**
Meet at **Mission Pizza**

Please see the full description at the beginning of the ride schedule. Arrive by 6:00 PM; Sign in by 6:10 PM; Departure at 6:15 PM sharp. At sign in remember to check the "Yes" or "No" box for Pizza.

Tim & Robin O'Hara, (510) 471-2464
tohara2938@aol.com

Thur. May 14 **Thursday Morning Coffee Ride**
9:00 AM **25-40 miles, 1-3M**

Come ride with a fun, flexible, welcoming group for a low-key ride. **New start location: Don Edward's Wildlife Refuge near the new visitor center.** (see link for directions: <http://www.fws.gov/DESFEBAY/directions.htm>). We usually cross the Dumbarton and ride to Shoreline Park, Molly Stone's, Robert's Market, Plantation Coffee or Perx Coffee in Redwood City. If the weather is threatening or we want something short, sometimes we head for Paddy's in Union City. There are no route sheets so we regroup as necessary. We always have a coffee stop so bring money. Faster riders are welcome to ride ahead or head back early if they know the route. Rain cancels.
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; lorinsommer@gmail.com

Fri. May 15 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4 M/B**
Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot.. Bring \$\$ for a coffee stop.
Al Quintana (510) 760-9245; alanq44@hotmail.com

Sat. May 16 **D.R. Training #2: Santa Cruz Mts**
8:15 AM **82 miles, 5B**
RATING: 2 1/2 PASSES, about 8,000 ft.
This one starts in **Downtown Los Gatos, on Los Gatos-Saratoga Road** (take 880 South to 17, exit 20B Hwy 9 West Los Gatos-Saratoga, and turn right at the parking lot just beyond University Ave). Try to park near the front of the lot.
We'll head up to Saratoga Gap via Redwood Gulch, make our way thru Big Basin, then tackle the infamous Jamison Creek climb to Empire Grade. After a stop for lunch in Boulder Creek, we'll take Bear Creek Road to Summit, and then cruise down Highway 9 to get back to Los Gatos.
Mike Williams (510) 364-4335, mwilliams297@comcast.net

Sun. May 17 **Show and Go**
8:30 AM **20-50 miles, 1-4 L-T**
Meet at **The Bicycle Garage . (New location: Lucky shopping center, Mowry, between Farwell and Blacow)**

Sun. May 17 **Palomares Loop**
9:00 AM Sharp **40 miles, 4M**
Start at Downtown Niles, out Niles Canyon , over Palomares, around Dublin Canyon via Laurel Canyon road to Foothill. Foothill to Kilkare. Up & down Kilkare and back to the start via Niles Canyon
Don Bennet; dbennetjr@hotmail.com

4th Week in May

Mon. May 18 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
See the listing of Mon. May 4 for complete details of this recurring ride starting at the **Cabrillo Park Cafe/former Bicycle Garage parking lot at 4673 Thornton Ave**
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Mon. May 18 **Five Canyons Parkway**
8:45 AM **30 Miles 4M**
It has been awhile since I've ventured out to Five Canyons Parkway so it's high time we rectify this omission. **Meet in Downtown Niles** for a trip out Niles Canyon and up Palomares. Once we reach Palo Verde we'll follow it to Castro Valley Blvd. until we reach Five Canyons Parkway. It is then up and over and down to Cal State East Bay for our descent back into Hayward. A coffee stop will be thrown in if everyone in attendance votes to stop. We will ride at an "M" paced and plan enough regroupings to keep us together. Temperatures over 90° will most likely cancel this ride.
Karen White (510) 475-0746; kkwh@pacbell.net

Tue May 19 **Show and Go**
9:00 AM **20-50 miles, 1-5 L-M-B**
Meet at the **Bicycle Garage. New location: Lucky shopping center, Mowry, between Farwell and Blacow**

Wed. May 20 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3 M/B**
Meet at the **Raley's shopping center at Jarvis & Newark Blvd.** for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.
Al Quintana (510) 760-9245; alang44@hotmail.com

Wed. May 20 **Pizza Ride**
6:00 PM **20-25 miles**
Meet at Mission Pizza
Please see the full description at the beginning of the ride schedule. Arrive by 6:00 PM; Sign in by 6:10 PM; Departure at 6:15 PM sharp. At sign in remember to check the "Yes" or "No" box for Pizza.
Tim & Robin O'Hara, (510) 471-2464
tohara2938@aol.com

Thur. May 21 **Thursday Morning Coffee Ride**
9:15 AM **25-30, 3, M pace**
We will meet at the **Sunol Train Station**. Maybe it will be the False Summit and Kilcare with lunch at the Jazz Cafe'. Maybe over to Livermore for coffee at Neil's favorite Panama Coffee shop. Maybe we will get adventurous. Come decide on a destination at the start. No route sheets. We will regroup as necessary. No one left behind. Rain cancels.
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell;
lorimsommer@gmail.com

Fri. May 22 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4 M/B**
Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot.. Bring \$\$ for a coffee stop.
Al Quintana (510) 760-9245; alang44@hotmail.com

Sat. May 23 **Alum Rock Park/Sierra Road**
8:00 AM **50+ miles, 5 B**
Meet at **downtown Niles Parking Lot** and ride south out to Alum Rock Park, then we climb Sierra Road, down Felter/Calaveras, and we return via Mission Blvd. (Please note early start time).
Joe Trabucco (510) 928-6840; jetg3@yahoo.com

Sat. May 23 **Show and Go**
8:30 AM **20-50 miles, 1-4, L-T-M**
Meet near the middle of the parking lot of the **Raley's Shopping Center** at Jarvis and Newark Boulevard.

Sun. May 24 **Al's Birthday Ride (11th Annual)**
7:15 AM **60 miles, 3 M**



Join us on this annual ride and help me celebrate ANOTHER 29th birthday (my 32nd one)! **Meet on the west side of the Fremont BART Station at 7:15am.** We will take the 7:45am Richmond BART train to Oakland City Center 12th St. Station (arriving at 8:23am). We'll then transfer to a San Francisco International Airport train (departing at 8:27am) and travel to Daly City Station (arriving at 8:57am), and then cycle back to Fremont. On the way back we'll ride on the scenic trail at Crystal Springs Reservoir. Bring money for BART ticket (\$5.65) and a lunch stop in Palo Alto.
Al Quintana at (510) 760-9245 or alang44@hotmail.com

Sun. May 24 **Show and Go**
8:30 AM **20-50 miles, 1-4 L-T**
Meet at **Mission Coffee** on Washington Blvd, near Mission Blvd.

5th Week in May

Mon. May 25 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
See the listing of Mon. May 4 for complete details of this recurring ride starting at the **Cabrillo Park Cafe/former Bicycle Garage parking lot at 4673 Thornton Ave**
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Tue May 26 **Show and Go**
9:00 AM **20-50 miles, 1-5 L-M-B**
Meet at the **Bicycle Garage. New location: Lucky shopping center, Mowry, between Farwell and Blacow**

Wed. May 27 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3 M/B**
Meet at the **Niles Staging Area** parking lot located at the east end of the Alameda Creek Trail. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.
Al Quintana (510) 760-9245; alang44@hotmail.com

Wed. May 27 **Pizza Ride**
6:00 PM **20-25 miles**
Meet at Mission Pizza
Please see the full description at the beginning of the ride schedule. Arrive by 6:00 PM; Sign in by 6:10 PM; Departure at 6:15 PM sharp. At sign in remember to check the "Yes" or "No" box for Pizza.
Tim & Robin O'Hara, (510) 471-2464
tohara2938@aol.com

Thur. May 28 Thursday Morning Coffee Ride around the Bay
9:00 AM 42 miles, 1-M

Once again, I've convinced John to take us on his short, tight, loop around the bay. Start location: **Don Edward's Wildlife Refuge near the new visitor center.** (see link for directions: <http://www.fws.gov/DESFEBAY/directions.htm>). We will stop for coffee. Rain cancels.

John Dickens and Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; lorimsommer@gmail.com

Fri. May 29 The Friday Bike Club
8:30 AM 35-45 miles, 3-4 M/B

Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot.. Bring \$\$ for a coffee stop.

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

Sat. May 30 Crystal Springs
8:45 AM 56 miles, 3-4/T-M

Happily Ever After...

This ride is appropriate for all riders who have completed the Cinderella Classic training and all club members are welcome! Come join us for a ride over the Dumbarton out to Crystal Springs Reservoir and back (this is a repeat of Cinderella Ride # 10). Bring money for a quick coffee/lunch stop after leaving Crystal Springs. **Meet at the Bike Garage (New location: Lucky shopping center, Mowry, between Farwell and Blacow).** This is a no-drop ride and we will regroup as necessary. Rain cancels.

Vicki Timmons (510) 589-7356 vickio@comcast.net

Pam Edillion – pedillion@sbcglobal.net

Teresa Sarlitto – ibteresa@sbcglobal.net

Sat. May 30 Inspiration Point at Alum Rock
9:00 AM 30+ miles, 1,300 feet, 2 T/M

Start your weekend with a visit to Inspiration Point at Alum Rock Park. This is a friendly low-key ride. Bring money for a coffee stop. **Meet at REI in Fremont.** No drops and regroups as needed. Rain cancels.

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

Sun. May 31 Show and Go
8:30 AM 20-50 miles, 1-4 L-T-M-B

Meet at **The Bicycle Garage . (New location: Lucky shopping center, Mowry, between Farwell and Blacow)**