

June 2009 RIDE CALENDAR

WEDNESDAY EVENING PIZZA RIDE

Join Andy Sass as he hosts 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 June

Mon. June 1 **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 June 2 **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. June 3 **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. June 3 **Team Hill Slug Calaveras Challenge** 9:30 AM PROMPT **~44 mi, 4 M**

Billy Goat Calaveras 2 times
From Milpitas we'll climb "the wall" (3 miles, 1400+ ft); descend into Sunol; then climb back, total of 3200 ft of climbing. We'll have a picnic lunch in Sunol, so please bring money, fruit, snacks & plenty to drink.

START: In the Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas
Jon Graff; 262-9577 jon.graff@yahoo.com

Wed. June 3 **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.

Andy Sass; 520-490-8098, andrew.sass@yahoo.com

Thur. June 4 **Thursday Morning Coffee Ride** 9:15 AM **20-25 miles, 3-4, M**

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; lorisommer@gmail.com

Fri. June 5 **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. June 6 **Calaveras Clockwise** 8:30 AM **40 miles, 3 M**

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.

Ken and Iris Goldman, 510-791-1095;

ken.goldman@comcast.net

Sat. June 6 **Show and Go** 8:30 AM **20-50 miles, 1-4, B**

Meet near the middle of the parking lot of the **Raley's Shopping Center** at Jarvis and Newark Boulevard.

Sat. June 6 **Around the South Bay** 8:45 AM **~55 miles, 2-3/T-M**

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 around the southern part of the bay. We will ride south on Mission and Warm Springs and go west on the bike paths along Hwy 237, north to Palo Alto, over 101 on the Bike Bridge, over the Dumbarton and back to Niles. The route will loosely follow this map <http://www.trimbleoutdoors.com/ViewTrip.aspx?tripld=386362>

Bring money for a quick coffee/lunch stop. **Meet at the Downtown Niles start location.** 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

Sun. June 7 **Portola Valey Loop** 8:30 AM **40 miles, 3 M**

The Portola Valley Loop starting from Newark Java, **Raleys Shopping Center in Newark.** Brisk and Fast pace ride leaders welcome.

Wynn Kageyama (510)-659-1360

Sun. June 7 **Tour de Fremont (Clockwise)**
9:00 AM PROMPT **44-50 mi, 1-2 L-M**
Grizzly Bear Lunch Ride
This is a fairly flat circular ride around Fremont. The ride ends with rollers on Piedmont Road/North Park Victoria. Bring fruit or a snack for a break at the top of the Don Edwards National Wildlife Center (~20 miles). We'll have lunch in or near the San Jose Mission so bring money. Plan to be back at the start a little after 3:30 PM. **START: In the Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas.**
Jon Graff; 262-9577 jon.graff@yahoo.com

2nd Week in June

Mon. June 8 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
See the listing of Mon. June 1 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 June 9 **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. June 10 **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. June 10 **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.
Andy Sass; 520-490-8098, andrew.sass@yahoo.com

Thur. June 11 **Thursday Morning Coffee Ride**
9:00 AM **25-40 miles, 1-3 M**
Come ride with a fun, flexible, welcoming group for a low-key ride. **Start location: Don Edward's Wildlife Refuge** near the new visitor center. (see link for directions: <http://www.fws.gov/DESBAY/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;
lorimsommer@gmail.com

Fri. June 12 **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. June 13: **Five(or more)Canyons**
7:30 AM **40+ miles, 4 B**
Meet at Niles Parking Lot to ride the Five Canyons Loop, but instead of coming back through Sunol, let's add a few more canyons with a climb up the Dublin Grade and then return via the north/backside of Palomares Road (please note early start time for this ride).
Joe Trabucco (510) 928-6840
ietq3@yahoo.com

Sat. June 13 **Baylands Park**
8:00 AM **30 miles, 1-2 T with a bit of M**
.....with the Back Seat Driver (This is a Cindy friendly ride)
Join me (and Jorge) for an early 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.)** No one will be left behind!
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-Gidelatorre (510) 501-2241
swills22@yahoo.com
and Jorge Gidelatorre

Sat. June 13 **Show and Go**
8:30 AM **20-50 miles, 1-4 M**
Meet at **The Bicycle Garage . (New location: Lucky shopping center, Mowry, between Farwell and Blacow)**

Sun. June 14 **Edgewood Rd**
8:30 AM **40-50 Miles, 4M**
Meet at **Raley's shopping center at Jarvis & Newark Blvd.** This is our traditional Edgewood Road climb with a stop over at Roberts Market.
Wynn Kageyama (510) 659-1360

Sun. June 14 **Show and Go**
8:30 AM **20-50 miles, 1-4, B**
Meet at the **Downtown Niles** parking lot by the bathroom.

Sun. June 14 **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.
Ron Mitchell; 510-792-7219, ron_m_ffwbc@sbcglobal.net

Sun. June 14 **Tour de Dumbarton Bridge (Clockwise)**
9:00 AM **PROMPT ~60 mi, 1-2 G M**
Grizzly Bear Flag Day
Bike through 10 cities! We see Alviso and the Sunnyvale Baylands and the western cities before climbing the Dumbarton Bridge. There is a snack break in a park in Palo Alto, so bring food. We'll buy lunch in Menlo Park at about 25 miles. **START: In the Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas.**
Jon Graff; 262-9577 jon.graff@yahoo.com

Sun. June 14 **No Whining Family Ride**
2:00 PM **4.5-8 miles, 1 L**
Come join us for a very leisurely, family friendly, fun ride around Coyote Hills. **Meet at the gravel lot just outside the entrance to Coyote Hills (on Patterson Ranch Road).** We'll ride into the park and do a clockwise loop of the Bay Trail (2 loops if the kids are game!); then we'll return to the start for some caffeine-free refreshments. No child left behind! Rain cancels.
Vanessa & Kevin McDonnell (510) 441-7607, (510) 517-1466 cell; vanessa@mcnmc.com

3rd Week in June

Mon. June 15 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
See the listing of Mon. June 1 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 June 16 **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. June 17 **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. June 17 **Tour de Fremont (Counter-clockwise)**
9:30 AM PROMPT **44-50 mi, 2-3 G L M**
Grizzly Bear **Birthday Ride**
This is a circular ride around Fremont. We ride the rollers on Piedmont and climb two 0.3 mile 7-8% hills. Bring fruit or a snack and money. We'll break at the top of the Don Edwards National Wildlife Center (~25 miles and NO purchasable food). We'll have buy lunch in or near the Auto Mall Park so bring money. Plan to be back at the start at about 3:00 PM. **START: In the Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas.**
Jon Graff; 262-9577 jon.graff@yahoo.com

Wed. June 17 **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.
Andy Sass; 520-490-8098, andrew.sass@yahoo.com

Thur. June 18 **Thursday Morning Coffee Ride**
9:15 AM **25-30, 3, M**
We will **meet at the Sunol Train Station.** Maybe it will be the False Summit and Kilcare with lunch at the Jazz Cafe'. Maybe we will get adventurous. 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. June 19 **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. June 20 **Calaveras Counter Clockwise**
8:30 AM **42 miles, 3 M & B 1900 feet**
We will start in **Downtown Niles**, and take the Paseo Padre route down south. We will regroup at Ed Levin Park and after that, climb the wall. Bring lots of fluids and a snack as any stop where we can buy food and drink is not until Sunol. Rain or a serious threat of rain cancels. Call me after 7am.
M Pace: Tony Flusche, (510) 247-3220, TonyF@att.net
B Pace: Tim & Robin O'Hara, (510) 471-2464; tohara2938@aol.com

Sat. June 20 **Inspiration Point at Alum Rock**
8:30 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 regroup as needed. 90+ degrees cancels.
Cindy Maxwell (408) 506-6860; maxwell.c@sbcglobal.net

Sat. June 20 **Show and Go**
8:30 AM **20-50 miles, 1-4, B**
Meet near the middle of the parking lot of the **Raley's Shopping Center** at Jarvis and Newark Boulevard.

Sat. June 20 **Cinderella # 6 (Modified)**
8:45 AM **55 miles, 2-3/T-M**
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 repeat of the Cinderella Training Ride #6 (but starting from Newark instead of Bayfront Park). This ride takes us over the Dumbarton through some beautiful neighborhoods to Woodside (see the Cinderella Ride # 6 for more details). Bring money for a quick coffee/lunch stop. Meet at the **Raley's Shopping Center at Jarvis & Newark Blvd in Newark.** 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

Sun. June 21 **The Team Hill Slug Climb for "Gourmet" Hot Dogs**
9:00 AM PROMPT **27 mi, 4-5, L-M**
Billy Goat **Old Calaveras, Felter**
~2500 feet of climbing for hot dogs at Mark's Hotdogs, the Big Orange! Up Old Calaveras to Calaveras to Felter to Sierra to the Big Orange. **START: In the Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas.**
Jon Graff; 262-9577 jon.graff@yahoo.com

4th Week in June

Mon. June 22 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
See the listing of Mon. June 1 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 June 23 **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. June 24 **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. June 24 **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.
Andy Sass; 520-490-8098, andrew.sass@yahoo.com

Thur. June 25 **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. **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; lorimsommer@gmail.com

Fri. June 26 **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. June 27 **Alum Rock Park/Grant County Park**
7:30 AM **60+ miles, 5 B Pace**
Meet at downtown Niles Parking Lot and ride south on our traditional route out to Alum Rock Park, then we climb Mt. Hamilton Road up to Grant County Park and return on Mission Blvd. (please note early start time for this ride).
Joe Trabucco (510) 928-6840 jetq3@yahoo.com

Sat. June 27 **Climb to Grant Park**
8:30 AM **50 Miles, 4M**
Join us at the REI in Fremont for a summertime 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

Sun. June 28 **Show and Go**
8:30 AM **20-50 miles, 1-4, B**
Meet at the **Downtown Niles** parking lot by the bathroom.

Sun. June 28 **Tour de Dumbarton Bridge (CCW)**
9:00 AM PROMPT **~60 mi, 1-2, M**
Grizzly Bear Sunnyvale Baylands
Bike through 10 cities! We start with rollers on Piedmont Road/North Park Victoria and climb the Dumbarton Bridge. There is a break at the Don Edwards National Wildlife Center (~25 miles and NO purchasable food!). We'll buy lunch in Mountain View (~35 miles). **START: In the Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas.**
Jon Graff; 262-9577 jon.graff@yahoo.com

5th Week in June

Mon. June 29 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
See the listing of Mon. June 1 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 June 30 **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*