July 2009 RIDE CALENDAR

WEDNESDAY EVENING CHIPOTLE RIDE

This month Dan Amaral is hosting the Chipotle Rides. A new twist on our traditional Wednesday night Pizza Rides. Different food, but same format as the pizza rides.

We will be meeting at three different Chipotle Restaurants for the month of July. The address of the restaurant for each particular Wednesday will be in the ride description, so be sure to read it before heading out for the ride.

Cost will be $5 for entrée, chips, salsa and a drink. To see entrée choices, check out: http://www.chipotle.com/

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 (read: Chipotle) so we have an accurate head count on who is staying after the ride.

The food order is placed before we depart. Departure time is 6:15pm sharp. No charge if you’re not staying for food.

Napa Century Training Rides

This month, Tim & Robin O’Hara are putting on a series of three rides of progressive difficulty for riders planning on doing the Napa Century, or any upcoming century.

1st Week in July

Wed. July 1  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; alanq44@hotmail.com

Wed. July 1  The Team Hill Slug Climb for “Gourmet” Hot Dogs
9:30 AM  27 mi, 4-5 M
Billy Goat  Old Calaveras, Felter
~2700 feet of climbing for hot dogs at Mark’s Hot Dogs, the Big Orange! Up Old Calaveras to Calaveras to Felter to Sierra then Alum Rock Park and Mt. Hamilton Rd and back to Alum Rock and Mark’s Hot Dogs. 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. July 1  Chipotle Ride
6:00 PM  20-25 miles
Meet at Chipotle Newark, 34883 Newark Blvd., Newark, CA 94560, (742-8010)
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 food.
Dan Amaral, W: 510-656-9354 (try this 1st), C: 510-774-9683; danamaral@earthlink.net,

Thur. July 2  Thursday Morning Coffee Ride
8:30 AM  32 miles, 2M
Come join us for a trip to Alum Rock Park. 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.
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; lorimsommer@gmail.com

Fri. July 3  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

2nd Week in July

Sat. July 4th  4th Annual 4th of July Pancake Breakfast Ride
7:30 AM  15miles, 1T
Start your day off right with a short ride before enjoying a tasty breakfast of IHOP pancakes, sausage and Starbucks coffee prepared by the Newark Firefighters Association at Fire Station #3. Bring your family (or they can join us after the ride) and we will do a leisurely flat loop through city streets to Coyote Hills and back. Meet in the Stillman Center parking lot, 6800 Mowry Ave, Newark at 7:30AM. Please bring signed Minor Release Forms for any children (including children in trailers). The breakfast is $5 per person and benefits the Muscular Dystrophy Association. We hope to see you there. Bring extra money to participate in the raffle. Last year Nancy Oh won twice.
Walt Thomas walittennis@yahoo.com
Cindy Maxwell maxwell.c@sbcglobal.net (408) 506-6860

Sat. July 4  Mt. Hamilton
7:30 AM  60 miles, 5B
It just occurred to me that I haven’t ridden Hamilton once this year. This must be rectified. What better way to celebrate the Fourth than with a good climb? It might get hot out there, so let’s start early. Normal out-and-back route from the normal Warm Springs start. We’ll regroup at Alum Rock, Grant Park, and the Observatory. No coffee stop, lunch stop, or dawdling, so be prepared.
Mike Williams (510) 364-4335, mwilliams297@comcast.net

Sat. July 4  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.
Julie & Jay Gilson, cell: 510 468 0284 email: jmgilson@comcast.net

Sun. July 5  Show and Go
8:30 AM  20-50 miles, 1-4, B
Meet at the Downtown Niles parking lot by the bathroom.
Sun, July 5

Team Hill Slug Calaveras to Pleasanton Challenge
9:00 AM  60 mi, 4 M
Billy Goat  Calaveras 2 times
From Milpitas we'll climb “the wall” (3 miles, 1400+ ft); descend into Sunol; then to Pleasanton and return through Sunol and the “backside” of Calaveras, a total of ~4100 ft of climbing. We'll have a lunch in Pleasanton, 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

Mon, July 6

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 July 7

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. July 8

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; alanq44@hotmail.com

Wed, July 8

Mission San Jose Loop
9:30 AM  -34 mi, 1-2 G M
Grizzly Bear  Mission San Jose
We ride the rollers on Piedmont and climb two 0.2 mile 7-8% hills. If the group desires, we may stop for lunch in Fremont near the Mission San Jose. 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. July 8

Chipotle Ride
6:00 PM  20-25 miles
Meet at Chipotle Newark, 34883 Newark Blvd., Newark, CA 94560, (742-8010)
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 food.
Dan Amaral, W: 510-656-9354 (try this 1st), C: 510-774-9683; danamaral@earthlink.net,

Thur. July 9

Thursday Morning Coffee Ride
8:30 AM  25-35 miles, 1-3M
Come ride with a fun, flexible, welcoming group for a low-key ride. Start location: Don Edwards’ Wildlife Refuge near the new visitor Center(directions:http://www.fws.gov/DESF/BAY /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 we want something short, sometimes we head for Paddy’s in Union City via the optional Nike Hill. 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.
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; lorimsommer@gmail.com

Fri. July 10

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. July 11

“The Life Ride”
7:30 AM  60 miles, 5B
The Death Ride is today, but who needs five passes? Save yourself $100 and ride one—and you’ve done it. I have a score to settle on Montebello Road, so that’s where we’re going, starting from the Raley’s Shopping Center in Newark. It tends to get hot on Montebello this time of year, but I’m starting us early, so it will be cold and foggy all day—guaranteed! (But just in case, we’ll have a water stop in Menlo Park and another before the big climb.) I think the ride will be early and short enough that we won’t need a full lunch stop, but I can persuaded otherwise if someone buys me a sandwich.
Mike Williams (510) 364-4335, mwilliams297@comcast.net

Sat. Jul 11

Over the Hill to Woodside
8:00 AM  45 Miles, 4M
Meet at Don Edward's Wildlife Refuge near the visitor center for a trip over the Dumbarton Bridge and on to conquer Edgewood. After a stop at Robert’s for refueling, we will return via Godetia, Jefferson and Farmhill. We will keep the pace at a moderate clip and is doable by any Cinderella graduate who can maintain a moderate pace and who is not afraid of a little climbing. Bring water, snacks and an optimistic attitude. Rain or temperatures over 90 degrees will cancel.
Karen White (510) 475-0746; kkwh@pacbell.net

Sat. July 11

Napa Century Trng Ride #1
8:00 AM  58 miles, 4B
Palomares/Calaveras Clockwise
Join Tim and Robin on their tandem while they train for the upcoming Napa Century. Meet at Downtown Niles Note the early start time
Tim and Robin O’Hara, (510) 418-2672, tohara2938@aol.com

Sun. July 12

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

Sun. July12

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_fwbc@sbcglobal.net
Mon. July 13  
Monday Morning Recovery Ride  
8:30 AM  
40 miles, 1-2 M

See the listing of Mon. July 6 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 July 14  
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. July 15  
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; alanq44@hotmail.com

Thur. July 16  
Thursday Morning Coffee Ride  
8:30 AM  
30 miles, 3M pace

We will meet at the Sunol Train Station and Ron Mitchell will escort us to Zachary’s Pizza in San Ramon. We will climb Bollinger Canyon to see the ostrich and zebra before we eat. Route sheets will be provided. We will regroup as necessary. No one left behind. Bring Money for lunch.

Ron Mitchell (510) 792-7219 home  
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; lorimsommer@gmail.com

Fri. July 17  
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

4th Week in July

Sat. July 18  
Napa Century Trng Ride #2  
8:00 AM  
64 miles, 4B

Old La Honda, Skyline, 92, Canada, Sandhill  
Join Tim and Robin on their second ride in prep for the Napa Century.  
Meet at Raley’s in Newark  
8:30 AM; (510) 247-3220, TonyF@att.net

Sun. July 19  
Show and Go  
8:30 AM  
20-50 miles, 1-4 M

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

Mon. July 20  
Monday Morning Recovery Ride  
8:30 AM  
40 miles, 1-2 M

See the listing of Mon. July 6 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

Thu July 21  
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. July 22  
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; alanq44@hotmail.com

Thur. July 23  
Thursday Morning Coffee Ride  
8:30 AM  
20-25 miles

Meet at Chipotle Pacific Commons, 5565 Auto Mall Pkwy  
Fremont, CA 94538, (979-9397)

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 food.

Dan Amaral, W: 510-656-9354 (try this 1st), C: 510-774-9683; danamaral@earthlink.net.
Fri. July 24  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

5th Week in July

Sat. July 25  Napa Century Trng Ride #3
8:00 AM  70 miles, 4 B
Pal/Redwd/Pinehurst/Moraga/San Ramon
Join Tim and Robin on their third ride in prep for the Napa Century.  Meet at Downtown Niles  Note the early start time
Tim and Robin O'Hara, (510) 418-2672, tohara2938@aol.com

Sat. Jul 25  Two Peninsula Loops
8:00 AM  60 Miles, 3M
Meet at Don Edward’s Wildlife Refuge near the Visitor Center for a trip over the Dumbarton Bridge and on to two loops through the Portola Valley. This route will be arranged as a two looped figure-eight with several possible bail-out options. However, come prepared to finish both loops with a coffee stop in between. We will maintain a moderate pace which is doable by any Cinderella graduate who can maintain a moderate pace and who is not afraid of a little climbing.. Rain or temperatures over 90 degrees will cancel.
Karen White (510) 475-0746; kkwh@pacbell.net

Sun. July 26 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. July 27 Monday Morning Recovery Ride
8:30 AM  40 miles, 1-2 M
See the listing of Mon. July 6 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 July 28 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. July 29 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; alanq44@hotmail.com

Wed. July 29 Chipotle Ride
6:00 PM  20-25 miles
Meet at Chipotle Newark, 34883 Newark Blvd. Newark, CA 94560, (742-8010)
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 food.
Dan Amaral, W: 510-656-9354 (try this 1st), C: 510-774-9683; danamaral@earthlink.net,