

August 2009 RIDE CALENDAR

WEDNESDAY EVENING PIZZA RIDE

Join Carrie & Andy Payne as they host the popular Wednesday evening Pizza Rides. For the month of August, 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 August

Sat. Aug 1 **Around the South Bay** 8:00 AM ~50 miles, 2-M

Come join us for a ride around the south bay. We will follow the bike paths along Hwy 237, stop for coffee/lunch in Palo Alto, and return back over the Dumbarton Bridge. Bring money for a coffee/lunch stop. We will maintain a moderate pace which is doable by any Cinderella graduate who can maintain a moderate pace. **Meet at the Downtown Niles start location.** This is a no-drop ride and we will regroup as necessary. Rain or temperatures over 90 degrees will cancel.

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

Pam Edillion – pedillion@sbcglobal.net

Teresa Sarlitto – ibteresa@sbcglobal.net

Sat. Aug. 1 **Calaveras Clockwise** 8:30 AM 40 miles, 3 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.

Carrie Payne (510)795-1802, carriepayne@att.net

Andy Payne (510)795-1802, andypayne@att.net

Sun. Aug. 2 **Show and Go** 8:30 AM 20-50 miles, 1-4, B

Meet at the **Downtown Niles** parking lot by the bathroom.

Sun. Aug 2 **Alpine Dam Ride** 9:00 AM 63 miles, 4M

THIS IS A GREAT RIDE!!! Meet at the BART Embarcadero station train platform at 9:00. Ride around SF waterfront, across the Golden Gate Bridge and down into Sausalito. Continue through a number of Marin towns to Fairfax and head over the hills of Bolinas/Fairfax Road to Alpine Dam. Bring an energy bar to eat at the dam. Climb up from the dam and cross Ridgecrest Blvd. to the Panoramic Highway Mt. Tam ranger station. Enjoy a great (mostly) downhill to Mill Valley and back to Sausalito for a stop at the famous Venice deli and sandwich shop. Then it's back up the hill out of Sausalito for the return across the GG Bridge, San Francisco and the BART Embarcadero station. Approximately 5500 feet of climbing.

Dave Epps will be taking the 8:05 BART train from Union City. This train leaves Fremont at 8:00.

BART strike cancels ride!

Stephen Politzer 761-5564 or Dave Epps 487-5288

Mon. Aug. 3 **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 Aug. 4 **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. Aug. 5 **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; alangu44@hotmail.com

Wed. Aug. 5 **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.

Carrie Payne (510)795-1802, carriepayne@att.net

Andy Payne (510)795-1802, andypayne@att.net

Thur. Aug. 6 **Thursday Morning Coffee Ride with Jorge** 8:30 AM 32 miles, 2M

Come join Jorge 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. No one left behind.

Jorge Gildelatorre (510) 651-0635 home;

jorge@gildelatorre.com

Lori Sommer (510) 794-8624 home, (510) 693-8624 cell;

lorimsommer@gmail.com

Fri. Aug. 7 **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

2nd Week in August

Sat. Aug. 8 **Alum Rock/Mt. Hamilton Rd./Calaveras Rd**
7:30 AM **70 miles, 5 B**
Meet at **downtown Niles Parking Lot** and ride south on our traditional route out to Alum Rock Park, then we climb Mt. Hamilton Road (until the good pavement ends before the first summit) and return (up the wall) via Calaveras Rd-counter clockwise back to Niles. (please note early start time for this ride and bring enough food since no lunch stop is planned).
Joe Trabucco (510) 928-6840
jetg3@yahoo.com

Sat. Aug 8 **Grant Park**
8:00 AM **~ 50 miles 3-4 M**
Come join us for for a climb up to Grant Park. This ride is similar to the Cinderella Challenge Series ride # 5 - all Cinderellas who have kept riding over the summer, can ride at a moderate pace, and are able to handle a few hills should consider attempting this new challenge. **We will meet at the REI in Fremont** at 8:00 AM. Bring money for a coffee/lunch stop. This is a no-drop ride and we will regroup as necessary. Rain or temperatures over 90 degrees will cancel.
Vicki Timmons (510) 589-7356 vickio@comcast.net
Pam Edillion – pedillion@sbcglobal.net
Teresa Sarlitto – ibteresa@sbcglobal.net

Sat. Aug. 8 **Sandy Wool Lake Loop**
8:30 AM **27 miles, 1-3 (745 feet), T-M**
Meet at **Dixon Landing Park in Milpitas (Jurgens at Milmont)**
This loop ride will travel along the Milpitas foothills for a short climb to Sandy Wool Lake at Ed Levin Park. After a break we will head south into San Jose where we will satisfy our sugar and caffeine cravings. The loop will continue back through Milpitas finishing the ride on the Coyote Creek River Trail. No drops & regroups as needed. Bring \$\$ for coffee. Temps over 90 degrees cancels the ride. Directions to Dixon Landing Park: I-880 south. East on Dixon Landing Rd. Turn right at Milmont and then right at Jurgens. Parking lot on the right.
Cindy Maxwell (408) 506-6860 maxwell.c@sbcglobal.net

Sun. Aug. 9 **Show and Go**
8:30 AM **20-50 miles, 1-4, B**
Meet at the **Downtown Niles** parking lot by the bathroom.

Sun. Aug. 9 **Tour de Dumbarton Bridge (Clockwise)**
9:00 AM SHARP **~60 mi, 1-2 M**
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. Aug. 9 **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.
Karen White (510) 475-0746; kkwh@pacbell.net

Mon. Aug. 10 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
See the listing of Mon. Aug. 3 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 Aug. 11 **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. Aug. 12 **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. Aug. 12 **The Team Hill Slug for "Gourmet" Hot Dogs**
9:30 AM SHARP **~30 mi, 4-5 M**
~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. Aug. 12 **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.
Carrie Payne (510)795-1802, carriepayne@att.net
Andy Payne (510)795-1802, andypayne@att.net

Thur. Aug. 13 **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 Edward's Wildlife Refuge near the new visitor center.** 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. Aug. 14 **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

3rd Week in August

Sat. Aug 15 **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 us for an early ride to Baylands Park in Sunnyvale. Bring \$\$ for a coffee stop along the way. No one will be left behind! The ride starts at the east-most (second) parking lot for Cardoza Park in Milpitas. Forecast of temperature over 90 degrees cancels.

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

Sat. Aug. 15 **Calaveras Counter Clockwise**
8:30 AM **42 miles, 3 M 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.
Tony Flusche, (510) 247-3220, TonyF@att.net

Sat. Aug. 15 **Show and Go**
8:30 AM **20-50 miles, 1-5 B**
Meet at the **Bicycle Garage. New location: Lucky shopping center, Mowry, between Farwell and Blacow**

Sun. Aug. 16 **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.

Sun. Aug. 16 **Team Hill Slug Calav.to Pleasanton Chall.**
9:00 AM SHARP **~60 mi, 4 M**
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. Aug. 17 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
See the listing of Mon. Aug. 3 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 Aug. 18 **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. Aug. 19 **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. Aug. 19 **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.
Carrie Payne (510)795-1802, carriepayne@att.net
Andy Payne (510)795-1802, andypayne@att.net

Thur. Aug. 20 **Thursday Morning Coffee Ride**
8:30 AM **30 miles, 2-3M**
We meet at the Sunol Train Station. Maybe it will be the False Summit and Kilkare with lunch at the Jazz Cafe'. Pleasanton? Livermore? Maybe we will get adventurous. No route sheets. We will regroup as necessary. No one left behind.
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; lorimsommer@gmail.com

Fri. Aug. 21 **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

4th Week in August

Sat. Aug. 22 **Show and Go**
8:30 AM **20-50 miles, 1-4, L-T-M-B**
Meet near the middle of the parking lot of the **Raley's Shopping Center** at Jarvis and Newark Boulevard.

Sun. Aug. 23 **Show and Go**
8:30 AM **20-50 miles, 1-4, B**
Meet at the **Downtown Niles** parking lot by the bathroom.

Sun. Aug. 23 **Mission San Jose Loop**
9:00 AM SHARP **~34 mi, 1-2 G M**
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

Mon. Aug. 24 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
See the listing of Mon. Aug. 3 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 Aug. 25 **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. Aug. 26 **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. Aug. 26 **Team Hill Slug Calav. Wall & Mission SJ Loop**
9:30 AM SHARP **~40 mi, 4 M**
Up the Calaveras "wall" to the top and back down, then a loop to Mission San Jose in Fremont. Plan to have 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. Aug. 26 **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.
Carrie Payne (510)795-1802, carriepayne@att.net
Andy Payne (510)795-1802, andypayne@att.net

Thur. Aug. 27 **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 Edward's Wildlife Refuge near the new visitor center.** 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. Aug. 28 **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

5th Week in August

Sat. Aug. 29 **Show and Go**
8:30 AM **20-50 miles, 1-L-M-B**
Meet at **Mission Coffee** on Washington Blvd, near Mission Blvd.

Sun. Aug 30 **Show and Go**
8:30 AM **20-50 miles, 1-5 B**
Meet at the **Bicycle Garage. New location: Lucky shopping center, Mowry, between Farwell and Blacow**

Sun. Aug.30 **Tour de Dumbarton Bridge (CCW)**
9:00 AM SHARP **~60 mi, 1-2 M**
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

Mon. Aug. 31 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
See the listing of Mon. Aug. 3 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

Upcoming Events

The annual club picnic will be on Saturday, September 19 at Quarry Lakes recreation area in Fremont.

Several rides will be offered. If you wish to lead one, contact Jim Herman jdherman@earthlink.net