

# October 2009 RIDE CALENDAR

## New Ride Coordinator

Starting this month, Jorge Gildelatorre will be accepting ride submittals for the November ride calendar, as our new Ride Coordinator. His contact info is:

Jorge Gildelatorre  
Phone: 510-651-0635  
Email: [jgildelatorre@gmail.com](mailto:jgildelatorre@gmail.com)

It has been a pleasure serving as ride coordinator the last three years. It has given me an opportunity to keep in touch with many club members as well as giving me the opportunity to give to the club in return for all the enjoyment it has given me over the years.

Thank you to all the ride leaders that did their part to make each month's ride calendar on a par with or better than most other bike clubs in the area. My only request is please be kind to your new ride coordinator, as all of you have been to me (for the most part!) during my time as RC.

Jim Herman, outgoing Ride Coordinator

## All Invited to Race Team Rides

Ladies and Gentlemen

The raceteam will be riding every weekend of the Autumn and Winter season and the rides throughout October are open to All team and CLUB members, plus invited guests. If you're interested in joining us, please do so. Our October rides will be non combative and regulated (well, mostly) and are a good introduction for club riders to see how the raceteam rides.

See you on the road

Garry

## 1<sup>st</sup> Week in October

**Thur. Oct. 1** **Thursday Morning Coffee Ride**  
**9:00 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](mailto:lorimsommer@gmail.com)

**Fri. Oct. 2** **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](mailto:alang44@hotmail.com)**

**Sat. Oct. 3** **Calaveras Clockwise**  
**8:30 AM** **40 miles, 3 M & 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: Paul Heijn; 510-793-6313; [heijn@comcast.net](mailto:heijn@comcast.net)**  
**M/B Pace: Walter Henry, 650-619-3936;**  
[whenry@stanford.edu](mailto:whenry@stanford.edu)

**Sat. Oct. 3** **Low-key ride**  
**8:30 AM SHARP** **45 miles F-2**  
Race Team Ride #1  
Our first team ride of the season, on roads where we can do an easy spin and practice some rotating pacelines. To the bottom of the Calaveras climb and then Pleasanton and Sunol. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. **Start from the Niles Parking Lot**  
**Garry Birch (925) 556-1564 or (925) 819-0247**  
[garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com)

**Sun. Oct. 4** **Corral Hollow and Patterson Pass (CCW loop)**  
**8:30 AM** **52 miles, 5 B-lite**  
This is one of my favorite rides. It has two nice memorable climbs and Corral Hollow offers one of the fastest, most fun descents around. This is not a long ride, but it packs a punch with an elevation gain of at least 3,000ft. Water and food is available at the gas station located at Hgwy 580 & Patterson. **Meet us at the supermarket parking lot located on the north-west intersection of Concannon and Holmes in Livermore.**  
**Brad (510) 795-7065; [bradbaldwin@att.net](mailto:bradbaldwin@att.net)**

**Sun. Oct. 4** **Show and Go**  
**9:00 AM** **20-50 miles, 1-4 L-T-M**  
Meet at the **Bicycle Garage**. *New location: Lucky shopping center, Mowry, between Farwell and Blacow*

## 2<sup>nd</sup> Week in October

**Mon. Oct. 5** **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](mailto:gmnorthrup@hotmail.com) (510) 796-8832**

**Tue Oct. 6** **Show and Go**  
**9:00 AM** **20-50 miles, 1-4 L-M-B**  
Meet at the **Bicycle Garage**. *New location: Lucky shopping center, Mowry, between Farwell and Blacow*

**Wed. Oct. 7** **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](mailto:alang44@hotmail.com)**

**Thur. Oct. 8** **Thursday Morning Coffee Ride**  
**9:00 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 cross the Dumbarton and ride to Shoreline Park, Molly Stone's, Robert's Market, or Plantation Coffee. If we want something short, 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. Rain cancels.  
**Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com)**

**Fri. Oct. 9** **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](mailto:alang44@hotmail.com)**

**Sat. Oct 10** **Grant Park**  
**8:30 AM** **50 Miles, 4M**  
Meet at **REI** for a trip up Mt. Hamilton road via Miguelito. Our final destination will be Grant Park where we will turn around and head back to the Coffee Cup on Toyon for a well deserved lunch break. We will maintain a moderate pace doable by any Cinderella graduate who can maintain a moderate pace and who is not afraid of climbing.. Rain or temperatures over 90 degrees will cancel.  
**Karen White (510) 475-0746; [kkwh@pacbell.net](mailto:kkwh@pacbell.net)**

**Sat. Oct. 10** **Low-key ride**  
**8:30 AM SHARP** **45 miles F-2**  
Race Team Ride #2  
On local roads, an exploration in and around Fremont for areas that are great for training on.. Featuring Nike Hill, The Early Birds Circuit, Eureka Drive, The Animals, Mur de Pain and others. The plan is to not ride hard up the hills, just say hello to them. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. **Start from the Niles Parking Lot**  
**Brian Zeigler [zighaul@gmail.com](mailto:zighaul@gmail.com)**

**Sun. Oct. 11**  
**Tim's Belated Birthday ride/Todd's Double Century Training**  
**8:00 AM** **aprox 70 miles, 5 B**  
Join Tim and Todd, while Tim shamelessly copies Brad's idea for having a B'day ride. Over the bridge, up Page Mill, down Alpine and back up and over 84. Never done this route before, but it sounds fun to us! Bring plenty of water and food, **Meet at Raley's Parking lot. Note the early start time.**  
**Tim (510) 418-2672 [Tohara2938@aol.com](mailto:Tohara2938@aol.com)**

**Sun. Oct. 11** **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](mailto:GSMITH289@aol.com)**

### 3<sup>rd</sup> Week in October

**Mon. Oct. 12** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2 M**  
See the listing of Mon. Oct. 5 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](mailto:gmnorthrup@hotmail.com) (510) 796-8832**

**Tue Oct. 13** **Show and Go**  
**9:00 AM** **20-50 miles, 1-4 L-M-B**  
Meet at the **Bicycle Garage. New location: Lucky shopping center, Mowry, between Farwell and Blacow**

**Wed. Oct. 14** **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](mailto:alang44@hotmail.com)**

**Thur. Oct. 15** **Thursday Morning Coffee Ride**  
**9:00 AM** **40 miles, 2800' M**  
The Gophers are fundraising for their AIDS Ride at Grant Ranch Park! Bring your donation money and Marcella, Vanessa, Heather and Julie will provide a great lunch including dessert and drinks. Meet in **the Safeway parking lot at the corner of Mission and Warm Springs.** No one left behind! Climb at your own pace! Join us for some fun! Rain or threat of rain cancels.  
**Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com)**

**Fri. Oct. 16** **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](mailto:alang44@hotmail.com)**

**Sat. Oct. 17 8th Annual Brad's Mt. Hamilton Loop B-day Ride**  
**7:00 AM** **108 miles, 7700ft climbing, 5 M/B to F**  
Please join me for the 8th running of my annual b-day ride! The route is the same as before: Fremont to San Jose, ascend the 19 mile-long Mt. Hamilton Rd., drop down to the scenic San Antonio Valley and Mines roads (with a stop at the wild-west Junction Cafe), do some more climbing (Mt. Ham isn't the only climb here folks!), scoot through Livermore's vineyards, and then back home. As it is difficult for everyone to stay together for a ride this tough and long, bring a ride buddy that can match your pace, but in previous years we seem to have always met up at the Cafe more or less together. Ride at your own pace -- just like a regular century -- and please be totally self-sufficient. Bring food and \$\$ for rest stops (and dollar bills for the Mt. Ham vending machines). We've had sag support in previous years but

there is no guarantee on that for this year, so stay tuned to the FFBC list for updates. As always, Debbie will provide yummy snacks at the end of the ride. **Ride starts at my house, 575 Pickering Ave in Fremont.**  
Brad (510) 795-7065; [bradbaldwin@att.net](mailto:bradbaldwin@att.net)

**Sat. Oct 17** **Woodside to Moody**  
**8:30 AM** **55 Miles, 4M**  
Meet at **Don Edward's Wildlife Refuge near the Visitor Center** for a trip over the Dumbarton Bridge. Once over the bridge we will make our way to Moody. There will be an easier option if Moody doesn't fit into your plans. We will maintain a moderate pace doable by any Cinderella graduate who can maintain a moderate pace and who is not afraid of climbing.. Plan for a lunch break at Roberts Market in Woodside before heading home. Rain or temperatures over 90 degrees will cancel.  
Karen White (510) 475-0746; [kkwh@pacbell.net](mailto:kkwh@pacbell.net)

**Sat. Oct. 17** **Low-key ride**  
**8:30 AM SHARP** **50 miles F-2**  
Race Team ride #3  
On roads where we can do an easy spin and practice some rotating pacelines. To the top of the false summit on the Calaveras climb and then retrace to Pleasanton and Sunol. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping.  
**Start from the Niles Parking Lot**  
Bill Brier [wbrier@yahoo.com](mailto:wbrier@yahoo.com)

**Sat. Oct 17** **Baylands Park (with the Back Seat Driver)**  
**9:00 AM** **30 miles, 1-2 T with a bit of M**  
Join us for a ride to Baylands Park in Sunnyvale. Bring \$\$ for a coffee stop along the way. No one will be left behind! New location for ride start: **Dixon Landing Park in Milpitas**. Directions: I-880 south from Fremont. Go east on Dixon Landing Rd. Turn right at Milmont and then right at Jurgens. Parking lot is on the right.  
Shelley and Jorge Gidelatorre; (510) 501-2241  
[swills22@yahoo.com](mailto:swills22@yahoo.com)

**Sun. Oct. 18** **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.

## 4<sup>th</sup> Week in October

**Mon. Oct. 19** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2 M**  
See the listing of Mon. Oct. 5 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](mailto:gmnorthrup@hotmail.com) (510) 796-8832

**Tue Oct. 20** **Show and Go**  
**9:00 AM** **20-50 miles, 1-4 L-M-B**  
Meet at the **Bicycle Garage. New location: Lucky shopping center, Mowry, between Farwell and Blacow**

**Wed. Oct. 21** **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](mailto:alang44@hotmail.com)

**Thur. Oct. 22** **Thursday Morning Coffee Ride**  
**9:00 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 cross the Dumbarton and ride to Shoreline Park, Molly Stone's, Robert's Market, or Plantation Coffee. If we want something short, 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. Rain cancels.  
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell;  
[lorimsommer@gmail.com](mailto:lorimsommer@gmail.com)

**Fri. Oct. 23** **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](mailto:alang44@hotmail.com)

**Sat. Oct. 24** **Five (or more) Canyons**  
**8:30 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 back to Niles again.  
Joe Trabucco (510) 928-6840; [jetq3@yahoo.com](mailto:jetq3@yahoo.com)

**Sat. Oct. 24** **Low-key ride**  
**8:30 AM SHARP** **50-55 miles F-2**  
Race Team ride #4  
A ride on the peninsula, **meeting point at Integrate Performance Fitness in Mountain View** Will be essentially a flattish ride, could be a chance to join in with the Spectrum Ride. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping  
**Leader to be announced**

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

**Sun. Oct. 25** **Show and Go**  
**8:30 AM** **20-50 miles, 1-4, L-T-M-B**  
Meet at the **Downtown Niles** parking lot by the bathroom.

**Sun. Oct. 25** **Tour de Dumbarton (Clockwise)**  
**9:00 AM PROMPT** **60 miles, 1-2 M**  
Grizzly Bear Lunch Ride  
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. This a "group" ride. Each rider is expected to maintain 14- 16 mph pace on the level. The slowest rider sets the pace for the group.  
**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](mailto:jon.graff@yahoo.com)

**Sun. Oct. 25** **Tour of the American River Parkway**  
**9:15 AM (time approximate)** **60 miles, 1 M**  
For many years I've heard the path along the American River is a fun and scenic ride. Let's find out. We will leave our cars in **Discovery Park on Garden Highway in Sacramento**, near Old Town (\$5 parking fee) and ride up to the town of Folsom for lunch. We will regroup every 15 miles for those doing the entire

route. Since it is an "out and back", if you'd prefer to do a shorter ride, pack a lunch and stop at a picnic table along the route. Or, another suggestion would be to take the light rail up to Folsom and ride just the return trip (slight downhill all the way). Others may want to go a few additional miles up to Folsom Dam before or after lunch. Then we will head back to the cars. John knows of a pizza place in Davis that we can try on the way home for those interested.

Water and restrooms are available along the route but food is not unless you go off trail. Please email me if you plan to join us, include your cell number, and let me know if you will meet us or are interested in carpooling/caravan (meet at Bicycle Garage at 6:30AM, leave 7:00AM). If you are bringing minors, please bring signed release forms to the start. Don't forget your snacks. If rain or extreme heat (above 95 deg. F) is predicted, we may reschedule.

**Lori Sommer (510) 794-8624 home, (510) 693-8624 cell;**  
[lorimsommer@gmail.com](mailto:lorimsommer@gmail.com)

## 5<sup>th</sup> Week in October

**Mon. Oct. 26** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2 M**

See the listing of Mon. Oct. 5 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](mailto:gmnorthrup@hotmail.com) (510) 796-8832**

**Tue Oct. 27** **Show and Go**  
**9:00 AM** **20-50 miles, 1-4 L-M-B**

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

**Wed. Oct. 28** **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](mailto:alang44@hotmail.com)**

**Thur. Oct. 29** **Thursday Morning Coffee Ride**  
**9:00 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. Rain cancels.

**Lori Sommer (510) 794-8624 home, (510) 693-8624 cell;**  
[lorimsommer@gmail.com](mailto:lorimsommer@gmail.com)

**Fri. Oct. 30** **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](mailto:alang44@hotmail.com)**

**Sat. Oct. 31** **Low-key ride**  
**8:30 AM SHARP** **45 miles F-2**

Race Team ride #5

On roads where we can spin, and a chance to practice Technique Larry Nolan will be attending to provide team coaching. To the bottom of the Calaveras climb and then Pleasanton and Sunol, with options for climbing Kilkare or Palomares. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping.

**Start from the Niles Parking Lot**

**Leader to be announced**

**Sat. Oct. 31** **Spooky SK-Hairy Halloween Ride**  
**9:00 AM** **30 miles, 2-3 M**

Let's see some mustaches, sideburns, and really interesting helmet hair (HINT) on this rolling party to Alum Rock Park and back. You are welcome to wear a costume, as long as it still allows you to "Share the Road." Let's get in a few miles, before those kids bring home that candy, which beckons us to eat it.

**Start location: Fremont REI.** Route sheets won't be necessary, but will be provided. This is a no drop ride, mostly, because we have no intention of lifting you. Bring snacks for along the ride, and money for coffee, at the end. Rain and vampires cancel.

**Marcella "Pinky" Casebolt: H 510-793-3664 C 510-673-1991**  
[ma-cella@pacbell.net](mailto:ma-cella@pacbell.net)

**Vanessa "V" McDonnell: H 510-441-7607, C 510-517-1466**  
[vanessa@mcnmc.com](mailto:vanessa@mcnmc.com)

## Coming Attractions

### FFBC ANNUAL DAY AFTER THANKSGIVING RIDE

When: Fri. Nov. 27

Where: 17 Mile Drive, Pacific Grove to Carmel & back.

What: Leisurely to touring paces, plenty of stops for enjoying the scenery, and picture taking, lunch on the beach.

Options: Dinner afterwards.

If you would like to lead, or help lead this popular ride, let your friendly ride coordinator know.