

November 2009 RIDE CALENDAR

You are invited to the annual FFBC club ride along Seventeen Mile Drive in Carmel on the Friday after Thanksgiving day. So come out and enjoy the sights and have lunch on the beach.

The race team will be riding every weekend of the Autumn and Winter season and the rides throughout November are open to All team and CLUB members, plus invited guests. If you are interested in joining us, please do so. Our November rides will be non combative and regulated (unless noted otherwise) and are a good introduction for club riders to see how the race team rides. See you on the road. Garry; FFRT Directeur Sportif

1st Week in November

Sun Nov 1 Team Hill Slug Climb for Gourmet Hotdogs
9:00 AM PROMPT! ~30 miles, 4-5 M
Old Calaveras, Felter, 5,4, ~2700 ft
Climb 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 down Mt. Hamilton Rd back to Alum Rock and Mark's Hot Dogs. This is NOT a Group ride, people climb at their own pace. 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; jon.graff@yahoo.com (408)262-9577

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

2nd Week in November

Mon Nov 2 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 coffee shop 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 Nov 3 Show and Go
9:00 AM 20-50 miles, 1-5 L-M-B
Meet at the **Bicycle Garage**, at the Lucky shopping center, Mowry Av. between Farwell and Blacow.

Wed Nov 4 Mid-week Morning Ride
8:30 AM 35-45 miles, 2-3 M/B
Meet at **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; alang44@hotmail.com (510) 760-9245

Thu Nov 5 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. Call or check yahoo list for rain cancellation.
Lori Sommer; lorimsommer@gmail.com
(510) 794-8624 home, (510) 693-8624 cell

Fri Nov 6 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; alang44@hotmail.com (510) 760-9245

Sat Nov 7 Alum Rock Park
8:30 AM ~30 miles, 1-2 T with a bit of M
...with the Back Seat Driver. Join us for my favorite ride to Alum Rock Park. Bring \$\$ for a coffee stop along the way. No one will be left behind! Meet at **REI in Fremont.**
Shelley and Jorge Gildelatorre; swills22@yahoo.com
(510) 501-2241

Sat Nov 7 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.
B Pace: Tim & Robin O'Hara Timothy.Ohara@kla-tencor.com
(510) 471-2464
M Pace: Tony Flusche; TonyF@att.net 510-247-3220

Sat Nov 7 Race Team Ride #6 – CX Spectating
8:30 AM SHARP 45 miles, 2 F
A ride from Niles to visit Robertson Park in Livermore to spectate at the LAPRD Cyclo-X event.
We may add in some additional mileage and skills / intensity sections to make it a worthy team ride.
This is a no drop ride.
Meet at **Niles Boulevard Northern Parking lot, nearest cross street is 'G' street**
Ride leader to be announced, but in the meantime
Garry Birch (925) 556-1564 or (925) 819-0247

Sun Nov 8 Tour de Fremont (CCW)
9:00 AM PROMPT! 44-50 miles, 1-2 G M
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. This a "group" ride. Riders are expected to maintain a 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; jon.graff@yahoo.com (408)262-9577

Sun Nov 8 **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, this is a great time to wear it.
Jorge Gildelatorre; jorge@gildelatorre.com (510)589-0660

3rd Week in November

Mon Nov 9 **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 coffee shop 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 Nov 10 **Show and Go**
9:00 AM **20-50 miles, 1-5 L-M-B**
Meet at the **Bicycle Garage**, at the Lucky shopping center, Mowry Av. between Farwell and Blacow.

Wed Nov 11 **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; alang44@hotmail.com (510) 760-9245

Thu Nov 12 **Thursday Morning Coffee Ride**
8:30 AM **20-25 miles, 3-4M**
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. Call or check yahoo list for rain cancellation.
Wet weather can modify route.
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

Fri Nov 13 **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; alang44@hotmail.com (510) 760-9245

Sat Nov 14 **Team ride #7 – Palomares / Calaveras Loops**
8:30 AM SHARP **65 miles, 4 F**
A ride from Niles, we go out via Palomares, to Dublin Canyon, Pleasanton, Sunol, Calaveras road, Milpitas and back to Fremont. This ride as more climbing than we have been doing. This is a no drop no stop ride with minimal regroups ride.
Meet at **Niles Boulevard Northern Parking lot, nearest cross street is 'G' street**
Ride leader to be announced, but in the meantime
Garry Birch (925) 556-1564 or (925) 819-0247

Sat Nov 14 **Ride through the Livermore Valley**
8:45 AM **40 miles, 3 T**
Meet at **Crank 2, 5480-9 Sunol Blvd, Pleasanton (925 462-4272) in the Raley's Shopping Center** for a 9:00 departure. We'll venture out Vineyard & Isabel to Collier Canyon, Manning and May School roads breaking at Starbuck's at Vasco & Scenic. Then we'll return via N. Front, Greenville, Tesla & College ending up on Stanley Blvd. We'll have regroups as needed. No one will be left behind.
Louis & Sydney Friedenberg; (510) 793-3796

Sat Nov 14 **Something New for Mt. Diablo (Short Notice)**
8:45 AM **67 miles, 5 B**
Have you climbed Mt. Diablo yet this year? No? Well, me neither, so maybe now's the time to go for it, especially given the nice weather forecast for the weekend! The route to the base will be a bit different from what we've done before. We'll start in Livermore at **Lucky's, corner of Concannon and Holmes**, then ride up Collier Canyon Rd, a short (5.5 mile), quiet and scenic stretch of road. That leads into Highland Rd and then over to more familiar surroundings once onto Camino Tassajara.

For the first timers in the club, Mt. Diablo is 11.3 miles long with about 3,300ft of climbing. The really "fun" part is the very last little section, a 17% grade that provides one final torture before you can rightly declare victory over the mountain. About the breathtaking panoramic views at the summit: *"Geographers claim that hikers [and cyclists] can see more of the earth's surface from the top of Mt. Diablo than from any other peak in the world with only one exception: Africa's legendary 19,340-foot Mt. Kilimanjaro."* (Source: Mt. Diablo St. Park.) So bring your camera! Water is available at the summit, perhaps snacks too if the Interpretative Center is open. No coffee stops along the way, so bring something to eat. We'll start a bit later to give folks time to make it over to Livermore and to get some of the early morning chill out of the air. Hope to see you there!
Brad Baldwin; bradbaldwin@att.net

Sun Nov 15 **Team Hill Slug Calaveras to Pleasanton Challenge**
9:00 AM PROMPT! **~60 miles, 4 M, 4100 ft**
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. We'll have a lunch in Pleasanton, so please bring money, fruit, snacks & plenty to drink. People climb Calaveras at their own pace. The group reunites at Geary Rd, i.e. entrance road to the Sunol Regional Wilderness, and rides as a group to Pleasanton. While in the group, each rider is expected to maintain a 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; jon.graff@yahoo.com (408)262-9577

Sun Nov 15 **Show and Go**
8:30 AM **20-50 miles, 1-4, L-T-M**
Meet at the **Raley's shopping center at Jarvis & Newark Blvd.**

4th Week in November

Mon Nov 16 **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 coffee shop 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 Nov 17 **Show and Go**
9:00 AM **20-50 miles, 1-5 L-M-B**

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

Wed Nov 18 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3 M/B**

Meet at **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; alanq44@hotmail.com (510) 760-9245

Thu Nov 19 **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. Call or check yahoo list for rain cancellation.**

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

Fri Nov 20 **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; alanq44@hotmail.com (510) 760-9245

Sat Nov 21 **Calaveras CCW**
8:30 AM **40 miles, 3B**

We will meet in the **Downtown Niles Parking lot** ride through Fremont to Milpitas and then up the wall. We will include a hard hitter's option of going up Old Calaveras, We return via Sunol and Niles Canyon.

B Pace: Tim & Robin O'Hara Timothy.Ohara@kla-tencor.com (510) 471-2464

M Pace: Tony Flusche; TonyF@att.net 510-247-3220

Sat Nov 21 **Race Team Ride #8 – Golden Gate / Marin Headlands**
8:30 AM SHARP **73 miles (min), 2 F**

The plan is to start at **Sports Basement at Crissy Field / Presidio** and cross the GG bridge into Marin. Route will be up through Marin, to Nicasio, over to Olema, south on Highway 1 to Stinson Beach. We then climb Mt Tamalpais (not to top), and then back down to Sausalito and back over the bridge. Please make sure you are physically capable of doing this ride.

All race team members are requested to wear their team uniform. Rain will **NOT** stop play. No stopping, no dropping. Start point Presidio Sports Basement

Henry Mar; henry_mar@yahoo.com (415) 412 2506

Sun Nov 22 **Milpitas to Morgan Hill**
9:00 AM PROMPT! **~60 miles, 1 G M**

Ride Bicycle Route 11 from Milpitas to Morgan Hill. We'll buy lunch in Morgan Hill. This a "group" ride. Each rider is expected to maintain a 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; jon.graff@yahoo.com (408)262-9577

Sun Nov 22 **Family Ride**
2:00 PM **6-12 miles, 1 L**

Come join us for a very leisurely family friendly ride on the Alameda Creek Trail. Meet at the **parking lot at the end of Beard Rd.** We'll ride down the creek trail until we get tired or grumpy and then ride back to the start. No child left behind!

Mark Davis; mark@markandshirley.com (510) 573-0184
Vanessa McDonnell; vanessa@mcnmc.com (510)441-7607, (510) 517-1466

Sun Nov 22 **Race Team ride #9 - The Turkey ride**
9:00 AM **Unregulated, 35 miles, 1 F**

Join in one the longest running riding traditions in the Bay area. This ride can be MASSIVE, last years good weather brought out Over 400 participants! Goes south from Danville to Dublin, Camino Tassajara, Blackhawk and Danville

Start from the **California Pedaler, 495 Hartz Ave, Danville.**

Garry Birch (925) 556-1564 or (925) 819-0247

5th Week in November

Mon Nov 23 **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 coffee shop 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 Nov 24 **Show and Go**
9:00 AM **20-50 miles, 1-5 L-M-B**

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

Wed Nov 25 **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; alang44@hotmail.com (510) 760-9245

Thu Nov 26 **Thanksgiving Day Turkey Trot**
8:30 AM **30 miles, 4 M**
Meet at the **Niles downtown parking lot**. A quick ride to get us home in time to eat turkey. We will go over Palomares and up to the top of Dublin Grade. Then turn around and retrace our route back over Palomares to Niles. No coffee stop today--you'll get plenty to eat later. We should get back well before noon. All "M" pace riders are welcome, no one left behind. Faster riders are welcome to ride ahead.
Ken Goldman; ken.goldman@comcast.net (510)791-1095

Fri Nov 27 **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; alang44@hotmail.com (510) 760-9245

Fri Nov 27 **26th Annual 17-Mile Drive Ride**
10:00 AM **30+/- miles, 2-3 L-T-M**
Multiple routes and options.
Meet at **George Washington Park in Pacific Grove (Sinex Avenue and 17 Mile Drive)** Much improved route and lone less hill to climb, same great place for lunch. This is The Club's day-after Thanksgiving world class ride of Pacific Grove , Pebble Beach, Carmel , and Point Lobos. Ride is co-listed with the San Luis Obispo Bicycle Club. This year we'll go along the Asilomar and up the famous Huckleberry Hill (this is the world class route), and then out Carmel Hill Gate down to Carmel to get lunch. The flat option route is available and you will need to climb the hill to get to the market, might as well do the Huckleberry Hill Route and have more fun. \$\$\$ lunch in Carmel on the beach. Frequent regroupings, Kodak moments at a scenic vista points. After the ride, many people go out to eat at Phil's Fish Market in Moss Landing.

Directions: 1) direct route: 880 South to Santa Cruz, Highway 1 south to Monterey and take the Del Monte Blvd exit south, right on Lighthouse Ave, becomes Central Ave, left on Fountain, right on Lighthouse Ave, left on Alder to George Washington Park at Alder and Sinex.

2) longer route: 101 South past Gilroy to Hwy. 156. Go south to Hwy. 1 once in Monterey take Del Monte blvd exit south, right on Lighthouse Ave, becomes Central Ave, left on Fountain, right on Lighthouse Ave, left on Alder to George Washington Park at Alder and Sinex.

Breakfast before: Paris Bakery, 271 Bonifacio Pl, Monterey, CA 93940, (831) 646-1620 (from Del Monte blvd turn left at Figueroa St, right on Pearl St, right on Tyler St, right on Bonifacio.

Dinner afterwards: Phil's Fish Market, 7600 Sandholdt Road ,Moss Landing, CA 95039,(831) 633-2152

Wynn Kageyama; davitusrider@yahoo.com (408)-499-0881

Sat Nov 28 **Team Ride #10 - Tour of the Dead End Canyons**
8:30 AM SHARP **70 miles, 4-5 F**
An exploration of little used roads coz they don't go anywhere, except UP. All the roads are within 1 hour's ride of Niles, so if you run out of juice you can head for home. Total climbing for the day will be approx. 4500 ft. All race team members are requested to wear their team uniform. Rain will stop play. Regroups as required. Start from the **Niles Parking Lot**. Ride leader to be announced, but in the meantime
Garry Birch (925) 556-1564 or (925) 819-0247

Sat Nov 28 **Woodside Loop**
9:00 AM **35-40 miles, 2-3M**
Come join us on a ride to one of my favorite destinations - Robert's Market in Woodside. We'll ride to Woodside, have a late morning snack or early lunch and then return a slightly different way. Meet at **Don Edwards Wildlife Refuge**, near the new visitor center @ 9am for a 9:15am roll. **Rain cancels. Call or check Yahoo! list for rain cancellation.**
Vanessa McDonnell; vanessa@mcnmc.com (510)441-7607, (510) 517-1466

Sun Nov 29 **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 Nov 29 **Tour de Dumbarton Bridge (CCW)**
9:00 AM PROMPT! **~60 miles, 1-2 G 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). This a "group" ride. Each rider is expected to maintain a 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; jon.graff@yahoo.com (408)262-9577

6th Week in November

Mon Nov 30 **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 coffee shop 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