

May 2010 RIDE CALENDAR

Wednesday evening pizza rides.

It's time again for the popular PIZZA RIDES! On Wednesday evenings in May, **meet at ME-N-ED'S PIZZERIA, 3900 Decoto Road in Fremont (corner of Decoto & Fremont Blvd)** for an early evening ride, returning before dark to feast on pizza. There will be route sheets to suit everyone. Five dollars (\$5.00) buys you 3 slices of pizza and bottomless soft drinks after the ride (participation optional). Food will be ready at 7:30 pm.

Directions from 880: Exit Decoto Rd. to the East (toward the hills). Cross Fremont Blvd. and make a right into the **2nd driveway** leading to the rear of the Walgreen's/McDonald's shopping center. Go directly to the large parking lot behind the stores. Please avoid parking in front of Walgreen's as this is a very busy time for them. Rain cancels the ride, but not necessarily the pizza.

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.

Pizza Ride leader reservation list:

May:	Connie Smith
June:	Andy Sass
July:	open
August:	Julie Gilson
September:	open

FFBC Ride Classification.

Ride leaders are encouraged to maintain the ride paces as outlined at <http://www.ffbc.org/html/RideClassification.html>.

Maps to the frequently used start locations.

Maps to the start locations may be viewed from the link on the FFBC page (http://www.ffbc.org/html/start_locations.html).

THANK YOU TO ALL THE VOLUNTEER RIDE LEADERS!

1st Week in May

Sat May 1 **Calaveras Clockwise**
8:30 AM **40 miles, 3, M-B**

This is our traditional "1st Saturday of the Month" ride. We will **meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.** 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. Rain or a serious threat of rain cancels.

Sandra King; regalmoded@yahoo.com (510) 487-7658
Jorge Gildelatorre; jorge@gildelatorre.com (510) 589-0660

Sun May 2 **Palomares Loop**
8:30 AM **40 miles, 4, B-Lite**

Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. True B pace for high M or low B riders who can't hold what's been passing as B pace (although you're welcome, too). Usual regroupings, minimal breaks. Rain cancels.

Matt McGrane; Statboy@aol.com (510) 363-0846 cell

Sun May 2 **Mission San Jose Loop (Counter-clockwise)**
9:00 AM SHARP **~30 miles, 2, M**

Grizzly Bear Mission San Jose

We ride the rollers on Piedmont and climb two 0.2 mile 7-8 percent hills. With the exception of the 2 climbs, 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. **Meet at the Great Mall of Milpitas in the mall parking lot across from the Great Mall/Main VTA station at Great Mall Pkwy and McCandless Dr (Milpitas).**

Jon Graff; jongraff@earthlink.net (408) 262-9577

2nd Week in May

Mon May 3 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2, M**

Let's meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage) 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 May 4 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed May 5 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**

Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), 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

Wed May 5 **Wednesday Pizza Ride**
6:00 PM **20-25 miles, M-B**

Meet at ME-N-ED'S PIZZERIA

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.

Conni Smith; 4conni.smith@gmail.com (510) 461-8838 cell, (510) 471-8047 home

Thu May 6 **Thursday Morning Coffee Ride**
9:00AM **25-40 miles, 2-4, M+**

Come ride with a fun group. **Meet at Don Edward Visitor Center, Don Edwards National Wildlife Refuge, Marshlands Rd near the Visitor Center (Newark).** We cross the Dumbarton and ride to Shoreline Park, Robert's Market, or Plantation Coffee. Sometimes the climbs are optional. 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; lorimsommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

Fri May 7 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the PW Supermarket side of the shopping center (Castro Valley) 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 May 8 **Death Ride Training #2 /**
Tour of California Stage 3 Preview (South)
8:00 AM **80 miles, 5, B**
Saratoga Gap to Bonny Doon

RATING: 2.5 PASSES / Total Estimated Climb: 7000 ft
Moving the Tour of California to May gives us an exciting opportunity to get in some good training and preview the southern half of the Stage 3 course. In order to see as much of the course as possible, let's meet at the **Saratoga Gap Parking Lot, at the junction of Highway 9 (Congress Springs) and Highway 35 (Skyline Road). (Take 880 South to 17 to Los Gatos, then Highway 9 South to 35).**

We'll take West Alpine to the Pescadero area, and follow the tour route as faithfully as possible down the coast, and up the now-famous Bonny Doon climb to Pine Flat. Additional climbing after we leave the Tour route will include Empire Grade to Alba, then the big one up Highway 9 back to Saratoga Gap after the lunch stop. (Please keep in mind that most of the climbing will take place in the second half of the ride.)

This is an unusual ride for us, so please don't hesitate to contact me if you have any questions. And rain will cancel, so please contact me the morning of the ride if the weather looks iffy.

Mike Williams; mwilliams297@comcast.net (510) 364-4335

Sat. May 8 **Palomares Loop**
8:30 AM **40 Miles, 4, M**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. for a short but quality ride up Palomares, down the back and onto Dublin Canyon for a return through Sunol and Niles Canyon. Plan a snack stop at the Sunol Jazz Café. This ride pace is suitable for any club member who can maintain a moderate pace and is eager to test their legs with a little climbing. Bring water, snacks and an optimistic attitude. Rain or temperatures over 90 will cancel.
Karen White; kkwhite94587@yahoo.com (510) 475-0746

Sun May 9 **Show and Go**
8:30 AM **20-50 miles, 1-4, L-T-M-B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun May 9 **FFBC "Get-To-Know-Us-Ride"**
9:00 AM **with the 'Back-seat driver'**
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 parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark),** 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.
Shelley and Jorge Gildelatorre; swills22@yahoo.com (510) 501-2241

Sun May 9 **Team Hill Slug Climb for Gourmet Hotdogs**
9:00 AM SHARP **30 miles, 5, M**
Billy Goat Old Calaveras, Felter
Climb for hot dogs at Mark's Hot Dogs, the Big Orange! Up Old Calaveras to Calaveras to Felter to Sierra then to Mark's Hot Dogs. Each rider sets his or her own pace on the climbs. There is a regroup at Sierra and Piedmont intersection and the group will ride to Mark's Hotdogs at an M pace, 14-16 mph with the slowest rider setting the pace. **Meet at the Great Mall of Milpitas in the mall parking lot across from the Great Mall/Main VTA station at Great Mall Pkwy and McCandless Dr (Milpitas).**
Jon Graff; jongraff@earthlink.net (408) 262-9577

3rd Week in May

Mon May 10 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2, M**
Let's meet at the **Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)** 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 May 11 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed May 12 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. 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

Wed May 12 **Wednesday Pizza Ride**
6:00 PM **20-25 miles, M-B**
Meet at ME-N-ED'S PIZZERIA
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.
Conni Smith; 4conni.smith@gmail.com (510) 461-8838 cell, (510) 471-8047 home

Thu May 13 **Thursday Morning Coffee Ride**
9:00 AM **32 miles, 2, M+**
Come join us for a trip to Alum Rock Park. **Meet at the REI Fremont side parking lot of REI on Ice House Terrace near Auto Mall Parkway & Fremont Blvd.** No route sheets. We will regroup as necessary and stop for coffee/quick lunch so bring money.
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

4th Week in May

Fri May 14 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the PW Supermarket side of the shopping center (Castro Valley) 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 May 15 **Tour of California Stage 4 Preview**
8:00 AM **60-70 miles, 5, B**
This ride is going to be on more familiar roads than Stage 3, starting in Downtown Niles. We'll tackle Sierra/Felter, Calaveras, and the new Pigeon Pass (Highway 84) to Livermore, where we'll have a rest/lunch stop. After the stop, we'll head back on Vineyard, Bernal, Foothill, and Niles to get back home.
Mike Williams; mwilliams297@comcast.net (510) 364-4335

Sat May 15 **Lori's Thursday Ride on Saturday**
8:30 AM **40 miles, 3-4, M**
Meet at Don Edward Visitor Center, Don Edwards National Wildlife Refuge, Marshlands Rd near the Visitor Center (Newark) for a trip over the Dumbarton Bridge to warm-up before our ascent up Alpine with an option to ride to the end of Alpine for a little extra climbing. After a coffee, water and snack stop at the new Roberts Market on Alpine we will return to Newark via Portola and Sandhill before making our way back to the Dumbarton Bridge and home. This ride is recommended for anyone capable of sustaining an "M" pace and who welcome a little climbing. Rain or temperatures over 90 will cancel.
Karen White; kkwhite94587@yahoo.com (510) 475-0746

Sun May 16 **Show and Go**
8:30 AM **20-50 miles, 1-4, L-T-M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun May 16 **Dale and Ken's Excellent Adventures**
9:00 AM at Orinda BART station west lot **45 miles, 5, M**
Another of "Dale and Ken's Excellent Adventures"
This ride will go around the Three Bears Loop and then climb Wildcat Canyon which are moderate climbs that are "4's". There is also a one mile climb up South Park which is about as steep as "The Wall" on Calaveras (but is very walkable). That's what makes this ride a "5". Coffee stop in Moraga at about mile 38.
If you drive to this ride, there is plenty of parking in the west BART lot on Sundays. If you ride the BART, the last train that will get you there on time arrives at 9:02 (leaves Fremont 8:10; change trains in Oakland). If you come on the next train---have a nice day.
Ken Goldman; ken.goldman@comcast.net (510) 791-1095(H)
Dale Blanchard; dale-B@comcast.net (510) 703-7474(C)

Sun May 16 **Tour de Fremont (Clockwise)**
9:00 AM SHARP **44-50 miles, 2, 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 will have lunch in or near the San Jose Mission 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 Plan to be back at the start a little after 3:30 PM. **Meet at the Great Mall of Milpitas in the mall parking lot across from the Great Mall/Main VTA station at Great Mall Pkwy and McCandless Dr (Milpitas).**
Jon Graff; jongraff@earthlink.net (408) 262-9577

Mon May 17 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2, M**
Let's meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage) 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 May 18 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed May 19 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), 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

Wed May 19 **Team Hill Slug Sees the T O F at the Calaveras Wall**
9:00 AM SHARP **16 miles, 5, M**
Billy Goat Old Calaveras, Calaveras
Up Old Calaveras to the Calaveras "Wall". Wait at the Wall for the **Tour of California**. After the Tour passes, down Calaveras and Old Calaveras to Piedmont and the Jorgensens. Each rider sets his or her own pace on the climbs. There is a regroup at Old Calaveras and Piedmont and the group will ride to Jorgensens (the ACTC Party) at an M pace, 14-16 mph with the slowest rider setting the pace. Riders will go home from the Jorgensens on their own. **START: In the Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway and McCandless Drive/Great Mall Dr., Milpitas.**
Jon Graff jongraff@earthlink.net (408) 262-9577

Wed May 19 **Wednesday Pizza Ride**
6:00 PM **20-25 miles, M-B**
Meet at ME-N-ED'S PIZZERIA
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.
Conni Smith; 4conni.smith@gmail.com (510) 461-8838 cell, (510) 471-8047 home

Thu May 20 **Thursday Morning Coffee Ride**
9:00AM **25-40 miles, 2-4, M+**
Come ride with a fun group. **Meet at Don Edward Visitor Center, Don Edwards National Wildlife Refuge, Marshlands Rd near the Visitor Center (Newark).** We cross the Dumbarton and ride to Shoreline Park, Robert's Market, or Plantation Coffee. Sometimes the climbs are optional. 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; lorimsommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

Fri May 21 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the PW Supermarket side of the shopping center (Castro Valley) 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 May 22 **Climb to Grant Ranch Park**
8:30 AM **45 miles, 4, M**
Meet at the Warm Springs CVS Pharmacy parking lot, Northeast corner of Mission Blvd and Warm Springs Blvd., for a late spring 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 Ranch Park. This ride is recommended for anyone capable of sustaining an "M" pace and who welcome sustained climbing. Bring \$ for a coffee stop at the Coffee Cup after the climb and before returning to Fremont. Rain or temperatures over 90 will cancel.
Karen White; kkwhite94587@yahoo.com (510) 475-0746

Sat May 22 **Show and Go**
8:30 AM **30-50 miles, 4, B**
Meet at the Warm Springs CVS Pharmacy parking lot, Northeast corner of Mission Blvd and Warm Springs Blvd.,

Sun May 23 **Palomares to Cinnamon Rolls!**
8:00 AM **50 miles, 4, M**
Happily Ever After... This ride is appropriate for all riders who have completed the Cinderella Classic training (and are ready to challenge themselves to climb over Palomares) - all club members are welcome! Join us for a ride over Palomares into Dublin and then back through Niles Canyon. Bring \$\$ for a giant cinnamon roll at Denica's. **Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

This is a no-drop ride and we will regroup as necessary. Rain cancels.
Vicki Timmons; vickio@comcast.net (510) 589-7356 cell
Pam Edillon; pedillon@sbcglobal.net (714) 615-9652
Teresa Sarlitto; ibteresa@sbcglobal.net (714) 328-1273

Sun May 23 **Show and Go**
8:00 AM **30-50 miles, 4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun May 23 **Team Hill Slug Calaveras to Pleasanton Challenge**
9:00 AM SHARP **60 miles, 4, M**
Billy Goat Calaveras
From Milpitas we will climb the wall (3 miles, 1400+ ft); descend into Sunol; then to Pleasanton and return through Sunol and the backside of Calaveras. We will have a lunch in Pleasanton, so please bring money, fruit, snacks & plenty to drink. **Meet at the Great Mall of Milpitas in the mall parking lot across from the Great Mall/Main VTA station at Great Mall Pkwy and McCandless Dr (Milpitas).**
Jon Graff; jongraff@earthlink.net (408) 262-9577

Sun May 23 **Family Ride - Los Gatos Creek Trail**
2:00 PM **~10 miles, 1, T**
Meet in the parking lot of Campbell Park in Campbell (off Gilman Ave.) We'll take a leisurely ride to downtown Los Gatos with a stop for ice-cream before returning to the start. The pace will be suitable for children of all ages and the young at heart. We might stop for a quick tour of the playground or to push our bikes up the "big hills". As usual, no child left behind!
Vanessa McDonnell; vanessa@mcnmc.com (510) 441-7607 home, (510) 517-1466 cell;

5th Week in May

Mon May 24 **Al's Birthday Ride (12th Annual)**
8:30 AM **61 miles, 2, M**
Join us on this annual ride and help me celebrate ANOTHER 29th birthday (my 33rd one)! This year we will cycle on a new birthday route. Let's **meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)** at 8:30am. If that location sounds familiar, it's because that's where Mike Northrup starts his weekly Monday ride. We will ride with Mike's group on their route down to the southern end of Fremont. When they turn back north we will continue south and around the lower end of the Bay. We will make a brief stop in Milpitas for coffee and a snack, but our lunch destination will be in Palo Alto.
Al Quintana; alang44@hotmail.com (510) 760-9245

Mon May 24 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2, M**
Let's **meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)** 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 May 25 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed May 26 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. 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

Wed May 26
6:00 PM

Wednesday Pizza Ride
20-25 miles, M-B

Meet at ME-N-ED'S PIZZERIA

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.

Conni Smith; 4conni.smith@gmail.com (510) 461-8838 cell, (510) 471-8047 home

Thu May 27
9:00AM

Thursday Morning Coffee Ride
25-40 miles, 2-4, M+

We meet at the Sunol Train Station, Foothill Rd & Kilkare Rd (Sunol). 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.

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

Fri May 28
8:30 AM

The Friday Bike Club
35-45 miles, 3-4, M-B

Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the PW Supermarket side of the shopping center (Castro Valley) 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 May 29
8:00 AM

Calaveras to the Wall and Back
50 miles, 3, M

Happily Ever After... This ride is appropriate for all riders who have completed the Cinderella Classic training - all club members are welcome! Join us for a ride through Niles Canyon, Calaveras, to the wall, and back to Niles. Bring \$\$ for a coffee stop at the Jazz Café in Sunol before returning to Niles. Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

This is a no-drop ride and we will regroup as necessary. Rain cancels.

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

Pam Edillon; pedillon@sbcglobal.net (714) 615-9652

Teresa Sarlitto; ibteresa@sbcglobal.net (714) 328-1273

Sat May 29
8:00 AM

Show and Go
30-50 miles, 3-4, B

Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun May 30
8:30 AM

Show and Go
20-50 miles, 1-4, L-T-M-B

Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun May 30
9:00 AM SHARP

Tour de Dumbarton Bridge (Counter-clockwise)
~60 miles, 2, M

Grizzly Bear 5 or more Cities

Bike through 10 cities! We start with rollers on Piedmont Road/North Park Victoria, climb two 0.2 mile 7 to 8 percent hills, and climb the Dumbarton Bridge. Break at the Don Edwards National Wildlife Center, so bring snacks. We'll buy lunch after the bridge, so bring money. With the exception of the climbs this is a GROUP ride. Riders are expected to maintain a 14 to 16 mph pace (when riding flat with no wind). Meet at the Great Mall of Milpitas in the mall parking lot across from the Great Mall/Main VTA station at Great Mall Pkwy and McCandless Dr (Milpitas).

Jon Graff; jongraff@earthlink.net (408) 262-9577

6th Week in May

Mon May 31

MEMORIAL DAY!

Mon May 31
8:30 AM

Monday Morning Recovery Ride
40 miles, 1-2, M

Let's meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage) 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