June 2010 RIDE CALENDAR

WEDNESDAY EVENING PIZZA RIDE

Join Andy Sass as he hosts the popular Wednesday evening Pizza Rides. For the month of June, 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.

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 the ride departs. If you are staying for pizza the cost is $5.00 per person and that includes three pieces of pizza and a soda per rider.

The rides meet at 6:00 PM for sign in, to be completed by 6:10. Departure time is 6:15pm SHARP.

Pizza Ride leader reservation list:

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 June be viewed from the link on the FFBC page (http://www.ffbc.org/html/start_locations.html).

THANK YOU TO ALL THE JUNE RIDE LEADERS!

1st Week in June

Tue June 1 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 June 2 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; alanq44@hotmail.com (510) 760-9245

Wed June 2 Wednesday Pizza Ride
6:00 PM 10-20 miles, L-M-B-F
Meet at Mission Pizza

Arrive and sign in by 6:10 PM. Departure at 6:15 Sharp. This week is the Tour de “Not a Through Street”. The basic course is a medium ability 10-mile loop ride south on Paseo Padre coming back east of Mission Blvd with some hills. A number of streets will be identified for up and back to catch a nice view or admire some palatial houses increasing both distance and altitude to satisfy even the F riders. Shortcut for L riders for a shorter loop. Do as many or a few “Not a Through Streets” as you wish to stay with a group and to be back for pizza at 7:30.

Andy Sass; andrew.sass@yahoo.com (520) 490-8098

Thu June 3 Thursday Morning Coffee Ride
8:30 AM 25-40 miles, 2-4, M+
Come ride with a fun group. Meet at Don Edward Visitor Center, Don Edwards National Wildlife Refuge, Marshalls 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.

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

Fri June 4 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 June 5 Calaveras Clockwise
8:30 AM 40 miles, 3, 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.

TBD; Route sheet available from ridecoordinator@ffbc.org

Sat June 5 Peninsula
8:45 AM ~50 miles, 2-3, 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 fun ride across the Dumbarton through Palo Alto, Los Altos, and Woodside through beautiful neighborhoods and along country roads. Bring $$ for a coffee/lunch stop. Meet at Don Edward Visitor Center, Don Edwards National Wildlife Refuge, Marshalls Rd near the Visitor Center (Newark). 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 June 6 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 June 6 Mission San Jose Loop (Counter-clockwise)
9:00 AM SHARP ~30 miles, 2, M
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; jongraft@earthlink.net (408) 262-9577
2nd Week in June

Mon June 7  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 June 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; gnmnorthrup@hotmail.com  (510) 796-8832

Tue June 8  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 June 9  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; alanq44@hotmail.com  (510) 760-9245

Wed June 9  Wednesday Pizza Ride
6:00 PM  10-20 miles, L-M-B-F
Meet at Mission Pizza
Take that old jersey from the back of the closet, and shine up that oldie but a goodie for retro night. Arrive and sign in by 6:10 PM. Departure at 6:15 Sharp. It will be a flat ride north on Paseo Padre and back Boyce with the wind. Different distances for different abilities. New helmets only. Leave the leather ones at home. Pizza at 7:30.

Andy Sass; andrew.sass@yahoo.com  (520) 490-8098

Thu June 10  Thursday Morning Coffee Ride
8:30 AM  25 miles, 3, M
Come join us for a trip up to Sandy Wool Lake. 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

Fri June 11  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 June 12  Dale and Ken's Excellent Adventures
9:00 AM SHARP  (actual BART departure time)  52 Miles, 5, M
Start at Fremont BART Station. We will take the 8:10 Richmond train and transfer in Oakland to get to Concord at 9:19. We should be able to get rolling by 9:30. We will ride over Morgan Territory Rd. (6.3 miles, 1755ft.) and descend into Livermore for lunch before riding back to Fremont via Vallecitos Rd. and Niles Canyon and finishing at the Fremont BART station. If you are confused by the logistics, please reread this listing several times. (If you get confused and drive your car to Concord, you will have a long trip from Fremont to retrieve it after the ride.)

Ken Goldman; ken.goldman@comcast.net  (510) 791-1095
Dale Blanchard; dale-B@comcast.net  (510) 703-7474

Sun June 13  South Bay Loop
8:45 AM  ~55 miles, 1-2, 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 loop around the south bay. We will ride south on Mission and Warm Springs, go west on the bike paths along Hwy 237, north to Palo Alto using bikeways, over 101 on the Bike Bridge and over the Dumbarton and back to Niles. Bring $$ for a coffee/lunch stop 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 Sarlito; ibteresa@sbcglobal.net  (714) 328-1273

Sun June 13  FFBC “Get-To-Know-Us-Ride”
8:45 AM  30-55 miles, 1-4, B
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun June 13  Show and Go
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 Raleigh's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun June 13  Show and Go
8:45 AM  20-50 miles, 1-4, L-T-M
Meet at Mission Pizza
Take that old jersey from the back of the closet, and shine up that oldie but a goodie for retro night. Arrive and sign in by 6:10 PM. Departure at 6:15 Sharp. It will be a flat ride north on Paseo Padre and back Boyce with the wind. Different distances for different abilities. New helmets only. Leave the leather ones at home. Pizza at 7:30.

Andy Sass; andrew.sass@yahoo.com  (520) 490-8098

Sat June 12  Dale and Ken's Excellent Adventures
8:10 AM SHARP (actual BART departure time)  52 Miles, 5, M
Start at Fremont BART Station. We will take the 8:10 Richmond train and transfer in Oakland to get to Concord at 9:19. We should be able to get rolling by 9:30. We will ride over Morgan Territory Rd. (6.3 miles, 1755ft.) and descend into Livermore for lunch before riding back to Fremont via Vallecitos Rd. and Niles Canyon and finishing at the Fremont BART station. If you are confused by the logistics, please reread this listing several times. (If you get confused and drive your car to Concord, you will have a long trip from Fremont to retrieve it after the ride.)

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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 Raleigh'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.

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

Sun June 13  Team Hill Slug Calaveras to Pleasanton Challenge
9:00 AM SHARP  60 miles, 4, M
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; jongraft@earthlink.net  (408) 262-9577
3rd Week in June

Mon June 14  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 June 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 June 15  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 June 16  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 $$. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

Al Quintana; alanq44@hotmail.com  (510) 760-9245

Wed June 16  Wednesday Pizza Ride
6:00 PM  10-20 miles, L-M-B-F
Meet at Mission Pizza

Meet 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.

Andy Sass; andrew.sass@yahoo.com  (520) 490-8098

Thu June 17  Thursday Morning Coffee Ride
8:30 AM  25-40 miles, 2-4, M-
Come ride with a fun group. Meet at Don Edwards 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.

Lori Sommer; lorimsommer@gmail.com  (510) 794-8624

Fri June 18  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

4th Week in June

Sat June 19  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 June 20  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 June 20  Tour de Fremont (Counter-Clockwise)
9:00 AM SHARP  44-50 miles, 2, M
We ride the rollers on Piedmont and climb two 0.2 mile 7-8 percent hills and proceed to Don Edwards Wildlife Center. So bring fruit or a snack for a break there. We will have lunch in or near the Pacific Commons 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 June 21  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 June 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 June 22  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 June 23  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; alanq44@hotmail.com (510) 760-9245

Wed June 23  Wednesday Pizza Ride
6:00 PM  10-20 miles, L-M-B-F
Meet at Mission Pizza
Arrive and sign in by 6:10 PM. Departure at 6:15 Sharp. This ride is a fairly flat ride with an option to jump between M, B, and the F routes. A little length will be added to enjoy the summer solstice. L and T routes as well. Pizza at 7:45.

Andy Sass; andrew.sass@yahoo.com (520) 490-8098

Thu June 24  Thursday Morning Coffee Ride
8:30 AM  25-40 miles, 2-4, M+B-
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 June 25  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 June 26  Climb to Grant Park
8:30 AM  50 miles, 4, M-
Join us at the REI Fremont side parking lot of REI on Ice House Terrace near Auto Mall Parkway & Fremont Blvd. for an early summer trip to Grant Park on Mt. Hamilton Road. This ride will take us through Alum Rock Park and on to Migueltito before finding our way to Mt. Hamilton Road for our ascent to Grant 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; kkw9587@yahoo.com (510) 475-0746

Sat June 26  Show and Go
8:30 AM  30-50 miles, 4, B
Meet at the REI Fremont side parking lot of REI on Ice House Terrace near Auto Mall Parkway & Fremont Blvd.

Sat June 26  Family Ride - Iron Horse Trail
10:00 AM  10-12 miles, 1, T
Meet in the parking lot of Dublin Library (off Dublin Blvd.) We’ll take a leisurely ride down the Iron Horse Trail with a stop somewhere for ice-cream or a pastry. The pace will be suitable for children of all ages. We might stop for a quick tour of a 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

Sun June 27  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 June 27  Tour de Dumbarton Bridge (Clockwise)
9:00 AM SHARP  ~60 miles, 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. This is 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. 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; jongraft@earthlink.net (408) 262-9577

5th Week in June

Mon June 28  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 easy-going ride down Paseo Padre to South Glimmer. 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 June 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 June 29  Show and Go
9:00 AM  20-50 miles, 1-5, L-T-M-B
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed June 30  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; alanq44@hotmail.com (510) 760-9245

Wed June 30  Wednesday Pizza Ride
6:00 PM  10-20 miles, L-M-B-F
Meet at Mission Pizza
Arrive and sign in by 6:10 PM. Departure at 6:15 Sharp. Various length routes for different abilities to be back for pizza at 7:30.

Andy Sass; andrew.sass@yahoo.com (520) 490-8098