July 2010 RIDE CALENDAR

SPORTS BASEMENT RIDES: July 24 2010

The Sports Basement has again invited us to start our FFBC club rides from their Sunnyvale store.

There are four rides listed below. Route sheets will be provided. If there is no ride leader designated by the time of the ride we will treat the ride as a show and go and designate a volunteer ride leader for that ride.

The Sports Basement Sunnyvale store will provide snacks and beverages for FFBC, plus a 20% discount shopping day.

Wednesday evening pizza rides

We did not get a July Wednesday Evening Pizza Ride leader.

Pizza Ride leader reservation list:
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](http://www.ffbc.org/html/RideClassification.html).

Maps to the frequently used start locations.

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

THANK YOU TO ALL THE JULY RIDE LEADERS!

1st Week in July

**Thu July 1**

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, 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 home, (510) 693-8624 cell

**Fri July 2**

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 July 3**

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 Silliman Center parking lot, 6800 Mowry Ave, Newark at 7:30AM. Start your day off with a short ride before enjoying a tasty breakfast of IHOP pancakes, sausage and Starbucks coffee prepared by the Alameda County Fire Station #27. Bring your family (or they can join us after the ride) and we will do a leisurely flat loop through city streets to Coyote Hills and back.
Please bring signed Minor Release Forms for any children (including children in trailers). Please plan to accompany your child on the ride. The breakfast is $5 per person and benefits the Muscular Dystrophy Association. We hope to see you there. Bring extra money to participate in the raffle. Bring a bike lock unless you can store your bike in your vehicle while you eat.
Wait Thomas; walttennis@yahoo.com
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

2nd Week in July

**Mon July 5**

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 July 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 July 6**

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.
Sun July 11 Team Hill Slug Mt. Hamilton Challenge
9:00 AM SHARP 50 mi, 5, M
From Milpitas we will bike to the Lick Observatory. Please bring fruit, snacks, food for lunch & plenty to drink, warm clothes for the top and the descent, and a dry $1 bill if you want to buy a drink at the observatory. If you’d like to go inside the Observatory cleats are not permitted, so you’ll have to go barefoot or have alternate footwear. 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; jon.graff@yahoo.com (408) 262-9577

Sun July 11 Dale and Ken’s Excellent Adventures
Gazos Loop
9:00 AM 46 mi, 4, M
Start: Gazos Grill, 5720 Cabrillo Hwy, Pescadero (2.3 miles south of Pigeon Point Lighthouse on Hwy 1)
Come ride in the cool hills near the coast. Ride Gazos Creek, Stage, Pescadero, and Route 1. This ride has about 2500 ft. of climbing spread out over several moderate and picturesque hills. There are no steep climbs. All “M” riders will enjoy this ride. No one left behind. Details can be seen at: http://lasthill.net/Maps/GazosLoop.html
There will be a coffee stop about 90 minutes into the ride at the San Gregorio store. Coffee and cold drinks are available but not much food. You might want to bring snacks. After the ride, those that wish to, can join us for lunch at the Gazos Grill. Please allow 1 1/2 hours travel time from Fremont. We have found the best route to be: Dumbarton Bridge, Bayfront Xpwy, Marsh Rd, 101 north to Hwy 84(Woodside Rd) west. Cross over Skyline and continue to Hwy 1. Turn left and head south to Gazos Grill. Please park in the large empty lot to the left of the gas station. Those who wish to carpool can meet at Raley’s parking lot in Newark at 7:30am.
Ken Goldman; ken.goldman@comcast.net 510 791-1095 (H) Dale Blanchard; dale-b@comcast.net 510-703-7474 (C)

3rd Week in July

Mon July 12 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 Grimmer. Then it’s a flat ride down Paseo Padre to South Grimmer. Then it’s a flat ride down Paseo Padre to South Grimmer. Then it’s a flat ride down Paseo Padre to South Grimmer. Then it’s a flat ride down Paseo Padre to South Grimmer.
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Tue July 13 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 July 14 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 $$.
Al Quintana; alanq44@hotmail.com (510) 760-9245
Thu July 21 Mid-week Morning Ride  
8:30 AM  
35-45 miles, 2-3, M-B  
Meet at Raley’s shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring $$.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Fri July 22 Thursday Morning Coffee Ride  
8:30 AM  
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 July 23 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 July 24 Sports Basement, Multiple Rides  
8:30 AM  
The following four rides start at the Sports Basement, 1177 Kern Ave., Sunnyvale (408-732-0300). See introduction at top for more information. Directions from Fremont area: 880 South, exit 237 West toward Mountain View, exit Lawrence Expwy., and take Lawrence Expwy. to Kern (a little past 101), turn right on Kern and the Sports Basement is on your immediate right. Meet in the parking lot.
1 - Sports Basement - Montebello  
35 miles, hilly  
Montebello Rd - -5.3 miles 2000ft - 6.7% avg grade  
2 - Sports Basement - North Loop  
40 miles, hilly, -2000ft  
3 - Sports Basement - Out & Back  
21 miles, not too hilly  
4 - Sports Basement - Short Loop  
25 miles, not too hilly

Route sheets and sign-up sheets will be provided; send email to ridecoordinator@ffbc.org to request the route and sign-up sheets. If there is no ride leader designated by the time of the ride we will treat the ride as a show and go and designate a volunteer ride leader for that ride.

Sat July 24 Family Ride - Coyote Hills  
9:30 AM  
8-10 miles, 1, T  
Meet at the gravel lot just outside the entrance to Coyote Hills (on Patterson Ranch Road). We'll ride into the park and do a clockwise loop of the Bay Trail. If the kids are up for it we'll cut onto the Alameda Creek Trail and ride all the way to the end. The pace will be suitable for children of all ages. We'll probably stop a few times for a quick drink or some Clif Bar. As usual, no child left behind!
Vanessa McDonnell; vanessa@mcnmc.com (510) 441-7607 home, (510) 517-1466 cell
Mark Davis; (510) 573-0184; mark@markandshirley.com

4th Week in July

Mon July 19 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. If any riders want to stay longer we can do a loop around Alameda Creek disconnected from the Bay Trail, or meet at the entrance to the Park to return to the car. It's a 4.5 mile loop that takes 45 minutes.
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Tue July 20 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.
Sun July 25
Tour de Stooges
7:00 AM 100 miles, 3, M
Meet at Raley’s shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark). Please join Stephen and Dave for a 100 mile jaunt around the south bay and peninsula. We’ll be heading south to Alum Rock. Then, out to Foothill and Alpine. From there we’ll head up Canada before returning across the Dumbarton. This won’t be a race. There will be a few stops for food, so bring $$$.
I know you’re thinking, “7:00?” But hey, we’re doing 100 miles and we to get back before dinner.
Who would lead a ride like this...a couple of Stooges.
Dave Epps; depps55@gmail.com (510) 487-5288 - home, (510) 452-2615 - cell
Stephen Politzer; thetechdog@gmail.com; (510)638-3709 - home, (510) 761-5564 - cell

Sun July 25
Show and Go
8:30 AM 20-50 miles, 1-4, L-T-M
Meet at the Raley’s Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

5th Week in July

Mon July 26
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 July 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 July 27
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 July 28
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

Thu July 29
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, 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
home, (510) 693-8624 cell

Fri July 30
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 July 31
A Different Path to Alum Rock
8:00 AM 26 miles, 900 feet, 2, T-M
We’ll take a different route to Alum Rock Park beginning in Milpitas. After exiting the park via Inspiration Point we’ll stop for coffee at the venerable Coffee Cup on McKee Rd. No drops and regroups as needed. Rain or temps above 90 cancels. Meet at Dixon Landing Park, 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.
Cindy Maxwell (408) 506-6860; maxwell.c@sbcglobal.net
Co-Leader: Shelley Wills-Gildelatorre