

August 2010 RIDE CALENDAR

2nd Week in August

Wednesday Evening Pizza Rides

Join Julie Gilson as she hosts the popular Wednesday evening Pizza Rides. For the month of August, 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:

August: Julie Gilson
September: OPEN

FFBC Ride Classification.

Ride leaders are encouraged to maintain their ride paces as outlined at <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).

THANK YOU TO ALL THE AUGUST RIDE LEADERS!

1st Week in August

**Sun Aug 1 Dale and Ken's Excellent Adventure
Marcella's Surprise: Shepherd Canyon**

**8:30 AM 36 miles, 4, M
Meet at the Rite Aid parking lot--east end, 3848 Castro Valley Blvd., Castro Valley, CA.**

Come ride in the Oakland hills. We will climb Redwood and Pinehurst up to Skyline then drop down Shepherd's Canyon to Montclair for coffee. We will return to Skyline using a unique and scenic route before returning on Redwood. This ride has about 3400 feet of climbing but it is broken up into several parts. None of the climbs are over 2 miles long. All "M" riders are welcome. No one will be left behind (unless Dale stops to fiddle with his gps.) For an advance look at this ride check:

<http://lasthill.net/Maps/ShepherdCanyon.html> . . . and you might want to click on the two history buttons on the map. There's history in them thar hills.

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

**Sun Aug 1 Show and Go
8:30 AM 20-50 miles, 2-4, M-B
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Mon Aug 2 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 Aug 3 Tour de Fremont Hills
7:45 AM 30 miles, 3, M, < 2000' elevation gain**

Join us for a few of Fremont's finest hills. **Meet at the Isherwood Staging Area: On Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail.** We'll warm up on the nice, flat Alameda Creek Trail before we hit our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/Zapotek leg burner. A quick regroup and then it's up Stanford and on to The Animals. Our final climb and a half is up Paseo Padre THE WRONG WAY with a final short but steep kick--Pine. Heavy hitters can handle the optional Sabrecat before we all head back on a nice, flat Grimmer to the end of the ride at Peet's Coffee. Some folks will surely want to linger over coffee. Rain or threat of rain cancels the ride. If uncertain as to the status of the ride, contact me between 6:45am and 7:15am on the day of the ride.

Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832 (H)

**Tue Aug 3 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 Aug 4 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 Aug 4 Wednesday Pizza Ride
6:00 PM 10-25 miles, M-B**

Meet at Mission Pizza
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.

Julie Gilson; jmgilson@comcast.net (510) 468-0284

**Thu Aug 5 Thursday Morning Coffee Ride
8:30 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. No one left behind.

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

Fri Aug 6 **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 Aug 7 **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 Aug 8 **Show and Go**
8:30 AM **20-50 miles, 3-4, M-B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun Aug 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 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 Aug 8 **Team Hill Slug Climb for Gourmet Hotdogs**
9:00 AM SHARP **30 miles, 5, M**
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; jon.graff@yahoo.com (408) 262-9755

3rd Week in August

Mon Aug 9 **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

Mon Aug 9 **Palomares & Shaeffer Ranch**
8:30 AM **36 miles, 4, M**
Join us for some hill climbing on this fresh Monday morning. **Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.** Heading out towards Niles Canyon road to meet up with Palomares road. Since Shaeffer Ranch road is along the way to Dublin, we'll take that detour in making our way to a coffee shop. Bring \$\$ for our break.
Linda Fung; fungfive@sbcglobal.net (650) 391-5975
Terri Yi; TerriYi@yahoo.com (510) 304-5571

Tue Aug 10 **Tour de Fremont Hills**
7:45 AM **30 miles, 3, M, < 2000' elevation gain**
Join us for a few of Fremont's finest hills. **Meet at the Isherwood Staging Area: On Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail.** We'll warm up on the nice, flat Alameda Creek Trail before we hit our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/Zapotek leg burner. A quick regroup and then it's up Stanford and on to The Animals. Our final climb and a half is up Paseo Padre THE WRONG WAY with a final short but steep kick--Pine. Heavy hitters can handle the optional Sabrecat before we all head back on a nice, flat Grimmer to the end of the ride at Peet's Coffee. Some folks will surely want to linger over coffee. Rain or threat of rain cancels the ride. If uncertain as to the status of the ride, contact me between 6:45am and 7:15am on the day of the ride.
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832 (H)

Tue Aug 10 **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 Aug 11 **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 Aug 11 **Wednesday Pizza Ride**
6:00 PM **10-25 miles, M-B**
Meet at Mission Pizza
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.
Julie Gilson; jmgilson@comcast.net (510) 468-0284

Thu Aug 12 **Thursday Morning Coffee Ride**
8:30 AM **25-35 miles, 1-3, 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; lorisommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

4th Week in August

Fri Aug 13 **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 Aug 14 **Baylands Park (with the Back Seat Driver)**
8:00 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. Temps over 90 degrees cancels ride. **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.
Shelley and Jorge Gildelatorre; swills22@yahoo.com (510) 501-2241

Sat Aug 14 **Old la Honda Loop**
8:00 AM **55 miles, 4, B, 3000 ft elevation gain**
Meet at the Raley's Shopping Center parking lot east side, Jarvis Ave & Newark Blvd (Newark).
Note the 8:00 AM Start. We will ride across the Dumbarton Bridge and climb Old la Honda to Skyline. Then a short decent down CA84 (towards the coast), and loop back up the west side of Old La Honda. The return takes us down CA84 to Whiskey Hill. For route details:
<http://www.bikeroutetoaster.com/Course.aspx?course=157567>
Steve Bell; sbell@gene.com (650)-455-8270

Sat Aug 14 **Show and Go**
8:00 AM **20-50 miles, 2-4, M**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sat Aug 14 **Family Ride - Coyote Creek Trail**
8:30 AM **~10 miles, 1, L-T**
This is a ride designed for riders with youngsters (on their own bikes, in seats, or in trailers) and casual riders in general. **We'll meet at Hellyer County Park in San Jose** (985 Hellyer Ave) and ride along the Coyote Creek trail until we think we've gone far enough, then turn around. No coffee stop, but we'll probably pause occasionally for a drink from our sippy cup, and perhaps enjoy some goldfish crackers. The ride should take about 1-2 hours. Directions: After passing the kiosk at the park entrance, go right at the fork in the road and follow it all the way to the parking lot at the end.
Vanessa McDonnell; vanessa@mcnmc.com (510) 441-7607, (510) 517-1466 cell

Sun Aug 15 **Tour de Fremont (Clockwise)**
9:00 AM SHARP **44-50 miles, 1, M**
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; jon.graff@yahoo.com (408) 262-9755

Sun Aug 15 **Show and Go**
9:00 AM **20-50 miles, 2-4, M-B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Mon Aug 16 **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 Aug 17 **Tour de Fremont Hills**
7:45 AM **30 miles, 3, M, < 2000' elevation gain**
Join us for a few of Fremont's finest hills. **Meet at the Isherwood Staging Area: On Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail.** We'll warm up on the nice, flat Alameda Creek Trail before we hit our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/Zapotek leg burner. A quick regroup and then it's up Stanford and on to The Animals. Our final climb and a half is up Paseo Padre THE WRONG WAY with a final short but steep kick--Pine. Heavy hitters can handle the optional Sabrecat before we all head back on a nice, flat Grimmer to the end of the ride at Peet's Coffee. Some folks will surely want to linger over coffee. Rain or threat of rain cancels the ride. If uncertain as to the status of the ride, contact me between 6:45am and 7:15am on the day of the ride.
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832 (H)

Tue Aug 17 **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 Aug 18 **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 Aug 18 **Wednesday Pizza Ride**
6:00 PM **10-25 miles, M-B**
Meet at Mission Pizza
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.
Julie Gilson; jmgilson@comcast.net (510) 468-0284

Thu Aug 19 **Thursday Morning Coffee Ride**
8:30 AM **30 miles, 2-3, 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. No one left behind.
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

5th Week in August

Fri Aug 20 **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 Aug 21 **Palomares, Calaveras**
7:45 AM **60 miles, 4, B, 3500 ft elevation gain**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Note the 7:45 AM Start. We will combine two of our favorite routes into this Grand loop. For route details:
<http://www.bikeroutetoaster.com/Course.aspx?course=157572>
Steve Bell; sbell@gene.com (650)-455-8270

Sat Aug 21 **Show and Go**
8:00 AM **20-50 miles, 2-4, M**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sat Aug 21 **"Light" East Hills Hug**
8:00 AM **36 miles, 2, T-M**
Meet at Dixon Landing Park in Milpitas (I-880 south. East on Dixon Landing Rd. Turn right at Milmont and then right at Jurgens.) Pedal along the base of our beautiful east foothills, from Milpitas to the Evergreen area in south San Jose. This is the "light" version of the East Hills Hug route because the climbs in the middle of the route were deleted and our return through Milpitas will be flat. There will be a coffee/lunch stop midway through the ride after we loop around Evergreen Valley College. No drops & regroup as needed. Temps over 90 degrees cancels the ride.
Cindy Maxwell; maxwell.c@sbcglobal.net (408) 506-6860

Sun Aug 22 **Show and Go**
8:30 AM **20-50 miles, 3-4, M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Aug 22 **Team Hill Slug Mt. Hamilton Challenge**
9:00 AM SHARP **50 miles, 5, M**
Mt Hamilton/Lower, Mt Hamilton/Upper
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) 262-9755

Mon Aug 23 **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 Aug 24 **Tour de Fremont Hills**
7:45 AM **30 miles, 3, M, < 2000' elevation gain**
Join us for a few of Fremont's finest hills. Meet at the Isherwood Staging Area: On Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail. We'll warm up on the nice, flat Alameda Creek Trail before we hit our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/Zapotek leg burner. A quick regroup and then it's up Stanford and on to The Animals. Our final climb and a half is up Paseo Padre THE WRONG WAY with a final short but steep kick--Pine. Heavy hitters can handle the optional Sabrecat before we all head back on a nice, flat Grimmer to the end of the ride at Peet's Coffee. Some folks will surely want to linger over coffee. Rain or threat of rain cancels the ride. If uncertain as to the status of the ride, contact me between 6:45am and 7:15am on the day of the ride.
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832 (H)

Tue Aug 24 **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 Aug 25 **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 Aug 25 **Wednesday Pizza Ride**
6:00 PM **10-25 miles, M-B**
Meet at Mission Pizza
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.
Julie Gilson; jmgilson@comcast.net (510) 468-0284

6th Week in August

Thu Aug 26 Thursday Morning Coffee Ride
8:30 AM 25-35 miles, 1-3, 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 Aug 27 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 Aug 28 Pinehurst Loop
7:30 AM 65 miles, 4, B, 5000 ft elevation gain
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Note the 7:30 AM Start. We start with a climb up Palomares, then Redwood and Pinehurst to Skyline and loop back via Redwood road to Castro Valley. Then we take 5 Canyons over the top of Hayward and return via Mission Blvd. For route details:
<http://www.bikeroutetoaster.com/Course.aspx?course=157571>
Steve Bell; sbell@gene.com (650)-455-8270

Sat Aug 28 Show and Go
8:00 AM 20-50 miles, 3-4, M
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sat Aug 28 Sandy Wool Lake Loop
8:30 AM 29 miles, 1-3 (745 feet), T-M
Meet at Dixon Landing Park in Milpitas (Jurgens at Milmont)
This loop ride will travel along the Milpitas foothills for a short climb to Sandy Wool Lake at Ed Levin Park. After a break we will head south into San Jose where we will satisfy our sugar and caffeine cravings. The loop will continue back through Milpitas finishing the ride on the Coyote Creek River Trail. No drops & regroups as needed. Bring \$\$ for coffee. Temps over 90 degrees cancels the ride. Directions to Dixon Landing Park: I-880 south. East on Dixon Landing Rd. Turn right at Milmont and then right at Jurgens. Parking lot on the right.
Cindy Maxwell; maxwell.c@sbcglobal.net (408) 506-6860
Co-Leader: Vicki Robinson; vickirobinson@comcast.net

Sun Aug 29 Show and Go
8:30 AM 20-50 miles, 2-4, M-B
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun Aug 29 Tour de Dumbarton Bridge (Counter-clockwise)
9:00 AM SHARP ~60 miles, 1, M
Bike through 10 cities! We start with rollers on Piedmont Road/North Park Victoria and climb the Dumbarton Bridge. Break at the Don Edwards National Wildlife Center (~25 miles - bring snacks). We'll buy lunch in Mountain View (~35 miles). **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) 262-9755

Mon Aug 30 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 Aug 31 Tour de Fremont Hills
7:45 AM 30 miles, 3, M, < 2000' elevation gain
Join us for a few of Fremont's finest hills. **Meet at the Isherwood Staging Area: On Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail.** We'll warm up on the nice, flat Alameda Creek Trail before we hit our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/Zapotek leg burner. A quick regroup and then it's up Stanford and on to The Animals. Our final climb and a half is up Paseo Padre THE WRONG WAY with a final short but steep kick--Pine. Heavy hitters can handle the optional Sabrecat before we all head back on a nice, flat Grimmer to the end of the ride at Peet's Coffee. Some folks will surely want to linger over coffee. Rain or threat of rain cancels the ride. If uncertain as to the status of the ride, contact me between 6:45am and 7:15am on the day of the ride.
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832 (H)

Tue Aug 31 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.