

September 2010 RIDE CALENDAR

FFBC ANNUAL PICNIC

Reserve Saturday, OCTOBER 9 on your calendar for our annual picnic. As we have in the past, we will combine some bike riding with socializing and good food. The picnic will be at Quarry Lakes Park again. We have one of the spots reserved with a pagoda.

WEDNESDAY EVENING PIZZA RIDES

Join Vanessa McDonnell and Vicki Timmons as they host the Wednesday evening Pizza Rides on September 1st and September 8th. 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.

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 SEPTEMBER RIDE LEADERS!

1st Week in September

Wed Sept 1 **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 Sept 1 **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.
Vicki Timmons; vickio@comcast.net (510) 589-7356 -C
Vanessa McDonnell; vanessa@mcnmc.com (510) 441-7607 -H, (510) 517-1466 -C

Thu Sept 2 **Thursday Morning Coffee Ride**
9:00 AM **32 miles, 2, M**
Come join me 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; lorisommer@gmail.com (510) 794-8624 -H, (510) 693-8624 -C

Fri Sept 3 **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 Sept 4 **Calaveras Clockwise**
8:30 AM **40 miles, 3, M**
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.
Jorge Gildelatorre; jorge@gildelatorre.com (510) 589-0660

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

Sun Sept 5 **Grant Ranch Park**
8:00 AM **55 miles, 3, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. This will be an easy B pace as we head out to Grant Ranch Park. We'll have short breaks, so make sure to bring some nourishment with you.
Matt McGrane; statboy@aol.com (510) 363-0846 -C

Sun Sept 5 **Show and Go**
8:00 AM **20-55 miles, 3-4, M**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

2nd Week in September

Mon Sept 6 **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 Sept 7 **Tuesday Tour de Fremont Hills**
8:15 AM **1875' elevation gain, 31 miles, 3, M**
Meet at the Isherwood Staging Area: On Isherwood Way at
Paseo Padre Pkwy on the dirt (north) side of Alameda Creek
Trail and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before 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 on to The Animals via Stanford. We'll head up Paseo Padre THE WRONG WAY to our final climb and a half--a short but steep kick up Pine and our last grind up Sabrecat. We head back on a nice, flat Grimmer to the end of the ride at Peet's Coffee where some folks will surely want to linger a while.

Rain or threat of rain cancels the ride. If uncertain as to the status of the ride, contact me between 7:15am and 7:45am on the day of the ride.

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

Tue Sept 7 **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 Sept 8 **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 Sept 8 **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.
Vicki Timmons; vickio@comcast.net (510) 589-7356 -C
Vanessa McDonnell; vanessa@mcnmc.com (510) 441-7607
-H, (510) 517-1466 -C

Thu Sept 9 **Thursday Morning Coffee Ride**
9:00 AM **~25 miles, 2, T-M**
Walt's 7th Annual Happy Birthday Ride
Meet at **Don Edward Visitor Center, Don Edwards National Wildlife Refuge, Marshlands Rd near the Visitor Center (Newark)** to join the rolling party to celebrate Walt's 79th birthday. We will head around Coyote Hills, accompany Walt on his annual trek up Nike (optional) and head to Anderson Bakery near Union Landing in Union City. There is a Cold Stone a few doors down for ice cream. If you haven't yet met Walt Thomas, this would be a great time to do it. Hopefully the "old regulars" will dust off their bikes and join us too. Bring money for lunch/ice cream. A route sheet will be provided. This ride is co-listed with the Valley Spokesmen.
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 -H,
(510) 693-8624 -C

Fri Sept 10 **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 Sept 11 **A Different Path to Alum Rock, Version 2.0**
8:00 AM **900 feet gain, 35 miles, 2, T-M**
Meet at Dixon Landing Park in Milpitas (Jurgens at Milmont)
We'll take another route to Alum Rock Park beginning in Milpitas and traveling west through San Jose and Santa Clara. After exiting the park via Inspiration Point we'll stop for coffee at the venerable Coffee Cup on McKee Rd. No drops with regroups every five miles or so. Rain or temps above 90 cancels. 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

Sat Sept 11 **Mike's Birthday Ride: Mt. Hamilton**
8:00 AM **6000' elevation gain, 60-65 miles, 5, B**
Meet at Warm Springs CVS Pharmacy, Northeast corner of
Mission Blvd and Warm Springs Blvd. Come join me on a ride for—as Al Quintana might put it—my 12th 29th birthday. (You do the math.) Nothing fancy here. We start at the CVS Pharmacy parking lot at Mission and Warm Springs, ride to the summit, bask in the glory, then ride back down to Fremont.
Mike Williams; mwilliams297@comcast.net (510) 364-4335,

Sat Sept 11 **Calaveras to sierra to back home**
8:45 AM **45 miles, 3, M**
Meet at the Sunol Train Station, Foothill Rd & Kilkare Rd
(Sunol). Roll along Calavera's then down felter, then climb the big climb..sierra. Down Felter to climb the wall and back home!
We will have fun..it is a great ride! And it will make you strong!
Soraya Scheibel; Sorayascheibel@sbcglobal.net
(510) 299-2012

Sun Sept 12 **Calaveras CCW**
8:30 AM **2000 ft. gain, 40 miles, 4, B**
Meet at DOWNTOWN Niles parking lot across from H St on
Niles Blvd. Route details:
<http://bikeroutetoaster.com/Course.aspx?course=169328>
Steve Bell; sbell@gene.com (650) 455-8270

Sun Sept 12 **Show and Go**
8:30 AM **20-50 miles, 3-4, M**
Meet at DOWNTOWN Niles parking lot across from H St on
Niles Blvd.

Sun Sept 12 **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.
T B D

3rd Week in September

Mon Sept 13 **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 Sept 14 **Tuesday Tour de Fremont Hills**
8:15 AM **1875' elevation gain, 31 miles, 3, M**

Meet at the **Isherwood Staging Area: On Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail** and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before 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 on to The Animals via Stanford. We'll head up Paseo Padre THE WRONG WAY to our final climb and a half--a short but steep kick up Pine and our last grind up Sabrecat. We head back on a nice, flat Grimmer to the end of the ride at Peet's Coffee where some folks will surely want to linger a while.

Rain or threat of rain cancels the ride. If uncertain as to the status of the ride, contact me between 7:15am and 7:45am on the day of the ride.

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

Tue Sept 14 **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 Sept 15 **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

Thu Sept 16 **Thursday Morning Coffee Ride**
9:00 AM **25-40 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 -H, (510) 693-8624 -C

Fri Sept 17 **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 Sept 18 **The Five Canyons**
8:30 AM **2200 ft. gain, 43 miles, 4, B**
Meet at **DOWNTOWN Niles parking lot across from H St on Niles Blvd.** Palomares to Crow to Norris to Bollinger to Niles.
Route Details:
<http://bikeroutetoaster.com/Course.aspx?course=164018>
Steve Bell; sbell@gene.com (650) 455-8270

Sat Sept 18 **Show and Go**
8:30 AM **20-50 miles, 2-4, M**
Meet at **DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

Sun Sept 19 **Sierra**
8:00 AM **3500 ft. gain, 44 miles, 5, B**

Meet at **DOWNTOWN Niles parking lot across from H St on Niles Blvd.** Note the 8:00 start. Who's game for tackling Sierra? We will ride out Piedmont, ascend Sierra, and return via Felner and Evans. Route Details:

<http://bikeroutetoaster.com/Course.aspx?course=157572>

Steve Bell; sbell@gene.com (650) 455-8270

Sun Sept 19 **Dale and Ken's Excellent Adventure**
8:30 AM **2776 ft. gain, 47 miles, 3, M**

Meet at the **Martinez Municipal Park**

Carquinez Special--with apologies and appreciation to Mike Williams, from whom this route was shamelessly stolen.

Come ride the beautiful bike trail across the Al Zampa Bridge (Carquinez) between San Pablo Bay and Suisun Bay. Do a loop around Vallejo and Benicia and discover a nice bike trail above I-80. Then we will return across the bridge and ride the very pretty Carquinez Scenic Drive (no cars allowed) following the bay back to Martinez.

This ride has about 2800 feet of climbing, but it is scattered throughout the ride. There are no long sustained climbs. The longest "climb" gains 370ft. over three miles (a 2% climb). There will be a coffee/snack stop at about 35 miles. All "M" paced riders are encouraged to join us. No one will be left behind.

Directions to the start: Take I-680 north and exit just before the Benicia Bridge onto Marina Vista. Turn left and go all the way into and through downtown Martinez. Turn right on Talbart and left on Buckley which will take you into the parking lot of the park. We will park in the lower lot.

There are bathrooms in the park.

Note: If the weather for this date is predicted to be in the high 90's, the ride leaders reserve the right to change the starting point to Half Moon Bay for a ride near the coast at cooler temperatures. If this seems necessary, watch the Yahoo List for an announcement and ride description a couple of days before the ride. Route details: <http://lasthill.net/Maps/AlZampa.html>

Ken Goldman; ken.goldman@comcast.net 510-791-1095(H)

Dale Blanchard; dale-b@comcast.net 510-703-7474(C)

Sun Sept 19 **Family Ride - Coyote Hills**
9:00 AM **10 miles, 2, L**

Meet at **Paseo Padre and Patterson Ranch Road 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!

Mark Davis; mark@markandshirley.com (510) 573-0184 -H, (510) 299-0076 -C

Sun Sept 19

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; jon.graff@yahoo.com (408) 262-9577

4th Week in September

Mon Sept 20

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 Sept 21

Tuesday Tour de Fremont Hills
8:15 AM **1875' elevation gain, 31 miles, 3, M**
Meet at the Isherwood Staging Area: On Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before 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 on to The Animals via Stanford. We'll head up Paseo Padre THE WRONG WAY to our final climb and a half--a short but steep kick up Pine and our last grind up Sabrecat. We head back on a nice, flat Grimmer to the end of the ride at Peet's Coffee where some folks will surely want to linger a while.
Rain or threat of rain cancels the ride. If uncertain as to the status of the ride, contact me between 7:15am and 7:45am on the day of the ride.
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832 -H

Tue Sept 21

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 Sept 22

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

Thu Sept 23

Thursday Morning Coffee Ride
9:00 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 -H,
(510) 693-8624 -C

Fri Sept 24

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 Sept 25

Baylands Park (with the Back Seat Driver)
8:30 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 Wills-Gidelatorre & Robert Beronia ; (510) 501-2241
swills22@yahoo.com

Sat Sept 25

Portola Valley
8:30 AM **40 miles, 4, M**
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), This is an enjoyable this ride to the peninsula. Snack break at Plantation Cafe bring \$. Route sheet can be downloaded from [yahogroups/ride/sheets/portola valley loop](http://yahogroups/ride/sheets/portola_valley_loop).
Wynn Kageyama; davitusrider@yahoo.com (408) 499-0881-C

Sat Sept 25

Show and Go
8:30 AM **20-50 miles, 4, B**
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun Sept 26

South End of Bay Loop
8:00 AM **56 miles, 2, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. This will be an easy B pace clockwise around the south end of the Bay. There will only be short breaks, with a more substantial rest stop somewhere along the way on Foothill.
Matt McGrane; statboy@aol.com (510) 363-0846 -C

Sun Sept 26

Show and Go
8:00 AM **25-56 miles, 2, M**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Sept 26 **Tour de Dumbarton Bridge (Clockwise)**
9:00 AM SHARP **45-60 miles, 2, M**
Bike through 10 cities! We see Alviso and the south of the Bay and the western cities before climbing the Dumbarton Bridge. There is a snack break, so bring food. We'll buy lunch. This is a group ride. Riders are expected to maintain a 14-16 mph pace on the level. The slowest riders 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) 262-9577

Thu Sept 30 **Thursday Morning Coffee Ride**
9:00 AM **25-30 miles, 2, M**
Let's take a ride 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. No one left behind.
Lori Sommer; lorinsommer@gmail.com (510) 794-8624 -H, (510) 693-8624 -C

5th Week in September

Mon Sept 27 **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 Sept 28 **Tuesday Tour de Fremont Hills**
8:15 AM **1875' elevation gain, 31 miles, 3, M**
Meet at the Isherwood Staging Area: On Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before 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 on to The Animals via Stanford. We'll head up Paseo Padre THE WRONG WAY to our final climb and a half--a short but steep kick up Pine and our last grind up Sabrecat. We head back on a nice, flat Grimmer to the end of the ride at Peet's Coffee where some folks will surely want to linger a while.
Rain or threat of rain cancels the ride. If uncertain as to the status of the ride, contact me between 7:15am and 7:45am on the day of the ride.
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832 -H

Tue Sept 28 **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 Sept 29 **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