

December 2010 Ride Calendar

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 DECEMBER RIDE LEADERS!

1st Week in December

Wed Dec 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., 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 Dec 2 **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.** 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. **Rain cancels, check yahoo group, email or call me.**
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 -H, (510) 693-8624 -C

Fri Dec 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; alang44@hotmail.com (510) 760-9245

Sat Dec 4 **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.
B Pace: Steve Bell; sbell@gene.com (650) 455-8270
B Pace: Dave Epps; (510) 487-5288 -H (510) 552-2615 -C and Stephen Politzer; (510) 638-3709 -H (510) 761-5564 -C

Sat Dec 4 **Cinderella Training Ride Leader Information Ride**
(Open to all club members)
9:00 AM **915' elevation gain, 27 miles, 2, T-M**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.
Are you considering being a ride leader for our 2011 series but want more information before you make the decision? Come out with us for a fun ride to find out just what it takes! All current and future ride leaders are encouraged to attend the ride, but all club members are welcome! The ride will be the Cinderella Classic # 3 Route, Fremont Loop with an Animal or two ☐ Rain Cancels.
Vicki Timmons; vickio@comcast.net (510) 589-7356

Sat Dec 4

LSD Ride
Race Team Ride
73 miles, 5, F

9:00 AM SHARP
Sports Basement SF Presidio / Nicasio / Olema / Mt Tam
The route is a crossing of the Golden Gate, proceed north to Nicasio, cross over to Olema, go South on Highway 1 to Stinson and then back to SF by climbing over Mt. Tamalpais All race team members are requested to wear their team uniform. Rain will NOT stop play. No stopping, no dropping. **Meet at Sports Basement SF Presidio.**
Garry Birch; garry_b94568@yahoo.com (925) 819-0247 or (925) 556-1564

Sun Dec 5

Show and Go

8:30 AM **20-50 miles, 1-4, L-T-M-B**
Meet at the **Raley's shopping center at Jarvis & Newark Blvd.**

Sun Dec 5

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 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), under the "Bump" sign.**
Jon Graff; jon.graff@yahoo.com (408) 262-9577

Sun Dec 5

Low-key ride

9:00 AM SHARP **40-50 miles, F**
Women's Race Team Ride
This is a no drop ride with several re-groups. **Meet at the parking lot of Cyclepros in Pleasanton** (located at the rear of the Bank of America on Main Street). Plenty of parking available. Heavy rain cancels.
Sandra King; regalmoded@yahoo.com (925) 487-7658

2nd Week in December

Mon Dec 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 Dec 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 Sabrekat. 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 Dec 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 Dec 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

Thu Dec 9 **Thursday Morning Coffee Ride**
9:00 AM **30 miles, 2-3, M**
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. **Rain cancels, check yahoo group, email or call me.**
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 -H, (510) 693-8624 -C

Fri Dec 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 Dec 11 **Dale and Ken's Excellent Adventure**
8:30 AM **Redwood City Cross**
1800' elevation gain, 44 miles, 3,M
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd . Come ride across the bay for a close up view of the notorious Redwood City Cross, a picturesque view back across the bay, and a great descent. (The longest climb is Woodside Rd. up to Robert's Market)
http://en.wikipedia.org/wiki/Emerald_Lake_Hills,_California
Then join us for lunch on the covered patio at the Canyon Inn. <http://www.canyoninn.com/> Burgers BBQ etc. And help Dale celebrate his 111th birthday. It is traditional in the club that birthday rides be one mile for every year of age. However, Dale feels that 111 miles is too much even for an adventure ride. Route and other info can be seen at:
<http://lasthill.net/Maps/RedwoodCityCross.html>
Ken Goldman; ken.goldman@comcast.net (510) 791-1095 -H
Dale Blanchard; dale-b@comcast.net (510) 703-7474 -C

Sat Dec 11 **LSD Ride**
8:30 AM SHARP **Race Team Ride**
Sunnyvale Sports Basement / Lexington / HW9 **60 miles, 3, F**
The route is to ride over to the Los Gatos Creek Trail, past Lexington Reservoir, up Old Santa Cruz Hwy to Skyline and back down HW9. All race team members are requested to wear their team uniform. Rain will NOT stop play. No stopping, no dropping. **Meet at the Sports Basement Sunnyvale.**
Garry Birch; garry_b94568@yahoo.com (925) 819-0247 or (925) 556-1564

Sat Dec 11 **Calaveras Counter Clockwise**
8:30 AM **2000 ' elevation gain, 42 miles, 3, M**
We will meet at **DOWNTOWN Niles parking lot across from H St on Niles Blvd.**, and take the Paseo Padre route down south. We will regroup at Jose Higuera Adobe Park and after that, climb the wall. Bring lots of fluids and a snack as any stop where we can buy food and drink is not until Sunol. Rain or a serious threat of rain cancels. Call me after 7am.
Tony Flusche, (510) 247-3220, TonyF@att.net

Sat Dec 11 **Show and Go**
8:30 AM **20-50 miles, 3,B**
Meet at DOWNTOWN Niles parking lot across from H St.

Sun Dec 12 **Palomares Calaveras Loop**
8:00 AM **3500' elevation gain, 58 miles, 4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Rain Cancels. Route info:
<http://www.bikeroutetoaster.com/Course.aspx?course=157572>
Steve Bell; sbell@gene.com (650) 455-8270

Sun Dec 12 **Palomares Loop Clockwise**
8:30 AM **~28 miles, 4, M**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Rain Cancels.
Wynn Kageyama; davitusrider@yahoo.com (408)-499-0881

Sun Dec 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 at Jarvis & Newark Blvd.**, for a ride through the Fremont area. Don't forget \$\$ for a coffee/snack stop. If you have a club jersey, this is a great time to wear it.
Gary Smith; GSMITH289@aol.com (510) 797-7809-(H) (510) 304-0956-C)

Sun Dec 12 **Low-key ride**
9:00 AM SHARP **40-50 miles, F**
Women's Race Team Ride
This is a no drop ride with several re-groups. **Meet at the parking lot of Cyclepros in Pleasanton** (located at the rear of the Bank of America on Main Street). Plenty of parking available. Heavy rain cancels.
Sandra King; regalmoded@yahoo.com (925) 487-7658

Sun Dec 12 **Milpitas to Morgan Hill via Cycling Route 11**
9:00 AM SHARP **50 mi, 1, M**
We'll ride from the Great Mall of Milpitas through San Jose to Morgan Hill following Cycle Route 11. Please bring money for lunch. This 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), under the "Bump" sign.**
Jon Graff; jon.graff@yahoo.com (408) 262-9577

3rd Week in December

Mon Dec 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 Dec 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 Dec 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 Dec 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; alanq44@hotmail.com (510) 760-9245

Thu Dec 16 **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. **Rain cancels, check yahoo group, email or call me.**
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 -H, (510) 693-8624 -C

Fri Dec 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; alanq44@hotmail.com (510) 760-9245

Sat Dec 18 **Show and Go**
8:30 AM **20-50 miles, 1-4, L-T-M-B**
Meet at the Raley's shopping center at Jarvis & Newark Blvd.

Sat Dec 18 **LSD Ride**
8:30 AM SHARP **Race Team Ride**
65 miles, 4, F
Cyclepros Pleasanton to Wentle RR course and beyond
We will ride out to Altamont Pass Road, Cross Road, Greenville, and depending upon requests may throw in a second loop. All race team members are requested to wear their team uniform. Rain will NOT stop play. No stopping, no dropping. **Meet at the CyclePro shop, Pleasanton Main Street.**
Garry Birch; garry_b94568@yahoo.com (925) 819-0247 or (925) 556-1564

Sat Dec 18 **Cinderella Training Ride Leader Information Ride**
(Open to all club members)
9:00 AM **1165' elevation gain, 30 miles, 2, T-M**
Meet at the REI Fremont side parking lot of REI on Ice House Terrace near Auto Mall Parkway & Fremont Blvd. Are you considering being a ride leader for our 2011 series but want more information before you make the decision? Come out with us for a fun ride to find out just what it takes! All current and future ride leaders are encouraged to attend the ride, but all club members are welcome! The ride will be the Cinderella Classic # 4 Route, Alum Rock Park. Rain Cancels.
Vicki Timmons; vickio@comcast.net (510) 589-7356

Sun Dec 19 **Tilden Park**
8:00 AM **5100' elevation gain, 76 miles, 4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Rain Cancels. Route info:
<http://www.bikeroutetoaster.com/Course.aspx?course=192542>
Steve Bell; sbell@gene.com (650) 455-8270

Sun Dec 19 **Show and Go**
8:00 AM **20-76 miles, 3-4, M**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Dec 19 **Mission San Jose Loop (Counter Clockwise)**
9:00 AM SHARP **~30 mi, 2, M**
We ride the rollers on Piedmont and climb two 0.2 mile 7-8% 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),** under the "Bump" sign.
Jon Graff; jon.graff@yahoo.com (408) 262-9577

Sun Dec 19 **Junction cafe, Mines Road**
9:00 AM SHARP **60+ miles, M-B**
Women's Race Team Ride
Meet at Starbucks on NORTH Vasco Road. Heavy rain cancels.
Sandra King; regalmoded@yahoo.com (925) 487-7658

4th Week in December

Mon Dec 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 Dec 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 Dec 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 Dec 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; alanq44@hotmail.com (510) 760-9245

Thu Dec 23 **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. **Rain cancels, check yahoo group, email or call me.**
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 -H, (510) 693-8624 -C

Fri Dec 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; alanq44@hotmail.com (510) 760-9245

Sat Dec 25 **Show and Go**
8:30 AM **20-50 miles, 1-4, L-T-M-B**
Meet at the Raley's shopping center at Jarvis & Newark Blvd.

Sun Dec 26 **LSD Hilly Ride**
Race Team Ride
8:30 AM SHARP **65 miles, 5, F**
Morgan Territory here we come
Garry will lead a ride that includes ascents of Morgan Territory and Mt. Diablo to the junction. Plenty of mountain to get rid of mountains of Christmas excess. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. **Meet at the Pleasanton Park and Ride on Johnson & Stoneridge, From I-680 north, take Stoneridge East to Johnson Drive.**
Garry Birch; garry_b94568@yahoo.com (925) 819-0247 or (925) 556-1564

Sun Dec 26 **Show and Go**
8:30 AM **20-50 miles, 1-4 L-T-M-B**
Meet at Mission Coffee on Washington Blvd, near Mission Blvd.

Sun Dec 26 Tour de Dumbarton Bridge (Counter-clockwise)
9:00 AM SHARP **~60 mi, 2, 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 and also visit the Chinese Bakery in Mountain View (~35 miles), so bring money. This 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), under the "Bump" sign.**
Jon Graff; jon.graff@yahoo.com (408) 262-9577

5th Week in December

Mon Dec 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 Dec 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 Dec 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 Dec 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

