

## May 2011 RIDE CALENDAR

### Wednesday evening pizza rides.

It's time again for the popular PIZZA RIDES! Join Tim and Robin on Wednesday evenings in May for an early evening ride, returning before dark to feast on pizza. There will be routes to suit everyone. Five dollars (\$5.00) buys you 3 slices of pizza and soft drinks after the ride (participation optional). Food will be ready at 7:30 pm.

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.

Tim and Robin are planning to meet you at **Bronco Billy's Pizza Palace, 37651 Niles Boulevard, Fremont (510) 792-1070. Parking will be at the train station between I and J streets.**

Pizza Ride leader reservation list:

May:	Tim & Robin O'Hara
June:	open
July:	open
August:	open
September:	open

You can reserve a month of Pizza Rides anytime by contacting me. See the Pizza Ride Coordinator's "How To" Guide in the FFBC website

(<http://www.fremontfreewheelers.org/html/documents/PizzaGuidelines.pdf>), Member Services for more information on leading one.

### FFBC Ride Classification.

Ride leaders are encouraged to maintain the ride paces as outlined at <http://www.ffbc.org/html/RideClassification.html>.

### Maps to the frequently used start locations.

Maps to the start locations may 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 VOLUNTEER RIDE LEADERS!

### 1<sup>st</sup> Week in May

<b>Sun May 1</b> <b>8:30 AM</b>	<b>Show and Go</b> <b>20-50 miles, 1-4, L-T-M-B</b> <b>Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave &amp; Newark Blvd (Newark).</b>
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### 2<sup>nd</sup> Week in May

<b>Mon May 2</b> <b>8:30 AM</b>	<b>Monday Morning Recovery Ride</b> <b>40 miles, 1-2, M</b> <b>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.</b> <b>Mike Northrup; <a href="mailto:mikenorthrup@gmail.com">mikenorthrup@gmail.com</a> (510) 796-8832 -H</b>
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<b>Tue May 3</b> <b>8:30 AM</b>	<b>Tour de Fremont Hills</b> <b>elevation gain 1907', 30 miles, 3, M</b> <b>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 followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again! Then we're ready for a nice downhill coast to Peets for a well deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.</b> <b>Vanessa McDonnell; <a href="mailto:vanessa@mcnmc.com">vanessa@mcnmc.com</a> (510) 441-7607 -H, (510) 517-1466 -C</b>
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<b>Tue May 3</b> <b>9:00 AM</b>	<b>Show and Go</b> <b>20-50 miles, 1-5, L-M-B</b> <b>Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.</b>
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<b>Wed May 4</b> <b>8:30 AM</b>	<b>Mid-week Morning Ride</b> <b>35-45 miles, 2-3, M-B</b> <b>Meet at Raley's shopping center at Jarvis &amp; 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 \$\$.</b> <b>Al Quintana; <a href="mailto:alanq44@hotmail.com">alanq44@hotmail.com</a> (510) 760-9245</b>
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<b>Wed May 4</b> <b>6:00 PM</b>	<b>Wednesday Pizza Ride</b> <b>20-25 miles, M-B</b> <b>Meet at BRONCO BILLYS in Niles.</b> 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. <b>Tim and Robin O'Hara; <a href="mailto:tohara2938@aol.com">tohara2938@aol.com</a> (510) 418-2669</b>
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<b>Thu May 5</b> <b>9:00AM</b>	<b>Thursday Morning Coffee Ride</b> <b>25-35 miles, 1-3, M</b> Come ride with a fun group of people! <b>This ride starts at the Don Edward's Wildlife Refuge Visitor Center</b> and we head across the Dumbarton Bridge to various destinations. For a flat ride we head through East Palo Alto and along a few paths to Shoreline Park for lunch. For a ride with climbing we do Woodside Road, Sand Hill/Whisky Hill, Alpine Loop, Arastradero Park or Edgewood Road. Sometimes the climbing is optional. We always stop for coffee and riders are welcome to head back on their own if they know the way. There are no route sheets so we regroup as necessary and no one is left behind. <b>Rain cancels, check yahoo group, email or call me.</b> <b>Lori Sommer; <a href="mailto:lorimsommer@gmail.com">lorimsommer@gmail.com</a> (510) 794-8624 -H, (510) 693-8624 -C</b>
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<b>Fri May 6</b> <b>8:30 AM</b>	<b>The Friday Bike Club</b> <b>35-45 miles, 3-4, M-B</b> <b>Meet at 580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552) on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.</b> <b>Al Quintana; <a href="mailto:alanq44@hotmail.com">alanq44@hotmail.com</a> (510) 760-9245</b>
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Sat May 7

Dale and Ken's Excellent Adventure  
Morgan Territory Rd.

3<sup>rd</sup> Week in May

7:54 AM SHARP

52 miles, 5, M

Actual BART departure time -- be on the train. Start at Fremont BART Station. We will take the 7:54 Richmond train and transfer in Oakland to get to Concord at 9:02. We should be able to get rolling by 9:15. We will ride over Morgan Territory Rd. (6.3 miles, 1755ft.) and descend into Livermore for lunch before riding back to Fremont via Vallecitos Rd. and Niles Canyon and finishing at the Fremont BART station. Morgan Territory Rd. is a beautiful trip around the back side of Mt. Diablo. The climb is mostly in the shade and is done early in the ride, so do not be deterred by hot weather. Dale promises a tour of the historical marker.

Here is a link to the route:

<http://lasthill.net/Maps/ConcordMorganTerritories.html>

If you are confused by the logistics, please reread this listing several times. (If you get confused and drive your car to Concord, you will have a long trip from Fremont to retrieve it after the ride.)

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

Dale Blanchard; [dale-B@comcast.net](mailto:dale-B@comcast.net) (510) 703-7474-C

Sat May 7

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](mailto:jorge@gildelatorre.com) (510) 589-0660

Sat May 7

Show and Go

8:30 AM

30-50 miles, 2-4 B

Meet at Downtown Niles Parking Lot.

Sun May 8

Mothers Day East hills Hug

9:00 AM

36 miles, 2, M

Moms, and anyone who knows a mom, can join us as we pedal along the base of our beautiful east foothills. Beginning in Milpitas we will ride the rollers south to the Evergreen area in south San Jose. There will be a coffee/lunch stop midway through the ride after we loop around Evergreen Valley College. No drops. Regroups. Route sheet provided. Rain or temps over 90 degrees cancels. This ride is co-listed with ACTC. Meet at Dixon Landing Park, Milpitas: From I-880, 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](mailto:maxwell.c@sbcglobal.net) (408) 506-6860

Sun May 8

FFBC "Get-To-Know-Us-Ride"  
with the 'Back-seat driver'

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.

Dale Bodtker; [dalebodtker@yahoo.com](mailto:dalebodtker@yahoo.com) (510) 797-8424

Sun May 8

Show and Go

9:00 AM

20-50 miles, 2-4, B

Meet near the middle of the parking lot of the Raley's Shopping Center at Jarvis and Newark Boulevard.

Mon May 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; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com) (510) 796-8832 -H

Tue May 10

Tour de Fremont Hills

8:30 AM

elevation gain 1907', 30 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 followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again! Then we're ready for a nice downhill coast to Peets for a well deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.

Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com) (510) 441-7607 -H, (510) 517-1466 -C

Tue May 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 May 11

Mid-week Morning Ride

8:30 AM

35-45 miles, 2-3, M-B

Meet at the Niles DOWNTOWN parking lot. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.

Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com) (510) 760-9245

Wed May 11

Wednesday Pizza Ride

6:00 PM

20-25 miles, M-B

Meet at BRONCO BILLYS in Niles.

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.

Tim and Robin O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com) (510) 418-2669

## 4<sup>th</sup> Week in May

**Thu May 12** **Thursday Morning Coffee Ride**  
**9:00 AM** **32 miles, 2, M**  
Let's go to Alum Rock Park! This has become my favorite ride. We meet at REI in Fremont (43962 Fremont Blvd.) and our first regroup is at Jose Higuera Park. We ride along the rolling foothills and climb into Alum Rock Park. It is such a beautiful area; often deer are sighted and sound of the rushing creek is relaxing. We descend into Milpitas and have lunch at Noah's Bagels/Starbucks on North Milpitas Blvd. It is a flat ride back with no regroup. No routes sheets, no one left behind, and there are options for faster riders. **Rain cancels, check yahoo group, email or call me.**  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com) (510) 794-8624 -H, (510) 693-8624 -C**

**Fri May 13** **The Friday Bike Club**  
**8:30 AM** **35-45 miles, 3-4, M-B**  
**Meet at 580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** 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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Sat May 14** **Palomares & other climbs**  
**8:30 AM** **40-45 miles, 4, M**  
**Start Downtown Niles train station parking lot,** over Palomares, Dublin Canyon, Shaffer Ranch Road into Dublin; Norris Canyon to Castro Valley and return back over Palomares. Optional food stop in Castro Valley depending on group decision, so bring \$ & snacks. It is a 4 using FFBC chart. Possible extra 6 miles add on out&back Eden Canyon. Rain or threat cancels.  
**Julie Gilson; [jmgilson@comcast.net](mailto:jmgilson@comcast.net) (510) 468-0284**

**Sat May 14** **Show and Go**  
**8:30 AM** **30-50 miles, 2-4 B**  
**Meet at Downtown Niles Parking Lot.**

**Sat May 14** **Family Ride - Shoreline**  
**3:00 PM** **10 miles, 1, L-T**  
Join us for an easy going jaunt around Shoreline Lake in Mountain View. Meet at the parking lot in front of the cafe at the end of North Shoreline Blvd. We'll explore many of the trails on our big wheels, little wheels and training wheels. This ride is suitable for riders young and old. Young riders should be accompanied by an adult.  
**Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 441-7607 -H, (510) 517-1466 -C**  
**Mark Davis; [mark@markandshirley.com](mailto:mark@markandshirley.com); (510)573-0184 -H, (510) 299-0076 -C**

**Sun May 15** **Lexington Reservoir to Santa Cruz Pier**  
**8:30 AM** **4,000' elevation gain, 55 miles, 4, M**  
We'll meet at the parking lot on the east side of the Lexington Reservoir in Los Gatos. We'll go to the Santa Cruz Pier via Old Santa Cruz Hwy, Summit Rd, Soquel-SanJose Rd and Laurel Glen. Directions to start take 880 south to Bear Creek Rd. Re enter 880 north bound and exit on Alma Bridge Rd. Go across the Lexington dam and Park in the parking area on the right or along the road.  
**Tony Flusche; [Tony.F@comcast.net](mailto:Tony.F@comcast.net) (510) 247-3220**

**Sun May 15** **Show and Go**  
**8:30 AM** **20-50 miles, 1-4, L-T-M-B**  
**Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Mon May 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; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com) (510) 796-8832 -H**

**Tue May 17** **Tour de Fremont Hills**  
**8:30 AM** **elevation gain 1907', 30 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 followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again! Then we're ready for a nice downhill coast to Peets for a well deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.  
**Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com) (510) 441-7607 -H, (510) 517-1466 -C**

**Tue May 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 May 18** **Mid-week Morning Ride**  
**8:30 AM** **35-45 miles, 2-3, M-B**  
**Meet at Raley's shopping center at Jarvis & 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; [alanq44@hotmail.com](mailto:alanq44@hotmail.com) (510) 760-9245**

**Wed May 18** **Wednesday Pizza Ride**  
**6:00 PM** **20-25 miles, M-B**  
**Meet at BRONCO BILLYS in Niles.**  
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.  
**Tim and Robin O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com) (510) 418-2669**

**Thu May 19** **Thursday Morning Coffee Ride**  
**9:00 AM** **25-35 miles, 1-3, M**  
Come ride with a fun group of people! **This ride starts at the Don Edward's Wildlife Refuge Visitor Center** and we head across the Dumbarton Bridge to various destinations. For a flat ride we head through East Palo Alto and along a few paths to Shoreline Park for lunch. For a ride with climbing we do Woodside Road, Sand Hill/Whisky Hill, Alpine Loop, Arastradero Park or Edgewood Road. Sometimes the climbing is optional. We always stop for coffee and riders are welcome to head back on their own if they know the way. There are no route sheets so we regroup as necessary and no one is left behind. **Rain cancels, check yahoo group, email or call me.**  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com) (510) 794-8624 -H, (510) 693-8624 -C**

**Fri May 20** **The Friday Bike Club**  
**8:30 AM** **35-45 miles, 3-4, M-B**  
**Meet at 580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** 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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Sat May 21** **Show and Go**  
**8:30 AM** **20-50 miles, 1-4, L-T-M-B**  
**Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun May 22** **Show and Go**  
**8:30 AM** **20-50 miles, 1-4, L-T-M-B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

## 5<sup>th</sup> Week in May

**Mon May 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; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com) (510) 796-8832 -H**

**Tue May 24** **Al's Birthday Ride (13th Annual)**  
**8:30 AM** **62 miles, 2, M**  
Join us on this annual ride and help me celebrate ANOTHER 29th birthday (my 34th one)! Similar to last year, we will cycle around the south end of the Bay. Meet by the bathrooms at Don Edwards Wildlife Refuge (9800 Thornton Ave., Fremont, CA.) at 8:30am. We will take a circuitous route down toward the southern end of Fremont, then head directly south to Milpitas.. We will make a brief stop there for coffee and a snack, then proceed around the south end of the Bay to our lunch destination in Palo Alto.  
**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com) (510) 760-9245**

**Tue May 24** **Tour de Fremont Hills**  
**8:30 AM** **30ish miles, 2-3, M**  
**Meet at the Isherwood Staging Area: On Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail.** For this week's Tour de Fremont Hills we'll skip some hills in favor of helping Al Quintana celebrate his 29th birthday. We'll start our route as usual and try to squeeze in a few leg burners before intercepting Al's ride. We'll ride with Al and his merry band to Milpitas for a quick coffee stop before returning to Fremont. On our return trip to we'll tackle a few of our old favorites before finishing our ride, as per usual, at Peets.  
**Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com) (510) 441-7607 -H, (510) 517-1466 -C**

**Tue May 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 May 25** **Mid-week Morning Ride**  
**8:30 AM** **35-45 miles, 2-3, M-B**  
**Meet at the Niles DOWNTOWN parking lot.** We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.  
**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com) (510) 760-9245**

**Wed May 25** **Wednesday Pizza Ride**  
**6:00 PM** **20-25 miles, M-B**  
**Meet at BRONCO BILLYS in Niles.**  
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.  
**Tim and Robin O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com) (510) 418-2669**

**Thu May 26** **Thursday Morning Coffee Ride**  
**9:00 AM** **25-40 miles, 2-3, M**  
Come ride with a fun group of people! We have many options for routes **starting at the Sunol Train Station** and the weather usually determines the route. Often we will ride out to Panama Coffee in Livermore via Vallecitos (Pigeon Pass) or through the rolling hills in Pleasanton. Sometimes we ride out Calaveras to the Top of the Wall or into Sunol Park. Often after some climbing to earn a cinnamon roll, we go to Denica's in Dublin. A couple of times we've ridden to San Ramon for pizza at Zachary's. Sometimes we are adventurous and Ken and Dale suggest a route. Usually there are no route sheets but we regroup as necessary and no one is left behind. **Rain cancels, check yahoo group, email or call me.**  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com) (510) 794-8624 -H, (510) 693-8624 -C**

**Fri May 27** **The Friday Bike Club**  
**8:30 AM** **35-45 miles, 3-4, M-B**  
**Meet at 580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** 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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Sat May 28** **Alum Rock Park**  
**8:30 AM** **~30 miles, 1-2, T with a bit of M**  
...with the Back Seat Driver. Join us for my favorite ride to Alum Rock Park. Bring \$\$ for a coffee stop in Milpitas at Noah's Bagels or Starbucks Coffee. No one will be left behind! **Meet at the REI Fremont on Ice House Terrace near Auto Mall Parkway & Fremont Blvd in the side parking lot.**  
**Shelley Wills-Gidelatorre; [swills22@yahoo.com](mailto:swills22@yahoo.com) (510) 501-2241 -C**

**Sat May 28** **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 May 29** **Show and Go**  
**8:30 AM** **20-50 miles, 1-4, L-T-M-B**  
**Meet at DOWNTOWN Niles parking lot across from H St on**  
**Niles Blvd.**

## **6<sup>th</sup> Week in May**

**Mon May 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; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com) (510) 796-8832 -H**

**Tue May 31** **Tour de Fremont Hills**  
**8:30 AM** **elevation gain ~2000', 38 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. Since I've heard that a change is as good as a rest the last**  
**Tuesday of the month we'll do my favorite Fremont hill -**  
**Palomares. We'll do a clockwise loop going up Palomares and**  
**Dublin grade followed by the rollers on Foothill, returning through**  
**the canyon with the ride once again ending at Peets for a well**  
**deserved coffee. Rain cancels the ride. If uncertain of the status**  
**of the ride, contact me between 7:15am and 7:45am on my**  
**cellphone on the day of the ride.**  
**Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com) (510) 441-7607**  
**-H, (510) 517-1466 -C**

**Tue May 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.**