

Fri Aug 5 **To the Top of the Wall**
9:00 AM **2000' elevation gain, ~30 miles, 4, T-M**
Meet at Mission Coffee, 151 Washington Blvd., Fremont
We'll go south along Warm Springs Blvd and climb the Scott Creek hill. Then to Calaveras Rd. and climb to the top of the wall with a potty/rest stop at Ed Levin Park along the way. As we descend on Calaveras Rd., we'll turn right onto Downing Rd. and stop at Sandy Wool Lake for rest and snack. [Bring your own snack.] Then, we'll complete the descent of Calaveras and return to Mission Coffee via the hills on E. Warren, Yakima (optional), and Paseo Padre Pkwy. We'll stay together with frequent regroupings -- no one will be left behind.
Herm Rosenbaum; hermrosenb@aol.com (510) 657-2740 -H (510) 648-4801 -C

Sat Aug 6 **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.
B:Tim & Robin O'Hara; tohara2938@aol.com (510) 471-2464
M:Jorge Gildelatorre; jorge@gildelatorre.com (510) 589-0660

Sun Aug 7 **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).

2nd Week in August

Mon Aug 8 **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 (510) 796-8832 -H

Tue Aug 9 **Tour de Fremont Hills**
8:30 AM **elevation gain 1900', 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.
Dave Fishbaugh, fish1950@comcast.net, (510) 657-6006

Tue Aug 9 **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 10 **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

Wed Aug 10 **Wednesday Pizza Ride**
6:00 PM **10-25 miles, 1-3, L-M-B-F**
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. **Cost: \$5.00 for 3 pieces pizza & soda.**
Tony Flusche; Tony.F@comcast.net (510) 247-3220
Steve Wilson; steve_wilson@yahoo.com (510) 793-3087

Thu Aug 11 **Thursday Morning Coffee Ride**
8:30 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 (510) 794-8624 home, (510) 693-8624 cell

Fri Aug 12 **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 13 **Start Of The Next 1000**
7:30 AM **45 miles, 3, M**
Meet on the west side of the Fremont BART Station at 7:30am. As of this writing, it looks as if my 1000th ride that I've led for FFBC will occur on Wednesday, August 3, 2011. (Special thanks to Mark Davis for his assistance in researching this statistic!) Join me in celebrating the beginning of the next 1000 rides that I hope to lead on Saturday, August 13. I'll lead an old favorite that day. Let's meet on the west side of the Fremont BART Station at 7:30am. We will take the 7:54am Richmond BART train to Bayfair Station (arriving at 8:12am). We'll then transfer to a Daly City train departing at 8:18am and travel to Daly City Station (arriving at 9:04am). We'll then pedal back to Fremont, our route taking us on the scenic trail along Crystal Springs Reservoir. Bring money for BART ticket (\$6.00) and a lunch stop in Palo Alto.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Aug 13 **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 Aug 14 **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.
Dale Bodtker; dalebodtker@yahoo.com (510) 797-8424

Sun Aug 14 **Show and Go**
9:00 AM **20-50 miles, 2-4, B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

3th Week in August

Mon Aug 15 **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 (510) 796-8832 -H

Tue Aug 16 **Tour de Fremont Hills**
8:30 AM **elevation gain 1900', 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/ Zapotec 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.
Creighton Chong; creighton_chong@yahoo.com (510) 770-9520 -H, 510-551-9520 -C

Tue Aug 16 **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 17 **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 Aug 17 **Wednesday Pizza Ride**
6:00 PM **10-25 miles, 1-3, L-M-B-F**
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. **Cost: \$5.00 for 3 pieces pizza & soda.**
Tony Flusche; Tony.F@comcast.net (510) 247-3220
Steve Wilson; steve_wilson@yahoo.com (510) 793-3087

Thu Aug 18 **Thursday Morning Coffee Ride**
8:30 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 regroups. 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 (510) 794-8624
home, (510) 693-8624 cell

Fri Aug 19 **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 20 **Five Canyons**
8:30 AM **45 miles, 4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Up over Palomares, Crow Canyon, Norris Canyon, and back San Ramon to Niles Canyon.
Tim & Robin O'Hara; tohara2938@aol.com (510) 471-2464

Sat Aug 20 **Show and Go**
8:30 AM **25-50 miles, 2-4, M**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Aug 21 **Second Annual Tour de Stooges**
7:00 AM **100 miles, 2-3, M**
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).
The stooges are back to lead you on another exciting ride. We'll head toward San Jose and Alum Rock Park, across San Jose to Foothill, up Alpine, around Portola, out Canada, up Edgewood, and back across the bay. This ride has 3800' of climbing. There will be a few stops for refueling, so bring \$\$\$. We'll regroup as needed. We had a great time last year and hope you can join us this year.
Dave Epps; depps55@gmail.com 487-5288 -H 552-2615 -C
Stephen Politzer; thetechdog@gmail.com 638-3709 -H 761-5564 -C

Sun Aug 21 **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.

Sun Aug 21 Family Ride - Redwood/Foster City Sloughs
9:30 AM 12 miles, 1, L
Start location: Redwood City Public Library (399 Marine Pkwy, Redwood City). Join us for a leisurely exploration of the bike trails around the sloughs in Redwood City and Foster City. **Meet in the parking lot of Redwood City Public Library (399 Marine Pkwy, Redwood City).** We'll stop frequently to let our younger riders catch their breath or have a snack. If we find a playground along the way we'll probably stop to investigate. This ride is suitable for children of all ages. As usual, no child left behind!

Mark Davis; mark@markandshirley.com 510 573 0184 -H, 510 299 0076 -C
Vanessa McDonnell; vanessa@mcnmc.com 510 441 7607 -H, 510 517 1466 -C

4th Week in August

Mon Aug 22 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 (510) 796-8832 -H

Tue Aug 23 Tour de Fremont Hills
8:30 AM elevation gain 1900', 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 (510) 441-7607 -H, (510) 517-1466 -C

Tue Aug 23 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 24 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

Wed Aug 24 Wednesday Pizza Ride
6:00 PM 20-25 miles, 1-3, L-M-B-F
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. **Cost: \$5.00 for 3 pieces pizza & soda.**
Tony Flusche; Tony.F@comcast.net (510) 247-3220
Steve Wilson; steve_wilson@yahoo.com (510) 793-3087

Thu Aug 25 Thursday Morning Coffee Ride
8:30 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; lorisommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

Fri Aug 26 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 27 Show and Go
8:00 AM 20-50 miles, 3-4, B
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sat Aug 27 Baylands Park
8:30 AM 30 miles, 2, 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. **"Note the change in pace and that we will be leading this ride on the tandem."**
Shelley and Jorge Gildelatorre; swills22@yahoo.com (510) 501-2241

Sun Aug 28 Dale and Ken's Excellent Adventure Reservoir Ride --Redoux
9:00 AM 1600' elevation gain, 45 miles, 3, M
Meet at Almaden Lake Park in South San Jose.

Our next adventure will start from Almaden Lake Park in South San Jose. We will follow Los Alamitos Creek trail for a couple of miles up to McKean Rd/Uvas Rd. and then ride past Calero and Uvas Reservoirs before stopping in Morgan Hill for coffee/lunch. The road past the reservoirs is very pretty and affords some great views. There is some gradual climbing but also some nice downhill rollers.

There are no long or steep hills on this ride. There is one 100 yard hill at 7.6% but all the rest of the climbing is pretty gradual--think 2-3%. Almost all of the climbing is done before lunch as the return route is very flat. As always, no one left behind.

Directions to the start point: I-680 south toward downtown San Jose then exit south onto Hwy 87 (Guadalupe Fwy). Before the end of Hwy 87 exit to Santa Teresa Blvd (do not take Hwy 85) for about one mile. When Santa Teresa starts to curve to the left, make a right turn onto Coleman Rd. Go 1/2 mile to a left turn on Winfield. Drive along the park until you see the entrance on the right at the ranger shack which will get you into the parking lot. There is no charge for parking. We don't expect the parking lot to be full, but there is quite a bit of on street parking on Winfield if needed. There are restrooms adjacent to the parking lot.

Map and route sheet can be seen at:

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

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

Sun Aug 28 Show and Go
8:30 AM 20-50 miles, 2-4, B
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

5th Week in August

Mon Aug 29 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 (510) 796-8832 -H

Tue Aug 30 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 (510) 441-7607 -H, (510) 517-1466 -C

Tue Aug 30 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 31 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 \$

AI Quintana; alanq44@hotmail.com (510) 760-9245

Wed Aug 31 Wednesday Pizza Ride
6:00 PM 10-25 miles, 1-3, L-M-B-F

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. **Cost: \$5.00 for 3 pieces pizza & soda.**

Tony Flusche; Tony.F@comcast.net (510) 247-3220

Steve Wilson; steve_wilson@yahoo.com (510) 793-3087