August 2011 RIDE CALENDAR

Wednesday evening pizza rides.

Join Tony Flusche and Steve Wilson this month on the Wednesday evenings' pizza rides.

The Pizza Rides are short rides that start & finish at a local pizza parlor and are a great way to meet fellow riders. If you are staying for pizza after the ride, the cost is $5.00 per person for three pieces of pizza and a soda. Pizza is served between 7:30 and 7:45, depending upon the overall ride length. Overall ride length is primarily dependent upon time of sunset.

All levels of riders are welcome, and routes for every level will be provided by the ride leader. Because routes and rider abilities vary, riders should be comfortable following a route sheet. This is NOT a "no-drop" ride.

When signing in, remember to check “YES” or “NO” on the sign in sheet for pizza to provide an accurate head count as we place our order before the ride. The rides meet at 6:00 PM for sign in by 6:10. Departure time is 6:15 PM SHARP.

Tony and Steve 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:

September: OPEN

You can reserve the month of September 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 by the link on the FFBC page (http://www.ffbc.org/html/start_locations.html).

THANK YOU TO ALL THE VOLUNTEER RIDE LEADERS!

1st Week in August

Mon Aug 1 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 2 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.

Creighton Chong; creighton_chong@yahoo.com (510) 770-9520 -H, 510-551-9520 -C
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 regroups -- 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 round
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
cañels 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  20-50 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 FFBCC 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
BART Station at 7:30am. We will take the 7:54am Richmond
BART 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).

3rd Week in August

Mon Aug 15  Monday Morning Recovery Ride  
8:30 AM  
10 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/ Zopetek 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

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

Thu Aug 18  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

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, Crown 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.  
Steve 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    Family Ride - Redwood/Foster City Sloughs
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    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 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; lorimosmer@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) 501-2244
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 $ $.

Al 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