

September 2011 RIDE CALENDAR

1st Week in September

WEDNESDAY EVENING PIZZA RIDES.

Join Wynn Kageyama the first two Wednesdays of the month.

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.

It is highly recommended to bring a headlight and taillight; It is getting dark earlier in the evenings.

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.

Meet Wynn 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.**

ANNUAL PATTERSON OVERNIGHTER

Please mark your calendar for Dale and Ken's Second Annual Patterson Overnighter.

October 8th and 9th, 2011

Details for this year will be posted in the October Ride Calendar.

The listing below is from last year.

Sat Nov 13 Dale and Ken's Excellent Adventure Patterson Overnighter
8:30 AM ~2800' elevation gain, ~74 miles, 4, M
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. This is Day #1 of a two day ride.

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).

THANK YOU TO ALL THE VOLUNTEER RIDE LEADERS!

Thu Sept 1 **Thursday Morning Coffee Ride**
9:00 AM **1075' elevation gain, 31 miles, 2, M**
This month we will start at **Crank2 Performance Tandems (5480-9 Sunol Boulevard, Pleasanton)**. Bryon will open the shop early for coffee and restrooms. Like last month, we will ride in a CW loop up Camino Tassajara and Collier Canyon, descend into Livermore with a coffee stop at Vineyard Starbucks/Subway and finish with a climb up Bernal. The route may change due to road construction. **Rain cancels, check yahoo group, email or call me.**
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 -H, (510) 693-8624 -C

Thu Sept 1 **Calaveras to Felter, top and back**
9:00 AM **40 miles, 4, M**
Meet at the Sunol train station.
We go to the top and come back to Sunol and maybe some coffee! It will be fun!
Soraya Scheibel; sorayascheibel@sbcglobal.net (510) 299-2012

Fri Sept 2 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the PW Supermarket side of the shopping center (Castro Valley) on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Sept 3 **Calaveras Clockwise**
8:30 AM **40 miles, 3, M**
This is our traditional "1st Saturday of the Month" ride. We will meet at **DOWNTOWN Niles parking lot across from H St on Niles Blvd.** and ride up Niles Canyon into Sunol then on to Calaveras. Our traditional route brings us out in Milpitas and we return via a route that stays close to the hills. Rain or a serious threat of rain cancels.
Jorge Gildelatorre; jorge@gildelatorre.com (510) 589-0660

Sat Sept 3 **Lake Del Valle**
8:30 AM **60-65 miles, 4, M-B**
Ride meets downtown Niles parking lot across from H St on Niles Blvd. The month of September begins a series of training rides designed to prepare us for the upcoming annual 107 mile Mt. Hamilton loop ride in mid-October. Our route will take us through Livermore's scenic rural wine-producing areas and we'll tackle a number of rollers before reaching the short 6.5% grade leading up to the Del Valle summit, followed by a lightning fast descent to the lake. We'll plan for a lunch/snack stop at the park's concession stand (by the boat ramp), and perhaps swing by a supermarket on the way back if needed.
Brad Baldwin; bradbaldwin@att.net (510) 795-7065
Tim O'Hara will lead the B pace

Sun Sept 4 **Moraga Loop**
8:30 AM **2100' elevation gain, 45 miles, 4, B-lite**
Start location: Rite Aid Pharmacy, Castro Valley, corner of Marshall St. and Castro Valley Blvd. We'll ride from Castro Valley to Moraga via Redwood road and Pinehurst. Then work our way over to Danville for a quick coffee/snack stop before heading back to Castro Valley.
Dennis Crovella; decrov@pacbell.net (650) 504-6605

Sun Sept 4 **Show and Go**
8:30 AM **20-55 miles, 3-4, M**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

2nd Week in September

Mon Sept 5 **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 Sept 6 **Tour de Fremont Hills**
8:30 AM **~1900' elevation gain, 30 miles, 3-4, 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 Sept 6 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Sept 7 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$ \$.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Wed Sept 7 **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.**
Wynn Kageyama; davitusrider@yahoo.com

Thu Sept 8 **Thursday Morning Coffee Ride Celebrates!**
9:00 AM **~25 miles, 2, T-M**
Celebrate Walt's Happy 80th Birthday!
Meet at Don Edwards Visitor Center (Don Edwards National Wildlife Refuge, Marshlands Rd, Newark, (http://www.ffbc.org/html/start_locations.html) to join the rolling party with Walt. We will head around Coyote Hills, accompany Walt on his annual trek up Nike (optional) and head to Anderson Bakery near Union Landing in Union City. If you haven't yet met Walt Thomas, this would be a great time to do it. Hopefully the "old regulars" will dust off their bikes and join us too. If you can't make the ride, just join us at Anderson about 11:00AM. Bring money for lunch. A route sheet will be provided. This ride is co-listed with the Valley Spokesmen.
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 -H, (510) 693-8624 -C

Thu Sept 8 **Calaveras to Felter, top and back**
9:00 AM **40 miles, 4, M**
Meet at the Sunol train station.
We go to the top and come back to Sunol and maybe some coffee! It will be fun!
Soraya Scheibel; sorayascheibel@sbcglobal.net (510) 299-2012

Fri Sept 9 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the PW Supermarket side of the shopping center (Castro Valley) on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Sept 10 **Calaveras Counter Clockwise**
8:30 AM **42 miles, 3, M**
We will start in **DOWNTOWN Niles parking lot across from H St on Niles Blvd.**, and take the Paseo Padre route down south. We will regroup at Jose Huger Park and after the climbing 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; Tony.F@comcast.net (510) 247-3220

Sat Sept 10 **Mt. Diablo via Collier Canyon Rd**
8:30 AM **67 miles, 5, M-B**
Ride starts in Livermore at Lucky's, north-west corner of Concannon and Holmes. Our second ride in the Mt. Hamilton loop training series. This route is the same one we did last year in November. The ride starts by heading up Collier Canyon Rd, a short (5.5 mile), quiet and scenic stretch of road. That leads into Highland Rd and then over to more familiar surroundings once onto Camino Tassajara. The climb is 11.3 miles long with about 3,300ft of elevation gain. The really "fun" part is the very last little section, a 17% grade that provides one final torture before you can rightly declare victory over the mountain. It is said that hikers and cyclists can see more of the earth's surface from the top of Mt. Diablo than from any other peak in the world with only one exception: Africa's 19,340-foot Mt. Kilimanjaro. Water is available at the summit, perhaps snacks too if the Interpretative Center is open.
Brad Baldwin; bradbaldwin@att.net (510) 795-7065
Tim O'Hara will lead the B pace

Sun Sept 11 **Ride with a View**
8:34 AM **48 miles, 4, B-lite**
Fremont BART 8:34 train.

Meet on the Fremont BART Station Platform to catch the 8:34 train to arrive in Downtown Berkeley Station at 9:23. Ticket is \$4.30. We will then make our way through/around campus past Memorial Stadium and up Strawberry Canyon to Grizzly Peak Blvd for some amazing views. We'll keep those views in sight following Grizzly Peak to Skyline Blvd, down the hill, through the zoo, up to Lake Chabot and through Castro Valley with a quick coffee/lunch stop, then back via Palomares and Niles Canyons to Fremont.

As this is September 11, Red White and Blue attire suggested.
Andrew Sass; andrew.sass@yahoo.com (510) 490-8098

Sun Sept 11 **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.

Gary Smith; GSMITH289@aol.com (510) 797-7809 -H (510) 304-0956 -C

3rd Week in September

Mon Sept 12 **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 Sept 13 **Tour de Fremont Hills**
8:30 AM **~1900' elevation gain, 30 miles, 3-4, 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 Sept 13 **Calaveras to Felter, top and back**
9:00 AM **40 miles, 4, M**

Meet at the Sunol train station.

We go to the top and come back to Sunol and maybe some coffee! It will be fun!

Soraya Scheibel; sorayascheibel@sbcglobal.net (510) 299-2012

Tue Sept 13 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**

Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Sept 14 **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 Sept 14 **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.**

Wynn Kageyama; davitusrider@yahoo.com

Thu Sept 15 **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 regroupings. No routes sheets, no one left behind, and there are options for faster riders that like to climb. **Rain cancels, check yahoo group, email or call me.**

Lori Sommer; lorimsommer@gmail.com (510) 794-8624 -H,

Fri Sept 16 **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

Fri Sept 16 **To the Top of the Wall - (at a civilized pace)**
9:00 AM **~2500' elevation gain, ~32 miles, 4, T-M**

Start location: 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 Sept 17 **Late Summer at the Coast**
8:00 AM **75-80 miles, 5, M-B**
Meet at Raley's shopping center parking lot east side, close to TuttiFrutti, Jarvis Ave & Newark Blvd (Newark). Our third ride in the Mt. Hamilton loop training series. We're heading out to the beautiful California coastline and you know what that means -- climbing over the peninsula mountain range twice, first via Old La Honda (1300 ft climbing) and then on the return trip via Tunitas Creek Rd. (2000 ft). We'll make our traditional stop in the quaint town of San Gregorio nearby the coast.
Brad Baldwin; bradbaldwin@att.net (510) 795-7065
Tim O'Hara will lead the B pace

Sat Sept 17 **Show and Go**
8:30 AM **20-50 miles, 2-4, M**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Sept 18 **Gary's Nightmare**
9:00 AM **5000' elevation gain, 50-55 miles, 5, M**
Start location: Monta Vista Park (Foothill and Voss Ave) in Cupertino
If climbing 5000 feet sounds like fun, this is your kind of ride. We'll start in Cupertino, wind our way up to Skyline, descend Kings Mountain into Woodside and return on Foothill. Bring \$ for a stop at Roberts Market. Directions: Take 280 to Cupertino, and take the Foothill Road South exit. Drive about 1.2 miles. Turn right on Voss Ave. Park on the street or in the parking lot on your right. Rain cancels.
Gary Smith; GSMITH289@aol.com (510) 797-7809 -H (510) 304-0956 -C.

Sun Sept 17 **Show and Go**
9:00 AM **20-50 miles, 2-4, M-B**
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

4th Week in September

Mon Sept 19 **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 Sept 20 **Tuesday Tour de Fremont Hills**
8:30 AM **~1900' elevation gain, 30 miles, 3-4, 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 Sept 20 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Sept 21 **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 Sept 22 **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 (510) 794-8624 -H, (510) 693-8624 -C

Fri Sept 23 **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

5th Week in September

Sat Sept 24 **Massacre at Wounded Knee**
8:00 AM **85 miles, 5, M-B**
Ride meets downtown Niles parking lot across from H St on Niles Blvd. Our fourth ride in the Mt. Hamilton loop training series. The infamous "Wounded Knee" ride once again returns, a ride that caused so much collective pain and suffering when first attempted in 2000. We'll first meander through Pleasanton and Livermore, and then the fun begins on the wickedly fast Altamont Pass Rd. Our lunch stop is out in the boonies at our traditional Arco station snack shop, so bring \$\$\$. The ride returns on the deceptively tough Patterson Pass Rd, and total climbing is 4,900 ft.
Brad Baldwin; bradbaldwin@att.net (510) 795-7065
Tim O'Hara will lead the B pace

Sat Sept 24 **Dale and Ken's Excellent Adventure**
8:14 AM **Old Tunnel Road**
Fremont BART 8:14 train. **2600' elevation gain, 36 miles, 4, M**

Come join us for the great climb from Oakland up Old Tunnel Road and over the top of the Caldecott Tunnel to Skyline. We'll make a quick "historical" stop at the monument/display about the 1991 Oakland Hills Fire. You will enjoy great views across the Bay of San Francisco and whole area as you climb. (Unless there is fog.) The Old Tunnel Road climb is less than two miles and not very steep--easier than the climb to the "false summit" on Calaveras Road.

We will then continue along Skyline and descend Redwood Road before riding back into Castro Valley for lunch/coffee. From there, we will use a relatively flat route home.

The ride will start with a BART ride to the Rockridge station. We will leave Fremont on a Richmond train at 8:14. We will change trains at 19th St. Oakland for a Pittsburg/Baypoint train that will arrive at Rockridge at 9:00. BART fare is \$4.10. We will ride back to the Fremont BART station.

All "M" paced riders are welcome to join us and as always, no one will be left behind. Faster riders who are willing to regroup are always welcome.

Here is a link to the route:

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

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

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

Sat Sept 24 **Family Ride - Coyote Creek Trail, San Jose**
9:30 AM **~10 miles, 1, L-T**
Start location: Hellyer County Park, San Jose.

This is a ride designed for riders with youngsters (on their own bikes, in seats, or in trailers) and casual riders in general. We'll meet at Hellyer County Park in San Jose (985 Hellyer Ave) and ride along the Coyote Creek trail until we think we've gone far enough, then turn around. No coffee stop, but we'll probably pause occasionally for a drink from our sippy cup, and perhaps enjoy some goldfish crackers. The ride should take about 1-2 hours. Directions: After passing the kiosk at the park entrance, go right at the fork in the road and follow it all the way to the parking lot at the end.

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

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

Mon Sept 26 **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

Mon Sept 26 **Linda's Ride**
8:30 AM **1574' elevation gain, 47 miles, 4, M**
Meet at Raley's Parking Lot. We'll head out across the Dumbarton Bridge, across Menlo Park onto Sand Hill Road. From Alpine to Arastradero, then a short climb up Page Mill road. Ride through the beautiful hills of Los Altos and around the Private Golf Course. Bring \$\$ for coffee stop.
Linda Fung; fungfive@sbcglobal.net (650) 391-5975

Tue Sept 27 **Tour de Fremont Hills**
8:30 AM **~2000' elevation gain, 38 miles, 3-4, 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 Sept 27 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Sept 28 **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 Sept 29 **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. 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 (510) 794-8624 -H, (510) 693-8624 -C

Fri Sept 30

8:30 AM

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

The Friday Bike Club

35-45 miles, 3-4, M-B