

# October 2011 RIDE CALENDAR

## START LOCATION FOR PATTERSON OVERNIGHTER DAY #1 HAS CHANGED

Due to the Caltrans closure of Niles Canyon Road on Saturday, October 8<sup>th</sup> the start location for the Patterson Overnighter has changed. Please see the ride description below for complete details.

## FROM THE FFBC RACE TEAM

Ladies and Gentlemen

The race team will be riding every weekend of the Autumn and Winter seasons. The rides throughout October are open to ALL team and CLUB members, plus invited guests. If you are interested in joining our rides, please do so. Our October rides will be non-combative and regulated (well, mostly) and are a good introduction for club riders to see how the race team rides. See you on the road

Garry

## FFBC RIDE CLASSIFICATION

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

## MAPS TO FREQUENTLY USED START LOCATIONS

Maps to the start locations for October are available at: [http://www.ffbc.org/html/start\\_locations.html](http://www.ffbc.org/html/start_locations.html).

## THANK YOU TO ALL THE OCTOBER RIDE LEADERS!

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

**Sat Oct 1** **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.

For the B pace group Tim will be offering a couple of "Hard Hitter" options to really work those climbing legs.

**B:**Tim O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com) (510) 471-2464

**M:**Tony Flusche; [Tony.F@comcast.net](mailto:Tony.F@comcast.net) (510) 247-3220

**Sat Oct 1** **Low-key ride, Race Team Ride #1**  
**8:30 AM SHARP** **45 miles, 2, F**

Our first team ride of the season, on roads where we can do an easy spin and practice some rotating pacerlines. To the bottom of the Calaveras climb and then Pleasanton and Sunol. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping.

Meet at **DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Garry Birch;** [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564 or (925) 819-0247

**Sun Oct 2** **Peninsula MTB**  
**8:00 AM** **16 miles, 4-5, M**

Come join Andy to ride some of the best mountain biking trails he has found on the Peninsula. We will ride up Alpine Road with destinations to vary once we reach the top. The terrain varies between single track and fire road. Riding on the Peninsula beats anything found locally.

Meet at Windy Hill Parking Area located off Portola Road.

If you have questions about this ride please call or e-mail.

Andy Payne; [andypayne@att.net](mailto:andypayne@att.net); (510) 300-7513

**Sun Oct 2** **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).

### 2<sup>nd</sup> Week in October

**Mon Oct 3** **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

**Tue Oct 4** **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](mailto:vanessa@mcnmc.com); (510) 441-7607 -H, (510) 517-1466 -C

**Tue Oct 4** **Show and Go**  
**9 AM** **20-50 miles, 1-5, L-M-B**

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

**Wed Oct 5** **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](mailto:alanq44@hotmail.com) (510) 760-9245

**Thurs Oct 6** **Thursday Morning Coffee Ride**  
**9 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; [lorissommer@gmail.com](mailto:lorissommer@gmail.com); (510) 794-8624 -H,  
(510) 693-8624 -C

**Fri Oct 7** **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 SAFEWAY Supermarket side of the shopping center (Castro Valley).** Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.  
**Al Quintana; [alantq44@hotmail.com](mailto:alantq44@hotmail.com) (510) 760-9245**

**Sat Oct 8** **Patterson Overnighter Day #1**  
**8:30 AM** **~2800' elevation gain, ~66 miles, 4, M**

**Please note - due to the Caltrans closure of Niles Canyon Road on Saturday, October 8<sup>th</sup>, we are changing the start point for the ride.**

Our October Adventure will be a two-day, overnight ride to Patterson and back. We will ride from Pleasanton BART, out Mines Rd. and down Del Puerto Canyon to Patterson. We will stay overnight at a nice motel (with swimming pool and hot tub) with several restaurants nearby. We will ride back on Sunday via the paved trail along the California Aqueduct and over Corral Hollow into Livermore before returning to Fremont BART.

Overnight luggage will be taken from Fremont BART to the motel and back by car -- but there will be no sag on the route.

Approx. 66 miles(~2800ft) out and 70 miles(~1800ft) back. We will stay at the Villa del Lago Best Western at the I-5 exit to Patterson. Each participant will need to make their own motel reservation. (Room sharing is encouraged). Call (866) 744-2358 to make your reservation. Ask for the bicycle touring rate (it's about \$10.00 cheaper). We are planning this for the weekend of Oct 8th and 9th. You will need the room for Saturday night Oct 8th. The current bicycle touring rate (subject to change) is about \$89.00 plus tax for a double room with two queen beds. They also have rooms with one king bed.

Since the motel is only an hour's drive and right off the freeway, some cyclists may wish to include spouses, S.O.'s or other family members who don't ride but could drive out. We will choose one of the adjacent restaurants for a group dinner or you can do your own thing.

Please pack light and keep your bags as small as possible. You will only need bike clothes for the return ride and whatever you will wear to dinner (and a swim suit for the pool or hot tub). If you can fit your stuff in a backpack, you can put it on and ride over to the station and then hand it off to the driver.

**We will start from the Fremont BART station on the east side. We will meet in the parking lot at 8:30 am and load the overnight luggage into the transport vehicle which will meet us in Patterson.** Please be prompt so you don't miss the train. We will take BART to Pleasanton and start riding from there (BART fare is \$4.35). ALL riders must bring their overnight bags to the Fremont station unless they make arrangements IN ADVANCE to deliver their bag to Ken's house the night before.  
**Please look for us in the EAST parking lot at Fremont BART.** We will not see you if you are on the other side.  
If you want to leave your car at BART there is no problem. They allow 72 hour free parking on weekends.

The return ride will finish at BART in Fremont, but we will be able to ride all the way back, as Caltrans will be finished Saturday evening. Your bag will be there waiting for you at BART Fre-

mont.

See details for both routes at:

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

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 Oct 8** **Low-key ride, Race Team Ride #2**

**8:30 AM SHARP** **45 miles, 2, F**  
On roads where we can do an easy spin and practice some rotating pacelines. To the bottom of the Calaveras climb and then Pleasanton and Sunol.  
All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping.  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**  
Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564 or (925) 819-0247

**Sat Oct 8** **Skyline to 92**  
**8:30 AM** **~65, 4 B**  
Meet at Raley's at 8:30am. We'll head up Old LaHonda take a right on Skyline past Alice's up some more to enjoy a great downhill to 92. Then we'll head back on Canada and Sandhill.  
Rain cancels.  
Tim O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 471-2464

**Sat Oct 8** **Family Ride**  
**4 PM** **8-10 miles, 1-2, L-T**  
**Meet at the gravel lot just outside the entrance to Coyote Hills (on Patterson Ranch Road).** We'll ride into the park and do a clockwise loop of the Bay Trail. Depending on interest we might also try one of the other trails in the park. The pace will be suitable for children of all ages. We'll probably stop a few times for a quick drink or some Clif Bar. As usual, no child left behind!  
Mark Davis; [mark@markandshirley.com](mailto:mark@markandshirley.com); (510) 573-0184 -H, (510) 299-0076 -C  
Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 441-7607 -H, (510) 517-1466 -C

**Sun Oct 9** **Patterson Overnighter Day #2**  
**8 AM** **~1800' elevation gain, ~70 miles, 4, M**  
**Meet at Patterson Exit off I-5 -- Best Western Villa Del Lago.**  
**This is Day #2 of a Two Day Ride.**  
See Saturday listing for details. See details for both routes at:  
<http://lasthill.net/Maps/PattersonOvernighter.html>  
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

**Sun Oct 9** **Show and Go**  
**8:30 AM** **20-50 miles, 3-4, M-B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Sun Oct 9** **FFBC "Get-To-Know-Us-Ride"**  
**9 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](mailto:GSMITH289@aol.com); (510) 797-7809 -H, (510) 304-0956 -C

(510) 693-8624 -C

**Sun Oct 9** **Women's Race Team Ride**  
**9 AM SHARP** **30-45, 2-3, M**  
Meet at Cyclepros. Main Street, Pleasanton. The ride will be 30-45 miles at an easy to moderate pace. All levels of riders welcome.  
Sandra King; [regalmoded@yahoo.com](mailto:regalmoded@yahoo.com); (925) 487-7658

### 3<sup>rd</sup> Week in October

**Mon Oct 10** **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

**Tue Oct 11** **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](mailto:vanessa@mcnmc.com); (510) 441-7607 -H, (510) 517-1466 -C

**Tue Oct 11** **Show and Go**  
**9 AM** **20-50 miles, 1-5, L-M-B**  
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

**Wed Oct 12** **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](mailto:alanq44@hotmail.com) (510) 760-9245

**Thurs Oct 13** **Thursday Morning Coffee Ride**  
**9 AM** **31 miles, 1075', M**  
This week 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; [lorisommer@gmail.com](mailto:lorisommer@gmail.com); (510) 794-8624 -H,

**Fri Oct 14** **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 SAFEWAY Supermarket side of the shopping center (Castro Valley). 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 Oct 15** **Brad's B-day Ride – Mt. Hamilton Loop**  
**7 AM** **7,700', 107 miles, 5, M-B-F**  
Please join us for my 10th annual Mt. Hamilton b-day ride! Mt. Ham has always held a special place in my heart starting from the time I first climbed the 4,196 ft summit as a teenager about 40 years ago (1970 or '71). I made the journey using the insanely difficult Quimby route, and was hit with icy cold hard rain 30 minutes before the summit...and have been hooked ever since. This century route is more or less the same as previous editions: Fremont to San Jose, ascend Mt. Hamilton, drop down to the scenic San Antonio Valley and Mines roads, wind through Livermore's vineyards, and skedaddle back home. As it is not possible for everyone to stay together for a ride this long and difficult, please bring a ride buddy that can match your pace. We will once again have ride support via the super-generosity of Paul Heijn and possibly one other volunteer, but all riders will still need to be self-sufficient just in case. We plan to have major regroups at the Lick observatory summit and Junction Cafe. Bring a bag lunch, which will be carried by Paul to the regroup spots. **Ride starts and ends at my home in Fremont, so call/email me for the address if you do not know. Note, club members and guests of members only. Please RSVP as we need to know how many people are attending in order to calculate the purchase of water and snacks;** last year we went way over the amount needed. Hope to see you there!  
Brad Baldwin; [bradbaldwin@att.net](mailto:bradbaldwin@att.net); (510) 795-7065

**Sat Oct 15** **Low-key ride, Race Team Ride #3**  
**8:30 AM SHARP** **45 miles, 2, F**  
Alum Rock Park will be our destination. We may also include Crothers Road if it is passable. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping.  
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.  
Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564 or (925) 819-0247

**Sat Oct 15** **Over the Hill to Woodside**  
**9 AM** **40 miles, 4, T-M**  
Meet at Don Edwards for a short ride across the Dumbarton and on to plant our flag on Edgewood. I am listing the ride as a T/M as it will definitely be uncomfortably slow for brisk riders. However, a brisk ride leader is welcome to contact me and offer a brisk option. This ride tops off at about 1,450 feet for 40 miles. We will stop for water, bathrooms and a quick lunch at Roberts after Edgewood and before we head back home. Bring enough water and snacks to get you over Edgewood. Plan on enough regroups to keep us together for the duration. Rain will cancel.  
Karen White; [kkwh@pacbell.net](mailto:kkwh@pacbell.net); (510) 475-0746

**Sun Oct 16** **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 Oct 16** **Women's Race Team Ride**  
**9 AM SHARP** **30-45, 2-3, M**  
Meet at Cyclepros. Main Street, Pleasanton. The ride will be

30-45 miles at an easy to moderate pace. All levels of riders welcome.

Sandra King; [regalmoded@yahoo.com](mailto:regalmoded@yahoo.com); (925) 487-7658

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

**Mon Oct 17** **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

**Mon Oct 17** **Old La Honda**  
**8:30 AM** **45 miles, 4, M**

I haven't visited this route in a long time, so we'll ride across the DB into Portola Valley to Old La Honda. Take a climb up to Skyline, then descent back down to Menlo Park, where we will stop to refuel.

Linda Fung; [fungfive@sbcglobal.net](mailto:fungfive@sbcglobal.net); (650) 391-5975

**Tue Oct 18** **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 Sabrekat. 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 Oct 18** **Show and Go**  
**9 AM** **20-50 miles, 1-5, L-M-B**

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

**Wed Oct 19** **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](mailto:alanq44@hotmail.com) (510) 760-9245

**Thurs Oct 20** **Thursday Morning Coffee Ride**  
**9 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](mailto:lorisommer@gmail.com); (510) 794-8624 -H, (510) 693-8624 -C

**Fri Oct 21** **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 SAFEWAY Supermarket side of the shopping center (Castro Valley). 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 Oct 22** **Low-key ride, Race Team Ride #4**

**8:30 AM SHARP** **50-55 miles, 3, F**

On roads where we can do an easy spin and practice some rotating pacelines. To the false summit of the Calaveras climb and then Pleasanton and Sunol, followed by either Kilkare or Palomares. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping.

Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564 or (925) 819-0247

**Sat Oct 22** **Old La Honda-Skyline-Canada Loop**  
**8:30 AM** **4,000', 60-65, 4, M-B**

This ride contains something for everyone: For climbers, a challenging climb up Old La Honda; for descenders, a great six mile drop down Skyline heading north toward Half Moon Bay Rd.; and for flat terrain hammerheads, a very fast, straight and long section coming back on Canada Rd. A no-dawdle coffee stop is planned at Robert's Market. Will be led as a B-lite pace (more or less halfway between M and B). Meet at Raley's shopping center in Newark.

Brad Baldwin; [bradbaldwin@att.net](mailto:bradbaldwin@att.net); (510) 795-7065

**Sat Oct 22** **Show and Go**  
**8:30 AM** **20-50 miles, 3-4, L-T-M-B**

Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

**Sun Oct 23** **Women's Race Team Ride**  
**9 AM SHARP** **30-45, 2-3, M**

Meet at Cyclepros. Main Street, Pleasanton. The ride will be 30-45 miles at an easy to moderate pace. All levels of riders welcome.

Sandra King; [regalmoded@yahoo.com](mailto:regalmoded@yahoo.com); (925) 487-7658

**Sun October 23** **Show and Go**  
**8:30 AM** **20-50 miles, 3-4, L-M-B**

Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

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

**Mon Oct 24** **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**

**Tue Oct 25** **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 north (dirt) 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 Sunol with a stop at The Sunol Jazz Cafe for a well-deserved coffee before our return through the canyon. 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**

**Wed Oct 26** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Thurs Oct 27** **Thursday Morning Coffee Ride**  
**9 AM** **31 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 that like to climb. Rain cancels, check Yahoo! group, email or call me.

**Lori Sommer; [lorisommer@gmail.com](mailto:lorisommer@gmail.com); (510) 794-8624 -H, (510) 693-8624 -C**

**Fri Oct 28** **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 SAFEWAY Supermarket side of the shopping center (Castro Valley).** 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 Oct 29** **Low-key ride, Race Team Ride #5**  
**8:30 AM SHARP** **60 miles, 4, F**  
On local roads, a partial exploration in and around Fremont for some areas that are great for training on. Featuring Nike Hill, The Early Birds Circuit, Eureka Drive, The Animals, Mur de Pain and others. The plan is to not ride hard up the hills, just say hello to them. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. **Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564 or (925) 819-0247**

**Sat Oct 29** **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.**

**Sat Oct 29** **A Few Fremont Hills**  
**9 AM** **35-40, 4, M**  
**Meet at Raley's Shopping Center in Newark.** We'll head south and climb some Fremont hills including Sabercat, Pine, Yakima and the Animals. We'll regroup a few times and make sure nobody gets left behind. Bring \$ for a refreshment stop. Rain cancels.  
**Gary Smith; [GSMITH289@aol.com](mailto:GSMITH289@aol.com); (510) 797-7809 -H, (510) 304-0956 -C**

**Sun Oct 30** **Show and Go**  
**8:30 AM** **20-50 miles, 3-4, B**  
**Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun Oct 30** **Women's Race Team Ride**  
**9 AM SHARP** **30-45, 2-3, M**  
**Meet at Cyclepros. Main Street, Pleasanton.** The ride will be 30-45 miles at an easy to moderate pace. All levels of riders welcome.  
**Sandra King; [regalmoded@yahoo.com](mailto:regalmoded@yahoo.com); (925) 487-7658**

**Sun Oct 30** **Sandy Wool Lake Loop**  
**9 AM** **745', 29 miles, 1-3, T-M**  
**Meet at Dixon Landing Park in Milpitas (Jurgens at Milmont).** This loop ride will travel along the Milpitas foothills for a short climb to Sandy Wool Lake at Ed Levin Park. (Riders desiring additional climbing are welcome to scale the Wall & meet us at Sandy Wool). After a short break we will head south into San Jose to satisfy our sugar and caffeine cravings. The loop will continue back through Milpitas finishing the ride on the Coyote Creek River Trail. No drops & regroups as needed. Bring \$\$ for coffee. Temps over 90 degrees cancels the ride. Directions to Dixon Landing Park: I-880 south. 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**

## 6<sup>th</sup> Week in October

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**8:30 AM** **40 miles, 1-2, M**  
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**Mike Northrup; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com); (510) 796-8832**