

November 2011 RIDE CALENDAR

TOUR OF THE MONTEREY PENINSULA

You are invited to the annual FFBC club ride along Seventeen Mile Drive in Carmel on the Friday after Thanksgiving (25th). Come out and enjoy the sights and have lunch on the beach. You can buy lunch at Nielson Market in Carmel.

Some riders will be meeting for breakfast before the ride at Paris Bakery, 271 Bonifacio Pl, Monterey, CA 93940, (831) 646-1620 (from Del Monte blvd turn left at Figueroa St, right on Pearl St, right on Tyler St, right on Bonifacio).

Optional dinner after the ride is at Phil's Fish Market in Moss Landing, 7600 Sandholdt Road, Moss Landing, CA 95039, (831) 633-2152.

For full ride details see below.

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.

THANK YOU TO ALL THE NOVEMBER RIDE LEADERS!

1st Week in November

Tue Nov. 1 **Tour de Fremont Hills**
8:30 AM ~1800' elevation gain, 30 miles, 3-4, M-B
Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up 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; (510) 441-7607 -H, (510) 517-1466 -C

Tue Nov. 1 **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 Nov. 2 **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

Thurs Nov. 3 **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; lorimsommer@gmail.com; (510) 794-8624 -H, (510) 693-8624 -C

Thurs Nov. 3 **TNT (Thursday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.
Meet at Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.
When dark, lights required. Helmets are mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Nov. 4 **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 (510) 760-9245

Sat Nov. 5 **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:Robin & Tim O'Hara; mail4ohara@aol.com; (510) 471-2464
M:Tony Flusche; Tony.F@comcast.net; (510) 247-3220

Sat Nov. 5 **Race Team #6 – Del Valle (Tempo)**
'A' Group 8:30, 'B' Group 8:40 SHARP **55 miles, 3, F**
This is the first ride where we are experimenting with splitting the Race Team rides into two groups ('A' and 'B'). The 'A' group is invitation only. The 'B' group is for all other team members and guests.
We will ride out thru Niles Canyon to Pleasanton. From the top of the hill above Del Valle, there are options to turn around there or descend to the lake for extra mileage and vertical feet.
All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. Minimal regroups.
Meet at Niles Parking Lot on Niles Boulevard, Cross Street is 'H' Street.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Sun Nov. 6 **Grant Ranch Park**
8:30 AM **50 miles, 3-5, M**
Meet at Mission Coffee – 151 Washington Blvd., Fremont for a ride to Grant Ranch Park.
Joyce Tanaka; Notes4jt@gmail.com; (510) 703-2675

Sun Nov. 6 **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).

2nd Week in November

Mon Nov. 7 **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

Mon Nov. 7 **Kings Mountain**
8:45 AM **~45 miles, 4, M-B**
Meet at Don Edwards Wildlife Refuge (next to the Visitors Center) for a little climbing. I've never ridden up Kings Mountain so it's about time and my good friends here at FFBC assure me it's a piece of cake... or maybe that I'll need a slice of cake to recover afterwards. We'll stop at Plantation Coffee on the way home for that piece of cake and a coffee to wash it down. Rain cancels.
Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C

Tue Nov. 8 **Tour de Fremont Hills**
8:30 AM **~1800' elevation gain, 30 miles, 3-4, M-B**
Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up 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; (510) 441-7607 -H, (510) 517-1466 -C

Tue Nov. 8 **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 Nov. 9 **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

Thurs Nov. 10 **Thursday Morning Coffee Ride**
9 AM **31 miles, 1,075', M**
We will start at Crank2 Performance Tandems (5480-9 Sunol Boulevard, Pleasanton). Bryon will open the shop early for coffee and restrooms. 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

Thurs Nov. 10 **TNT (Thursday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.
Meet at Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.
When dark, lights required. Helmets are mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Nov. 11 **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 (510) 760-9245

Sat Nov. 12 **Race Team #7 – Livermore (Tempo/LSD)**
Cross Road, Patterson Pass Road, Livermore
'A' Group 8:30, 'B' Group 8:40 SHARP **70 miles, 3, F**
The Race Team will split into two groups. The 'A' group is invitation only. The 'B' group is for all other team members and guests.
We head out to the hills via Pleasanton, Vineyard and make a CCW loop of the lower Altamont hills via Cross road, Patterson Pass Road and Altamont Pass Roads.
All race team members are requested to wear their team uniform.
Rain will stop play. No stopping, no dropping. Minimal regroupings.
Meet at Niles Parking Lot on Niles Boulevard, Cross Street is 'H' Street.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Sat Nov. 12 **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 Nov. 13

**Dale & Ken's Excellent Adventure
Paicines to Panoche**

8:45 AM **55 miles, 3, M**

Come ride a great rural road with no stop signs, no traffic lights, no intersections and almost no traffic--unless you count the cows. This is a very pretty ride; very similar to Mines Road but much less climbing. This is an out and back ride--27.5 miles out to a bar/cafe (Panoche Inn) with cold drinks and sandwiches available. This is one of our favorite rides. There are no long or steep climbs. Elevation gain is roughly equivalent to a Calaveras loop with no wall.

Directions to the start of the ride: Hwy 101 south to Gilroy. Exit to Rte. 25 towards Hollister. Follow the 25 bypass around Hollister and continue about 8 miles south of town on Hwy 25 to Paicines. Look for a left turn onto (little) Panoche Rd (J-1). There is a general store on the left just past the intersection (if you miss the turn). After the left turn just park on the right shoulder of the road away from the intersection. **Note: There are no restrooms at the start. We suggest you make a stop in Hollister on the way.**

You should allow yourself about 1 hour and 15 minutes driving time from Fremont.

Here is a link to the route and route sheet and there is a link to driving directions on the map.

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

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

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

Sun Nov. 13

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. This is a no-drop ride!

Sandra King; regalmoded@yahoo.com; (925) 487-7658

Sun Nov. 13

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; (510) 797-7809 -H, (510) 304-0956 -C

Sun Nov. 13

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).

3rd Week in November

Mon Nov. 14

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

Tue Nov. 15

Tour de Fremont Hills

8:30 AM **~1800' elevation gain, 30 miles, 3-4, M-B**

Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again! Then we're ready for a nice downhill coast to Peets for a well-deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.

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

Tue Nov. 15

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 Nov. 16

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

Thurs Nov. 17

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; lorimsommer@gmail.com; (510) 794-8624 -H, (510) 693-8624 -C

Thurs Nov. 17

TNT (Thursday Night Training)

6:15 PM **60-90 minutes, 1, M-B-F**

Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes.

We always do a combination of skills practice, speed and endurance work.

Meet at Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road / Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

When dark, lights required. Helmets are mandatory.

Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Nov. 18 **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 (510) 760-9245

Sat Nov. 19 **Race Team #8 – Tempo/LS D**
Redwood Road, Pinehurst Road, Moraga, Danville
‘A’ Group 8:30, ‘B’ Group 8:40 SHARP **65 miles, 3, F**
The Race Team will split into two groups. The ‘A’ group is invitation only. The ‘B’ group is for all other team members and guests.
We head out over Palomares to Castro Valley, then climb Redwood and Pinehurst, Moraga, St. Mary’s, to Walnut Creek and then south to back to Fremont.
All race team members are requested to wear their team uniform.
Rain will stop play. No stopping, no dropping. Minimal regroupings.
Meet at Niles Parking Lot on Niles Boulevard, Cross Street is ‘H’ Street.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Sat Nov. 19 **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 Nov. 19 **Alum Rock With A Difference**
9 AM **34 miles, 2, T-M**
Meet at Dixon Landing Park in Milpitas (Jurgens at Milmont) We'll take a different route to Alum Rock Park beginning in Milpitas and traveling west through San Jose and Santa Clara. Once we are in Alum Rock, we'll climb & descend Inspiration Point before we stop for coffee. No drops. Regroups. Rain or temps above 90 cancels. Changes will be announced on FFBC Yahoo Group site or call/email me directly. Directions to Dixon Landing Park: I-880 south. East on Dixon Landing Rd. Turn right on Milmont and then right on Jurgens. The parking lot is on the right.
Cindy Maxwell; Maxwell.c@sbcglobal.net; (408) 506-6860

Sun Nov. 20 **Show and Go**
8:30 AM **20-50 miles, 3-4, L-T-M-B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun Nov. 20 **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. This is a no-drop ride!
Sandra King; regalmoded@yahoo.com; (925) 487-7658

4th Week in November

Mon Nov. 21 **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

Tue Nov. 22 **Tour de Fremont Hills**
8:30 AM **~1800' elevation gain, 30 miles, 3-4, M-B**
Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again! Then we're ready for a nice downhill coast to Peets for a well-deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.

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

Tue Nov. 22 **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 Nov. 23 **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

Thurs Nov. 24 **Race Team #9 – The Turkey Ride**
9 AM **35 miles or 47 miles, 1, F**
Join in one the longest running riding traditions in the Bay area. This ride can be MASSIVE, last years good weather brought out Over 400 participants! The ride goes south from Danville to Dublin, Camino Tassajara, Blackhawk and Danville. All race team members are requested to wear their team uniform.
Rain will stop play. No stopping, no dropping.
Start from the California Pedlar in Danville (495 Hartz Avenue OR Garry's house (I will be leaving at 08:30 SHARP)
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Nov. 25 **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 (510) 760-9245

Fri Nov. 25 **Tour Of The Monterey Peninsula**
10 AM **40+ miles, 3, M**
There are three routes to choose from plus options.
Meet at George Washington Park in Pacific Grove (Sinex Avenue and 17 Mile Drive). Here's the ride you have waited all year for! Enjoy the cycling route that makes your heart sing. We'll use the great route from last year for the main group. Get lunch at Nielsen's

Market and eat on Carmel Beach. After lunch you have the option to ride further south to Point Lobos State Preserve by way of Carmel Mission. This ride is co-listed with the San Luis Obispo Bicycle Club. Bring \$\$\$. Kodak moments at scenic vista points.
We ride rain or shine. Please carpool, it's more fun that way.

Directions: 1) direct route: 880 South to Santa Cruz, Highway 1 south to Monterey and take the Del Monte Blvd exit south, right on Lighthouse Ave, becomes Central Ave, left on Fountain, right on Lighthouse Ave, left on Alder to George Washington Park at Alder and Sinex.

Directions: 2) longer route: 101 South past Gilroy to Hwy. 156. Go south to Hwy. 1 once in Monterey take Del Monte blvd exit south, right on Lighthouse Ave, becomes Central Ave, left on Fountain, right on Lighthouse Ave, left on Alder to George Washington Park at Alder and Sinex.

Breakfast before: Paris Bakery, 271 Bonifacio Pl, Monterey, CA 93940, (831) 646-1620 (from Del Monte blvd turn left at Figueroa St, right on Pearl St, right on Tyler St, right on Bonifacio.

Dinner afterwards: Phil's Fish Market, 7600 Sandholdt Road, Moss Landing, CA 95039, (831) 633-2152
Wynn Kageyama; davitusrider@yahoo.com; (408) 499-0881

Sat Nov. 26 Race Team #10 – Tour Of The Dead End Canyons

'A' Group 8:30, 'B' Group 8:40 SHARP 66 miles, 4-5, F
The Race Team will split into two groups. The 'A' group is invitation only. The 'B' group is for all other team members and guests.

An exploration of little used roads 'coz they don't go anywhere, except UP.

All race team members are requested to wear their team uniform.

Rain will stop play. No stopping, no dropping. Minimal regroup.

Meet at Niles Parking Lot on Niles Boulevard, Cross Street is 'H' Street.

Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Sat Nov. 26 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).

Sat Nov. 26 Calaveras from Sunol
9:00 AM 30 miles, 2-3, M

Meet at the train station parking lot in Sunol for a ride up Calaveras. Ride to 'The Wall' and back, or turn around sooner for a shorter ride. Coffee at Sunol Jazz Café afterwards (if they're open). Rain cancels.

Kevin McDonnell; kevin@mcnmc.com; (510) 441-7607 -H, (510) 364-4435 -C

Sun Nov. 27 Show N Go
8:30 AM 20-50 miles, 2-3-4, L-T-M
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Nov. 27 Ride With A View
8:30 AM 48 miles, 5, B Lite
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 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 coffee stop, then back via Palomares and Niles Canyons to Fremont. This is a repeat of September's ride, hopefully without the fog this time. M riders comfortable with hills will enjoy the ride. Rain or threat of rain cancels.

Andy Sass; Andrew.sass@yahoo.com; (520) 490-8098

Sun Nov. 27 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. This is a no-drop ride!

Sandra King; regalmoded@yahoo.com; (925) 487-7658

Sun Nov. 27 Family Ride – Iron Horse Trail
2:30 PM 10-12 miles, 1, L-T

Meet in the parking lot of the Dublin Library (off Dublin Blvd.) We'll take a leisurely ride down the Iron Horse Trail with a stop at the cool new park in San Ramon. The pace will be 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

5th Week in November

Mon Nov. 28 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

Tue Nov. 29 Tour de Fremont Hills
8:30 AM ~2000' elevation gain, 38 miles, 3-4, M-B

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 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 Nov. 29 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 Nov. 30 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