

MAY 2012 RIDE CALENDAR

WEDNESDAY EVENING PIZZA RIDES.

It's time again for the popular PIZZA RIDES! Join Carrie Payne on Wednesday evenings in May for an early evening ride, returning before dark to feast on pizza. There will be 2 routes to choose from.

Five dollars (\$5.00) buys you 3 slices of pizza and soft drinks after the ride (participation optional). Food will be ready at 7:30 pm. When signing in, remember to check "YES" or "NO" on the sign-in sheet for pizza so we have an accurate head count of who is staying after the ride.

The rides meet at 6:00 PM for sign in, to be completed by 6:10. Departure time is 6:15pm SHARP.

Pizza Ride leader reservation list:

June: Robin & Tim O'Hara
July: OPEN
August: OPEN
September: OPEN

You can reserve a month of Pizza Rides anytime by [contacting me](#). See the [Pizza Ride Coordinator's "How To" Guide](#) in the FFBC website (under "Member Services") for more information on leading one.

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 May are available at: http://www.ffbc.org/html/start_locations.html.

THANK YOU TO ALL THE MAY RIDE LEADERS!

1st Week in May

Tue May 1 **Tour de Fremont Hills**
8:30 AM **~1800' elevation gain, 30 miles, 3, 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 or for added suffering we'll climb back over Pine! 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 May 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 May 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

Wed May 2 **Wednesday Pizza Ride**
6:00 PM **20-25 miles, M-B**
Meet at Mission Pizza.
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.
Carrie Payne; carriepayne@att.net; (510) 795-1802 -H, (510) 754-0276 -C

Thurs May 3 **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, Newark** 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) 693-8624 -C

Thurs May 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 May 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 May 5 **Crystal Springs Reservoir, on a Clear Day**
8:30 AM SHARP **45 miles, 3, T-M**
Hey Cinderella Graduates, there's no time to sleep in this morning if the sun is shining. It's time to make up that ride to Crystal Springs Reservoir. Yup, the ride that so many of us skipped because the view wouldn't have been akin to the name, when rain started to interfere with our rides. There's a bit of climbing, so bring that set of legs with you for this ride. It's also Cinco de Mayo, so a festive mood is a must have! **This ride starts at Don Edward's Wildlife Refuge Visitor Center (1 Marshlands Rd., Fremont) at 8:30 AM sharp.** Route sheets will be provided. Rain Cancels.
Marcella Casebolt; ma-cella@pacbell.net; (510) 673-1991 –C
Vicki Robinson; vickirobinson@comcast.net

Sat May 5 **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.
Carrie Payne; carriepayne@att.net; (510) 795-1802 –H, (510) 754-0276 -C

Sat May 5 **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).

Sun May 6 **Show and Go**
8:30 AM **20-50 miles, 2-4, L-T-M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun May 6 **Race Team Ride**
8:45 AM **45, 3-4, B-F**
Meet at The CyclePros. Main Street, Pleasanton. If you're looking for a fast-paced ride this is the one for you. Race team and club members are all welcome. This is a no drop.
Sandra King; regalmoded@yahoo.com; (925) 487-7658

2nd Week in May

Mon May 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 head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 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 May 8 **Tour de Fremont Hills**
8:30 AM **~2,000' elevation gain, 38 miles, 3, 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 second and last Tuesdays 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. 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 May 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 May 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

Wed May 9 **Wednesday Pizza Ride**
6:00 PM **20-25 miles, M-B**
Meet at Mission Pizza.
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.
Carrie Payne; carriepayne@att.net; (510) 795-1802 –H, (510) 754-0276 –C

Thurs May 10 **Thursday Morning Coffee Ride**
9:00 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 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) 693-8624 -C

Thurs May 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 May 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 May 12 **Tour of California**
7:45 AM **Stage 3 Preview, Part 2 (North)**
85 miles, 5, B

It's that time again! This year, we are going to cover the ENTIRE Stage 3 route, but in two rides. Today we finish Stage 3 with the big clockwise loop from the Lucky Shopping Center at Concannon and Holmes in Livermore. Highlights of the route include an early climb to the KOM at the Mt. Diablo junction (we will NOT be riding to the summit), the long stretch of Marsh Creek Road that will take us all the way to Byron, and a final climb to the KOM at the summit of Patterson Pass.

It's a long enough ride to warrant an extended stop of some sort, so one will be planned. Keep in mind that there are not many facilities between Concord and the finish in Livermore, so it's especially important to be self-sufficient today. Rain will cancel. Please don't hesitate to contact me if you have any questions.

Michael Williams; mwilliams297@comcast.net; (510) 364-4335

Sat May 12 **Show and Go**
8:30 AM **20-50 miles, 2-4, M-B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sat May 12 **Show and Go**
8:30 AM **20-50 miles, 2-4, L-T**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sat May 12 **Dale & Ken's Excellent Adventure**
8:45 AM **Paicines to Panoche**
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. This is a "Cinderella Friendly" ride. No one left behind.

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 May 13 **Show and Go**
8:30 AM **20-50 miles, 2-4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun May 13 **Race Team Ride**
8:45 AM **45, 3-4, B-F**
Meet at The CyclePros. Main Street, Pleasanton. If you're looking for a fast-paced ride this is the one for you. Race team and club members are all welcome. This is a no drop.
Sandra King; regalmoded@yahoo.com; (925) 487-7658

Sun May 13 **"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.
Ride leader: TBD

3rd Week in May

Mon May 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 head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 30 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 May 15 **Tour de Fremont Hills**
8:30 AM **~1800' elevation gain, 30 miles, 3, 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 or for added suffering we'll climb back over Pine! 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 May 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 May 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

Wed May 16 **Wednesday Pizza Ride**
6:00 PM **20-25 miles, M-B**
Meet at Mission Pizza.
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.
Carrie Payne; carriepayne@att.net; (510) 795-1802 -H, (510) 754-0276 -C

Thurs May 17 **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, Newark** 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) 693-8624 -C

Thurs May 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 May 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 May 19 **Baylands Park (with the Back Seat Driver)**
8:30 AM **30 miles, 1-2, T with a bit of M**
Join us for a ride to Baylands Park in Sunnyvale. ("Pink" riders from the Cinderella training series, this is a good ride for you, too!) Bring \$\$ for a coffee stop along the way. No one will be left behind! **The ride starts at Dixon Landing Park, Milpitas.**
Directions: I-880 south from Fremont. Go east on Dixon Landing Rd. Turn right at Millmont and then right at Jurgens. Parking lot is on the right.
Shelley & Jorge Gildelatorre; swills22@yahoo.com; (510) 501-2241

Sat May 19 **Show and Go**
8:30 AM **20-50 miles, 2-4, M-B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun May 20 **Pescadero**
8:30 AM **80 miles, 5 (6,600'), M**
Meet at the Don Edward's Wildlife Refuge Visitor Center parking lot for a ride to the picturesque town of Pescadero. We'll ride there via a climb up Old La Honda Rd and return via Tunitas Creek Rd. The scenery is spectacular but you do have to work for it. In fact, Pescadero Creek Road is my new favorite.
This ride has two notable climbs up Old La Honda and Tunitas Creek, and a few smaller but significant climbs up Haskins Hill (Pescadero Rd) before Pescadero, and Stage Rd between Pescadero and Hwy 1. Bring your climbing legs and an appetite for artichoke bread at Norm's Market in Pescadero!

I'll be riding at an "M" pace but faster riders are welcome to ride ahead. Plan for approximately 6 and 1/2 hours on the bike not inclusive of breaks and lunch.
Creighton Chong; creighton@gmail.com; (510) 551-9520

Sun May 20 **Peninsula MTB**
8:30 AM
Come join Andy Sunday May 20 to ride some of the best mountain biking trails I have 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 Valley Road at 8:30 am. If you have questions about this ride please call or e-mail.
Andy Payne; andypayne@att.net; (510) 300-7513

Sun May 20 **Show and Go**
8:30 AM **20-50 miles, 2-4, L-T-M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun May 20 **Race Team Ride**
8:45 AM **45, 3-4, B-F**
Meet at The CyclePros. Main Street, Pleasanton. If you're looking for a fast-paced ride this is the one for you. Race team and club members are all welcome. This is a no drop.
Sandra King; regalmoded@yahoo.com; (925) 487-7658

4th Week in May

Mon May 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 head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 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 May 22 **Tour de Fremont Hills**
8:30 AM **~1800' elevation gain, 30 miles, 3, 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 or for added suffering we'll climb back over Pine! 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 May 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 May 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 \$\$.

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

Wed May 23 **Wednesday Pizza Ride**
6:00 PM **20-25 miles, M-B**
Meet at Mission Pizza.

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.

Carrie Payne; carriepayne@att.net; (510) 795-1802 -H, (510) 754-0276 -C

Thurs May 24 **AI's Birthday Ride (14th Annual)**
8:30 AM **63 miles, 2, M**

Join us on this annual ride and help me celebrate ANOTHER 29th birthday (my 35th one)! Similar to last year, we will cycle around the south end of the Bay. **Meet by the bathrooms at Don Edwards Wildlife Refuge (1 Marshlands Rd., Fremont) at 8:30am.** We will take a circuitous route down toward the southern end of Fremont, then head directly south to Milpitas.. We will make a brief stop there for coffee and a snack, then proceed around the south end of the Bay to our lunch destination in Palo Alto.

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

Thurs May 24 **Thursday Morning Coffee Ride**
9:00 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) 693-8624 -C

Thurs May 24 **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 May 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.

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

Sat May 26 **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).

Sat May 26 **Show and Go**
8:30 AM **20-50 miles, 2-4, L-T**

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

Sat May 26 **Los Altos**
9:00 AM **40-45 miles, 4, M**

Meet at Raley's in Newark (Jarvis Ave & Newark Blvd). We'll cross the bay and take Alpine, Arastradero and Purissima to Los Altos. The return trip will be on Foothill before crossing the bay again. We'll regroup a few times and make sure nobody gets left behind. Bring \$ for a refreshment stop in downtown Los Altos.

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

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

5th Week in May

Mon May 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 head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 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 May 29 **Tour de Fremont Hills**
8:30 AM **~2,000' elevation gain, 38 miles, 3, 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 second and last Tuesdays 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. 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 May 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 May 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

Wed May 30 **Wednesday Pizza Ride**
6:00 PM **20-25 miles, M-B**
Meet at Mission Pizza.

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.

Carrie Payne; carriepayne@att.net; (510) 795-1802 -H, (510) 754-0276 -C

Thurs May 31 **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, Newark 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) 693-8624 -C

Thurs May 31 **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