

JUNE 2012 RIDE CALENDAR

WEDNESDAY EVENING PIZZA RIDES.

The pizza rides are back again this month! Join Tim and Robin on Wednesday evenings in June for an early evening ride, returning before dark to feast on pizza. There will be routes to suit everyone. 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 on who is staying after the ride.

Tim and Robin are planning to meet you at **Bronco Billy's Pizza Palace, 37651 Niles Boulevard, Fremont (510) 792-1070. Parking will be at the train station between I and J streets.**

Pizza Ride leader reservation list:

June: Tim & Robin 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 (<http://www.fremontfreewheelers.org/html/documents/PizzaGuidelines.pdf>), Member Services for more information on leading one.

FFBC RIDE CLASSIFICATION

Ride leaders are encouraged to maintain 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 June are available at: http://www.ffbc.org/html/start_locations.html.

THANK YOU TO ALL THE JUNE RIDE LEADERS!

1st Week in June

Fri June 1 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 June 2 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.
M: Jorge Gildelatorre; jorge@gildelatorre.com; (510) 589-0660
B: TBD

Sun June 3 Dale & Ken's Excellent Adventure
8:30 AM Al Zampa Bridge & Carquinez Scenic Drive
47 miles, 3, M

Carquinez Special -- with apologies and appreciation to Mike Williams, from whom this route was shamelessly stolen.

Come ride the beautiful bike trail across the Al Zampa Bridge (Carquinez) between San Pablo Bay and Suisun Bay. Do a loop around Vallejo and Benicia and discover a nice bike trail above I-80. Then we will return across the bridge and ride the very pretty Carquinez Scenic Drive (no cars allowed) following the bay back to Martinez.

This ride has about 2,800 feet of climbing, but it is scattered throughout the ride. There are no long, sustained climbs. The longest "climb" gains 370ft. over three miles (a 2% climb). There will be a coffee/snack stop at about 35 miles.

All "M" paced riders are encouraged to join us. No one will be left behind.

Directions to the start: This ride starts at Martinez Municipal Park. Take I-680 north and exit just before the Benicia Bridge onto Marina Vista. Turn left and go all the way into and through downtown Martinez. Turn right on Talbart and left on Buckley which will take you into the parking lot of the park. We will park in the lower lot.

There are bathrooms in the park.

Note: If the weather for this date is predicted to be in the high 90's, the ride leaders reserve the right to change the starting point to Half Moon Bay for a ride near the coast at cooler temperatures. If this seems likely, watch the Yahoo! List for an announcement and ride description a couple of days before the ride.

Route details: <http://lasthill.net/Maps/AlZampa.html>

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

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

Sun June 3 Show & Go
8:30 AM 20-50 miles, 1-5, M-B
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun June 3 Tour de Dumbarton Bridge (CCW)
9 AM SHARP 60 miles, 1, T

Bike through 9 cities! We stop at the Don Edwards National Wildlife Refuge (~25 mile) for a snack. There is no food for purchase so please bring a snack. Next we'll climb the Dumbarton Bridge. We'll buy lunch in Mountain View (~35 miles). Each rider is expected to maintain a 10-12 mph pace on the flats. The slowest rider sets the pace for the group.

Start in the Mall parking lot across from the Great Mall VTA Light Rail/Bus Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas.

Jon Graff; jon.graff@yahoo.com; (408) 262-9577

2nd Week in June

Mon June 4 **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 June 5 **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.

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

Tue June 5 **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 June 6 **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 June 6 **Wednesday Pizza Ride**
6:00 PM **20-25 miles, M-B**

Meet at BRONCO BILLYS in Niles.

Please see the full description at the beginning of the ride schedule. Arrive by 6:00 PM; Sign in by 6:10 PM; Departure at 6:15 PM sharp. At sign-in remember to check the "Yes" or "No" box for Pizza.

Tim and Robin O'Hara; tohara2938@aol.com (510) 418-2669

Thurs June 7 **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 regroup. 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 June 7 **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 June 8 **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 June 9 **Tuesday's Hills On Saturday**
8:00 AM **30 miles, 3, M**

Get all of the Tuesday Tour de Fremont Hills ride fun on the weekend! 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. If we haven't managed to elevate our heart rates sufficiently we'll tackle Paseo Padre the wrong way again; otherwise we'll head directly 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 7:00am and 7:30am by phone on the day of the ride.

Mike Northrup; mikenorthrup@gmail.com; (510) 796-8832

Sat June 9 **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 June 10 **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 June 10 "Get-To-Know-Us-Ride"
9:00 AM 20-25 miles, 1-2, L-T-M
 Please join us on this monthly "Get-To-Know-Us-Ride". This casual, social ride is always fun and offers everyone the chance to meet other cyclists. Bring your cycling friends along and help us introduce newcomers and guests to the club. **Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark)**, for a ride through the Fremont area. Don't forget \$\$ for a coffee/snack stop. If you have a club jersey or jacket, this is a great time to wear it.
Gary Smith; GSMITH289@aol.com; (510) 797-7809 -H, (510) 304-0956 -C

3rd Week in June

Mon June 11 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 June 12 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 June 12 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 June 13 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 June 13 Wednesday Pizza Ride
6:00 PM 20-25 miles, M-B
Meet at BRONCO BILLYS in Niles.
 Please see the full description at the beginning of the ride schedule. Arrive by 6:00 PM; Sign in by 6:10 PM; Departure at 6:15 PM sharp. At sign-in remember to check the "Yes" or "No" box for Pizza.
Tim and Robin O'Hara; tohara2938@aol.com (510) 418-2669

Thurs June 14 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 June 14 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 June 15 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 June 16 Alum Rock Park
8:00 AM ~30 miles, 1-2, T with a bit of M
 ...with the Back Seat Driver. Join us for our favorite ride to Alum Rock Park. Bring \$ for a coffee stop in Milpitas at Noah's Bagels or Starbucks Coffee. No one will be left behind! **Meet at REI Fremont on Ice House Terrace (near Auto Mall Pkwy & Fremont Blvd) in the side parking lot.**
Shelley & Jorge Gildelatorre; swills22@yahoo.com; (510) 501-2241

Sat June 16 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 June 16 Family Ride
9:30 AM Redwood/Foster City Slough Exploration
 10-15 miles, 1, L-T
 Join us for a leisurely exploration of the bike trails around the sloughs in Redwood City and Foster City. **Meet in the parking lot of Redwood City Public Library (399 Marine Pkwy, Redwood City).** We'll stop frequently to let our younger riders catch their breath or have a snack. If we find a playground along the way we'll probably stop to investigate. This ride is suitable for children of all ages. Rain or threat of rain cancels.
Mark Davis; mark@markandshirley.com; (510) 573-0184 -H, (510) 343-5773 -C
Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C

Sun June 17 **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.

4th Week in June

Mon June 18 **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 June 19 **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 June 19 **100K Primavera Redo**
8:30 AM **100 K, 3, M-B**
Come join us as we travel the 100K route of the Primavera. This will be the regular route, no changes. We will start at Logan High School, Union City. Please join us.
Dave Epps; (510) 487-5288 -H, (510) 552-2615 -C
Stephen Politzer; (510) 638-3709 -H, (510) 761-5564 -C

Tue June 19 **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 June 20 **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 June 20 **Wednesday Pizza Ride**
6:00 PM **20-25 miles, M-B**
Meet at BRONCO BILLYS in Niles.
Please see the full description at the beginning of the ride schedule. Arrive by 6:00 PM; Sign in by 6:10 PM: Departure at 6:15 PM sharp. At sign-in remember to check the "Yes" or "No" box for Pizza.
Tim and Robin O'Hara; tohara2938@aol.com (510) 418-2669

Thurs June 21 **Ride Around The South Bay**
8:30 AM **60+ miles, 2-3, M-B**
Come join us as we make a loop around the south bay. The route will add a little to the usual path we take. We will start from Raley's in Newark. Please join us.
Dave Epps; (510) 487-5288 -H, (510) 552-2615 -C
Stephen Politzer; (510) 638-3709 -H, (510) 761-5564 -C

Thurs June 21 **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 June 21 **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 June 22 **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 June 23 **Show & Go**
8:30 AM **20-50 miles, B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sat June 23 **Los Altos**
9:00 AM **40-45 miles, 3-4, M**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark). 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 June 24 **Show & Go**
8:30 AM **20-50 miles, 2-4, M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun June 24 **Show & Go**
8:30 AM **20-30 miles, 1-3, L-T**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

5th Week in June

Mon June 25 **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 June 26 **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 June 26 **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 June 27 **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 June 27 **Wednesday Pizza Ride**
6:00 PM **20-25 miles, M-B**
Meet at BRONCO BILLYS in Niles.
Please see the full description at the beginning of the ride schedule. Arrive by 6:00 PM; Sign in by 6:10 PM: Departure at 6:15 PM sharp. At sign-in remember to check the "Yes" or "No" box for Pizza.
Tim and Robin O'Hara; tohara2938@aol.com (510) 418-2669

Thurs June 28 **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 June 28 **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 June 29 **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 June 30 **Show & 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 June 30 **Show & Go**
8:30 AM **20-30 miles, 1-3, L-T**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.