

July 2012 RIDE CALENDAR

2nd Week in July

WEDNESDAY EVENING PIZZA RIDES.

The pizza rides continue for July! Join Vicki Timmons on Wednesday evenings for an early evening ride, returning before dark to feast on pizza. What could be better? Five dollars (\$5.00) buys you 3 slices of pizza and soft drinks after the ride. Food will be ready at 7:30 pm.

Staying for pizza after the ride is optional. When signing in, please check "Yes" if you'd like pizza or "No" if you don't; an accurate head count is important so we order enough pizza.

Note: There will be no Pizza Ride on July 4th!

Meet Vicki 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:

July: Vicki Timmons
August: Open
September: Open

You can reserve a month of Pizza Rides by [contacting the ride coordinator](#). For more information about leading please see the [Pizza Ride Coordinator's "How To" Guide](#) in the FFBC website.

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

THANK YOU TO ALL OUR JULY RIDE LEADERS!

1st Week in July

Sun July 1 **Show and 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 July 1 **Tour de Dumbarton Bridge (CCW)**
9 AM SHARP **60 miles, 1, T**
Bike through 9 cities! We'll see Alviso and the western cities before climbing the Dumbarton Bridge. We'll stop at 15 miles at the Chinese Bakery in Mountain View, then buy lunch in Menlo Park at about 25 miles. There is a snack break at Don Edwards, so bring food. Each rider is expected to maintain a 10-13 mph pace on the level for the entire ride. 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

Mon July 2 **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 July 3 **Tour de Fremont Hills**
8:30 AM **30 miles, 3 (~1,800'), 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 July 3 **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 July 4 **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 July 4
8:14 AM BART

Ken & Dale's Excellent Adventure
Old Tunnel Rd.
36 miles, 4 (2,600'), M

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

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

The ride will start with a BART ride to the Rockridge station. **We will leave Fremont BART station on a Richmond train at 8:14.** We will change trains at 19th St. Oakland for a Pittsburg/Baypoint train that will arrive at Rockridge at 9:00. BART fare is \$4.15. We will ride back to the Fremont BART station.

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

Here is a link to the route: <http://lasthill.net/Maps/RockRidge.html>

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

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

No Pizza Ride on July 4th

Thurs July 5
8:30 AM

Thursday Morning Coffee Ride
REI to Alum Rock Park
32 miles, 2, M

Let's go to Alum Rock Park! This has become my favorite ride. **We meet at REI in Fremont (43962 Fremont Blvd.)** and our first regroup is at Jose Higuera Park. We ride along the rolling foothills and climb into Alum Rock Park. It is such a beautiful area; often deer are sighted and the 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 who like to climb. Rain cancels, check Yahoo! group, email or call me.

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

Thurs July 5
6:15 PM

TNT (Thursday Night Training)
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 July 6
8:30 AM

The Friday Bike Club
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 July 7
8:00 AM

Alum Rock Park
...with the Back Seat Driver
~30 miles, 1-2, T with a bit of M

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.** **Note:** If it's forecasted to be over 90 degrees, we'll talk about doing a shorter route when we meet.

Shelley & Jorge Gildelatorre; swills22@yahoo.com; (510) 651-0635

Sat July 7
8:30 AM

Calaveras Clockwise
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: Conni Smith; 4conni.smith@gmail.com; (510) 471-8047

Sun July 8
9:00 AM

"Get-To-Know-Us-Ride"
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 July 8

Team Hill Slug Climb for Gourmet Hotdogs
9:00 AM SHARP **~25 miles, 4, T**

Climb for hot dogs at Mark's Hot Dogs, the Big Orange! Up Calaveras to Felter to Sierra then to Mark's Hot Dogs. Each rider sets his or her own pace on the climbs. There is a re-group at the Sierra summit and at the Sierra and Piedmont intersection. From there the group will ride to Mark's Hotdogs at an T pace, 10-13 mph with the slowest rider setting the pace. **Start in the Mail parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway and McCandless Drive/Great Mall Dr., Milpitas.**

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

Sun July 8
8:30 AM

Show and Go
20-50 miles, 2-4, B

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

3rd Week in July

Mon July 9 **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 July 10 **Tour de Fremont Hills**
8:30 AM **38 miles, 3 (~2,000'), 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 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 July 10 **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 July 11 **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 July 11 **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" box if you're planning on staying for pizza after the ride.
Vicki Timmons; vicki2bike@comcast.net; (510) 589-7356

Thurs July 12 **Thursday Morning Coffee Ride, Moraga**
8:30 AM **~50 miles, 2-3, M**
Something new for us! Join us as we do one of Jeff's favorite rides to Moraga. **Meet at Endless Cycles in Castro Valley (3300 East Castro Valley Blvd. at Center Street, park in the small lot on the east side of the building).** We will ride along San Ramon Valley and have coffee in Walnut Creek. We will return on Lafayette/Moraga Regional Trail, Canyon, Pinehurst and Redwood Road. After coffee, faster riders are welcome to skip regroupings and head back. No one left behind. If the temperature is extreme, we may modify or cancel the ride; check Yahoo! group, email or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 794-8624 -H
Jeff Bishop; (510) 886-9668 -H

Thurs July 12 **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 July 13 **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 July 14 **Tuesday 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 July 14 **Peninsula MTB**
8:30 AM
Join Andy and 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 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

Sat July 14 **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 July 15 **Show and 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 July 15 **Tour de Fremont (CCW)**
9:00 AM SHARP **44-50 miles, 2, T**
We start by riding the rollers on Piedmont and climbing two 0.2 mile 7-8% hills. Then we'll proceed to Don Edwards Wildlife Center where we'll enjoy a snack. We'll have lunch in or near the Pacific Commons so don't forget to bring money. Riders are expected to maintain a 10-13 mph pace on the flats for the entire ride. The slowest rider sets the pace for the group. Plan to be back at the start after 3:30 PM. **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, under the "Bump" sign.**
Jon Graff; jon.graff@yahoo.com; (408) 262-9577

4th Week in July

Mon July 16 **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 July 17 **Tour de Fremont Hills**
8:30 AM **30 miles, 3 (~1,800'), 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 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 July 17 **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 July 18 **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 July 18 **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" box if you're planning on staying for pizza after the ride.
Vicki Timmons; vicki2bike@comcast.net; (510) 589-7356

Thurs July 19 **Thursday Morning Coffee Ride**
8:30 AM **Livermore via Pigeon Pass**
~30 miles, 3, M
Come ride with a fun group of people! We will ride out to Panama Coffee in Livermore via Vallecitos (Pigeon Pass). **Meet in the dirt lot opposite the train station in Sunol.** We will do a pass through the Vineyards and into Sycamore Grove Park. No one left behind. If the temperature is extreme, I may modify or cancel the ride. Check Yahoo! group, email or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 794-8624 -H

Thurs July 19 **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 July 20 **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 July 21 **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 July 21 **Alpine Dam**
9:15 AM **60+ miles, 5 (5,500'+), M**
Take BART to Embarcadero and meet at the south end of the Ferry Building (right side when facing the building.) The route will take us along the San Francisco waterfront through the Presidio and across Golden Gate Bridge. After heading through Sausalito and the hill to Fairfax, we'll ride along the Bolinas-Fairfax Road through the hills to Alpine Dam. There is a climb out of the reservoir and across Ridgecrest Blvd. to the ranger station on Mt. Tamalpais. Then, a great downhill run (and more climbing) to get back to Mill Valley. Sandwich stop in Sausalito at "Venice" followed by a climb back up to the Golden Gate Bridge. Through San Francisco to Embarcadero Station.
You can jump on the 7:54 or 8:14 BART train in Fremont, heading for Richmond, and then transfer at Bay Fair. The later train gives you 9 minutes to get to the Ferry Building.
Stephen Politzer; thetechdog@gmail.com; (510) 638-3709-H, (510) 761-5564-C
Dave Epps; depps55@gmail.com; (510) 487-5288-H, (510) 552-2615-C

Sat July 21 **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 July 22 **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 July 22 **Dale & Ken's Excellent Adventures**
9:00 AM **Gazos Loop**
46 miles, 4 (2500'), M
Start: Gazos Grill. 5720 Cabrillo Hwy, Pescadero (2.3 miles south of Pigeon Point Lighthouse on Hwy 1).
Come ride in the cool hills near the coast. Ride Gazos Creek, Stage, Pescadero, and Route 1. This ride has about 2,500 ft. of climbing spread out over several moderate and picturesque hills. The climbing is roughly equivalent to a Calaveras loop. There are no steep climbs.
All "M" riders will enjoy this ride. No one left behind. Details can be seen at: <http://lasthill.net/Maps/GazosLoop.html>
There will be a coffee stop about 90 minutes into the ride at the San Gregorio store. Coffee and cold drinks are available but not much food. You might want to bring snacks. After the ride, those that wish to, can join us for lunch at the Gazos Grill.
Please allow 1 1/2 hours travel time from Fremont. We have found the best route to be: Dumbarton Bridge, Bayfront Xpwy, Marsh Rd, 101 north to Hwy 84(Woodside Rd) west. Cross over Skyline and continue to Hwy 1. Turn left and head south to Gazos Grill. Please park in the large empty lot to the left of the gas station.
Those who wish to carpool can meet at Raleys parking lot in Newark at 7:30am.
Ken Goldman; ken.goldman@comcast.net; 510 791-1095 (H)
Dale Blanchard; dale-b@comcast.net; 510-703-7474 (C)

5th Week in July

Mon July 23 **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 July 24 **Tour de Fremont Hills**
8:30 AM **30 miles, 3 (~1,800'), 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 July 24 **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 July 25 **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 July 25 **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" box if you're planning on staying for pizza after the ride.
Vicki Timmons; vicki2bike@comcast.net; (510) 589-7356

Thurs July 26 **Thursday Morning Coffee & Pizza Ride**
8:30 AM **Zachary's Pizza**
~23-28 miles, 3, M
For a change of pace we are doing a loop starting and ending at Zachary's Pizza in San Ramon. Ron Mitchell will be leading in Lori's absence. No coffee stop during the ride, but at the end we can all enjoy some Zachary's Pizza. Directions to the start: Take #680 to San Ramon, and exit east on Crow Canyon Rd. Turn right into the Plaza at the first light, then almost immediately right again. Zachary's is on your right near the bank. Please park a bit further up away from the stores. Hint: the back of Zachary's faces the north bound #680 off ramp!
Ron Mitchell; ron_m_ffwbc@sbcglobal.net ; (510) 792-7219 – H, (510) 508-7219 -C

6th Week in July

Thurs July 26 **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 July 27 **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 July 28 **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 July 28 **Palomares Loop (CCW)**
8:30 AM **40 miles, 4, M**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. We'll ride through Niles Canyon to Pleasanton, take a break in Pleasanton before climbing the Dublin grade and Palomares on our way back to Fremont.
Colin Moy; moyboys@comcast.net ; (510) 690-7749

Sun July 29 **Show and Go**
8:30 AM **20-30 miles, 2-3, L-T**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun July 29 **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 July 29 **East Foothills**
9:00 AM **42 miles, 2 (980'), M**
Pedal along the base of our beautiful east foothills, from Milpitas to the Evergreen area in south San Jose. We'll stop for coffee halfway through the ride, after we finish a short climb and loop around San Felipe and Yerba Buena Roads (it's easy to opt out of this last climb if desired). 980 feet total climbing. No drops & regroup as needed. Temps over 90 degrees cancels the ride. Any changes will be announced on FFBC Yahoo Group site or call/text/email me. **Meet at Dixon Landing Park in Milpitas (Jurgens at Milmont).** 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; 408-506-6860

Mon July 30 **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 July 31 **Tour de Fremont Hills**
8:30 AM **38 miles, 3 (~2,000'), M**
Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail. For the 5th Tuesday of the month we'll do something different. This month we'll get a good warm up on Paseo Padre in preparation for an assault of Old Calaveras. When our heart rates have more or less returned to normal we'll conquer Country Club before heading back to Fremont. Just to make sure we've earned our coffee we'll do a quick loop around Ohlone before our finishing at Peet's.
Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C

Tue July 31 **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.