

OCTOBER 2012 RIDE CALENDAR

CLUB PICNIC

On October 13th we will have our annual club picnic. The picnic is open to all club members and their families. For details and to RSVP please contact Jim Takasugi (jimt_99@yahoo.com).

On the morning of the picnic we have a number of club rides scheduled which start and end at (or near) our picnic location. For details please see the ride listing for October 13th (below).

RACE TEAM RIDES

October sees the return of the race team's low-key ride series. The race team will be riding every weekend of the Autumn and Winter season. The rides throughout October are open to all club and team members, and their invited guests. If you're interested in joining us, please do so. Our October rides will be non-combative and regulated (well, mostly) and are a good introduction to the race team rides for club members.

FFBC RIDE CLASSIFICATION

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

MAPS TO FREQUENTLY USED START LOCATIONS

Maps to the start locations for October are available at: http://www.ffbc.org/html/start_locations.html.

THANK YOU TO ALL THE OCTOBER RIDE LEADERS!

1st Week in October

Mon Oct 1 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 (610'), 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 Oct 2 **Tour de Fremont Hills**
8:30 AM **29 miles, 3 (~1,900'), 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 Oct 2 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the **Bicycle Garage, 5006 Mowry Ave, Fremont (at Blacow Rd).**

Wed Oct 3 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at **Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark)**, for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Thurs Oct 4 **Thursday Morning Coffee Ride**
9:00 AM **Alum Rock Park (with options)**
32 miles, 2-3 (1,000'), M
Let's go to Alum Rock Park! **We meet at REI in Fremont (43962 Fremont Blvd.)** Our first regroup is at Jose Higuera Park. We ride along rolling foothills, climb into Alum Rock Park, descend into Milpitas and have lunch at Noah's Bagels/Starbucks on North Milpitas Blvd. It is a flat ride back without regroups. No routes sheets, no one left behind, and there are options (Inspiration Point and Miguelito/Miguelita) for faster riders that like to climb. Bring \$ for lunch.
Extreme temperatures or construction may modify the route. Rain cancels, check Yahoo! group, email or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Oct 4 **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 Oct 5 **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 Oct 6 **Brad's B'day Training Ride #5**
8:00 AM **Morgan Territory Road**
85 miles, 5, B
We'll head out Niles Canyon to San Ramon, over to Clayton and Morgan Territory Road. We'll come back through Livermore and Pleasanton. **Meet at downtown Niles parking lot across from H St on Niles Blvd., Fremont.**
Tim O'Hara; tohara2938@aol.com; (510) 471-2464
Note: M riders are welcome to lead their own ride.

Sat Oct 6 **Low Key Race Team Ride**
8:30 AM SHARP **Ride #1**
45 miles, 2, F
Our first team ride of the season, on roads where we can do an easy spin and practice some rotating pace lines. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. **Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.**
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564 or (925) 819-0247

Note: Due to the closure of Niles Canyon Rd. on Oct. 6 the monthly "Calaveras CW" ride will not take place. See details below for an alternative ride.

Sat Oct 6 **Portola Valley**
8:30 AM **~36 miles, 2-3, M, B**
Join Carrie or Andy for a ride around Portola Valley. This ride replaces the monthly Calaveras CW ride which is cancelled due to Niles Canyon being closed. **Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**
M: Carrie Payne; carriepayne@att.net; (510) 795-1802 -H, (510) 754-0276 -C
B: Andy Payne; andypayne@att.net; (510) 795-1802 -H, (510) 754-0276 -C

Sun Oct 7 **Dale & Ken's Excellent Adventure**
7:54 AM SHARP **Morgan Territory Road**
52 miles, 5, M
Start at Fremont BART Station. The start time is the actual BART departure time -- be on the train! We will take the 7:54 Richmond train and transfer in Oakland to get to Concord at 9:02 (BART fare \$5.80). We should be able to get rolling by 9:15. We will ride over Morgan Territory Rd. (6.3 miles, 1,755ft.) and descend into Livermore for lunch before riding back to Fremont via Vallecitos Rd. and Niles Canyon, finishing at the Fremont BART station. Morgan Territory Rd. is a beautiful trip around the back side of Mt. Diablo. The climb is mostly in the shade and is done early in the ride. Dale promises a tour of the historical marker. Here is a link to the route: <http://lasthill.net/Maps/ConcordMorganTerritories.html>
If you are confused by the logistics, please reread this listing several times. (If you get confused and drive your car to Concord, you will have a long trip from Fremont to retrieve it after the ride.)
Ken Goldman; ken.goldman@comcast.net; (510) 791-1095
Dale Blanchard; dale-B@comcast.net; (510) 703-7474

Sun Oct 7 **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 Oct 7 **Windy Hill MTB Ride**
9:00 AM **20 miles, 5 (3,339'), M, <**
Come join me and 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.** If you have questions about this ride please call or e-mail.
Andy Payne; andypayne@att.net; (510) 795-1802 -H, (510) 754-0276 -C

2nd Week in October

Mon Oct 8 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 (610'), 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 Oct 9 **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 on the second and fourth Tuesdays of the month we'll do one of my favorite local hills - Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill. We'll return through the canyon with the ride once again finishing at Peet's 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 Oct 9 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage, 5006 Mowry Ave, Fremont (at Blacow Rd).

Wed Oct 10 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Thurs Oct 11 Thursday Morning Coffee Ride
9:00 AM Thursday Morning Coffee Celebrates with Herm!
34 miles, 2-3 (~1,200'), T-M

Come ride with longtime club member, Herm Rosenbaum, as he reaches a milestone 80th birthday. **We will meet Don Edward's Wildlife Refuge Visitor Center** and do some of Herm's favorite climbs (Warren, Yakima, Zapotec, some Animals, Paseo Padre and Oakridge) on the way to Mission Coffee. We will return the long way around on Paseo Padre. No one left behind and you can modify your route to skip some climbs if you prefer. Bring \$ for lunch.

Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call me.

Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Oct 11 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 Oct 12 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 Oct 13 Low Key Race Team Ride
8:30 AM SHARP Ride #2
45 miles, 2, F

Our second team ride of the season is on roads where we can do an easy spin and practice some rotating pace lines. We'll ride to the bottom of the Calaveras climb and then on to Pleasanton and Sunol before returning to Fremont.

All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. **Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.**

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

Sat Oct 13 Tuesday Hills On Saturday
9:00 AM 30 miles, 3, M

NOTE CHANGED START TIME — for club members attending the club picnic: we should be back around noon, in plenty of time for socializing before the food. If you are driving for the picnic you may want to park @ Quarry Lakes and ride the few hundred yards to the start of the ride.

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 the grind up Sabrecat. If we haven't managed to elevate our heart rates sufficiently we'll tackle Pine or, if we're looking for a less steep option, Paseo Padre the wrong way again before skipping the usual coffee stop and heading directly to Quarry Lakes to end the ride and enjoy our annual Club Picnic. Rain cancels the ride. If uncertain of the status of the ride, contact me between 8:00am and 8:30am by phone on the day of the ride.

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

Sat Oct 13 Family Picnic Ride
10:00 AM 10 miles, 1, L-T

Meet at the Quarry Lakes parking lot. This is a leisurely family-friendly ride on the Alameda Creek Trail. From Quarry Lakes we'll head down Isherwood and then ride the trail to Niles, or until we get tired or grumpy, and then ride back to the start to enjoy the club picnic. No child left behind!

Mark Davis; mark@markandshirley.com; (510) 573-0184 -H, (510) 299-0076 -C

Sat Oct 13 Fremont Loop
10:30 AM 30 miles, 1-2, B

Meet at the Quarry Lakes parking lot. This ride is basically the Monday Morning Recovery Ride in reverse without Coyote Hills, but with the addition of hills on Warren and Paseo Padre. Nothing too strenuous but a nice warm up for Brad's Birthday ride the next day. Enough to whet your appetite for the picnic at 12:30pm.

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

Sun Oct 14 Brad's B'day Ride
7:30 AM SHARP Mt. Hamilton Loop
106 miles, 5, B

This is it! What we have been training for... let's continue the proud FFBC tradition of celebrating Brad's birthday. Up Mt Hamilton, through Livermore and back home!

SAG will be provided for B riders. Note a minimum donation of \$5 is requested to cover the cost of gas for the SAG driver. M's are welcome to join, but need to carry their own supplies. **Meet at downtown Niles parking lot across from H St on Niles Blvd., Fremont.**

Tim O'Hara; tohara2938@aol.com; (510) 471-2464

Sun Oct 14 Show and Go
8:30 AM 20-40 miles, 2-4, B
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Oct 14 "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 October

Mon Oct 15 **Monday Morning Recovery Ride**
8:30 AM 40 miles, 1-2 (610'), 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 Oct 16 **Tour de Fremont Hills**
8:30 AM 29 miles, 3 (~1,900'), 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 Oct 16 **Show and Go**
9:00 AM 20-50 miles, 1-5, L-M-B
Meet at the Bicycle Garage, 5006 Mowry Ave, Fremont (at Blacow Rd).

Wed Oct 17 **Mid-week Morning Ride**
8:30 AM 35-45 miles, 2-3, M-B
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Thurs Oct 18 **Thursday Morning Coffee Ride**
9:00 AM Collier Canyon
31 miles, 2 (1,075'), M
We will start at Crank2 Performance Tandems (5480-9 Sunol Boulevard, Pleasanton). Bryon MAY 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. No one left behind! Bring \$ for lunch. Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Oct 18 **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 Oct 19 **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 Oct 20 **Low Key Race Team Ride**
8:30 AM SHARP Ride #3
45 miles, 2, F
Alum Rock Park will be our destination this week. We may also include Crothers Road if it is passable. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. **Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.**
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564 or (925) 819-0247

Sat Oct 20 **Alum Rock Park**
8:30 AM ...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 Oct 20 **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 Oct 21 **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 Oct 21 **How Pleasant is Mt. Pleasant?**
9:00 AM **27 miles, 2 (630'), M**
Can Mt. Pleasant live up to its name? **Starting from Cardoza Park in Milpitas**, we'll ride south into San Jose to Mt. Pleasant Road. After enjoying our little climb we'll have coffee in the Evergreen district and head back to the start. No drops & regroup as needed. Temps over 90 or rain may cancel or modify the ride. Any changes will be announced on FFBC Yahoo! Group site or call/email me. **Please note the change in the ride start location!** **Directions to Cardoza Park: I-680 south. East on Jacklin Rd. in Milpitas. South on N. Park Victoria Dr. and then east on Kennedy Dr. Parking lot on the right.** <http://goo.gl/maps/Q8Kq>
Cindy Maxwell; maxwell.c@sbcglobal.net; (408) 506-6860

4th Week in October

Mon Oct 22 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 (610'), 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 Oct 23 **Tour de Fremont Hills**
8:30 AM **~2000' 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 on the second and fourth Tuesdays of the month we'll do one of my favorite local hills – Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill. We'll return through the canyon with the ride once again finishing at Peet's 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 Oct 23 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage, 5006 Mowry Ave, Fremont (at Blacow Rd).

Wed Oct 24 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Thurs Oct 25 **Thursday Morning Coffee Ride**
9:00 AM **Ride to Zachary's**
19 miles, 1-2 (1,500'), T-M
Meet at Central Park in San Ramon (12501 Alcosta Blvd., near the restrooms, use the parking lot just off Bolinger Canyon). We will climb to the top of Norris Canyon and then turn back and head to the end of Bollinger Canyon. Both climbs are out and back so you can turn around any time. After a regroup at Las Trampas, at the end of Bollinger, we head to Zachary's for a leisurely pizza lunch and it will be a short, flat two miles back to the start. No one left behind. Bring \$ for lunch. Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Oct 25 **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 Oct 26 **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 Oct 27 **Low Key Race Team Ride**
8:30 AM SHARP **Ride #4**
60 miles, 2, F
Our ride will be a partial exploration of some great training roads in and around Fremont, including Nike Hill, The Early Birds Circuit, Eureka Drive, The Animals, Mur de Pain and others. The plan is to not ride hard up the hills, just say hello to them. Depending upon attendees, we may split into two separate ability groups. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. **Start from the Niles Parking Lot next to Niles Plaza Park, on Niles Boulevard, opposite 'H' street.**
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564 or (925) 819-0247

Sat Oct 27 **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 Oct 27 **Los Altos**
9:00 AM **35-40 miles, 3, M**
We will cross the bay and take Alpine, Arastradero and Purissima to Los Altos. Our return trip will be on Foothill before crossing the bay again. We'll regroup a few times to make sure nobody gets left behind. Bring \$ for a refreshment stop in downtown Los Altos. Rain cancels. **Meet at Don Edwards National Wildlife Refuge Visitor Center (Marshlands Rd, Fremont).**
Gary Smith; GSMITH289@aol.com ; (510) 797-7809 -H, (510) 304-0956 -C

Sun Oct 28 **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 October

Mon Oct 29 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 (610'), 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 Oct 30 **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 (which doesn't happen very often) 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 finishing at Peet's.
Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C

Tue Oct 30 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage, 5006 Mowry Ave, Fremont at Blacow Rd.

Wed Oct 31 **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