

# MAY 2013 RIDE CALENDAR

## WEDNESDAY EVENING PIZZA RIDES.

It's time again for our popular Pizza Rides! Join Robin & Tim O'Hara and Vicki Timmons on Wednesday evenings in May for an early evening ride, returning before dark to feast on pizza. There will be multiple routes to choose from.

If you plan on staying for pizza, \$5 buys you 3 slices of pizza and soft drinks after the ride (participation optional). When signing in, remember to check "YES" or "NO" on the sign-in sheet for pizza so we order the appropriate amount of pizza. The pizza order is placed before the ride starts so late arrivals will miss out. Food will be ready at 7:30 pm.

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:

**May:** Robin & Tim O'Hara, Vicki Timmons

**June:** Robin & Tim O'Hara, Vicki Timmons

**July:** Julia & David Walker

**August:** OPEN

**September:** OPEN (usually only the first 2 weeks)

You can volunteer to lead a month of Pizza Rides anytime by contacting the [Ride Coordinator](#). See the [Pizza Ride Coordinator's "How To" Guide](#) on the FFBC website for more information about 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](http://www.ffbc.org/html/start_locations.html).

## THANK YOU TO ALL THE MAY RIDE LEADERS!

## 1<sup>st</sup> Week in May

**Wed May 1** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Wed May 1** **Pizza Ride**  
**6:00 PM** **20-25 miles, M,B**

It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? **Meet in the parking lot across the street from Bronco Billy's in downtown Niles.**

For details about how our Pizza Rides work please see the full description at the beginning of the ride schedule.

**Vicki Timmons; [vicki2bike@comcast.net](mailto:vicki2bike@comcast.net); (510) 589-7356**

**Thurs May 2**  
**9:00 AM**

**Thursday Morning Coffee Ride**  
**Alum Rock Park**  
**32 miles, 1-3, M**

**We meet at REI in Fremont (43962 Fremont Blvd.)** and our first regroup is at Jose Higuera Park. We ride along rolling foothills, climb into Alum Rock Park to the visitor's center, 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 route sheets, no one left behind, and there are options (Alum Rock Road, Miguelito/Miguelita, Inspiration Point) for faster riders that like to climb. Bring \$ for lunch.

Extreme temperatures or construction may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.

**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thurs May 2**  
**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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri May 3**  
**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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Sat May 4**  
**7:45 AM**

**5 Canyons + Mt. Diablo**  
**80 miles, 5, B**

**Meet at downtown Niles parking lot across from H St on Niles Blvd.** This ride starts as the usual 5-canyons ride with a detour after Norris Canyon to the north. We will go up Mt. Diablo from the south (to the guard house) and exit on the north. We'll head home via Danville and Foothill. Rain cancels.

**Raymond Nieh; [rt.nieh@gmail.com](mailto:rt.nieh@gmail.com); (510) 894-0688**

**Vanessa McDonnell; [vanessa@mcmcm.com](mailto:vanessa@mcmcm.com); (510) 517-1466**

**Sat May 4**  
**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.

**B: West Kurihara; [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com); (650) 279-0813 -C**

**M: Dave Fishbaugh; [fish1950@comcast.net](mailto:fish1950@comcast.net); (510) 364-2207**

## 2<sup>nd</sup> Week in May

**Sat May 4  
9:00 AM**

**Dale & Ken's Excellent Adventure  
Tracy Overnighter – Day 1  
47 miles, 4, T-M**

**Start location: Niles Downtown**

The Dale and Ken Excellent Adventure for May will be a two day, overnight ride to Tracy. It will start in Niles on Saturday, May 4th. We will stay at a very nice motel in Tracy before returning home on Sunday, May 5th. Saturday is a 47 mile ride and Sunday is a 45 mile ride. The climbing each day is about the same as a Calaveras loop. We will go out over Vallecitos and Corral Hollow and return over Patterson Pass.

This ride will be at T/M pace and is certainly suitable for riders who participated in the LAP series as well as Cinderella graduates.

There will be a vehicle to carry our overnight bags. All you have to do is ride.

We have negotiated a special group rate with the Fairfield Inn in Tracy. If you are interested in going, we suggest you make your reservations now. Since you are reserving directly with the motel, it can be cancelled until 6 pm 5/4 without penalty. Call : 209-833-0135 and tell them you want the special rate for the Fremont Bicycle Club. This is \$80.00 (plus tax) for a room with two queen beds and a hot breakfast—(be sure to find a roommate to share the cost). If there is any question when you call (there shouldn't be) ask for the manager: Doshia Myrick. We stayed there last year and it is very nice with several nearby restaurants for a nice group dinner.

We will stop for coffee in Livermore and have lunch on the outskirts of Tracy.

Here is a link to a map and route sheet:  
<http://lasthill.net/Maps/TracyOvernighter.htm>

If you have any questions, feel free to contact us directly  
**Dale Blanchard; [dale-b@comcast.net](mailto:dale-b@comcast.net); (510) 703-7474**  
**Ken Goldman; [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net); (510) 791-1095**

**Sun May 5  
8:30 AM**

**Show & Go  
20-50 miles, 2-4, L-T-M-B**

**Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun May 5  
9:00 AM**

**Dale & Ken's Excellent Adventure  
Tracy Overnighter – Day 2  
45 miles, 4, T-M**

**Start location: Fairfield Inn Tracy**

This is the return trip of our overnight ride. Lunch will be in Livermore.

**Dale Blanchard; [dale-b@comcast.net](mailto:dale-b@comcast.net); (510) 703-7474**  
**Ken Goldman; [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net); (510) 791-1095**

**Mon May 6  
8:30 AM**

**Monday Morning Recovery Ride  
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](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Tue May 7  
8:30 AM**

**Tour de Fremont Hills  
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.**

**B: Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 441-7607 -H, (510) 517-1466 -C**

**M: Jo Lynn McCabe; [jojomc250@aol.com](mailto:jojomc250@aol.com); (510) 406-5499**

**Tue May 7  
9:00 AM**

**Show & Go  
20-50 miles, 1-5, L-M-B**

**Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue May 7  
6:15 PM**

**TNT (Tuesday Night Training)  
60-90 minutes, 1, M-B-F**

Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.

**Meet at ClupSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

When dark, lights required. Helmets are always mandatory.

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Wed May 8  
8:30 AM**

**Mid-week Morning Ride  
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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Wed May 8** **Pizza Ride**  
**6:00 PM** **20-25 miles, M,B**  
It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? **Meet in the parking lot across the street from Bronco Billy's in downtown Niles.**

For details about how our Pizza Rides work please see the full description at the beginning of the ride schedule.  
**Vicki Timmons; [vicki2bike@comcast.net](mailto:vicki2bike@comcast.net); (510) 589-7356**

**Thurs May 9** **Thursday Morning Coffee Ride**  
**9:00 AM** **Across the Bridge**  
**25-35 miles, 2-3, M**

**This ride starts at the Don Edward's Wildlife Refuge Visitor Center (Marshlands Road, Fremont).** 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 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. Usually we ride without route sheets so we regroup as necessary. No one is left behind. Bring \$ for lunch. Extreme temperatures or construction may modify the route. Rain cancels, check FFBC Yahoo! group, email or call me.  
**Lori Sommer; [lorinsommer@gmail.com](mailto:lorinsommer@gmail.com); (510) 693-8624 -C**

**Thurs May 9** **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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri May 10** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Sat May 11** **Tour of California, Stage**  
**8:15 AM** **62 miles, 5 (5,000'), B**

It's that time again! You know, time to preview a TOC stage. OK, we've probably all done this climb, but now we have another excuse. I am choosing to follow the part of Stage 7 that everyone is going to pay attention to: the final stretch from Livermore to the Mt. Diablo summit.

Based on the stage log, it looks like 31 miles to the summit, following their route. (Our start location will be different, but the miles to the top should be about the same.) We will turn around, descend the mountain, and follow the tour route in reverse right back to where we started. I'm estimating 5000 feet on this one; your numbers may vary.

**Start location:** Lucky at Concannon and Holmes, Livermore  
**Mike Williams; [mwilliams297@comcast.net](mailto:mwilliams297@comcast.net); (510) 364-4335,**

**Sat May 11** **Tuesday Hills On Saturday**  
**8:30 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 the 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](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Sat May 11** **Round the Bay**  
**9:00 AM** **45 miles, 1, T-M**

**Start location: REI Fremont**

A Cindy-friendly ride around the bay. Visit exotic and far-away cities like Sunnyvale and Palo Alto. Only brave the Dumbarton approach once. Coffee/light lunch in Mt.View. No-drop ride.

**Margaret Koninieć; [koninieć@sbcglobal.net](mailto:koninieć@sbcglobal.net); (510) 651-3225**

**Sun May 12** **Show & 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 12** **"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](mailto:GSMITH289@aol.com); (510) 797-7809 -H, (510) 304-0956 -C**

## 3<sup>rd</sup> Week in May

**Mon May 13** **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](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Tue May 14** **Tour de Fremont Hills**  
**8:30 AM** **38 miles, 3 (~2,000'), M, B**  
**Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail.** Since I've heard that a change is as good as a rest 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.  
**B: Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 441-7607 -H, (510) 517-1466 -C**  
**M: John Dickens; [j\\_m\\_dickens@yahoo.com](mailto:j_m_dickens@yahoo.com); (510) 364-1797**

**Tue May 14** **Show & Go**  
**9:00 AM** **20-50 miles, 1-5, L-M-B**  
**Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue May 14** **TNT (Tuesday Night Training)**  
**6:15 PM** **60-90 minutes, 1, M-B-F**  
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.  
**Meet at ClupSport parking lot (46650 Landing Parkway Fremont, CA 94538).**  
When dark, lights required. Helmets are always mandatory.  
**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Wed May 15** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Wed May 15** **Pizza Ride**  
**6:00 PM** **20-25 miles, M,B**  
It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? **Meet in the parking lot across the street from Bronco Billy's in downtown Niles.**  
For details about how our Pizza Rides work please see the full description at the beginning of the ride schedule.  
**Vicki Timmons; [vicki2bike@comcast.net](mailto:vicki2bike@comcast.net); (510) 589-7356**

**Thurs May 16** **Thursday Morning Coffee Ride**  
**9:00 AM** **Norris & Bollinger Canyons**  
**27 miles, 3 (2,300'), M**  
**This ride starts at Endless Cycles (3300 E. Castro Valley Blvd., Castro Valley, NEAR Center Street,** please park in the small side-parking lot. Jeff will open the shop early so we can use the restroom. We will head directly up Crow Canyon and climb Norris from the south side. We will do an out and back on Bollinger Canyon (go as far as you like or head directly to lunch). After our stop we will climb the south side of Norris and return via Crow Canyon. Climb at your own pace. If you're a fast climber, when you reach the top, you can come back down for the last rider (usually me). Bring \$ for lunch.  
Extreme temperatures or construction may modify the route. Rain cancels, check FFBC Yahoo! group, email or call me.  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thurs May 16** **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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri May 17** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Sat May 18** **Alum Rock with the Back Seat Driver**  
**8:00 AM** **30 miles, 1-2, T**  
**Start location: Meet at REI Fremont on Ice House Terrace (near Auto Mall Pkwy & Fremont Blvd) in the side parking lot.**  
Join us for our favorite ride to Alum Rock Park. (Cinderella friendly. "Pink" riders from the Cinderella training series, this is a good ride for you, too!) Bring \$ for a coffee stop in Milpitas at Noah's Bagels or Starbucks Coffee. No one will be left behind! 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](mailto:swills22@yahoo.com); (510) 651-0635**

**Sat May 18** **Portola Loop**  
**8:30 AM** **30 miles, 3, T-M**  
Please join us for our newest monthly club ride at a touring-moderate pace. **Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).** We'll ride across the Dumbarton bridge and do a loop around Portola Valley (sometimes CW, sometimes CCW depending on the ride leader's preference). Bring money for a coffee stop along the way. This is a no-drop ride.  
**Julia & David Walker; [walk9422@gmail.com](mailto:walk9422@gmail.com); (510) 468-9712**

**Sat May 18** **Show & 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 19** **Show & 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 19** **Pleasanton to Mt. Diablo Summit**  
**8:45 AM** **60 miles, 5, M**  
**Start location: Pleasanton BART (north end parking lot by the Iron Horse Trail)**

Missed the Tour de California and want to experience some of the Stage 7 fever? Ride an M-pace loop from Pleasanton BART through Dublin, Pleasanton, Danville, and on to Mt. Diablo summit. We'll enter the South Gate and exit the North Gate, circle around Walnut Creek, rest stop in Danville, and head back to the BART station. Bring \$ for snacks/coffee. First Fremont train leaves 8:14 A.M. and arrives Pleasanton 8:51 A.M. Rolling at 9 A.M.

<http://www.mapmyride.com/us/dublin-ca/mt-diablo-pleasanton-loop-route-175099136>

Colin Moy; [moyboys@comcast.net](mailto:moyboys@comcast.net) ; (510) 690-7749 -C

## 4<sup>th</sup> Week in May

**Mon May 20** **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](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Tue May 21** **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.**

**B: Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 441-7607 -H, (510) 517-1466 -C**

**M: Jo Lynn McCabe; [jojmc250@aol.com](mailto:jojmc250@aol.com); (510) 406-5499**

**Tue May 21** **Show & Go**  
**9:00 AM** **20-50 miles, 1-5, L-M-B**  
**Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue May 21** **TNT (Tuesday Night Training)**  
**6:15 PM** **60-90 minutes, 1, M-B-F**

Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.

**Meet at ClupSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

When dark, lights required. Helmets are always mandatory.

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Wed May 22** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Wed May 22** **Pizza Ride**  
**6:00 PM** **20-25 miles, M,B**

It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? **Meet in the parking lot across the street from Bronco Billy's in downtown Niles.**

For details about how our Pizza Rides work please see the full description at the beginning of the ride schedule.

**Tim & Robin O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 471-2464**

**Thurs May 23** **Thursday Morning Coffee Ride**  
**9:00 AM** **Across the Bridge**  
**25-35 miles, 1-3, M**

**This ride starts at the Don Edward's Wildlife Refuge Visitor Center (Marshlands Road, Fremont). 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 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. Usually we ride without route sheets so we regroup as necessary. No one is left behind. Bring \$ for lunch. Extreme temperatures or construction may modify the route. Rain cancels, check FFBC Yahoo! group, email or call me.**

**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thurs May 23** **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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri May 24** **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](mailto:alanq44@hotmail.com) (510) 760-9245

**Sat May 25** **Al's Birthday Ride (15<sup>th</sup> Annual)**  
**8:30 AM** **63 miles, 2, M**  
Join us on this annual ride and help me celebrate ANOTHER 29th birthday (my 36th one)! Similar to last year, we will cycle around the south end of the Bay. Meet by the bathrooms at Don Edwards Wildlife Refuge (9800 Thornton Ave., Fremont, CA.) 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.  
Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245

**Sat May 25** **Show & Go**  
**8:30 AM** **20-50 miles, 2-4, L-T-M-B**  
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

**Sun May 26** **Show & 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 26** **Gary's Nightmare**  
**9:00 AM** **50-55 miles, 5 (5,000'), M**  
Start location: Monta Vista Park, Foothill Road and Voss Ave, Cupertino  
After enduring this ride last year, Jim Takasugi described it as "...really tough, a ride from hell, actually." It sounds like fun, eh? We'll start in Cupertino, wind our way up to Skyline, descend Kings Mountain Road into Woodside and return on Foothill. Bring \$ for a stop at Roberts Market. Directions: From 280, take the Foothill Road South exit. Drive about 1.2 miles. Turn right on Voss Ave. Park on the street or in the parking lot on your right.  
Gary Smith; [GSMITH289@aol.com](mailto:GSMITH289@aol.com) ; (510) 797-7809 -H, (510) 304-0956 -C

## 5<sup>th</sup> Week in May

**Mon May 27** **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](mailto:mikenorthrup@gmail.com); (510) 796-8832

**Tue May 28** **Tour de Fremont Hills**  
**8:30 AM** **38 miles, 3 (~2,000'), M, B**  
Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail. Since I've heard that a change is as good as a rest 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.  
B: Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 441-7607 -H, (510) 517-1466 -C  
M: John Dickens; [j\\_m\\_dickens@yahoo.com](mailto:j_m_dickens@yahoo.com); (510) 364-1797

**Tue May 28** **Show & Go**  
**9:00 AM** **20-50 miles, 1-5, L-M-B**  
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

**Tue May 28** **TNT (Tuesday Night Training)**  
**6:15 PM** **60-90 minutes, 1, M-B-F**  
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.  
Meet at ClupSport parking lot (46650 Landing Parkway Fremont, CA 94538).  
When dark, lights required. Helmets are always mandatory.  
Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247

**Wed May 29** **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](mailto:alanq44@hotmail.com) (510) 760-9245

**Wed May 29** **Pizza Ride**  
**6:00 PM** **20-25 miles, M,B**  
It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? Meet in the parking lot across the street from Bronco Billy's in downtown Niles.  
For details about how our Pizza Rides work please see the full description at the beginning of the ride schedule.  
Tim & Robin O'Hara; [mail4ohara@aol.com](mailto:mail4ohara@aol.com); (510) 471-2464

**Thurs May 30** **Thursday Morning Coffee Ride**  
**9:00 AM** **Tully's via Kilkare, Happy Valley & Bernal Bump**  
**25-35 miles, 1-3, M**  
We will meet in the gravel parking lot across from the Sunol Train Station and ride up Kilkare. Then we will head up Foothill to ride Happy Valley and continue up the Bernal Bump. There are some options if you want to skip some climbing and meet us at Tully's coffee in Pleasanton. No one left behind. Bring \$. There is also a yummy burrito store next door. Extreme temperatures or construction may modify the route. Rain cancels, check FFBC Yahoo! group, email or call me.  
Lori Sommer; [lorisommer@gmail.com](mailto:lorisommer@gmail.com); (510) 693-8624 -C

