

# JUNE 2013 RIDE CALENDAR

## WEDNESDAY EVENING PIZZA RIDES.

Our popular Wednesday evening Pizza Rides continue in June! Join Robin & Tim O'Hara or Vicki Timmons each Wednesday for an early evening ride, returning before dark to feast on pizza and soda (pizza and soda are optional). There will be multiple routes to choose from.

If you plan on staying for pizza, \$5 buys you 3 slices of pizza and soda after the ride. The pizzas are ordered before the start of the ride; if you want pizza just check "YES" in the appropriate place on the ride sign-in sheet, if you don't want pizza just check "NO" on the sign-in sheet. If you're late to the start of the ride you'll probably miss ordering pizza. 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:

**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 June are available at: [http://www.ffbc.org/html/start\\_locations.html](http://www.ffbc.org/html/start_locations.html).

## THANK YOU TO ALL THE JUNE RIDE LEADERS!

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

**Sat June 1** **Calaveras Clockwise**  
**8:30 AM** **40 miles, 3, M & B**

This is our traditional "1st Saturday of the Month" ride. We will meet at **DOWNTOWN Niles parking lot across from H St on Niles Blvd.** and ride up Niles Canyon into Sunol then on to Calaveras. Our traditional route brings us out in Milpitas and we return via a route that stays close to the hills. Rain or a serious threat of rain cancels.

**T-M: Louis & Sydney Friedenberg; [louispf@sbcglobal.net](mailto:louispf@sbcglobal.net);**  
**(510) 793-3796**

**B: TBD**

**Sun June 2** **Show & Go**  
**8:30 AM** **30-50 miles, 2-4, B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Sun June 2** **West Oakland BART to Fremont BART**  
**8:15 AM** **35 miles, 1 (440'), M**

**Start location:** Fremont BART

With all the recent trips up the west side of the Bay it's time to give the East Bay some love! Join me for a nice, flat, light-traffic ride from the West Oakland BART station down to Fremont. We'll travel through Jack London Square and along the Embarcadero and its many marinas to Alameda Island. From there it's past the airport on our way to the San Leandro Bay Trail. We'll spend 2 miles of our Trail time on hard pack (skinny tires will have no problem on this section--think the north side of Alameda Creek Trail) on our way to Union City and the ride's end, Fremont BART (and then onto our after-ride coffee stop at Peet's--we should arrive a little after noon.)

**We'll be catching the 8:34 train from the Fremont BART station, arriving at our destination at 9:19 for a 9:25 (sharp) start.** Rain or threat of rain cancels the ride. Call me between 7:30 and 8:00 the day of the ride if the weather looks threatening.

Here's the ride profile for those interested:

<http://connect.garmin.com/activity/315190390>

**Mike Northrup; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com); (510) 796-8832**

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

**Mon June 3** **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 June 4** **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 June 4** **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 June 4** **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 June 5** **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 June 5** **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 June 6** **Thursday Morning Coffee Ride**  
**8:30 AM** **Redwood City Cross**  
**42 miles, 3 (1,855'), M**

Come join us for an adventure to the Redwood City Cross! Ken and Dale will ensure we don't get lost as we twist and turn up the hill to see the cross (and especially down the hill which has even more twist and turns). **We will meet at the Don Edward's Wildlife Refuge Visitor Center (Marshlands Road, Fremont).** We will stop at a deli in Redwood City for a sandwich/coffee.

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 us.

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

**Thurs June 6** **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 June 7** **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 June 8** **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 June 8** **Show & Go**  
**8:30 AM** **30-50 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 June 8** **Dale & Ken's Excellent Adventure**  
**8:45 AM** **Three Bears & Wildcat Canyon**  
**43 miles, 5, T-M**

**Start location:** Orinda BART Station--West parking lot  
This ride will go around the Three Bears Loop and then climb Wildcat Canyon which are all moderate climbs that are "4s". There is also a one mile climb up South Park which is about as steep as "The Wall" on Calaveras (but is very walkable). That's what makes this ride a "5". Coffee/lunch stop in Moraga at about mile 38.

Most people will take the 7:54 BART train that arrives in Orinda at 8:45. The ride will roll PROMPTLY at 9:00 am. We will try to sign everyone in on the train. If you come on a later train, we certainly hope that you will have a very nice day. Because this ride starts AND finishes at the Orinda BART Station, it is possible to drive to the start. On the weekends there has always been plenty of parking in the Orinda BART WEST parking lot. Please arrive by 8:45 so you can sign in and be on the road with us when we roll @ 9:00 sharp

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

**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 June 9** **Show & Go**  
**8:30 AM** **30-50 miles, 2-4, B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Sun June 9** **Concord to Fremont the Flat Way**  
**8:15 AM** **46 miles, 2, M**  
**Start at Fremont BART Station.** The train leaves for Concord at 8:34 AM -- be on the train or miss the ride!  
Here's another relatively flat ride. We start at the Concord BART station (\$5.80 fare from Fremont) and skip all that pesky Morgan Territory climbing hoo-hah, instead traveling the Contra Costa Canal and Iron Horse Trails to Dublin. From there it's a nice coffee stop and then home via Foothill and Niles Canyon. We'll be catching the 8:34 train from the Fremont BART station, arriving at our destination at 9:42 for a 9:50 SHARP start. Rain, threat of rain or excessive heat cancels the ride. Call me between 7:30 and 8:00 the day of the ride if the weather looks threatening.  
**Mike Northrup; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Sun June 9** **"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 Bicycle Garage (5006 Mowry Ave., Fremont),** 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 June

**Mon June 10** **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 June 11** **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 June 11** **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 June 11** **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 June 12** **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 June 12** **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 June 13** **Thursday Morning Coffee Ride**  
**8:30 AM** **Alum Rock Park**  
**32 miles, 2-3 (1,000'), 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 regroups. 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 June 13** **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 June 14** **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 June 15** **Portola Loop**  
**7:15 AM** **30 miles, 3, T-M**  
Please join Marty and her merry "Viola y Vinos" Cinderella group 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.  
Marty Heinrich; [martyheinrich@comcast.net](mailto:martyheinrich@comcast.net); (510) 579-0651

**Sat June 15** **Show & Go**  
**8:30 AM** **30-50 miles, 2-4, B**  
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

**Sun June 16** **Coffee in Alameda**  
**8:00 AM** **41 miles, 1 (200'), M**  
Start location: Downtown Niles parking lot across from H St.  
This ride will take us from Niles, toward the edge of the Bay in Hayward; from there we will follow the Bay Trail (where possible) up to Alameda Island. On the Island, we will ride past the Air Craft Carrier on the northern end. There will be a coffee stop mid-ride, and we will return via BART from the Fruitvale to the Union City Station, so bring \$\$ for coffee, and your Clipper card or cash for BART; a camera is also a good idea.  
Ron Mitchell; [ron\\_m\\_ffwbc@sbcglobal.net](mailto:ron_m_ffwbc@sbcglobal.net); (510) 792-7219 – H, (510) 508-7219 -C

**Sun June 16** **Show & Go**  
**8:30 AM** **30-50 miles, 2-4, B**  
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

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

**Mon June 17** **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 June 18** **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; [jojomc250@aol.com](mailto:jojomc250@aol.com); (510) 406-5499

**Tue June 18** **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 June 18** **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 June 19** **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 June 19** **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 June 20**  
**8:30 AM**

**Thursday Morning Coffee Ride**  
**Collier Canyon a Different Way**  
**32 miles, 3 (1,300'), M**

Change is good! Ron Mitchell has suggested a new route for us to reach Collier Canyon. **We will start at Crank2 Performance Tandems (5480-9 Sunol Boulevard, Pleasanton)** as usual. Our route will take us on Stanley (Arroyo Bike Trail) out to North Livermore, Manning and Highland to reach Collier Canyon. Another change is our coffee stop, Coffee Ali in Pleasanton, suggested by Sandra King. We will finish the ride with up an optional climb up Bernal back to the bike shop. No one left behind! Bring \$ for coffee. Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call us.

**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**  
**Ron Mitchell; [ron\\_m\\_ffwbc@sbcglobal.net](mailto:ron_m_ffwbc@sbcglobal.net); (510) 792-7219 -H, (510) 508-7219 -C**

**Thurs June 20**  
**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 June 21**  
**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 June 22**  
**8:00 AM**

**Baylands Park (with the Back Seat Driver)**  
**30 miles, 1-2, T-M**

**Start location: Dixon Landing Park, Milpitas**

Join us for a ride to Baylands Park in Sunnyvale. This ride is Cinderella friendly ("Pink" riders from the Cinderella training series, this is a good ride for you too!). Bring \$\$ for a coffee stop along the way. No one will be left behind! **Note:** If the forecast calls for temperatures about 90 degrees we'll talk about doing a shorter route when we meet.

**Directions to start: Take I-880 South from Fremont. Go East on Dixon Landing Rd. Turn right at Milmont and then right at Jurgens. The parking lot is on the right.**

**Shelley & Jorge Gildelatorre; [swills22@yahoo.com](mailto:swills22@yahoo.com); (510) 651-0635**

**Sat June 22**  
**8:15 AM**

**Lafayette BART to Fremont**  
**(via Camino Tassajara)**  
**52 miles, 3 (2,100'), M**

**Start at Fremont BART Station.** We will take the Richmond train at 8:34 and transfer in Oakland to get to Lafayette at 9:30 -- be on the train or miss the ride! BART fare is \$4.95. We should be able to get rolling by 9:40.

Another BART to BART ride, this time with a bit more climbing. Starting at the Lafayette BART Station we'll work our way through Walnut Creek, Danville and Blackhawk to Highland and Manning in Livermore. Coffee/snacks will be in Pleasanton, about 35 miles into our ride.

Rain, threat of rain or excessive heat cancels the ride. Call me between 7:30 and 8:00 the day of the ride if the weather looks threatening.

**Mike Northrup; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Sat June 22**  
**8:30 AM**

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

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

**Sun June 23**  
**8:00 AM**

**5 Canyons**  
**45 miles, 4, M**

This is the traditional PRS 5 Canyons route. Ride through Niles Canyon, Crow Canyon, Norris Canyon, Bollinger Canyon and back through Niles Canyon. Bring money for a coffee stop. **Meet in downtown Niles in the parking lot across from H St.**

**Kevin McDonnell; [kevin@mcnmc.com](mailto:kevin@mcnmc.com); (510) 441-7607 -H, (510) 364-4435 -C**

**Sun June 23**  
**8:30 AM**

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

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

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

**Mon June 24**  
**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 June 25** **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 June 25** **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 June 25** **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 June 26** **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 June 26** **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 June 27** **Thursday Morning Coffee Ride**  
**8:30 AM** **Across the Dumbarton Bridge**  
**25-35 miles, 3, M**  
**This ride starts at the Don Edward's Wildlife Refuge Visitor Center** and we head across the Dumbarton Bridge to various destinations. For a flat ride we head through East Palo Alto and along a few paths to Shoreline Park for lunch. For a ride with climbing we do Woodside Road, Sand Hill/Whisky Hill, Alpine Loop, Arastradero 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 and 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 June 27** **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 June 28** **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 June 29** **Kings Mountain**  
**8:00 AM** **48 miles, 5, B**  
Let's ride up one of my favorite hills on the peninsula – Kings Mountain. Even on a hot day Kings Mountain stays pretty cool thanks to the lush vegetation. The descent on Skyline can be cold so make sure to bring layers just in case. **Meet at Don Edwards National Wildlife Refuge.**  
**Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 441-7607 -H, (510) 517-1466 -C**

**Sat June 29** **Lafayette BART to Fremont via Hayward**  
**8:15 AM** **50 miles, 3, M**  
**Start at Fremont BART Station.** We will take the Richmond train at 8:34 and transfer in Oakland to get to Lafayette at 9:30 -- be on the train or miss the ride! BART fare is \$4.95. We should be able to get rolling by 9:40.  
We'll start off the first 26 miles nice and flat and leisurely by, once again, taking the Iron Horse Trail to Dublin. We'll climb up and scoot down Dublin Canyon on our way to a coffee stop at Bodi's in Castro Valley. From there it's up Walpert and down Fletcher on our way home to Fremont on some of the local roads paralleling Mission.  
Rain, threat of rain or excessive heat cancels the ride. Call me between 7:30 and 8:00 the day of the ride if the weather looks threatening.  
**Mike Northrup; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Sat June 29** **Los Altos**  
**9:00 AM** **35-40 miles, 4, M**  
**Start location:** Don Edwards National Wildlife Refuge Visitor Center  
We will cross the bay and take Alpine, Arastradero and Purissima to Los Altos. Our return ride 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.  
**Gary Smith; [GSMITH289@aol.com](mailto:GSMITH289@aol.com); (510) 797-7809 -H, (510) 304-0956 -C**

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

**Sun June 30**

**Palomares and Back**

**9:00 AM**

**~30 miles, 4, T**

**Start location:** Crank-2 bike shop, Pleasanton.

This is the second of the Keep-the-Cindys-Climbing series. We'll leave from Crank-2 and climb Palomares from the Dublin side, returning by the same route.

**Donna Stidolph; [donna@stidolph.com](mailto:donna@stidolph.com); (831) 419-0835**