

JULY 2013 RIDE CALENDAR

WEDNESDAY EVENING PIZZA RIDES.

Our popular Wednesday evening Pizza Rides continue in July! Join Julia & David Walker 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:

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

THANK YOU TO ALL THE JULY RIDE LEADERS!

1st Week in July

Mon July 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 July 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.
B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C
M: Jo Lynn McCabe; jojmc250@aol.com; (510) 406-5499

Tue July 2 **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 July 2 **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; (925) 556-1564, (925) 819-0247

Wed July 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

Wed July 3 **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 at Round Table Pizza in the Warm Springs part of Fremont (46600 Mission Blvd., Fremont).**
For details about how our Pizza Rides work please see the full description at the beginning of the ride schedule.
Julia & David Walker; walk9422@gmail.com

Thurs July 4 Pancake Ride/Thursday Morning Coffee Ride
7:30 AM 15-18 miles, 1-2, T

Start the day off with a short ride before enjoying an all-you-can-eat, tasty breakfast of IHOP pancakes, sausage and coffee prepared by Alameda County Fire Station #27. Bring your family (or they can join us after the ride). The breakfast is \$5 per person and benefits the firefighters Local 55 Charity Fund, which works to support local community organizations & projects.

Meet us in the Silliman Center parking lot, 6800 Mowry Ave, Newark at 7:30 AM prepared to roll out at 7:45 AM. We will do a leisurely flat loop through city streets to Coyote Hills and back (with an option to ride around Coyote for faster riders). Please bring a signed Minor Release Forms for any children (including children in trailers) and plan to accompany your child on the ride. We hope to see you there. Bring a bike lock and extra money to participate in the raffle.

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

John Dickens; (510) 324-1050

Nancy Oh; (925) 984-4471

Thurs July 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 July 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 July 6 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.

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

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

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

Sat July 6 Peet's x5
8:45 AM Fremont, Milpitas, Pleasanton, Castro Valley & Hayward
68 miles, 4, M

Drink coffee...Ride. Drink coffee...Ride. Drink coffee...Ride. Drink coffee...Ride. Drink coffee...Ride. Lest you think this is a coffee ride, worry no more, there is climbing (up the Calaveras Wall) and there's distance, 68 miles. We will head south to Milpitas, pick up Calaveras and work our way around Pleasanton, Castro Valley, and Hayward. The climb is in the beginning of the ride. We will buzz by the time we head home. Tea drinkers welcome, too. **Meet at Peet's in Fremont (corner of Paseo Padre and Mowry).**

Joyce Tanaka; notes4jt@gmail.com; (510) 703-2675

Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

Sun July 7 Show & Go
8:30 AM 20-50 miles, 2-4, L-T-M-B

Meet at REI in Fremont (43962 Fremont Blvd.).

Sun July 7 Dale & Ken's Excellent Adventure
9:00 AM 54 miles, 4, T-M

Come beat the heat with a cool summer ride near the coast. We will head south from Half Moon Bay to San Gregorio, over Haskins Hill, and down to Pescadero for lunch at Archangel's Market/Bakery (think ARTICHOKE bread). Then we return north along the coast with a pretty, inland detour to Higgins-Purissima, a lovely hill that will drop us back into Half Moon Bay.

There is 3,500 ft of cumulative climbing over the 54 miles, but no long steep climbs. All "T-M" riders are welcome and should feel comfortable on this fun ride. No one left behind.

Start location: Corner of Church and Miramontes St., Half Moon Bay

Suggested route to start: Hwy 92 to L on Main St (stop light just before Hwy 1) in HMB. Then R on Miramontes and L on Church. Park along the street. Allow an hour from Fremont.

Map and route sheet available at:

<http://lasthill.net/Maps/MezzaLuna.html>

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

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

2nd Week in July

Mon July 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 July 9 **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; (510) 441-7607 -H, (510) 517-1466 -C
M: John Dickens; j_m_dickens@yahoo.com; (510) 364-1797

Tue July 9 **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 July 9 **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; (925) 556-1564, (925) 819-0247

Wed July 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

Wed July 10 **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 at Round Table Pizza in the Warm Springs part of Fremont (46600 Mission Blvd., Fremont).**
For details about how our Pizza Rides work please see the full description at the beginning of the ride schedule.
Julia & David Walker; walk9422@gmail.com

Thurs July 11 **Thursday Morning Coffee Ride**
8:30 AM **Ride to Pulgas Water Temple**
42 miles, 3 (1,000'), M
Start location: Don Edward's Wildlife Refuge
Let's go to the Pulgas Water Temple on Canada Road for something different. We will meet at Don Edward's Wildlife Refuge Visitor Center and ride across the bridge to climb Woodside Road. We will continue along Canada Road to the Pulgas Water Temple before descending Edgewood and riding Alameda de Las Pulgas to Plantation Coffee. 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; (510) 693-8624 -C
Jim Takasugi; (408) 391-2057 -C

Thurs July 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 July 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 July 13 **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; (510) 796-8832

Sat July 13 **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 July 14 **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 July 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 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.
Ron Mitchell; ron_m_ffwbc@sbcglobal.net; (510) 792-7219 -H, (510) 508-7219 -C

3rd Week in July

Mon July 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 July 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.

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

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

Tue July 16 **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 July 16 **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; (925) 556-1564, (925) 819-0247

Wed July 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

Wed July 17 **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 at Round Table Pizza in the Warm Springs part of Fremont (46600 Mission Blvd., Fremont).

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

Julia & David Walker; walk9422@gmail.com

Thurs July 18 **Thursday Morning Coffee Ride**
8:30 AM **Alum Rock Park**
32 miles, 3 (1,000'), M

Start location: REI Fremont

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; lorisommer@gmail.com; (510) 693-8624 -C

Thurs July 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 July 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 July 20 **Show & Go**
8:30 AM **20-50 miles, 2-4, B**

Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).

Sat July 20 **Portola Loop**
8:45 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.

Louis & Sydney Friedenber; louispf@sbcglobal.net; (510) 793-3796

Sun July 21 **Del Valle from Sunol**
8:30 AM **48 miles, 3-4 (~1,880), M**
Meet at the dirt parking lot in Sunol (opposite the train station). We'll ride from Sunol, through Pleasanton and Livermore out to Del Valle. There'll be a coffee stop at Panama Coffee in Livermore on the way back so don't forget to bring money.
Rain or extreme temperatures may cancel the ride. Please check the Yahoo! Group on the morning of the ride, or email, call or text me if you're unsure.
Kevin McDonnell; kevin@mcnmc.com; (510) 441-7607 –H, (510) 364-4435 -C

Sun July 21 **Show & Go**
8:30 AM **20-50 miles, 2-4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

4th Week in July

Mon July 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 July 23 **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; (510) 441-7607 -H, (510) 517-1466 -C
M: John Dickens; j_m_dickens@yahoo.com; (510) 364-1797

Tue July 23 **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 July 23 **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; (925) 556-1564, (925) 819-0247

Wed July 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

Wed July 24 **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 at Round Table Pizza in the Warm Springs part of Fremont (46600 Mission Blvd., Fremont).**
For details about how our Pizza Rides work please see the full description at the beginning of the ride schedule.
Julia & David Walker; walk9422@gmail.com

Thurs July 25 **Thursday Morning Coffee Ride**
8:30 AM **Ride to Denica's**
31 miles, 3 (1,000'), M
Thursday Morning Coffee Ride to Denica's
Start location: gravel parking lot across from the Sunol Train Station
Meet in the gravel parking lot across from the Sunol Train Station and we will ride along Foothill to Muirwood. We will climb Gleason, Fallon, Tassajara and Windemere Parkway and after lunch at Denica's we will return along the new Alamo Canal Trail. No one 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; (510) 693-8624 -C

Thurs July 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 July 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 July 27 **4th Annual Tour de Stooges**
7:00 AM **100 miles, 3 (3,800'), M**
Well, it's that time of year again, time for the annual Stooze ride!
Meet at the Raley's shopping center parking lot, east side, close to Tutti Frutti, Jarvis Ave. & Newark Blvd, Newark.
Please join Stephen and Dave for a 100 mile jaunt around the south bay and peninsula. We'll be heading south to Alum Rock, then across San Jose to Foothill, Alpine, Portola, and Canada. From there it's up Edgewood before returning across the Dumbarton. This won't be a race. There will be a few stops for food, so bring \$\$\$. I know you're thinking "7:00?" But hey! We're doing 100 miles and we want to get back before dinner. Who would lead a ride like this?a couple of Stooges.
Dave Epps; depps55@gmail.com; (510) 487-5288 -H, (510) 452-2615 -C
Stephen Politzer; thetechdog@gmail.com; (510) 638-3709 -H, (510) 761-5564 -C

Sat July 27 Baylands Park (with the Back Seat Driver & Gigi)
8:00 AM **30 miles, 1-2, T-M**
Join Gigi Hansen and me as Gigi moves from rider to ride leader as we ride to Baylands Park and beyond. If you haven't seen the new 49er stadium yet, you'll get a close up view as we detour around the construction site. This ride is Cinderella friendly. Bring \$\$ for the coffee stop in Santa Clara. No one will be left behind! **Note:** If the forecast calls for temperatures above 90 degrees, we'll talk about doing a shorter route when we meet.
Start location: Dixon Landing Park, Milpitas
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 Gildelatorre and Gigi Hansen; swills22@yahoo.com; (510) 651-0635

Sat July 27 **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).

Sat July 27 **Marin Headlands and Mt. Tam.**
9:00 AM **65 miles, 5 (4,500'), B**
Start location: Daly City BART Station
Of the "Big Three" hills in the Bay Area, I've never climbed Mt Tam. Maybe it's time to rectify that.
We'll start from Daly City BART for a few flat miles to warm up before the climbing starts. I'll be taking BART to the start on the train leaving Fremont at 7:54 AM which should arrive in Daly City at 9:04 AM. We'll leave there promptly at 9:15 AM. The ride will end at the Embarcadero BART station where we'll take the train back to Fremont.
A link to the route is here:
<http://ridewithgps.com/routes/2747203>
David Walker; dbwalker0min@gmail.com; (510) 468-4454

Sun July 28 **Redwood Rd./Pinehurst/Skyline**
8:45 AM **47 miles, 4-5 (2,700'), M**
Start location: Castro Valley BART station
Join us for a beautiful ride through Chabot and Redwood Regional Parks. We'll start at the BART station in Castro Valley, ride up Redwood Rd. to Pinehurst Rd. and Skyline Blvd. If the weather cooperates the views are stunning. We'll return down Redwood Rd. for a well-deserved coffee break at Peet's in Castro Valley. We'll take the flat route through Hayward back to the end of the ride at Fremont BART station.
If you're taking BART to the start of the ride you'll need to take the first BART leaving Fremont at 8:14 AM (leaving Union City at 8:19 AM). Transfer to the Dublin/Pleasanton line at Bay Fair and you should be in Castro Valley @8:38 AM. The one-way fare is \$3.05
Rain or extreme temperatures may cancel the ride. Please check the Yahoo! Group on the morning of the ride, or email, call or text me if you're unsure.
Kevin McDonnell; kevin@mcnmc.com; (510) 364-4435

Sun July 28 **Show & Go**
8:30 AM **20-50 miles, 2-4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

5th Week in July

Mon July 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 July 30 **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. 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 unless someone makes a remark about Old Calaveras not being as steep as we thought; in that case we'll tackle Old Calaveras again! Just to make sure we've earned our coffee we'll do a quick loop around Ohlone before finishing at Peet's.
B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C
M: Jo Lynn McCabe; jojomc250@aol.com; (510) 406-5499

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

