SEPTEMBER 2013 RIDE CALENDAR

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

THANK YOU TO ALL THE SEPTEMBER RIDE LEADERS!

1st Week in September

Sun Sept 1
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.

2nd Week in September

Mon Sept 2
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 Sept 3
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/ Zapatok 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: Amy Giles; apgiles@sbcglobal.net ; (510) 224-0829 -C

Tue Sept 3
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 Sept 3
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; (925) 556-1564, (925) 819-0247

Wed Sept 4
8:30 AM
Mid-week Morning Ride
35-45 miles, 2-3, M-B
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring $$.
Al Quintana; alanq44@hotmail.com; (510) 760-9245

Thurs Sept 5
9:00 AM
Thursday Morning Coffee Ride
Alum Rock Park
32 miles, 3 (1,000'), M
Sleep in! I am moving our start time to 9:00AM, so stay-at-home parents can join us after dropping their kids at school.
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/Migueleta, Inspiration Point) for faster riders who 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; (510) 693-8624 -C

Fri Sept 6
8:30 AM
The Friday Bike Club
35-45 miles, 3-4, M-B
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley). Meet in the northeast corner of the parking lot. Bring $$ for a coffee stop.
Al Quintana; alanq44@hotmail.com (510) 760-9245
Sat Sept 7  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.
For the brisk riders this month there will be an option to climb
Felter to the top (and back).
Rain or a serious threat of rain cancels.
B: Tim & Robin O'Hara; tohara2938@aol.com; (510) 471-
2464
M: Jorge Gildelatorre; jorge@gildelatorre.com; (510) 589-
0660 -C

Sun Sept 8  Show & Go
8:30 AM  30-50 miles, 2-4, B
Start Location: Meet at REI in Fremont (43962 Fremont
Bldv.).

Sun Sept 8  "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; (510) 797-7809 –H, (510)
304-0956 –C

Sun Sept 8  Dale & Ken’s Excellent Adventure
7:54 AM  52 miles, 5, T-M
Start at Fremont BART station. The start time is the actual
BART departure time -- be on the train! We will take the 7:54
Richmond train and transfer in Oakland to get to Concord at 9:02
(BART fare $5.80).
We should be able to get rolling by 9:15. We will ride over
Morgan Territory Rd. (6.3 miles, 1,755ft.) and descend into
Livermore for lunch before riding back to Fremont via Vallecitos
Rd. and Niles Canyon, finishing at the Fremont BART station.
Morgan Territory Rd. is a beautiful trip around the back side of
Mt. Diablo. The climb is mostly in the shade and is done early in
the ride. Dale promises a tour of the historical marker.
Here is a link to the route:
http://lasthill.net/Maps/ConcordMorganTerritories.html
If you are confused by the logistics, please reread this listing
everal times. (If you get confused and drive your car to
Concord, you will have a long trip from Fremont to retrieve it after
the ride.)
Dale Blanchard; dale-b@comcast.net; (510) 703-7474
Ken Goldman; ken.goldman@comcast.net; (510) 791-1095

3rd Week in September

Mon Sept 9  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 Glimmer. 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 Sept 10  Tour de Fremont Hills
3:30 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: Dave Fishbaugh; fish1950@comcast.net; (510) 364-2207
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829 -C

Tue Sept 10  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 Sept 10  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 Sept 11  Mid-week Morning Ride
8:30 AM  35-45 miles, 2-3, M-B
Meet at downtown Niles parking lot across from H St on
Niles Blvd. We will do a loop around Fremont-Newark en route
to a coffee/snack stop, so bring $$.
Al Quintana; alanq44@hotmail.com (510) 760-9245
Thurs Sept 12  Thursday Morning Coffee Ride  
9:00 AM  Walt's Birthday Ride  
~25 miles, 2, T-M  

Come celebrate Walt's Happy 82nd Birthday! He drives (at least) twice a week from Orinda to join our club rides and has the honor to be the oldest person currently riding with FFBC. Meet at Don Edwards Visitor Center (Don Edwards National Wildlife Refuge, Marshlands Rd, Fremont) to join the rolling party with Walt. Please wear your club jersey (preferably the new one!). We will ride around Coyote Hills, accompany Walt on his annual trek up Nike (optional) and head to Anderson Bakery near Union Landing in Union City. Although Anderson Bakery is welcoming us back, the manager has told us the party will have to take place outside, in consideration of their other customers. They will set up extra tables/chairs but I expect seating may be limited. I will send out a menu and take preorders for lunch. Please let me know your order by Tuesday evening, 9/9/13. A route sheet will be provided and cake will be served. This ride is co-listed with the Valley Spokesmen.

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

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

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Fri Sept 13  The Friday Bike Club  
8:30 AM  35-45 miles, 3-4, M-B  

Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley). Meet in the northeast corner of the parking lot. Bring $$ for a coffee stop.

Al Quintana; alanq44@hotmail.com (510) 760-9245

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Sat Sept 14  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 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 by phone on the day of the ride.

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

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Sat Sept 14  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 Sept 15  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.

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4th Week in September

Mon Sept 16  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 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

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Tue Sept 17  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: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829 -C

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Tue Sept 17  Show & Go  
9:00 AM  20-50 miles, 1-5, L-M-B  

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

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Tue Sept 17  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 Sept 18
8:30 AM
Meet at Raley’s shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring $.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Thurs Sept 19
9:00 AM
Thursday Morning Coffee Ride
Collier Canyon
Meet in the north parking lot across from H St on north (dirt 610’) feet. Rain cancels or modifies the ride. Rain cancels, check Yahoo! group, email or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Fri Sept 20
8:30 AM
The Friday Bike Club
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 Sept 21
8:30 AM
Portola Loop
Meet with us for our 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 Walker; walk9422@gmail.com; (510) 468-9712

Sat Sept 21
8:30 AM
Moraga Loop
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. From Niles we’ll go up and over Palomares to Redwood Road, to Pinehurst and back Danville Blvd., Foothill and Niles Canyon.
Tim O’Hara; tohara2938@aol.com; (510) 418-2672

Sun Sept 22
8:30 AM
Show & Go
Meet at downtown Niles parking lot across from H St on Niles Blvd.

Sun Sept 22
9:00 AM
Bike Paths to Downtown San Jose
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

5th Week in September

Mon Sept 23
8:30 AM
Monday Morning Recovery Ride
Meet 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 Sept 24
8:30 AM
Tour de Fremont Hills
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: Conni Smith; 4conni.smith@gmail.com ; (510) 461-8838

Sat Sept 21
8:30 AM
Show & Go
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.
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.
Meets 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

Fri Sept 27 6:30 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 $5 for a coffee stop.
Al Quintana; alanq44@hotmail.com (510) 760-9245

Sat Sept 28 8:30 AM Show & Go 30-50 miles, 2-4, B
Start Location: Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).

6th Week in September

Mon Sept 30 6:30 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; (510) 796-8832