

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 **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.

2nd Week in September

Mon Sept 2 **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 Sept 3 **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

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

Thurs Sept 5 **Thursday Morning Coffee Ride**
9:00 AM **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.
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 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; lorisommer@gmail.com; (510) 693-8624 -C

Thurs Sept 5 **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 Sept 6 **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

3rd Week in September

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 Blvd.).

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 several times. (If you get confused and drive your car to Concord, you will have a long trip from Fremont to retrieve it after the ride.)
Dale Blanchard; dale-b@comcast.net; (510) 703-7474
Ken Goldman; ken.goldman@comcast.net; (510) 791-1095

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 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 10 **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: 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
9:00 AM

Thursday Morning Coffee Ride
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 setup 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; lorinsommer@gmail.com; (510) 693-8624 -C

Thurs Sept 12
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; (925) 556-1564, (925) 819-0247

Fri Sept 13
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 14
8:30 AM

Tuesday Hills On Saturday
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 head back up Pine; otherwise, it's up Paseo Padre the wrong way again before ending the ride at Peets with a well-deserved coffee (**NOTE:** even though the ride ends at Peet's those needing to return to the start of the ride will be accommodated). Rain or threat of 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

Sat Sept 14
8:30 AM

Show & Go
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
8:30 AM

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

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

4th Week in September

Mon Sept 16
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; (510) 796-8832

Tue Sept 17
8:30 AM

Tour de Fremont Hills
29 miles, 3 (~1,900'), M, B

Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to Peets for a well-deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.

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

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

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

Thurs Sept 19 **Thursday Morning Coffee Ride**
9:00 AM **Collier Canyon**
31 miles, 3 (1,075'), M
Let's try out the new pavement on Camino Tassajara!
We will start at Crank2 Performance Tandems (5480-9 Sunol Boulevard, Pleasanton). Please use the restroom at Raley's before the ride start. We will ride in a CW loop up Camino Tassajara, Highland and Collier Canyon, descend into Livermore with a coffee stop at Vineyard Starbucks/Subway and finish with a climb up Bernal. No one left behind! Bring \$ for lunch. Extreme temperatures or construction may modify the route. Rain cancels, check Yahoo! group, email or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Sept 19 **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 Sept 20 **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 Sept 21 **Portola Loop**
8:30 AM **30 miles, 3, T-M**
Please join 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 **Moraga Loop**
8:30 AM **67 miles, 4, B**
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 **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 Sept 22 **Bike Paths to Downtown San Jose**
9:00 AM **30 miles, 1, T-M**
Start location: Dixon Landing Park in Milpitas (Jurgens at Millmont) <http://maps.google.com/maps/DixonLandingPark>
Join me for an easy-going flat ride to downtown San Jose. Our route is out & back and includes three different bike paths. We'll ride past the San Jose International Airport & stop midway in the ride for coffee & goodies at Panera Bread on Coleman Road in San Jose. This is an out & back route. No drops & regroupings as needed. Extreme weather cancels or modifies the ride. Any changes will be announced on FFBC Yahoo! Group or call/email me.
Cindy Maxwell; maxwell.c@sbcglobal.net; (408) 506-6860

5th Week in September

Mon Sept 23 **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 Sept 24 **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: Conni Smith; 4conni.smith@gmail.com; (510) 461-8838

Tue Sept 24 **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 24 **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 25 **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 26 **Thursday Morning Coffee Ride**
9:00 AM **Ride to Denica's**
25-35 miles, 1-3, M
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 Yahoo! group, email or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Sept 26 **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 Sept 27 **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 Sept 28 **Show & Go**
8:30 AM **30-50 miles, 2-4, B**
Start Location: Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).

Sat Sept 28 **Los Altos**
9:00 AM **35-50 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 and make sure nobody gets left behind. Bring \$ for a refreshment stop in downtown Los Altos.
Gary Smith; GSMITH289@aol.com; (510) 797-7809 -H, (510) 304-0956 -C

Sat Sept 28 **Slow Pokes & Old Folks**
9:00 AM **Marina to Carmel/17 mile drive**
40 miles, 2, T-M
Please join Susan and Dan for a mostly flat, slower pace ride on the Monterey Bay Coastal Bike Path. We start from the Vince DiMaggio Park in Marina and ride to Spanish Bay, a few miles along the 17 mile drive. Bring \$ for lunch. Rain cancels.
Meet at Vince DiMaggio Park, 3200 Del Monte Blvd, Marina, CA 93933 (between Reservation Rd and Beach Rd.) **Directions:** Take 101S to 156W to hwy 1 South. Take the Reservation Road exit #410. Left on Del Monte Blvd. The park is at the top of the hill on the right. Allow at least 1 1/2 hour drive to start point.
Susan & Dan Lucchesi; 1smlucchesi@att.net; (510) 797-2005 -H, (510) 299-4927 -C

Sun Sept 29 **Redwood Rd./Pinehurst/Skyline**
8:30 AM **~62 miles, 4-5 (~3,881'), M**
Join us for a beautiful ride through Chabot and Redwood Regional Parks. **Meet at downtown Niles parking lot across from H St on Niles Blvd.** We'll ride up Palomares to get to Castro Valley, 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 in Niles.
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 Sept 29 **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.

6th Week in September

Mon Sept 30 **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