

# JUNE 2014 RIDE CALENDAR

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

### WEDNESDAY EVENING PIZZA RIDES.

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

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

The rides meet at 6:00 pm for sign in, to be completed by 6:10.

**Departure time is 6:15 sharp.**

#### Pizza Ride Leader Reservation List:

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

**July:** Andy Sass

**August:** OPEN

**September:** Julia & David Walker

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!

#### Sun June 1

8:00 AM

#### Grant Ranch

60 miles, 4 (3,000'), M

**Start location:** Isherwood Staging Area

We'll meet at Isherwood Staging Area at 8:00 for an 8:15 departure. Our first re-group will be on Fremont Blvd., just past Old Warm Springs Blvd and REI: we expect to arrive there at 8:45ish and, for those folks who want to meet us there for a shorter ride (~46 miles), get there early and Vicki Robinson will be in the REI parking lot with a sign up sheet so that we can keep moving and beat the heat. We'll head south on Kato, take a bathroom break at Jose Higuera Adobe Park and then continue on our ride up Mt. Hamilton Rd. We'll climb up to the Ranch and take a short break before beginning the descent back down to the valley floor. After our food break at Starbucks/Noah's, we'll have a nice, flat ride back to the start in Fremont.

Re-groups as needed. Bring plenty of water and a snack--it's a long climb. Very hot weather, fire closures or construction will modify the route, and rain cancels. Check the FFBC Yahoo! Group, email or call Mike Northrup.

Here's a map of the route I expect to take (ignore the Cue Sheet, it may be incorrect):

<http://ridewithgps.com/routes/4851222>

And here's a link to the route sheet:

<https://drive.google.com/file/d/0Bw9LS2P-iT7aYzFrXy03b3lwRjA/edit?usp=sharing>

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

**Conni Smith;** [4conni.smith@gmail.com](mailto:4conni.smith@gmail.com); (510) 471-8047

#### Sun June 1

8:30 AM

#### Show & Go

30-50 miles, 2-4, B

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

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

#### Mon June 2

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 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](mailto:vanessa@mcnmc.com); (510) 517-1466**  
**M: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829**

**Tue June 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 June 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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

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

**Wed June 4** **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 top of the ride schedule.  
**Tim & Robin O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 418-2669**

**Thurs June 5** **Thursday Morning Coffee Ride**  
**9:00 AM** **Alum Rock Park**  
**36 miles, 3-4, M**  
**Start location: REI Fremont**  
We meet at REI in Fremont (43962 Fremont Blvd.) and our first regroup is at Jose Higuera Adobe 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 one left behind, and there are options (Alum Rock Road, Inspiration Point, Miguelito) for faster riders that like to climb. Bring \$ for lunch.  
Extreme temperatures or construction or the whim of the ride leader 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**

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

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

**Sat June 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. Rain or a serious threat of rain cancels.  
**M: Mike Moore; [mike\\_moore@earthlink.net](mailto:mike_moore@earthlink.net); (408) 858-7830**  
**B: Ride Leader TBD**

**Sun 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).**

**Sun June 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.  
**Ron Mitchell; [ron\\_m\\_ffwbc@sbcglobal.net](mailto:ron_m_ffwbc@sbcglobal.net); (510) 508-7219**

**Sun June 8** Old Page Mill  
**9:00 AM** 34 miles, 3 (1,100'), T-M  
**Start location:** Don Edward's Wildlife Refuge  
Let's do it again! We will meet near the restrooms at the Don Edward's Wildlife Refuge Visitor Center.  
**Since it is the weekend and we've had some complaints, PLEASE PARK in the UPPER parking lot and leave the Visitor Center's parking lot for hikers.**  
After crossing the gauntlet on Marshlands and the Dumbarton, we will use the bike bridge to cross 101 and have a quick restroom break at Burgess Park. The route is a clockwise loop up Sandhill/Junipero Serra/Old Page Mill/Arastradero with a descent on Alpine and Sandhill. We will have lunch at Prolific Oven in Palo Alto before heading back across Willow and the Dumbarton. Please bring money for lunch. We will regroup at various points, riders are welcome to leave early and no one is left behind. This is a very doable ride for Cinderellas and we really hope you will join us!  
Extreme temperatures, construction or the whims of the ride leaders 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**  
**Phil Sommer; [philsommer@gmail.com](mailto:philsommer@gmail.com); (510) 333-2704**

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

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

**Tue June 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: Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 517-1466**  
**M: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829**

**Tue June 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 June 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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Wed June 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](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 top of the ride schedule.  
**Vicki & Chris Timmons; [vicki2bike@comcast.net](mailto:vicki2bike@comcast.net); (510) 589-7356**

**Thurs June 12**  
**9:00 AM**

**Thursday Morning Coffee Ride**  
**Cull Canyon & Schaefer Ranch**  
**26 miles, 3, M**

**Start location:** Endless Cycles (3300 EAST Castro Valley Blvd., Castro Valley)

This ride starts at Endless Cycles (3300 EAST Castro Valley Blvd., Castro Valley, NEAR Center Street, please park in the small side-parking lot. Jeff will open the shop early so we can use the restroom. We will head directly up Crow Canyon and climb out and back on Cull Canyon. Then we will pass the coffee stop (Bodi's Java, anyone is welcome to skip the second climb and have a very long coffee stop) then head up Dublin Canyon and do an out and back up the short, but steep, Schaefer Ranch. If you're a fast climber, when you reach the top, you can do repeats. Bring \$ for lunch.

Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check yahoo group, email or call me.

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

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

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

**Sat June 14**  
**8:30 AM**

**Tuesday Hills On Saturday**  
**30 miles, 3 (2,100'), 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](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Sat June 14**  
**8:30 AM**

**Show & Go**  
**30-50 miles, 2-4, B**

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

**Sun June 15**  
**8:30 AM**

**Show & Go**  
**30-50 miles, 2-4, L-T-M-B**

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

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

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

**Tue June 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](mailto:vanessa@mcnmc.com); (510) 517-1466**

**M: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829**

**Tue June 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 June 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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

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

**Wed June 18** **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 top of the ride schedule.  
**Vicki & Chris Timmons; [vicki2bike@comcast.net](mailto:vicki2bike@comcast.net); (510) 589-7356**

**Thurs June 19** **Thursday Morning Coffee Ride**  
**8:30 AM** **Tully's via Kilkare, Happy Valley & Bernal Bump**  
**27 miles, 3 (1,600'), M**  
**Start location:** Dirt lot across from the Sunol Train Station  
Set your alarm early so we can beat the heat! We will meet in the gravel parking lot across from the Sunol Train Station and ride up Kilkare. Then we head up Foothill to ride Happy Valley and continue up the Bernal Bump. There are some options if you want to skip some climbing and meet us at Tully's coffee in Pleasanton. No one left behind. Bring \$.  
Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call me.  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624**

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

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

**Sat June 21** **Portola Loop**  
**8:30 AM** **30 miles, 3, T-M**  
Please join us for our newest monthly club ride at a touring-moderate pace. **Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).** We'll ride across the Dumbarton bridge and do a loop around Portola Valley (sometimes CW, sometimes CCW depending on the ride leader's preference). Bring money for a coffee stop along the way. This is a no-drop ride.  
**Julia & David Walker; [walk9422@gmail.com](mailto:walk9422@gmail.com); (510) 468-9712**

**Sat June 21** **Show & Go**  
**8:30 AM** **30-50 miles, 2-4, B**  
**Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).**

**Sat June 21** **Tour de Dumbarton Bridge CW**  
**8:45 AM** **50-60 miles, 2, T**  
**Start location:** Target Parking lot, Landess & Morrill, [North] San Jose, near the Jack in the Box  
Bike through 9 cities! We see Alviso and several peninsula cities before climbing the Dumbarton Bridge. We'll stop at mile 15 at the Chinese Bakery in Mountain View, then buy lunch in Menlo Park at about 25 miles, so bring \$. There is a snack break at Don Edwards, so bring food. Each rider is expected to maintain 11-13 mph a pace on the level for the entire ride. The slowest rider sets the pace for the group. This is an all day ride. There will be no route sheets.  
**Jon Graff; [jon.graff@yahoo.com](mailto:jon.graff@yahoo.com); (408) 262-9577**

**Sun June 22** **Show & Go**  
**8:30 AM** **20-50 miles, 2-4, L-T-M-B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Sun June 22** **Tandem+**  
**8:45 AM** **Livermore Valley**  
**40 miles, 3 (1,100'), M**  
**Start location:** Crank-2, 5480 Sunol Blvd., Pleasanton  
This is the first in a monthly series (hopefully) of tandem rides but all riders are welcome.  
We'll do a Livermore Valley loop - Vineyard, Isabel, Collier Canyon, Manning, Greenville, Concannon.  
Bryan has graciously agreed to open up his shop for us at the beginning of the ride. Please park in the middle of the parking lot, away from the stores.  
Bring money for a coffee stop near Vasco Rd.  
**Timothy Luders; [timothy@luders.org](mailto:timothy@luders.org); (510) 867-9277**  
**Louis Friedenber; [louispf@sbcglobal.net](mailto:louispf@sbcglobal.net); (510)673-3203**

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

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

**Tue June 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](mailto:vanessa@mcnmc.com); (510) 517-1466**  
**M: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829**

**Tue June 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 June 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](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

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

**Wed June 25** **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 top of the ride schedule.  
**Vicki & Chris Timmons; [vicki2bike@comcast.net](mailto:vicki2bike@comcast.net); (510) 589-7356**

**Thurs June 26** **Thursday Morning Coffee Ride**  
**8:30 AM** **Across the Dumbarton Bridge**  
**25-35 miles, 3, M**  
**Start location:** Don Edward's Wildlife Refuge  
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, construction or the whim of the ride leader 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**

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

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

**Sat June 28** **Calaveras CCW**  
**8:30 AM** **38 miles, 3-4, M**  
**Start location:** Downtown Niles parking lot across from H St. Sometimes it's good to go against the grain, or in this case counter-clockwise instead of clockwise. This counter clockwise loop of Calaveras meets in downtown Niles and takes the usual route to Calaveras. Map and route sheet online at: <http://ridewithgps.com/routes/3945502>  
Coffee at the end of the ride at Peet's in Fremont.  
**Kevin McDonnell; [kevin@mcnmc.com](mailto:kevin@mcnmc.com); (510) 364-4435**  
**Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 517-1466**

**Sat June 28** **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 29** **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 29**  
**9:00 AM**

**Dale & Ken's Excellent Adventure**  
**Reservoir Ride**  
**45 miles, 3 (1,640'), T-M**

**Start location:** Almaden Lake Park, San Jose

Come join us for a very pretty ride around some of the Southbay's most picturesque reservoirs. We'll start at Almaden Lake Park and ride a very nice bike trail for a couple miles and then go past Calero, Chesbro, and Uvas reservoirs before having lunch in Morgan Hill. There are no long or difficult hills on this route and the return from Morgan Hill is mostly flat.

Meet at Almaden Lake Park, San Jose.

**Directions to the start:** Take I-680 south and continue on I-280 north. Near downtown San Jose, exit onto 87 south (Guadalupe Fwy south). Exit onto Santa Teresa Blvd (do not get on 85). When the road starts to curve to the left, make a right turn onto Coleman Rd., then a left turn onto Winfield. Park anywhere along the road. If you park inside the parking lot there is a fee. There is also additional parking in the Light Rail lot behind the apartments on the other side of Coleman Rd. There is a bike trail from there under the road into the park.

But be sure to enter the park through the gate on Winfield and we will meet near the restrooms and Bocce ball courts.

For GPS you can use: Almaden Lake Park, 5950 Winfield Blvd, San Jose, California 95120

You can see the route at:

<http://lasthill.net/Maps/ReservoirRide.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

## **6<sup>th</sup> Week in June**

**Mon June 30**  
**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