

JULY 2014 RIDE CALENDAR

WEDNESDAY EVENING PIZZA RIDES.

Our Pizza Rides continue this month. Join Andy Sass on Wednesday evenings 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:

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

THANK YOU TO ALL THE JULY RIDE LEADERS!

1st Week in July

Tue July 1 **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) 517-1466

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

Tue July 1 **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 1 **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 2 **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 2 **Pizza Ride**
6:00 PM **20-25 miles, M,B**
It's Red, White & Blue night! As it's close to the 4th tonight's the night to don your most patriotic jersey for our pizza ride.
Meet behind Mission Pizza (1572 Washington Blvd, Fremont)
For details about how our Pizza Rides work please see the description at the start of the ride schedule.
Andy Sass; andrew.sass@yahoo.com; (520) 490-8098

Thurs July 3 **Thursday Morning Coffee Ride**
8:30 AM **MSJ Park to Alum Rock**
40 miles, 3-4 (1,700'), M

Start location: Mission San Jose Park,
Let's try a new start location to avoid most of the BART construction traffic. Meet at Mission San Jose Park (on Mission Blvd, between Driscoll and Palm, just north of Mission San Jose High School). We will warm up climbing Star and Mission and have a quick regroup at the top of Warren with a restroom stop at Jose Adobe Higuera (mile 9.4). If you'd like to shorten your ride, meet the group at Jose Adobe. Then we take the regular route along the foothills and re-group at the turn onto Penetencia. Then we will ride into the park and there are options to head straight to the Visitor's Center or climb the Inspiration Loop and/or Miguelito. If you are a slow climber, but want to do the extra climbing, please be considerate of the group and turn around when you see the faster riders returning OR bring yourself to coffee on your own. We will have lunch at Noah's Bagels/Starbucks (bring \$) before heading back on a mostly flat route with no regroup, back to the MSJ Park.
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; (510) 693-8624

Thurs July 3 **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 4 **Pancake Breakfast Ride!**
7:30 AM **18 (15) miles, 2, T**
Start location: Silliman Center, 6800 Mowry Ave, Newark
Start the day off with a early, short, social 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. You are welcome to skip the hills and shorten the ride by apx. 3 miles.
Please bring a signed Minor Release Form (<http://ffbc.org/html/documents/Minor.pdf>) for any children (including children in trailers) and plan to accompany your child on the ride.
We hope to see you there. Don't forget your bike lock if you need one to secure your bike while you feast on pancakes after the ride.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624
Phil "Mr Lori" Sommer; (510) 333-2704
Nancy Oh; (925) 984-4471

Fri July 4 **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

Fri July 4 **Dale & Ken's Excellent Adventure**
9:00 AM **Mezza Luna Del Mar**
54 miles, 4 (3,500'), T-M
Start location: Corner of Church and Miramontes St., Half Moon Bay

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.

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

Sat July 5 **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: Ride Leader TBD
M: Ride Leader TBD

Sun July 6 **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 July

Mon July 7 **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 8 **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) 517-1466
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

Tue July 8 **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 8 **San Ramon Valley**
9:00 AM **30 miles, 2 (~1,000'), M**
Start location: San Ramon Central Park
This month we will meet again at San Ramon Central Park at the corner of Bollinger Canyon Rd. and Alcosta Blvd. From #680 exit Bollinger Canyon Road east bound. Just past the Camino Ramon and the Iron Horse Trail, turn left into the park and gather near the basket ball court. We will do a loop of approximately 30 miles, and each month we will do a different route. We usually ride about 30 miles and 1000 feet of climbing but will reduce both if it is too hot.
Bring \$\$ for a coffee stop during the ride or a pizza stop after the ride, depending on the whims of the riders. Rain cancels. Call or check the FFBC Yahoo! Group, or email if unsure.
Ron Mitchell; ron_m_ffwbc@sbcglobal.net; (510) 792-7219 - H, (510) 508-7219 -C

Tue July 8 **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 9 **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 9 **Pizza Ride**
6:00 PM **20-25 miles, M,B**
It's Retro Night! Dig out that moth eaten jersey and slightly rusty machine for a trip down memory lane. The course will be as flat as possible down Paseo Padre and back Boyce, eliminating most hills and with loops of varying length.
Meet behind Mission Pizza (1572 Washington Blvd, Fremont)
For details about how our Pizza Rides work please see the description at the start of the ride schedule.
Andy Sass; andrew.sass@yahoo.com; (520) 490-8098

Thurs July 10 **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 re-group 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; (510) 693-8624

Thurs July 10 **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 11 **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 12 **Tuesday Hills On Saturday**
8:30 AM **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; (510) 796-8832

3rd Week in July

Sat July 12 **Harley Farms Goat Ride**
8:30 AM **50 miles, 5 (4,000'), M**
Start location: Starbucks, 325 Sharon Park Dr, Menlo Park, CA

Our ride down to Harley Farms will allow climbs to and from Pescadero. Harley Farms is a restored 1910 dairy farm with 200 alpine goats on 9 acres of pasture in Pescadero. Their cheese is award winning!

Joyce Tanaka; notes4jt@gmail.com; (510) 703-2675
Tina Boomershine; tboomer@yahoo.com; (408) 655-1060

Sat July 12 **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 July 13 **5th Annual Tour de Stooges**
7:00 AM **100 miles, 3 (3,800'), M**
Start location: Meet at Raley's shopping center parking lot east side, close to Tutti Frutti (Jarvis Ave & Newark Blvd, Newark).

How time flies! It seems like just yesterday we were doing our first tour. 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, out to Foothill and Alpine. From there we'll head up Canada before returning across the Dumbarton. This won't be a race. There will be a few stops for food and lunch in Los Altos, 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

Sun July 13 **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 July 13 **"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.

Julia Walker; walk9422@gmail.com; (510) 468-9712

Mon July 14 **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 15 **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) 517-1466

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

Tue July 15 **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 15 **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 16 **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 \$\$.
AI Quintana; alanq44@hotmail.com; (510) 760-9245

Wed July 16 **Pizza Ride**
6:00 PM **20-25 miles, M,B**
Far off lands jersey night. Time to put on that jersey from your favorite foreign or out of state trip.
Meet behind Mission Pizza (1572 Washington Blvd, Fremont). For details about how our Pizza Rides work please see the description at the start of the ride schedule.
Andy Sass; andrew.sass@yahoo.com; (520) 490-8098

Thurs July 17 **Thursday Morning Coffee Ride**
8:30 AM **Let's Climb Some Hills!**
20-25 miles, 3-4, 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.

Let's explore two new climbs for the TMCR. Eden Canyon is an out and back (apx. 2.5 miles) with a couple of short, but steep pitches (10%) along the way. Then, since there is a restroom near the top, we will try 5-Canyons (also an out and back (apx. 2.4 miles) with even steeper pitches of 17%! When (and if, in my case) we arrive at the top, Ken will show us a nice short bike path with a pretty view. The great thing about these climbs are they are out and back, meaning, you can turn around if you've had enough and head for coffee!

We will stop for coffee/lunch at Bodi's Java in Castro Valley near the end of the ride. Be sure to bring some snacks and money. 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; (510) 693-8624
Ken Goldman; ken.goldman@comcast.net; (510) 791-1095

Thurs July 17 **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 18 **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 19 **Show & Go**
8:30 AM **30-50 miles, 2-4, B**
Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).

Sat July 19 **Portola Loop with a Beer Twist**
9:00 AM **40 miles, 2, T-M**
Start location: Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).

For our Portola Loop ride this month we have a twist – a beer stop! We'll ride across the Dumbarton bridge and do a counterclockwise loop around Woodside and Portola Valley. On our way back we will stop at Freewheeler Brewing (just off Marsh Rd.) for lunch and beer. If beer's not your thing there's an excellent taqueria and a Starbucks in the same shopping center – something for everyone! Nobody left behind.

The map for the ride is:
<http://ridewithgps.com/routes/4942840>

Jim Takasugi; jtakasug@comcast.net; (408) 391-2057
Cindy Maxwell; maxwell.c@sbcglobal.net; (408) 506-6860
Vanessa McDonnell; Vanessa@mcnmc.com; (510) 517-1466

Sun July 20 **Show & Go**
8:30 AM **20-50 miles, 2-4, L-T-M-B**
Meet at REI in Fremont (43962 Fremont Blvd.).

Sun July 20 **Redwood Rd./Pinehurst/Skyline**
8:45 AM **33 miles, 4-5 (3,031'), 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 the end of our ride at Peet's in Castro Valley.

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.

Rain or extreme temperatures may cancel the ride. Please check the FFBC 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

4th Week in July

Mon July 21 **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 22 **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) 517-1466
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

Tue July 22 **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 22 **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 23 **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 23 **Pizza Ride**
6:00 PM **20-25 miles, M,B**
Club jersey night! Everyone is encourage to wear their newest club jersey to strut their stuff!
Meet behind Mission Pizza (1572 Washington Blvd, Fremont). For details about how our Pizza Rides work please see the description at the start of the ride schedule.
Andy Sass; andrew.sass@yahoo.com; (520) 490-8098

Thurs July 24 **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 re-group 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; (510) 693-8624

Thurs July 24 **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 25 **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 26 **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; (510) 364-4435
Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

Sat July 26 **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 July 27 **Show & Go**
8:30 AM **20-50 miles, 2-4, L-T-M-B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

5th Week in July

Mon July 28 **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 29 **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 our final ride this month we're going to have a surprise! Hills will be involved and of course we'll have our obligatory stop at Peet's (but maybe not our regular one) for a well-earned coffee.
Rain cancels (like that's going to happen!). If uncertain of the status of the ride, please check the FFBC Yahoo! group or contact one of the ride leaders on the morning of the ride.
B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

Tue July 29 **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 29 **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 30 **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 30 **Pizza Ride**
6:00 PM **20-25 miles, M,B**
Organized ride night. Time to wear that overpriced jersey from your favorite century or other event.
Meet behind Mission Pizza (1572 Washington Blvd, Fremont). For details about how our Pizza Rides work please see the description at the start of the ride schedule.
Andy Sass; andrew.sass@yahoo.com; (520) 490-8098

Thurs July 31 **Thursday Morning Coffee Ride**
8:30 AM **Ride to Denica's in Dublin**
31 miles, 3 (1,000'), M
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 Alamo Canal Trail. There are portions on Tassajara with no bike lane. No one left behind. 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; (510) 693-8624

Thurs July 31 **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