

Sat Sept 6 King's Mountain
8:30 AM 60 miles, 5 (4,000'), B
Start location: Meet at the Raley's Shopping Center parking lot, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark)
Over the bridge and up King's Mountain, up Skyline over to Alice's and down 84 and back.
Tim O'Hara; tohara2938@aol.com; (510) 471-2464

Sun Sept 7 **Pleasanton Ridge MTB**
8:30 AM **12 miles, 4 (1,700'), M**

Start location: Pleasanton ridge parking lot off foothill blvd
We will be riding Pleasanton ridge park. The ride starts at the parking lot off Foothill blvd at 8:30 AM. Pleasanton Ridge Park is mostly fire road with a little single track here and there.

Andy Payne; andypayne@att.net; (510) 300-7513

Sun Sept 7 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 Sept 7 **Sonoma Beer Ride**
9:00 AM **52 miles, 4 (3,045'), M**

Start location: Depot Park, 270 1st Street W, Sonoma

I love riding locally but sometimes it's nice to go a little further and try something new, especially if the scenery is good, there's a nice hill and a good place for lunch. This ride checks all those boxes plus there's a stop at a nice beer garden near the end of the ride.

Our route is a clockwise loop from Sonoma, up Dry Creek Rd. for a 2-3 mile climb (including a Wall-like stretch), to Napa for lunch, and back to Sonoma via Caneros Brews (the beer garden). The climbing is front-loaded with most of the elevation gain before lunch.

Rain or extremely hot weather map cancel. If the ride is cancelled I will send out an email to the FFBC Yahoo! Group. The map for the ride is: <http://ridewithgps.com/routes/4053987>

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

2nd Week in September

Mon Sept 8 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 (610'), M**
Let's meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the **Bicycle Garage**) at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.
Mike Northrup: mikenorthern@gmail.com; (510) 706-8833

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

Tue Sept 9 **TNT (Tuesday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.
Meet at ClubSport 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

Thurs Sept 11
9:00 AM

Thursday Morning Coffee Ride
Walt's 83rd Birthday!
25 miles, 2, M

Start location: Don Edwards Wildlife Refuge

Come celebrate Walt's Happy 83rd 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.

Anderson Bakery is welcoming us and will set up tables and chairs outside in consideration of their other customers, but seating may be limited. I will send out a menu in September and take preorders for lunch. Please let me know your order by Tuesday evening, 9/9/14. You can pay individually and add coffee and drinks at the register when you pick up your order.

A route sheet will be provided and cake will be served. This ride is co-listed with the Valley Spokesmen.

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

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

Thurs Sept 11
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 12
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 13

8:00 AM

Mt. Diablo
80 miles, 5, B

Start location: Meet at downtown Niles parking lot, across from H St. on Niles Blvd.

A pleasant ride over to a tough uphill, followed by one of my favorite downhills, and then back to Fremont.

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

Sat Sept 13

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 Peet's 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

Sun Sept 14

8:30 AM

Show & Go

30-50 miles, 2-4, B

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

Sun Sept 14

8:45 AM

Tandems+, Diablo Flyby

44 miles, 2 (1,400'), M

Start location: Crank2 Performance Bicycles, Pleasanton

Ride past the Livermore outlet stores to Collier Canyon. On to Blackhawk for coffee, bagels and other choices. Ride past the south entrance to Mt Diablo Park and into Danville. San Ramon Valley Rd back to Pleasanton.

Timothy Luders; timothy@luders.org; (510) 867-9277

Linda Luders; (510) 331-6766

Sun Sept 14

9:00 AM

"Get to Know Us Ride"

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

3rd Week in September

Mon Sept 15

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 16	Tour de Fremont Hills	
8:30 AM	29 miles, 3 (~1,900'), M, B	
Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to Peets for a well-deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.		
B: Vanessa McDonnell ; vanessa@mcnmc.com ; (510) 517-1466		
M: Amy Giles; apgiles@sbcglobal.net ; (510) 224-0829		
Tue Sept 16	Show & Go	
9:00 AM	20-50 miles, 1-5, L-M-B	
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.		
Tue Sept 16	TNT (Tuesday Night Training)	
6:15 PM	60-90 minutes, 1, M-B-F	
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.		
Meet at ClubSport 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 17	Mid-week Morning Ride	
8:30 AM	35-45 miles, 2-3, M-B	
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.		
AI Quintana; alanq44@hotmail.com ; (510) 760-9245		
Thurs Sept 18	Thursday Morning Coffee Ride	
9:00 AM	Cull Canyon & Schaefer Ranch	
Start location: Endless Cycles (3300 EAST Castro Valley Blvd., Castro Valley	26 miles, 3, M	
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; lorisommer@gmail.com ; (510) 693-8624		
Thurs Sept 18	TNT (Thursday Night Training)	
6:15 PM	60-90 minutes, 1, M-B-F	
Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.		
Meet at Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.		
When dark, lights required. Helmets are mandatory.		
Garry Birch; garry_b94568@yahoo.com ; (925) 556-1564, (925) 819-0247		
Fri Sept 19	The Friday Bike Club	
8:30 AM	35-45 miles, 3-4, M-B	
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley). Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.		
AI Quintana; alanq44@hotmail.com ; (510) 760-9245		
Sat Sept 20	Moraga Loop	
8:00 AM	75 miles, 5, B	
Start location: Meet at downtown Niles parking lot, across from H St. on Niles Blvd.		
Palomares, Redwood Road, Pinehurst and back San Ramon blvd.		
Tim O'Hara; tohara2938@aol.com ; (510) 471-2464		
Sat Sept 20	Portola Loop With a Few Twists	
8:15 AM	38 miles, 3 (2,182'), M	
Start location: Burgess Park, 701 Laurel St., Menlo Park.		
Meet on the west side parking area of Burgess.		
Thought you knew the Portola Loop ride? Probably not the version that Julie & Jay are leading. By ditching the boring part of the ride from Don Edwards to Menlo Park there's more time for the fun, scenic parts of the ride through beautiful Portola Valley and Los Altos. Just make sure to pay attention to your route sheet so you don't go into auto-pilot and miss a turn or two. Frequent re-groups and an optional coffee stop near the end of the ride.		
Julie Gilson; jmgilson1@yahoo.com ; (510) 468-0284		
Jay Gilson; jaymgilson@gmail.com ; (510) 468-0285 -C, (510) 790-3564 -H		

4th Week in September

Sat Sept 20

9:00 AM

Luna Park Chalk Art Festival

24 miles, 1 (300'), T-M

Start location: Dixon Landing Park in Milpitas, at Milmont & Jurgens

The seventh annual Luna Park Chalk Art Festival, north of downtown San Jose, will be the destination for this flat social ride. Besides amazing sidewalk chalk art, there will be music, vendors and food trucks. There is no admission fee. We will spend about 30 minutes at the festival and then proceed to Roy's Station, our coffee/lunch stop in the heart of Japantown, San Jose.

Much of the first half of the ride will be on bike trails and the return home will be on surface streets. Route sheets will be provided. No drops & regroups as needed. Extreme weather cancels or modifies the ride. Any changes will be announced on FFBC Yahoo! Group or call/email/text me.

Directions to Dixon Landing Park: I-880 south. East on Dixon Landing Rd. Turn right at Milmont and then right at Jurgens. Parking lot on the right.

For information about the festival: <http://lunaparkchalkart.org/> or <https://www.facebook.com/LunaParkChalkArtFestival?ref=ts>

Roy's Station: <http://www.roys-station.com/>

Cindy Maxwell; maxwell.c@sbcglobal.net; (408) 506-6860

Sun Sept 21

8:00 AM

Donna K's Birthday Ride
Reverse Metric Primavera (sort of)
66 miles, 4 (4,200'), M

Start location: Union City BART Station (west side)

It's my 65th birthday, and what better way to celebrate than by combining two favorite Club rides into one 65ish mile ride. Join me and my faithful assistant/tire changer extraordinaire as we start off up and down Palomares, through Dublin Canyon, and onto Foothill Road into Sunol. Then it's up Calaveras and down the Wall on our way to our lunch break at Noah's/Starbucks in Milpitas. A roundabout quick trip up Warren en route to Fremont Boulevard (I had to get my 65 miles in, right?) will give us a nice, flat ride back to the start.

There will be plenty of regroups in all the usual places, including bathroom breaks at the end of Dublin Canyon, the Sunol Train Station, and Ed Levin Park. Since our one food stop isn't until about 50 miles into the ride, please bring snacks for the ride. Also, since our first bathroom opportunity isn't until 2 hours into the ride, and BART bathrooms can be an "iffy" proposition, please plan accordingly.

Rain and/or excessive heat may cancel/modify the ride. If unsure, call me or Mike Northrup between 7:00am and 7:30am the day of the ride.

Donna Kaplan; luporini@aol.com; (510) 381-0761

Mike Northrup (Faithful Assistant);

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

Sun Sept 21

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.

Mon Sept 22

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 23

8:30 AM

Tour de Fremont Hills

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; appiles@sbcglobal.net; (510) 224-0829

Tue Sept 23

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 23

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 ClubSport 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 24

8:30 AM

Mid-week Morning Ride

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 25 **Thursday Morning Coffee Ride**
9:00 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
Last month we had to reroute due to construction so let's give it another try. We will meet in the gravel parking lot across from the Sunol Train Station and ride up Kilkare. Our route will 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; lorisommer@gmail.com; (510) 693-8624

Thurs Sept 25 **TNT (Thursday Night Training)**
6:15 PM 60-90 minutes, 1, M-B-F
Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.
Meet at Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard). Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.
When dark, lights required. Helmets are mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Fri Sept 26 **The Friday Bike Club**
8:30 AM 35-45 miles, 3-4, M-B
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley). Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana; alanq44@hotmail.com; (510) 760-9245

Sat Sept 27 **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 Sept 27 **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 28 **Dale & Ken's Excellent Adventure**
8:14 AM 36 miles, 4 (2,600'), T-M

Start location: Fremont BART Station

Come join us for the great climb from Oakland up Old Tunnel Road and over the top of the Caldecott Tunnel to Skyline. We'll make a quick "historical" stop at the monument/display about the 1991 Oakland Hills Fire.

You will enjoy great views across the Bay of San Francisco and whole area as you climb (unless there is fog). The Old Tunnel Road climb is less than two miles and not very steep-easier than the climb to the "false summit" on Calaveras Road.

We will then continue along Skyline and descend Redwood Road before riding back into Castro Valley for lunch/coffee. From there, we will use a relatively flat route home.

The ride will start with a BART ride to the Rockridge station. **We will leave Fremont on a Richmond train at 8:14 AM.** We will change trains at 19th St. Oakland for a Pittsburg/Baypoint train that will arrive at Rockridge at 9:00. BART fare is \$4.35. We should be on the road by 9:10. We will ride back to the Fremont BART station.

All "T/M" paced riders are welcome to join us and as always, no one will be left behind. Faster riders who are willing to regroup are always welcome.

Here is a link to the route: <http://lasthill.net/Maps/RockRidge.html>
Dale Blanchard; dale-b@comcast.net; (510) 703-7474
Ken Goldman; ken.goldman@comcast.net; (510) 791-1095

Sun Sept 28 **Show & Go**
8:30 AM 30-50 miles, 2-4, B
Meet at the Raley's Shopping Center parking lot, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

5th Week in September

Mon Sept 29 **Monday Morning Recovery Ride**

8:30 AM 40 miles, 1-2 (610'), M
Let's meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage) at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

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

Tue Sept 30 **Tour de Fremont Hills**
8:30 AM 34-40 miles, 3-4 (~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 Sept 30 Show & Go
9:00 AM 20-50 miles, 1-5, L-M-B
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Sept 30 **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 ClubSport 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