

# May 2015 RIDE CALENDAR

## WEDNESDAY EVENING PIZZA RIDES.

It's time again for our popular Pizza Rides! Join Carrie & Andy Payne and Robin & Tim O'Hara on Wednesday evenings in May 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:

**May:** *Carrie & Andy Payne (Weeks 1, 2 and 3), Robin & Tim O'Hara (Week 4)*

**June:** *Julia & David Walker*

**July:** *Andy Sass*

**August:** OPEN

**September:** OPEN (usually only the first 2 weeks)

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 May are available at: [http://www.ffbc.org/html/start\\_locations.html](http://www.ffbc.org/html/start_locations.html).

**THANK YOU TO ALL THE MAY RIDE LEADERS** Please check to make sure the rides you submitted are listed correctly. If there is an error in the listing below, please contact the ride coordinators at <mailto:ridecoordinator@ffbc.org> ASAP.

### RIDE LEADER RECOGNITION PARTY COMING IN JULY!

Any and all FFBC members who have led rides from January through June, 2015 are invited to attend a pizza party on Sunday, July 12 at the Round Table Pizza in Newark. Details to come.

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

**Fri May 1 8:30 AM**

**The Friday Bike Club**

**35-45 miles, 3-4, M-B**

**Start location: 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 May 2, 8: 30AM**

**Calaveras Clockwise**

**40 miles, 3, M-B**

**Start location: downtown Niles parking lot across from H St on Niles Blvd.**

This is our traditional "1st Saturday of the Month" ride. We will meet in the Niles parking lot 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: TBD: No ride leader at press time.**

**B: Robin and Tim O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 418-2669**

**Sat May 2, 9:30AM**

**World Labyrinth Day**

**27 miles, 1 (370'), T**

**Start location: I-880 Milpitas Light Rail Station Parking Lot (southeast quadrant of I-880 and Tasman Drive)**

Today is World Labyrinth Day. Who knew, huh? We will be part of the global celebration and explore three local labyrinths on this easy-going ride down to San Jose's charming Willow Glen neighborhood. Labyrinths have existed for more than 4,000 years and once served as places for fertility rituals, pilgrimages and spiritual practices. Nowadays, they are used for meditation and to promote insight and inner wisdom. This ride is more a social event ride than a spiritual trek or fitness ride, so don't expect a lot of enlightenment, speed or hills. We will use the Guadalupe Creek Trail and have lunch in Willow Glen (Peet's, Noah's & Opa). You can reduce mileage by taking Light Rail (\$2 fare, trains every 30 minutes) back to the start from Willow Glen. Check out our [ridewithgps.com](http://ridewithgps.com) route here:

<http://ridewithgps.com/routes/7424992> (but don't use their cue sheet. We will give you a route sheet at the start of the ride). No drops & regroup as needed. Nasty weather cancels or modifies the ride. Any changes will be announced on FFBC Yahoo Group site or call/email/text us.

**Cindy Maxwell 408-506-6860 Lori Sommer 510-693-8624**

**Sat May 2 8:30 AM**

**Show & Go**

**20-50 miles, 2-4 M-B**

**Start location: Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun May 3 9:00AM**

**Dale and Ken's Excellent Adventure--Sierra for Slowpokes**

**45 miles, 5, T-M**

**Start location: Niles Parking Lot**

Have you always wanted to tackle Sierra Road but didn't want to have people waiting for you? We will offer you the chance to tame the monster and we'll wait for everyone---no matter how many days it takes us. Come on out and give it a try--it's not as hard as it sounds and there's no law against taking breaks on the hill. And then it's a great 9-mile descent down Felter and Calaveras to coffee at Noah's and a flat route home. You can see the route at: <http://lasthill.net/Maps/D-KSierraLoop.html> Meet at downtown Niles parking lot across from H St on Niles Blvd.

**Ken Goldman; [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net); (510)791-1095 -H Dale Blanchard; [dale-B@comcast.net](mailto:dale-B@comcast.net); (510)703-7474 -C**

**Sun May 3 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

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

**Mon May 4 8:30 AM**  
**Monday Morning Recovery Ride**  
**40 miles, 1-2 (610'), M**  
**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Let's meet 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 May 5 8:30 AM**  
**Tour de Fremont Hills**  
**29 miles, 3 (~1,900'), M, B**  
**Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail**

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 Peet's 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: Terri Yi; [terriyi@yahoo.com](mailto:terriyi@yahoo.com); (510) 304-5571**

**Tue May 5 9:00 AM**  
**Show & Go**  
**20-50 miles, 1-5, L-T-M**  
**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue May 5 6:15 PM**  
**TNT (Tuesday Night Training)**  
**60-90 minutes, 1, M-B-F**  
**Start location: ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

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.

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 May 6 8:30 AM**  
**Mid-week Morning Ride**  
**35-45 miles, 2-3, M-B**  
**Start location: Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark),**  
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 May 6 6:00 PM**  
**Pizza Ride**  
**20-25 miles, M, B**  
**Start Location: Bronco Billy's Pizza Palace, 37651 Niles Blvd.**

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.

**Carrie and Andy Payne; [carriepayne@att.net](mailto:carriepayne@att.net); 510-754-0276**

**Thurs May 7, 9:00AM**  
**Thursday Morning Coffee Ride from Lake Elizabeth to Alum Rock**  
**42 miles, 3 (1,800'), T-M**

**Start location: Lake Elizabeth, Teen Center**  
We will gather in the parking lot near the Teen Center. There are a lot of parking lots in Fremont's Central Park. To access the correct lot, turn in from Paseo Padre at the light on Sailway, then park in the big parking lot on the left, near the back. We will warm up climbing Paseo Padre and have a quick regroup at the top of Warren with a restroom stop at Jose Higuera Adobe (mile 10.6). If you'd like to shorten your ride, meet the group at Jose Adobe or along the route. We will ride along the foothills and regroup at the turn onto Penetencia. Once we get into the park, there are options to head straight to the Visitor's Center or climb the Inspiration Loop and/or Miguelita. 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 re-groups to Lake Elizabeth. 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 cell**

**Thurs May 7 6:15 PM**  
**TNT (Thursday Night Training)**  
**60-90 minutes, 1, M-B-F**  
**Start location: 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.

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. 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 May 8 8:30 AM**  
**The Friday Bike Club**  
**35-45 miles, 3-4, M-B**  
**Start location: 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 May 9, 8:30 AM**  
**Tuesday Hills on Saturday**  
**30 miles, 3 (2,100), M**  
**Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail**  
Get all of the Tuesday Tour de Fremont Hills ride fun on the weekend! 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 7:15 am and 7:45 am by phone on the day of the ride.  
**Mike Northrup; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Sat May 9, 9:30AM**  
**Early Mother's Day Ride For The Roses**  
**18 miles, 1 (200'), T**  
**Start location: Ride start: Gold Street Trailhead (Alviso Educational Center) 1982 Gold St, San Jose**  
<https://goo.gl/maps/edUyk>  
This ride is dedicated to moms and everyone who has a mom. Springtime is here and the roses are blooming. Come feast your eyes and nose on this tour of San Jose's two rose gardens (the Heritage and the Municipal) and the amazing roses at Santa Clara Mission on the Santa Clara University campus. We will travel via the Guadalupe Creek Trail and return on the San Tomas Creek Trail with a coffee/lunch stop in between (City Lights Espresso). This ride is more a social event ride than a fitness ride, so don't expect a lot of speed or hills. We will stop and smell the roses. Find the [ridewithgps.com](http://ridewithgps.com) route here <http://ridewithgps.com/routes/7500293> (but don't use the ride directions. I will give you a route sheet at the start of the ride). No drops ! & regroups as needed. Nasty weather, especially heat, cancels or modifies the ride. Any changes will be announced on FFBC Yahoo Group site or call, email or text me.  
**Cindy Maxwell 408-506-6860 [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net)**

**Sat May 9 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, M-B**  
**Start location: Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun May 10 "Mother's Day" 9:00 AM**  
**"Get to Know Us Ride"**  
**20-25 miles, 1-2, L-T-M**  
**Start location: Warm Springs Starbucks Coffee at 46655 Mission Blvd**  
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 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](mailto:walk9422@gmail.com); (510) 468-4454**

**Sun May 10 "Mother's Day" 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, M-B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

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

**Mon May 11 8:30 AM**  
**Monday Morning Recovery Ride**  
**40 miles, 1-2 (610'), M**  
**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**  
Let's meet 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 May 12 8:30 AM**  
**Tour de Fremont Hills**  
**38 miles, 3 (~2,000'), M, B**  
**Start location: 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: Terri Yi; [terriyi@yahoo.com](mailto:terriyi@yahoo.com); (510) 304-5571**

**Tue May 12 9:00 AM**  
**Show & Go**  
**20-50 miles, 1-5, L-T-M**  
**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue May 12 6:15 PM**

**TNT (Tuesday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

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.

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 May 13 8:30 AM**

**Mid-week Morning Ride**

**35-45 miles, 2-3, M-B**

**Start location: 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 May 13 6:00 PM**

**Pizza Ride**

**20-25 miles, M, B**

**Start Location: Bronco Billy's Pizza Palace, 37651 Niles Blvd.**

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.

**Carrie and Andy Payne; [carriepayne@att.net](mailto:carriepayne@att.net); 510-754-0276**

**Thurs May 14, 9:00AM**

**Thursday Morning Coffee Rides across the Dumbarton Bridge**

**25-35 miles, 3, T-M**

**Start location: Don Edward's Wildlife Refuge**

This ride starts at the Don Edward's Wildlife Refuge Visitor Center (Don Edwards National Wildlife Refuge, 1 Marshlands Rd, cross-street Thornton Ave, Fremont) 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 cell**

**Thurs May 14 6:15 PM**

**TNT (Thursday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: 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.

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.

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 May 15 8:30 AM**

**The Friday Bike Club**

**35-45 miles, 3-4, M-B**

**Start location: 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 May 16 8:30 AM**

**Portola Loop**

**30 miles, 3, T-M**

**Start location: Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).**

Please join us for a regular monthly Club ride at a touring-moderate pace. 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.

**TBD: No ride leader at press time.**

**Sat May 16 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, M-B**

**Start location: Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun May 17 8:30 AM**

**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.**

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

**Mon May 18 8:30 AM**

**Monday Morning Recovery Ride**

**40 miles, 1-2 (610'), M**

**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Let's meet 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 May 19 8:30 AM**

**Tour de Fremont Hills**

**29 miles, 3 (~1,900'), M, B**

**Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail**

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 Peet's 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: Conni Smith;** [4conni.smith@gmail.com](mailto:4conni.smith@gmail.com); **H: 510-471-8047**  
**C: 510-461-8838**

**Tue May 19 9:00 AM**

**Show & Go**

**20-50 miles, 1-5, L-T-M**

**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue May 20 6:15 PM**

**TNT (Tuesday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

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.

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 May 20 8:30 AM**

**Mid-week Morning Ride**

**35-45 miles, 2-3, M-B**

**Start location: Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark),** 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 May 20 6:00 PM**

**Pizza Ride**

**20-25 miles, M, B**

**Start Location: Bronco Billy's Pizza Palace, 37651 Niles Blvd.**

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.

**Carrie and Andy Payne;** [carriepayne@att.net](mailto:carriepayne@att.net); 510-754-0276

**Thurs May 21, 9:00AM**

**Thursday Morning Coffee Ride to Cull Canyon and Schaefer Ranch**

**26 miles, 2-3, T-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 and enjoy some coffee before we head take off. We will head 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 long coffee stop) then head up Dublin Canyon and do an out and back up the short, but steep (optional), 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 cell

**Thurs May 21 6:15 PM**

**TNT (Thursday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: 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.

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.

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 May 22 8:30 AM**

**The Friday Bike Club**

**35-45 miles, 3-4, M-B**

**Start location: 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 May 23, 8:30AM**

**Al's Birthday Ride (16th Annual)**

**63 miles, 2 (1000'), M**

**Start location: Don Edwards Wildlife Refuge (9800 Thornton Ave., Fremont, CA.)**

Join us on this annual ride and help me celebrate ANOTHER 29th birthday (my 38th one)! We will pedal clockwise around the south end of the Bay. Meet by the bathrooms at Don Edwards Wildlife Refuge (9800 Thornton Ave., Fremont, CA.) at 8:30am. We will take a circuitous route down toward the southern end of Fremont, then head directly south to Milpitas. We will make a brief stop there for coffee and a snack, then proceed around the south end of the Bay to our lunch destination in Palo Alto.

**Al Quintana;** [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245

**Sat May 23, 8:30 AM**

**Calaveras CCW**

**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) 441-7607 -H, (510) 364-4435 -C

**Sat May 23, 8:30AM**

**Show & Go**

**20-50 miles, 2-4, B**

**Start location: Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun May 24 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, L-T-M-B**

**Start location: DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

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

**Mon May 25 "Memorial Day" 8:30 AM**

**Monday Morning Recovery Ride**

**40 miles, 1-2 (610'), M**

**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Let's meet 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 May 26 8:30 AM**

**Tour de Fremont Hills**

**38 miles, 3 (~2,000'), M, B**

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

**C: 510-461-8838**

**Tue May 26 9:00 AM**

**Show & Go**

**20-50 miles, 1-5, L-T-M**

**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue May 26 6:15 PM**

**TNT (Tuesday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

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.

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 May 27 8:30 AM**

**Mid-week Morning Ride**

**35-45 miles, 2-3, M-B**

**Start location: 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 May 27 6:00 PM**

**Pizza Ride**

**20-25 miles, M, B**

**Start Location: Bronco Billy's Pizza Palace, 37651 Niles Blvd.**

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.

**Robin and Tim O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 418-2669**

**Thu May 28, 9:00AM**

**Thursday Morning Coffee Ride to Tully's via Kilcare, Happy Valley and Bernal Bump**

**27 miles, 3 (1,600'), T-M**

**Start location: Sunol Train Station**

We will meet at the Sunol Train Station (yes, we have been given permission!) and ride up Kilcare. Our route will head up Foothill to ride Happy Valley, out to the golf course 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 cell**

**Thurs May 28 6:15 PM**

**TNT (Thursday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: 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.

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.

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 May 29 8:30 AM**

**The Friday Bike Club**

**35-45 miles, 3-4, M-B**

**Start location: 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 May 30, 9:00AM**

**Sandy Wool Lake**

**35-40 miles, 3-4, T-M**

**Start location: Isherwood Staging Area**

If you haven't been to Sandy Wool Lake for a while, it's time to check it out. We'll regroup a few times and make sure nobody gets left behind. The ride will end with a coffee/refreshment stop at Peet's.

**Gary Smith; [GSMITH289@aol.com](mailto:GSMITH289@aol.com); home 510-797-7809; cell 510-304-0956**

**Sat May 30 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, M-B**

**Start location: Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun May 31 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, L-T-M-B**

**Start location: DOWNTOWN Niles parking lot across from H St on Niles Blvd.**