

AUGUST 2015 RIDE CALENDAR

WEDNESDAY EVENING PIZZA BURRITO RIDES.

Our popular Pizza Rides continue into the month of August! Join Robin and Tim O'Hara on Wednesday evenings in August for an early evening ride, returning before dark to feast on **burritos!** There will be multiple routes to choose from.

The location for August will be the Chipotle Mexican Grill at 34893 Newark Blvd. in Newark. Bring cash and expect to eat about 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:

September: OPEN (usually only the first 2 weeks)

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

THANK YOU TO ALL THE August 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.

1st Week in August

Sat August 1 8:30 AM

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 Nile 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: Donna Kaplan; luporini@aol.com; (415) 584-7621

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

Sat August 1 8:30 AM

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 Aug 2, 9:00AM

Ride For The Roses Redux

18 miles, 1 (200'), T

Start location: Gold Street Trailhead (Alviso Educational Center) 1982 Gold St, San Jose

Let's see how the rose gardens are doing now that it's summer. We will briefly stop at San Jose's two rose gardens (the Heritage and the Municipal) and also see 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 at Panera Bread. 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 a map of the 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 & regroupings 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 (text is OK)

Sun Aug 2, 9:00AM

Tomales Bay Oyster Ride

46 miles, 3 (2,900'), M

Start location: San Marin High School Parking Lot (corner of San Marin Dr. & Novato Blvd.), Novato

Join me for one of my favorite rides (truth be told any ride that involves beautiful scenery, a few hills and tasty food or drink makes it one of my favorites) in spectacular Marin county. What could be better than riding some hills, eating oysters at a roadside bar in Marshall with a view of the bay and then leisurely making our way back to our starting point? Don't like oysters? No problem, there are other food options. The weather in Marin varies greatly during the Summer months. It can be very hot inland and foggy and cold at the coast. Make sure to bring warming and cooling layers just in case. Directions to the start: Take I-880 north to I-580 west to 101 north. Take the Atherton Ave. exit toward San Marin Dr. Turn left onto Atherton Ave. which becomes San Marin Dr. The high school is on your right at the corner of San Marin Dr. and Novato Blvd. Nearest bathrooms are at the shopping center on the right just after you cross San Andreas Dr. (before the high school)

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

Sun August 2 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.

2nd Week in August

Mon August 3 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.

Donna Kaplan; luporini@aol.com; (415) 584-7621

Tue August 4 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: Jay Gilson; jmgilson1@yahoo.com; (510) 468-0285-cell

M: Terri Yi; terriyi@yahoo.com; (510) 304-5571

Tue August 4 9:00 AM

Show & Go

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

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

Tue August 4 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; (925) 556-1564, (925) 819-0247

Wed August 5 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; (510) 760-9245

Wed August 5 6:00 PM

Pizza Ride

20-25 miles, M,B

Start: Chipotle Mexican Grill, 34893 Newark Blvd, Newark (near the Raley's shopping center @ Jarvis and Newark Blvd)

It's Burrito Ride time for a change! What could be better than a mid-week bike ride followed by delicious Mexican food and the good company of other club members?

For details about how our these rides work please see the full description at the top of the ride schedule.

Robin and Tim O'Hara; tohara2938@aol.com; (510) 418-2669

Thu Aug 6, 8:30AM

Thursday Morning Coffee Ride to Alum Rock Park

42 miles, 2-3 (1800'), 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 Adobe Higuera (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 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 regroups. Extreme temperatures, park closure, 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 -C

Thurs August 6 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; (925) 556-1564, (925) 819-0247

Fri August 7 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; (510) 760-9245

Fri Aug 7, 6:00PM

TGIF Das Brew Beer Ride

15-20 miles, 1-2-3, T-M-B

Start location: Das Brew, 44356 South Grimmer Blvd, Fremont

It's August, must be time for our 3rd year of Das Brew rides! What better way to wind down the week than with a short bike ride and some good, local beer? We'll ride a leisurely loop around Fremont (the route changes every week) finishing ~7:30 with plenty of time to imbibe some nice, cold, fresh beer. A flight of 4 beers is \$8, or a mug is \$5-\$6. Beer tasting after the ride is optional. Please drink responsibly! Every Friday there's a BBQ at Das Brew so you can purchase food if you'd like or you can bring your own snacks.

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

Sat August 8 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 7:15am and 7:45am by phone on the day of the ride.

Julie Gilson; jmgilson1@yahoo.com; (510) 468-0284

Sat August 8 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 August 9 9:00 AM

"Get to Know Us Ride"

20-25 miles, 1-2, L-T-M

Starting location: The Warm Springs Starbucks

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

Sun August 9 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.

3rd Week in August

Mon August 10 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.

Linda Fung; fungfive@sbcglobal.net; (510) 240-0574

Tue August 11 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: Jay Gilson; jmgilson1@yahoo.com; (510) 468-0285-cell

M: Terri Yi; terriyi@yahoo.com; (510) 304-5571

Tue August 11 9:00 AM

Show & Go

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

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

Tue August 11 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; (925) 556-1564, (925) 819-0247

Wed August 12 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; (510) 760-9245

Wed August 12 6:00 PM

Pizza Ride

20-25 miles, M,B

Start: Chipotle Mexican Grill, 34893 Newark Blvd, Newark (near the Raley's shopping center @ Jarvis and Newark Blvd)

It's Burrito Ride time for a change! What could be better than a mid-week bike ride followed by delicious Mexican food and the good company of other club members?

For details about how our these rides work please see the full description at the top of the ride schedule.

Robin and Tim O'Hara; tohara2938@aol.com; (510) 418-2669

Thu Aug 13, 8:30AM

Thursday Morning Coffee Ride across the Dumbarton Bridge

25-35 miles, 2-3, T-M

Start location: Don Edwards Wildlife Refuge

This ride starts at the Don Edwards 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; (510) 693-8624

Thurs August 13 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; (925) 556-1564, (925) 819-0247

Fri August 14 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; (510) 760-9245

Fri Aug 14, 6:00PM

TGIF Das Brew Beer Ride

15-20 miles, 1-2-3, T-M-B

Start location: Das Brew, 44356 South Grimmer Blvd, Fremont

It's August, must be time for our 3rd year of Das Brew rides! What better way to wind down the week than with a short bike ride and some good, local beer? We'll ride a leisurely loop around Fremont (the route changes every week) finishing ~7:30 with plenty of time to imbibe some nice, cold, fresh beer. A flight of 4 beers is \$8, or a mug is \$5-\$6. Beer tasting after the ride is optional. Please drink responsibly! Every Friday there's a BBQ at Das Brew so you can purchase food if you'd like or you can bring your own snacks.

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

Sat August 15 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 our newest 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 August 15 8:30 AM

Show & Go

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

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

Sun Aug 16, 9:00AM

Evergreen Rollers

30 miles, 2 (900'), T-M

Start location: Meet at Cardoza Park in Milpitas. Directions to Cardoza Park: I-680 south. East on Jacklin Rd. in Milpitas. South on N. Park Victoria Dr. and then east on Kennedy Dr. First parking lot on the right.

We will pedal along the base of the east foothills, from Milpitas to the Evergreen area in south San Jose. Be prepared for rollers! There will be a coffee/lunch stop midway through the ride after we loop around Evergreen Valley College. 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 site or call/email/text me.

Cindy Maxwell 408-506-6860

Sun August 16 8:30 AM

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.

4th Week in August

Mon August 17 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.

Linda Fung; fungfive@sbcglobal.net; (510) 240-0574

Tue August 18 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.mcdonnell@gmail.com;

(510) 517-1466

M: TBD

Tue August 18 9:00 AM

Show & Go

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

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

Tue August 18 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; (925) 556-1564, (925) 819-0247

Wed August 19 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; alang44@hotmail.com; (510) 760-9245

Wed August 19 6:00 PM

Pizza Ride

20-25 miles, M,B

Start: Chipotle Mexican Grill, 34893 Newark Blvd, Newark (near the Raley's shopping center @ Jarvis and Newark Blvd)

It's Burrito Ride time for a change! What could be better than a mid-week bike ride followed by delicious Mexican food and the good company of other club members?

For details about how our these rides work please see the full description at the top of the ride schedule.

Robin and Tim O'Hara; tohara2938@aol.com; (510) 418-2669

Thu Aug 20, 8:30AM

Thursday Morning Ride From Endless Cycles

20-25 miles, 2-3-4, T-M

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

Thu Jul 16, 8:30AM Thursday Morning Ride From Endless Cycles 20-25 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 choose our route based on the weather. We may climb Cull Canyon and Dublin Grade (with a Schaefer Ranch option) or Cull Canyon, Procter Hill and some of Redwood Road, or Procter Hill and Redwood Road all the way to Pinehurst or Cull Canyon and Eden Canyon. If you're a fast climber, when you reach the top, you can do repeats. If you want less elevation for your ride, you are more than welcome to turn around anytime as these climbs are all out and back. 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; (510) 693-8624 cell

Thurs August 20 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; (925) 556-1564, (925) 819-0247

Fri August 21 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; alang44@hotmail.com; (510) 760-9245

Fri Aug 21, 6:00 PM

TGIF Das Brew Beer Ride

15-20 miles, 1-2-3, T-M-B

Start location: Das Brew, 44356 South Grimmer Blvd, Fremont

It's August, must be time for our 3rd year of Das Brew rides! What better way to wind down the week than with a short bike ride and some good, local beer? We'll ride a leisurely loop around Fremont (the route changes every week) finishing ~7:30 with plenty of time to imbibe some nice, cold, fresh beer. A flight of 4 beers is \$8, or a mug is \$5-\$6. Beer tasting after the ride is optional. Please drink responsibly! Every Friday there's a BBQ at Das Brew so you can purchase food if you'd like or you can bring your own snacks.

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

Sat August 22 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; (510) 364-4435

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

Sat August 22 8:30 AM

Show & Go

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

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

Sun Aug 23, 8:00AM

Stage 3 Mt. Hamilton

40 miles, 5 (5,500'), M

Start location: Toyon Elementary School (995 Bard St, San Jose), west side of property along Gridley Street and Penetencia Creek Rd.

Mt. Hamilton Stage 3 challenge to the last and final summit. Ride a no drop, out and back from Alum Rock. First re-fuel at Grant County Park before the big push up the hill. Be prepared to be amazed of the views. Visitor's Center may be open with vending machines. Bring \$\$ for optional snacks/coffee towards end of ride on Alum Rock Ave. Starting earlier to beat the heat, this could be another double water bottle ride. Yes - it's more than 3,000 feet gain (not elevation).

<https://connect.garmin.com/modern/course/10246944#.Va3F6fSEjpA.email>

Colin Moy cell 510-690-7749 (home 510-581-9052 - no cell signal at home) moyboys@comcast.net

Sun August 23 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.

5th Week in August

Mon August 24 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.

Linda Fung; fungfive@sbcglobal.net; (510) 240-0574

Tue August 25 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.mcdonnell@gmail.com; (510) 517-1466

M: TBD

Tue August 25 9:00 AM

Show & Go

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

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

Tue August 25 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; (925) 556-1564, (925) 819-0247

Wed August 26 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; (510) 760-9245

Wed August 26 6:00 PM

Pizza Ride

20-25 miles, M,B

Start: Chipotle Mexican Grill, 34893 Newark Blvd, Newark (near the Raley's shopping center @ Jarvis and Newark Blvd)

It's Burrito Ride time for a change! What could be better than a mid-week bike ride followed by delicious Mexican food and the good company of other club members?

For details about how our these rides work please see the full description at the top of the ride schedule.

Robin and Tim O'Hara; tohara2938@aol.com; (510) 418-2669

Thu Aug 27, 8:30AM

Thursday Morning Coffee Ride to Denica's in Dublin

31 miles, 2-3 (1000'), T-M

Start location: gravel lot across from the Sunol Train Station

Start location: gravel lot across from the Sunol Train Station

Meet at the gravel 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 in Dublin, 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; lorinsommer@gmail.com; (510) 693-8624 cell

**Thurs August 27 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; (925) 556-1564, (925) 819-0247

**Fri August 28 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; (510) 760-9245

**Fri Aug 28, 6:00PM
TGIF Das Brew Beer Ride
15-20 miles, 1-2-3, T-M-B**

Start location: Das Brew, 44356 South Grimmer Blvd, Fremont

It's August, must be time for our 3rd year of Das Brew rides! What better way to wind down the week than with a short bike ride and some good, local beer? We'll ride a leisurely loop around Fremont (the route changes every week) finishing ~7:30 with plenty of time to imbibe some nice, cold, fresh beer. A flight of 4 beers is \$8, or a mug is \$5-\$6. Beer tasting after the ride is optional. Please drink responsibly! Every Friday there's a BBQ at Das Brew so you can purchase food if you'd like or you can bring your own snacks.

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

**Sat Aug 29, 9:00AM
Los Altos
35-40 miles, 3-4, T-M**

Start location: Don Edwards National Wildlife Refuge Visitor Center, Fremont

We will cross the bay and take Alpine, Arastradero and Purissima to Los Altos. Our return ride will be on Foothill before crossing the bay again. We will regroup a few times and make sure nobody gets left behind. Bring \$ for a refreshment stop in downtown Los Altos.

Gary Smith; GSMITH289@aol.com; (510) 797-7809 -H, (510) 304-0956 -C

Sat Aug 29, 9:00AM

**Dale and Ken's Excellent Adventure--Mezza Luna Del Mar
54 miles, 4 (3500'), T-M**

Start location: Corner of Church St. and Miramonte St, Half Moon Bay

Start location: Corner of Church and Miramonte 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 Archangeli'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 (C)
Ken Goldman; ken.goldman@comcast.net; (510) 791-1095(H)**

**Sat August 29 8:30 AM
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 Aug 30, 8:45AM

**Tour de Dumbarton Bridge (Counter-clockwise)
50-65 miles, 2 (300'), L-T**

Start location: The Target Parking lot at Morrill Ave & Landess Ave. across from the Jack in a Box, North San Jose Bike through 9 or 10 cities! We climb 2 short 8-9% hills before stopping at the Don Edwards National Wildlife Center (~25 miles and NO purchasable food!) so bring food for snacks. After crossing the Dumbarton Bridge, we'll buy a Mexican lunch in Menlo Park & may visit the Hong Kong Bakery in Mtn View, so bring \$. This is a social "group" ride; the slowest rider sets the pace for the group. Each rider is expected to maintain a 12-14 mph pace on the level. There is NO route sheet. This ride takes almost the entire day.

Jon Graff; jon.graff@yahoo.com; H: (408) 262-9577, C: (408) 506-8807

**Sun August 30 8:30 AM
Show & Go**

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

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

5th Week in August

Mon August 31 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.

Linda Fung; fungfive@sbcglobal.net; (510) 240-0574