

April 2009 RIDE CALENDAR

This month is highlighted with the Primavera Worker's Ride on the 11th, and of course, the Primavera itself on the 19th. Lets all hope, and work for a memorial and enjoyable ride for our guests who normally don't get a chance to ride on our local roads; after all, we want them back next year for another successful Primavera. If you haven't yet volunteered for a job, it's not too late. Contact Dennis Crovella (decrov@pacbell.net), volunteer coordinator, so you can do your part.

Pizza Rides

The popular Pizza Rides start next month, and continue through September. However, without ride leaders for them, they will not occur. Contact me to lead a month's worth of Pizza Rides now. If you have never led a Pizza Ride, you don't know what you're missing! You get the admiration and respect of fellow riders, 4-5 ride leader credits, and the occasional leftover pizza to take home! There are plenty of established route sheets floating around for most of the local pizza parlors that you can use. Or you can make your own new routes, which will give you perpetual fame in the club. Get your reservation in as a Pizza Ride leader to me now—before all the opportunities are taken! I will gladly accept reservations for any month in advance.

There is a helpful document on the website that gives many tips for leading a Pizza Ride.(home>member services>Pizza ride coordinator's How to Guide) If you have never led one, take a look at it, and/or give me a call.

Here are the months that need Pizza Ride leaders:

May	June
July	August
September	

Contact me at:
 Jim Herman
jdherman@earthlink.net
 510-790-9044

1st Week in April

Wed. April 1 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3 M/B**
 Meet at the **Raley's shopping center at Jarvis & Newark Blvd.** for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.
Al Quintana (510) 760-9245; alang44@hotmail.com

Wed. Apr 1 **Weekly Training Ride**
5:45 PM **18-26 miles, 2-4, B+**
 The weather is getting friendlier and Summer is getting closer, so come and join us. **Meet at my Shop (45405 #1 Industrial Pl, Fremont, near NUMMI).** The course will be decided at the start. Since Daylight Savings is here (woohoo!), only basic front and rear lights are required for safety. I have water and bathroom available. Please email (preferred) or call if you're coming so I know whom to expect. Rain cancels, but threat of rain does not.
Dan Amaral; W: 656-9354, C: 774-9683
danamaral@earthlink.net

Thur. April 2 **Thursday Morning Coffee Ride**
9:00AM **25-40 miles, 1-3M**
 Come ride with a fun, flexible, welcoming group for a low-key ride. **We meet near the middle of the parking lot of the Raley's Shopping Center at Jarvis and Newark Boulevard.**

We usually cross the Dumbarton and ride to Shoreline Park, Molly Stone's, Robert's Market, Plantation Coffee or Perx Coffee in Redwood City. If the weather is threatening or we want something short, sometimes we head for Paddy's in Union City. There are no route sheets so we regroup as necessary. We always have a coffee stop so bring money. Faster riders are welcome to ride ahead or head back early if they know the route. Rain cancels.

Lori Sommer (510) 794-8624 home, (510) 693-8624 cell;
lorimsommer@gmail.com

Fri. April 3 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4 M/B**
 Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot.. Bring \$\$ for a coffee stop.
Al Quintana (510) 760-9245; alang44@hotmail.com

2nd Week in April

Sat. April 4 **Calaveras Clockwise**
8:30 AM **40 miles, 3 M & B**
 This is our traditional "1st Saturday of the Month" ride. We will meet in the **Downtown 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. There will be a ride leader for the pace(s) listed below. Rain or a serious threat of rain cancels.
B Pace Tim & Robin O'Hara, (510) 471-2464
tohara2938@aol.com

Sat. April 4 **Show and Go**
8:30 AM **20-50 miles, 1-4 L-T-M**
 Meet at **Mission Coffee** on Washington Blvd, near Mission Blvd.

Sun. April 5 **PRS # 10 Make up, San Gregorio**
8:30 AM **74 miles, 5M & B**
 Starting at **Raley's Shopping Center** at Jarvis and Newark Boulevard, it's over the bridge, over the hill and to the coast (almost to the coast) to San Gregorio for lunch. Go easy on the heavy stuff though because after lunch we will make the climb up Tunitas Creek for the return trip.
M Pace: Tony Flusche, (510) 247-3220, TonyF@att.net
B Pace: Mike Williams, (510) 475-7215, cell (510) 364-4335, mwilliams297@comcast.net

Sun. April 5 **Show and Go**
8:30 AM **20-50 miles, 1-4 L-T**
 Meet at **The Bicycle Garage . (New location: Lucky shopping center, Mowry, between Farwell and Blacow)**

Mon. April 6 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
 Let's meet at the **Cabrillo Park Cafe/former Bicycle Garage parking lot at 4673 Thornton Ave** 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 Starbucks 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 may head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 465 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; gmnorthrup@hotmail.com (510) 796-8832

Tue April 7 **Show and Go**
9:00 AM **20-50 miles, 1-5 L-M-B**
Meet at the **Bicycle Garage. New location: Lucky shopping center, Mowry, between Farwell and Blacow**

Wed April 8 **Team Hill Slug Calav. Chall. and Pleasanton**
9:30 AM SHARP **56 mi, 4 M**
Billy Goat Calaveras 2 times
From Milpitas we'll climb "the wall" (3 miles, 1400+ ft); descend into Sunol and on to Pleasanton; then climb back, total of 3200 ft of climbing. We'll have a lunch in Pleasanton, so please bring money, fruit, snacks & plenty to drink.
START: In the Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas
Jon Graff 262-9577 jon.graff@yahoo.com

Wed. April 8 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3 M/B**
Meet at the **Niles Staging Area** parking lot located at the east end of the Alameda Creek Trail. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.
Al Quintana (510) 760-9245; alang44@hotmail.com

Wed. Apr 8 **Weekly Training Ride**
5:45 PM **18-26 miles, 2-4, B+**
See the listing of Wed. April 1 for complete details of this recurring ride starting at **45405 #1 Industrial Pl, Fremont, (near NUMMI)**
Dan Amaral; W: 656-9354, C: 774-9683
danamaral@earthlink.net

Thur. April 9 **Thursday Morning Coffee Ride**
9:15 AM **20-25 miles, 3-4, M**
Come join us for a trip up to Ed Levin (The Wall is optional!). **Meet at REI in Fremont (43962 Fremont Blvd, next to the Home Depot on Auto Mall).** No route sheets. We will regroup as necessary and be stopping at Noah's Bagels for our coffee break. Rain cancels.
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell;
lorimsommer@gmail.com

Fri. April 10 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4 M/B**
Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot.. Bring \$\$ for a coffee stop.
Al Quintana (510) 760-9245; alang44@hotmail.com

3rd Week in April

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Sat. April 11 **Primavera Worker's Rides**
Members and their families only on this ride. This is the final ride of the progressive ride series and it has two functions. First, allow those members working in support of the Primavera a chance to do the route, and second, to check the route marking, and route sheets for errors prior to the actual Primavera. IF YOU FIND ANY ERRORS ON THE ROAD MARKINGS OR THE ROUTE SHEET, MAKE A NOTE OF THEM AND CONTACT RON MITCHELL (510-792-7219, Cell 510-508-7219 ron_m_ffwbc@sbcglobal.net) DO NOT CONTACT THE RACE TEAM DIRECTLY. We will meet at **Logan High School parking lot, Union City, Alvarado Niles Rd. and H Street.** Meet at the far corner of the parking lot away from the high school. Be self-sufficient. These rides are the full length Primavera routes, but without the staffed rest stops. Bring plenty of water and

snacks. Suggestions may be given as to where to stop for supplies.

Please be nice to your ride leader. Let him/her know your intentions at the beginning of the ride, or during the ride if you plan on breaking off of the main group.

If there are any minors planning on doing any of these rides, remember that a Minor Release form must be filled out and given to the ride leader, and any rider under 16 must be accompanied by an adult. The form can be found on our website under club forms.

Full Century Route
7:00 AM **100 miles, 5 M/B/F**
Altamont Pass sandwiched in between Calaveras and Palomares. OK, the Bernal Bump provides a little added spice. There will be an opportunity to go off-route in Livermore for food as this can be a pretty long day and there's no easy-to-access restroom stop out that far. Groups/individuals may break apart to ride at their own pace
B Pace: Andy Sass; 510-656-7347, andysass@aol.com
M Pace: Tony Flusche, (510) 247-3220, TonyF@att.net

Metric Century
7:30 AM **65 miles (100 kilometers), 5 T/M/B/F**
Our classic combination of Calaveras and Palomares. There is an opportunity to get food in Sunol; other than that the stops are at parks and have water and restrooms only. Groups/individuals may break apart to ride at their own pace
M Pace: Connie Nelson cell, 408-896-4581;
cj_nelson@comcast.net and
M Pace: Pat Wai 925-790-6677; patbikex@aol.com

Family Fun Ride
9:00 AM **25 miles, 2 T(and a bit of M)**
A fairly flat ride through Fremont and Newark with a good portion of the Alameda Creek Trail included. A coffee stop is planned so bring \$.
Shelley Wills (510) 501-2241; swills22@yahoo.com

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Sat April 11 **Livermore (Cindy Training Ride #9)**
9:00 AM **~ 50 miles 2-3/T-M**
Happily Ever After...
This ride is appropriate for all riders who have completed the Cinderella Classic training and all club members are welcome! Come join us for a fun ride through Pleasanton and Livermore. This is a repeat of the Cinderella Training Ride #9. Since this is a longer ride we will stop for coffee about halfway through the ride. **Meet in the dirt lot across the street from the Train Station in downtown Sunol.** This is a no-drop ride and we will regroup as necessary. Rain cancels.
Vicki Timmons (510) 589-7356 cell – vickio@comcast.net
Pam Edillion – pedillon@sbcglobal.net
Teresa Sarlitto – ibteresa@sbcglobal.net

Sun. April 12 **FFBC "Get-To-Know-Us-Ride"**
9:00 AM **20-25 miles, 1-2 L-T-M**
Please join us on this monthly "Get-To-Know-Us-Ride". This casual, social ride is always fun and offers everyone the chance to meet other cyclists. Bring your cycling friends along and help us introduce newcomers and guests to the club. Meet at the **Raley's shopping center at Jarvis & Newark Blvd.,** 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.
Jim Herman (510) 790-9044; jdherman@earthlink.net

Sun. April 12 **Tour de Dumbarton Bridge (CCW)**
9:00 AM SHARP ~60 mi, 1-2 M
Grizzly Bear 5 or more cities
Bike through 10 cities! We start with rollers on Piedmont Road/North Park Victoria and climb the Dumbarton Bridge. There is a break at the Don Edwards National Wildlife Center (~25 miles and NO purchasable food!). We'll buy lunch in Mountain View (~35 miles). **START: In the Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas.**
Jon Graff; 262-9577 jon.graff@yahoo.com

Mon. April 13 **Monday Morning Recovery Ride**
8:30 AM 40 miles, 1-2 M
See the listing of Mon. April 6 for complete details of this recurring ride starting at the **Cabrillo Park Cafe/former Bicycle Garage parking lot at 4673 Thornton Ave**
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Tue April 14 **Show and Go**
9:00 AM 20-50 miles, 1-5 L-M-B
Meet at the **Bicycle Garage. New location: Lucky shopping center, Mowry, between Farwell and Blacow**

Wed. April 15 **Mid-week Morning Ride**
8:30 AM 35-45 miles, 2-3 M/B
Meet at the **Raley's shopping center at Jarvis & Newark Blvd.** for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.
Al Quintana (510) 760-9245; alang44@hotmail.com

Wed. Apr 15 **Weekly Training Ride**
5:45 PM 18-26 miles, 2-4, B+
See the listing of Wed. April 1 for complete details of this recurring ride starting at **45405 #1 Industrial Pl, Fremont, (near NUMMI)**
Dan Amaral; W: 656-9354, C: 774-9683
danamaral@earthlink.net

Thur. April 16 **Thursday Morning Coffee Ride**
9:00 AM 20-40 miles, 2-3M (M+, flats)
See the listing of Thur. April 2 for complete details of this recurring ride starting at the **Raley's Shopping Center.**
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell;
imsommer@sbcglobal.net

Fri. April 17 **The Friday Bike Club**
8:30 AM 35-45 miles, 3-4 M/B
Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.
Al Quintana (510) 760-9245; alang44@hotmail.com

4th Week in April

Sat. April 18 **Cal.+Palomares CCW (Averamirp 100k)**
8:30 AM 60 miles. 5 M 4,000ft
We will meet in the **Downtown Niles Parking lot.** We will proceed south along the hills to Calaveras. Then after an invigorating climb up the wall, we will continue down Calaveras to Sunol. After a break in Sunol we will split in to 2 groups. One group will continue north on Foothills to Dublin Canyon and return to the start via Palomares Canyon. The second group will return directly down Niles.
Tony Flusche (510) 247-3220 TonyF@att.net

Sat. April 18 **PRS # 8 Make up. Mines Road**
8:30 AM 65 miles, 4 B
Start at Lucky's parking lot @ corner of Concannon & Holmes in Livermore
Probably my personal favorite ride of this length in the entire bay area. After the last few weeks, this one is going to feel like a vacation—you probably won't notice that the amount of mileage is up. The climbing comes early and just after the lunch break, and with all the pretty scenery and the fun road this is always enjoyable. Today's start is at 8:30 AM to avoid the B's getting out to the junction too early.
B Pace: Tim & Robin O'Hara, (510) 471-2464
tohara2938@aol.com

Sat. April 18 **Show and Go**
8:30 AM 20-50 miles, 1-4 L-T
Meet at **The Bicycle Garage . (New location: Lucky shopping center, Mowry, between Farwell and Blacow)**

Sun. April 19 **PRIMAVERA**
No club rides scheduled.

Mon. April 20 **Monday Morning Recovery Ride**
8:30 AM 40 miles, 1-2 M
See the listing of Mon. April 6 for complete details of this recurring ride starting at the **Cabrillo Park Cafe/former Bicycle Garage parking lot at 4673 Thornton Ave**
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Tue April 21 **Show and Go**
9:00 AM 20-50 miles, 1-5 L-M-B
Meet at the **Bicycle Garage. New location: Lucky shopping center, Mowry, between Farwell and Blacow**

Wed. April 22 **Mid-week Morning Ride**
8:30 AM 35-45 miles, 2-3 M/B
Meet at the **Niles Staging Area** parking lot located at the east end of the Alameda Creek Trail. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.
Al Quintana (510) 760-9245; alang44@hotmail.com

Wed. April 22 **Tour de Dumbarton Bridge (CW)**
9:30 AM SHARP ~60 mi, 1-2 M
Grizzly Bear Sunnyvale Baylands
Bike through 10 cities! We see Alviso and the Sunnyvale Baylands and the western cities before climbing the Dumbarton Bridge. There is a snack break in a park in Palo Alto, so bring food. We'll buy lunch in or near the Pacific Commons in Fremont (~36 miles). **START: In the Mall parking lot across from the Great Mall VTA LIGHT RAIL/BUS Station, Great Mall Parkway & McCandless Drive/Great Mall Dr., Milpitas.**
Jon Graff 262-9577 jon.graff@yahoo.com

Wed. Apr 22 **Weekly Training Ride**
5:45 PM 18-26 miles, 2-4, B+
See the listing of Wed. April 1 for complete details of this recurring ride starting at **45405 #1 Industrial Pl, Fremont, (near NUMMI)**
Dan Amaral; W: 656-9354, C: 774-9683
danamaral@earthlink.net

Thur. April 23 **Thursday Morning Coffee Ride**
9:15A M **25-30, 3, M**
 We will meet at **the Sunol Train Station**. Maybe it will be the False Summit and Kilcare with lunch at the Jazz Cafe'. Maybe over to Livermore for coffee at Neil's favorite Panama Coffee shop. Maybe we will get adventurous. Come decide on a destination at the start. No route sheets. We will regroup as necessary. No one left behind. Rain cancels.
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell;
lorimsommer@gmail.com

Fri. April 24 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4 M/B**
 Meet at **580 Marketplace (East Castro Valley Blvd at I-580, Castro Valley, CA 94552)** on the PW Supermarket side of the shopping center. Meet in the northeast corner of the parking lot.. Bring \$\$ for a coffee stop.
AI Quintana (510) 760-9245; alanq44@hotmail.com

5th Week in April

Sat. April 25 **D.R.T. #1: Mt. Diablo and Morgan Terr.**
8:15 AM **75 miles, 5B**
 As with last year, I plan to lead one ride a month as training for the Death Ride. You don't need to be a Death Rider to join us, but these will be challenging events. RATING: 2 PASSES, about 7000 ft.
 Today's ride will consist of the full climb up to the summit of Mt. Diablo via South Gate Rd, before we head to Morgan Territory Road for the second big climb of the day. **We'll meet at the Pleasanton Park and Ride** (Stoneridge and Johnson Dr, first light after turning right on the Stoneridge exit off 680 North). We'll have the typical summit regroupings and a stop somewhere along the way, but be self-sufficient just in case.
Mike Williams (510) 475-7215, cell (510) 364-4335,
mwilliams297@comcast.net

Sat., April 25 **Springtime in Alum Rock**
9:00 AM **30 miles, 2 T/M**
 See Alum Rock Park in all its springtime glory on this low-key ride. Perfect for past Cinderella students who want to keep up their fitness. Bring money for coffee or a gyro in Milpitas (It's a Grind and Mikonos Grill). **Meet at REI in Fremont**. No drops. Rain cancels.
Cindy Maxwell (408) 506-6670 maxwell.c@sbcglobal.net

Sun. April 26 **Show and Go**
8:30 AM **20-50 miles, 1-4 M-B**
 Meet at **The Bicycle Garage** . *(New location: Lucky shopping center, Mowry, between Farwell and Blacow)*

Sun. April 26 **Calaveras to the wall and back**
9:00 AM **~ 30 miles 3-4/T-M**
 Happily Ever After...
 This ride is appropriate for all riders who have completed the Cinderella Classic training and all club members are welcome! Come join us for a ride up Calaveras to the wall, we will just peek over, not go down, and then reap the rewards of the downhill back to Sunol. **Meet in the dirt lot across the street from the Train Station in downtown Sunol**. This is a no-drop ride and we will regroup as necessary. Rain cancels.
Vicki Timmons (510) 589-7356 cell – vickio@comcast.net
Pam Edillion – pedillon@sbcglobal.net
Teresa Sarlitto – ibteresa@sbcglobal.net

Mon. April 27 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
 See the listing of Mon. April 6 for complete details of this recurring ride starting at the **Cabrillo Park Cafe/former Bicycle Garage parking lot at 4673 Thornton Ave**
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Tue April 28 **Show and Go**
9:00 AM **20-50 miles, 1-5 L-M-B**
 Meet at the **Bicycle Garage**. *New location: Lucky shopping center, Mowry, between Farwell and Blacow*

Wed. April 29 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3 M/B**
 Meet at the **Raley's shopping center at Jarvis & Newark Blvd.** 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 (510) 760-9245; alanq44@hotmail.com

Wed. Apr 29 **Weekly Training Ride**
5:45 PM **18-26 miles, 2-4, B+**
 See the listing of Wed. April 1 for complete details of this recurring ride starting at **45405 #1 Industrial PI, Fremont, (near NUMMI)**
Dan Amaral; W: 656-9354, C: 774-9683
danamaral@earthlink.net

Thur. April 30 **Thursday Morning Coffee Ride**
9:00 AM **20-40 miles, 2-3M (M+, flats)**
 See the listing of Thur. April 2 for complete details of this recurring ride starting at the **Raley's Shopping Center**.
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell;
lmsommer@sbcglobal.net