

# July 2009 RIDE CALENDAR

## WEDNESDAY EVENING CHIPOTLE RIDE

This month Dan Amaral is hosting the Chipotle Rides. A new twist on our traditional Wednesday night Pizza Rides. Different food, but same format as the pizza rides.

We will be meeting at three different Chipotle Restaurants for the month of July. The address of the restaurant for each particular Wednesday will be in the ride description, so be sure to read it before heading out for the ride

Cost will be \$5 for entrée, chips, salsa and a drink  
To see entrée choices, check out: <http://www.chipotle.com/>

As always, there will be two routes; a longer more challenging ride, and a shorter flatter ride. The rides meet at 6:00 PM for sign in to be completed by 6:10. When signing in, remember to check "YES" or "NO" on the sign in sheet for pizza (read: Chipotle) so we have an accurate head count on who is staying after the ride. The food order is placed before we depart. Departure time is 6:15pm sharp.. No charge if you're not staying for food.

## Napa Century Training Rides

This month, Tim & Robin O'Hara are putting on a series of three rides of progressive difficulty for riders planning on doing the Napa Century, or any upcoming century.

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

**Wed. July 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](mailto:alang44@hotmail.com)**

**Wed, July 1 The Team Hill Slug Climb for "Gourmet" Hot Dogs**  
**9:30 AM** **27 mi, 4-5 M**  
Billy Goat Old Calaveras, Felter  
~2700 feet of climbing for hot dogs at Mark's Hot Dogs, the Big Orange! Up Old Calaveras to Calaveras to Felter to Sierra then Alum Rock Park and Mt. Hamilton Rd and back to Alum Rock and Mark's Hot Dogs. **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](mailto:jon.graff@yahoo.com)**

**Wed. July 1** **Chipotle Ride**  
**6:00 PM** **20-25 miles**  
Meet at Chipotle Newark, 34883 Newark Blvd., Newark, CA 94560, (742-8010)  
Please see the full description at the beginning of the ride schedule. Arrive by 6:00 PM; Sign in by 6:10 PM; Departure at 6:15 PM sharp. At sign in remember to check the "Yes" or "No" box for food.  
**Dan Amaral, W: 510-656-9354 (try this 1st),**  
**C: 510-774-9683; [danamaral@earthlink.net](mailto:danamaral@earthlink.net),**

**Thur. July 2** **Thursday Morning Coffee Ride**  
**8:30 AM** **32 miles, 2M**  
Come join us for a trip to Alum Rock Park. **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 stop for coffee/quick lunch so bring money.  
**Lori Sommer (510) 794-8624 home, (510) 693-8624 cell;**  
**[lorimsommer@gmail.com](mailto:lorimsommer@gmail.com)**

**Fri. July 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](mailto:alang44@hotmail.com)**

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

**Sat. July 4th** **4th Annual 4th of July Pancake Breakfast Ride**  
**7:30 AM** **15miles, 1T**  
Start your day off right with a short ride before enjoying a tasty breakfast of IHOP pancakes, sausage and Starbucks coffee prepared by the Newark Firefighters Association at Fire Station #3. Bring your family (or they can join us after the ride) and we will do a leisurely flat loop through city streets to Coyote Hills and back. **Meet in the Silliman Center parking lot, 6800 Mowry Ave, Newark at 7:30AM.** Please bring signed Minor Release Forms for any children (including children in trailers). The breakfast is \$5 per person and benefits the Muscular Dystrophy Association. We hope to see you there. Bring extra money to participate in the raffle. Last year Nancy Oh won twice.  
**Walt Thomas [walttennis@yahoo.com](mailto:walttennis@yahoo.com)**  
**Cindy Maxwell [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net) (408) 506-6860**

**Sat. July 4** **Mt. Hamilton**  
**7:30 AM** **60 miles, 5B**  
It just occurred to me that I haven't ridden Hamilton once this year. This must be rectified. What better way to celebrate the Fourth than with a good climb? It might get hot out there, so let's start early. Normal out-and-back route from the **normal Warm Springs start.** We'll regroup at Alum Rock, Grant Park, and the Observatory. No coffee stop, lunch stop, or dawdling, so be prepared.  
**Mike Williams (510) 364-4335, [mwilliams297@comcast.net](mailto:mwilliams297@comcast.net)**

**Sat. July 4** **Calaveras Clockwise**  
**8:30 AM** **40 miles, 3 M**  
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.  
**Julie & Jay Gilson, cell: 510 468 0284**  
**email: [jmgilson@comcast.net](mailto:jmgilson@comcast.net)**

**Sun. July 5** **Show and Go**  
**8:30 AM** **20-50 miles, 1-4, B**  
Meet at the **Downtown Niles parking lot by the bathroom.**

Sun, July 5

**Team Hill Slug Calaveras to Pleasanton Challenge**

9:00 AM **60 mi, 4 M**

Billy Goat Calaveras 2 times  
From Milpitas we'll climb "the wall" (3 miles, 1400+ ft); descend into Sunol; then to Pleasanton and return through Sunol and the "backside" of Calaveras, a total of ~4100 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](mailto:jon.graff@yahoo.com)**

Mon. July 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](mailto:gmnorthrup@hotmail.com) (510) 796-8832**

Tue July 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. July 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](mailto:alang44@hotmail.com)**

Wed, July 8

**Mission San Jose Loop**

9:30 AM **~34 mi, 1-2 G M**

Grizzly Bear Mission San Jose

We ride the rollers on Piedmont and climb two 0.2 mile 7-8% hills. If the group desires, we may stop for lunch in Fremont near the Mission San Jose. **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](mailto:jon.graff@yahoo.com)**

Wed. July 8

**Chipotle Ride**

6:00 PM **20-25 miles**

Meet at **Chipotle Newark, 34883 Newark Blvd., Newark, CA 94560, (742-8010)**

Please see the full description at the beginning of the ride schedule. Arrive by 6:00 PM; Sign in by 6:10 PM; Departure at 6:15 PM sharp. At sign in remember to check the "Yes" or "No" box for food.

**Dan Amaral, W: 510-656-9354 (try this 1st),**

**C: 510-774-9683; [danamaral@earthlink.net](mailto:danamaral@earthlink.net),**

Thur. July 9

**Thursday Morning Coffee Ride**

8:30 AM **25-35 miles, 1-3M**

Come ride with a fun, flexible, welcoming group for a low-key ride. **Start location: Don Edward's Wildlife Refuge near the new visitor.Center**(directions:<http://www.fws.gov/DESFBAY/directions.htm>). 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 we want something

short, sometimes we head for Paddy's in Union City via the optional Nike Hill. 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.

**Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com)**

Fri. July 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](mailto:alang44@hotmail.com)**

**3<sup>rd</sup> Week in July**

Sat. July 11

**"The Life Ride"**

7:30 AM **60 miles, 5B**

The Death Ride is today, but who needs five passes? Save yourself \$100 and ride one—and you're done. I have a score to settle on Montebello Road, so that's where we're going, starting from the **Raley's Shopping Center in Newark**. It tends to get hot on Montebello this time of year, but I'm starting us early, so it will be cold and foggy all day—guaranteed! (But just in case, we'll have a water stop in Menlo Park and another before the big climb.) I think the ride will be early and short enough that we won't need a full lunch stop, but I can persuaded otherwise if someone buys me a sandwich.

**Mike Williams (510) 364-4335, [mwilliams297@comcast.net](mailto:mwilliams297@comcast.net)**

Sat. Jul 11

**Over the Hill to Woodside**

8:00 AM **45 Miles, 4M**

Meet at **Don Edward's Wildlife Refuge near the visitor center** for a trip over the Dumbarton Bridge and on to conquer Edgewood. After a stop at Robert's for refueling, we will return via Godetia, Jefferson and Farmhill. We will keep the pace at a moderate clip and is doable by any Cinderella graduate who can maintain a moderate pace and who is not afraid of a little climbing. Bring water, snacks and an optimistic attitude. Rain or temperatures over 90 degrees will cancel.

**Karen White (510) 475-0746; [kkwh@pacbell.net](mailto:kkwh@pacbell.net)**

Sat. July 11

**Napa Century Trng Ride #1**

8:00 AM **58 miles, 4B**

Palomares/Calaveras Clockwise

Join Tim and Robin on their tandem while they train for the upcoming Napa Century. **Meet at Downtown Niles** Note the early start time

**Tim and Robin O'Hara, (510) 418-2672, [tohara2938@aol.com](mailto:tohara2938@aol.com)**

Sun. July 12

**Show and Go**

8:30 AM **20-50 miles, 1-4 L-T-M-B**

Meet at the **Bicycle Garage. New location: Lucky shopping center, Mowry, between Farwell and Blacow**

Sun. July 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.

**Ron Mitchell; 510-792-7219, [ron\\_m\\_ffbc@sbcglobal.net](mailto:ron_m_ffbc@sbcglobal.net)**

**Mon. July 13** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2 M**  
See the listing of Mon. July 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](mailto:gmnorthrup@hotmail.com)** (510) 796-8832

**Tue July 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. July 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](mailto:alang44@hotmail.com)**

**Wed. July 15** **Chipotle Ride**  
**6:00 PM** **20-25 miles**  
Meet at **Chipotle Fremont, 2760 Mowry Ave., Fremont, CA 94538 (791-8411)**  
Please see the full description at the beginning of the ride schedule. Arrive by 6:00 PM; Sign in by 6:10 PM; Departure at 6:15 PM sharp. At sign in remember to check the "Yes" or "No" box for food.  
**Dan Amaral, W: 510-656-9354 (try this 1st), C: 510-774-9683; [danamaral@earthlink.net](mailto:danamaral@earthlink.net),**

**Thur. July 16** **Thursday Morning Coffee Ride**  
**8:30 AM** **30miles, 3M pace**  
We will meet at the **Sunol Train Station** and Ron Mitchell will escort us to Zachary's Pizza in San Ramon. We will climb Bollinger Canyon to see the ostrich and zebra before we eat. Route sheets will be provided. We will regroup as necessary. No one left behind. Bring Money for lunch.  
**Ron Mitchell (510) 792-7219 home**  
**Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com)**

**Fri. July 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](mailto:alang44@hotmail.com)**

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

**Sat. July 18** **Napa Century Trng Ride #2**  
**8:00 AM** **64 miles, 4B**  
Old La Honda, Skyline, 92, Canada, Sandhill  
Join Tim and Robin on their second ride in prep for the Napa Century. **Meet at Raleys in Newark** Note the early start time  
**Tim and Robin O'Hara, (510) 418-2672, [tohara2938@aol.com](mailto:tohara2938@aol.com)**

**Sat. July 18** **Baylands Park**  
**8:00 AM** **30 miles, 1-2 T with a bit of M**  
.....with the Back Seat Driver (This is a Cindy friendly ride.)  
Join us for an early ride to Baylands Park in Sunnyvale. Bring \$\$ for a coffee stop along the way. No one will be left behind!  
The ride starts at the **east-most (second) parking lot for Cardoza Park in Milpitas**. Directions to Cardoza Park: Go east on Calaveras (237) off 880 or 680. Make a left at Park Victoria (the first light after 680). Make a right at the stop sign onto

Kennedy Drive. Pass the first parking lot for Cardoza Park, and then turn right into the second parking lot.  
**Shelley Wills-Gildelatorre (510) 501-2241**  
**[swills22@yahoo.com](mailto:swills22@yahoo.com)** (and Jorge Gildelatorre)

**Sat. July 18** **Calaveras Counter Clockwise**  
**8:30 AM** **42 miles, 3 M 1900 feet**  
We will start in **Downtown Niles**, and take the Paseo Padre route down south. We will regroup at Ed Levin Park and after that, climb the wall. Bring lots of fluids and a snack as any stop where we can buy food and drink is not until Sunol. Rain or a serious threat of rain cancels. Call me after 7am.  
**Tony Flusche, (510) 247-3220, [TonyF@att.net](mailto:TonyF@att.net)**

**Sun. July 19** **Show and Go**  
**8:30 AM** **20-50 miles, 1-4, L-T-M-B**  
Meet near the middle of the parking lot of the **Raley's Shopping Center** at Jarvis and Newark Boulevard.

**Mon. July 20** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2 M**  
See the listing of Mon. July 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](mailto:gmnorthrup@hotmail.com)** (510) 796-8832

**Tue July 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. July 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](mailto:alang44@hotmail.com)**

**Wed. July 22** **Chipotle Ride**  
**6:00 PM** **20-25 miles**  
Meet at **Chipotle Pacific Commons, 5565 Auto Mall Pkwy Fremont, CA 94538, (979-9397)**  
Please see the full description at the beginning of the ride schedule. Arrive by 6:00 PM; Sign in by 6:10 PM; Departure at 6:15 PM sharp. At sign in remember to check the "Yes" or "No" box for food.  
**Dan Amaral, W: 510-656-9354 (try this 1st), C: 510-774-9683; [danamaral@earthlink.net](mailto:danamaral@earthlink.net),**

**Thur. July 23** **Thursday Morning Coffee Ride**  
**8:30 AM** **25-35 miles, 1-3M**  
Come ride with a fun, flexible, welcoming group for a low-key ride. **Start location: Don Edward's Wildlife Refuge near the new visitor center.** 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](mailto:lorimsommer@gmail.com)**

**Fri. July 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.  
**Al Quintana (510) 760-9245; [alang44@hotmail.com](mailto:alang44@hotmail.com)**

**Thur. July 30** **Thursday Morning Coffee Ride**  
**8:30 AM** **20-25 miles, 3-4M**  
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 stop for coffee/quick lunch so bring money.  
**Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com)**

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

**Sat. July 25** **Napa Century Trng Ride #3**  
**8:00 AM** **70 miles, 4 B**  
Pal/Redwd/Pinehurst/Moraga/San Ramon  
Join Tim and Robin on their third ride in prep for the Napa Century. **Meet at Downtown Niles** Note the early start time  
**Tim and Robin O'Hara, (510) 418-2672, [tohara2938@aol.com](mailto:tohara2938@aol.com)**

**Fri. July 31** **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](mailto:alang44@hotmail.com)**

**Sat. Jul 25** **Two Peninsula Loops**  
**8:00 AM** **60 Miles, 3M**  
**Meet at Don Edward's Wildlife Refuge near the Visitor Center** for a trip over the Dumbarton Bridge and on to two loops through the Portola Valley. This route will be arranged as a two looped figure-eight with several possible bail-out options. However, come prepared to finish both loops with a coffee stop in between. We will maintain a moderate pace which is doable by any Cinderella graduate who can maintain a moderate pace and who is not afraid of a little climbing.. Rain or temperatures over 90 degrees will cancel.  
**Karen White (510) 475-0746; [kkwh@pacbell.net](mailto:kkwh@pacbell.net)**

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

**Mon. July 27** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2 M**  
See the listing of Mon. July 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](mailto:gmnorthrup@hotmail.com) (510) 796-8832**

**Tue July 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. July 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 \$\$.  
**Al Quintana (510) 760-9245; [alang44@hotmail.com](mailto:alang44@hotmail.com)**

**Wed. July 29** **Chipotle Ride**  
**6:00 PM** **20-25 miles**  
**Meet at Chipotle Newark, 34883 Newark Blvd. Newark, CA 94560, (742-8010)**  
Please see the full description at the beginning of the ride schedule. Arrive by 6:00 PM; Sign in by 6:10 PM: Departure at 6:15 PM sharp. At sign in remember to check the "Yes" or "No" box for food.  
**Dan Amaral, W: 510-656-9354 (try this 1st), C: 510-774-9683; [danamaral@earthlink.net](mailto:danamaral@earthlink.net),**