

September 2009 RIDE CALENDAR

FFBC ANNUAL PICNIC

Reserve Saturday, Sept. 19 on your calendar for our annual picnic. As we have in the past, we will combine some bike riding with socializing, and good food. **A \$5 fee is required to help cover the cost of the food and to get an accurate head count.**

The picnic will be at Quarry Lakes Park again, same as last year. We have one of the spots reserved with a pagoda. There is a \$5 parking fee if you drive, but bikes are free, of course. More details of the picnic are elsewhere in this newsletter.

There are 4 rides planned starting from Quarry Lakes park. At this time, there no ride leaders for two of the rides. The rides will still go off if there is interest. Show up and there will be route and sign up sheets. Ride leaders for those two rides can be determined at the start of the ride. See the ride schedule below for details.

1st Week in September

Tue Sept. 1 **Show and Go**
9:00 AM **20-50 miles, 1-4 L-M-B**
Meet at the **Bicycle Garage**. *New location: Lucky shopping center, Mowry, between Farwell and Blacow*

Wed. Sept. 2 **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

Thur. Sept. 3 **Thursday Morning Coffee Ride**
9:00 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. No one left behind. Rain cancels.
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; lorimsommer@gmail.com

Fri. Sept. 4 **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

Sat. Sept. 5 **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.
M Pace: Carrie Payne & Robin O'Hara (510)795-1802; carriepayne@att.net
B Pace: Todd Tracy (408) 685-5470; todd.tracy@comcast.net

Sat. Sept. 5 **Sandy Wool Lake Loop**
8:30 AM **29 miles, 1-3 (745 feet), T-M**
Meet at Dixon Landing Park in Milpitas (Jurgens at Milmont)
This loop ride will travel along the Milpitas foothills for a short climb to Sandy Wool Lake at Ed Levin Park. After a break we will head south into San Jose where we will satisfy our sugar and caffeine cravings. The loop will continue back through Milpitas finishing the ride on the Coyote Creek River Trail. No drops & regroup as needed. Bring \$\$ for coffee. Temps over 90 degrees cancels the ride. Directions to Dixon Landing Park: I-880 south. East on Dixon Landing Rd. Turn right at Milmont and then right at Jurgens. Parking lot on the right.
Cindy Maxwell (408) 506-6860; maxwell.c@sbcglobal.net

Sun Sept. 6 **Hayward View Ride**
8:30 AM **31 miles 4 M-B**
Meet at down town Niles parking lot
. We will have a short warm up before climbing Palomares. The second course is Five Canyons Parkway and Fairview to the top. We will stop for the best views of the Bay in Hayward before descending Hayward Blvd and Harder. This ride does not have a food stop so we can be back before Noon.
Jim Marsh cell (510) 861-7806

Sun Sept. 6 **Show & Go**
8:30 AM **20-50 miles, 1-4, L-T-M**
Start location: Don Edward's Wildlife Refuge near the new visitor center.

2nd Week in September

Mon. Sept. 7 **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 Sept. 8 **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. Sept. 9 **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

Thur. Sept. 10 **Thursday Morning Coffee Ride**
9:00 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 cross the Dumbarton and ride to Shoreline Park, Molly Stone's, Robert's Market, or Plantation Coffee. If we want something short, 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. Rain cancels.
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; lorimsommer@gmail.com

Fri. Sept. 11 **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

Sat. Sept 12 **Alum Rock Park/Sierra Road**
8:00 AM **50+ miles, 5 B**
 Meet at **downtown Niles Parking Lot** and ride south out to Alum Rock Park, then we climb Sierra Road, down Felter/Calaveras, and we return via Mission Blvd. (Please note early start time for this ride).
Joe Trabucco (510) 928-6840; jtg3@yahoo.com

Sat. Sept 12 **Show and Go**
9:00 AM **20-50 miles, 1-4 L-T-M**
 Meet at the **Bicycle Garage. New location: Lucky shopping center, Mowry, between Farwell and Blacow**

Sun. Sept. 13 **Show and Go**
8:30 AM **20-50 miles, 1-4, B**
 Meet at the **Downtown Niles** parking lot by the bathroom.

Sun. Sept. 13 **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

3rd Week in September

Mon. Sept. 14 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
 See the listing of Mon. Sept. 7 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 Sept. 15 **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. Sept. 16 **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

Thur. Sept. 17 **Walt's 6th Annual Happy Birthday Ride**
9:00 AM **28 miles, 2 T-M**
 Meet in the center of the **Newark Raley's parking lot (6397 Jarvis Ave.)** to celebrate Walt's Birthday. We will head around Coyote Hills, accompany Walt on his annual trek up Nike (optional), head to Pacific Commons for ice cream at Cold Stone, sing happy birthday and take another picture. If you haven't yet met Walt Thomas, this would be a great time to do it. Hopefully the "old regulars" will dust off their bikes and join us too. Bring money for ice cream.
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; lorimsommer@gmail.com

Fri. Sept. 18 **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

***** CLUB PICNIC*****

Sat. Sept. 19 **Palomares & Hayward Hills**
8:30 AM **30 miles, 4-5 M**
 Meet at **Quarry Lakes Park.** There are two major climbs on this route to give all a big appetite for the picnic. Regroups as necessary to keep everyone together, including at the top of the climbs. No coffee/food stop, so be self sufficient.
Jim Herman (510) 790-9044; jdherman@earthlink.net

Sat. Sept. 19 **Palomares & Hayward Hills**
8:45 AM **30 miles, 4-5 B**
 This B pace ride will follow the same route as the M pace ride.
Meet at Quarry Lakes Park. Note the different start times.
Ride Leader: TBD

Sat. Sept. 19 **Around Fremont**
9:00 AM **32 miles, 2-3 M**
 Meet at **Quarry Lakes Park.** Join Jan on a fairly flat ride around Fremont with just enough climbing to make it interesting. Plenty regroups to keep everyone together. No coffee/food stop on the ride, so be self sufficient.
Jan Green 510-651-1557, jan_green@comcast.net

Sat. Sept. 19 **Family Fun Ride**
9:00 AM **up to 25 miles, 1 L-T**
 Meet at **Quarry Lakes Park.** Come and bring your family for this casual ride around Coyote hills and back to the picnic area. We will start at Quarry Lakes and head to the bike path. From there, we will cruise down to Coyote Hills and make a clockwise loop before returning for some food and drink. There will be many options for those not wanting to make the loop. Route sheets will be provided. Please bring your own snack and fluids. Rain cancels.
Ride Leader: TBD

Sun. Sept. 20 Alum Rock Park
8:30 AM approx. 30 miles, 1-2 T with a bit of M
.....with the Back Seat Driver. Join us for my favorite ride to Alum Rock Park. Bring \$\$ for a coffee stop along the way. No one will be left behind! **Note new starting location: REI in Fremont.**
Shelley and Jorge Gildelatorre; (510) 501-2241
swills22@yahoo.com

Sun. Sept. 20 Lake Del Valle
8:30 AM 60 miles, 4 B
Let's meet at the Downtown Niles Parking lot for a ride out to Lake Del Valle outside Livermore. The route is fairly flat out through Pleasanton and Livermore before we hit the climb that takes us to the lake. Then we turn around and do it again.
Todd Tracy (408) 685-5470; todd.tracy@comcast.net

Sun. Sept. 20 Show and Go
8:30 AM 20-50 miles, 1-4 M
Meet at Mission Coffee on Washington Blvd, near Mission Blvd.

4th Week in September

Mon. Sept. 21 Monday Morning Recovery Ride
8:30 AM 40 miles, 1-2 M
See the listing of Mon. Sept. 7 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 Sept. 22 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. Sept. 23 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

Thur. Sept. 24 Thursday Morning Coffee Ride
9:00 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 cross the Dumbarton and ride to Shoreline Park, Molly Stone's, Robert's Market, or Plantation Coffee. If we want something short, 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. Rain cancels.
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell;
lorimsommer@gmail.com

Fri. Sept. 25 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

Sat. Sept. 26 Grant Ranch Park
8:30 AM 55? miles, 4 B
Start from Niles parking lot
Matt McGrane; (h)510-794-6286; (c)510-363-0846

Sat. Sept 26 Show and Go
9:00 AM 20-50 miles, 1-4 L-T-M
Meet at the **Bicycle Garage. New location: Lucky shopping center, Mowry, between Farwell and Blacow**

Sun. Sept. 27 McCarthy Ranch Coffee Ride
8:30 AM 35 miles 2 M
Meet at the Downtown Niles parking lot.
Come join Ken and Iris on their tandem for a social ride. No one left behind.
Ken and Iris Goldman, 510-791-1095;
ken.goldman@comcast.net

Sun Sept. 27 Some Like It Harder
8:30 AM 31 miles 4 M-B
Meet at down town Niles parking lot. This will be the reverse of the Hayward view ride. Yes we will be climbing Harder Rd. "18 %" and Hayward Blvd to the top, so bring your big gears. The descending of Fairview and Five Canyons into Castro Valley is as good as it. Just one more climb on Palomares will return us to Niles. This ride does not have a food stop so we can be back before Noon.
Jim Marsh Cell Phone 510-861-7806

5th Week in September

Mon. Sept. 28 Monday Morning Recovery Ride
8:30 AM 40 miles, 1-2 M
See the listing of Mon. Sept. 7 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 Sept. 29 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. Sept. 30 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