

October 2010 RIDE CALENDAR

FFBC ANNUAL PICNIC

When: Saturday, October 9
Where: Quarry Lakes in Fremont (North Esperanza Pavilion)
Parking: \$5 for cars (bikes are free)
Time: Plan to eat at 12:30 pm
FFBC reservation fee: \$5 per adult
Catered by: Dickey's Barbeque Pit

There are 4 rides planned starting from Quarry Lakes park.
Details below.

FROM THE FFBC RACE TEAM

Ladies and Gentlemen
The race team will be riding every Thursday and Saturday of the Autumn and Winter season and the rides throughout October are open to All team and CLUB members, plus invited guests. If you are interested in joining us, please do so. Our October rides will be non combative and regulated (well, mostly) and are a good introduction for club riders to see how the race team rides. See you on the road
Garry

FFBC RIDE CLASSIFICATION

Ride leaders are encouraged to maintain their ride paces as outlined at <http://www.ffbc.org/html/RideClassification.html>.

Maps to the frequently used start locations.

Maps to the start locations July be viewed from the link on the FFBC page (http://www.ffbc.org/html/start_locations.html).

THANK YOU TO ALL THE OCTOBER RIDE LEADERS!

1st Week in October

Fri Oct 1 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the PW Supermarket side of the shopping center (Castro Valley) 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; alanc44@hotmail.com (510) 760-9245

Sat Oct 2 **Calaveras to Felter top and back**
8:30 AM **35 miles, 3, M**
Roll along Calaveras and up Felter and then home again!
Meet at Sunol Train Station; Foothill Rd & Kilkare Rd (Sunol) from the east take Paloma Road/ Sunol Exit off 680 freeway. Soraya Scheibel; sorayascheibel@sbcglobal.net (510) 299-2012
NOTE: State Route 84 in Niles Canyon, from Old Canyon Road in Fremont to west of Sunol, will be closed for extreme maintenance on Saturday, October 2, from 5 a.m. to 3 p.m..

Sat Oct 2 **Show and Go**
8:30 AM **20-50 miles, 4, B**
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sat Oct 2 **Low-key ride**
Race Team Ride #1
8:30 AM SHARP **45 miles, 2, F**
Our first team ride of the season, on roads where we can do an easy spin and practice some rotating pachelines. We will ride out to Alum Rock Park in San Jose. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. **Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**
Garry Birch; garry_b94568@yahoo.com (925) 556-1564 or (925) 819-0247

Sun Oct 3 **Calaveras Clockwise**
8:30 AM **40 miles, 3, B**
This is our traditional "1st Saturday of the Month, on Sunday" ride. We will **meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.** 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.
Steve Bell; sbell@gene.com (650) 455-8270

Sun Oct 3 **Show and Go**
8:30 AM **25-50 miles, 2-4, M**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Oct 3 **Team Hill Slug Climb for Gourmet Hotdogs**
9:00 AM SHARP **30 miles, 5, M**
Climb for hot dogs at Mark's Hot Dogs, the Big Orange! Up Old Calaveras to Calaveras to Felter to Sierra then to Mark's Hot Dogs. Each rider sets his or her own pace on the climbs. There is a regroup at Sierra and Piedmont intersection and the group will ride to Mark's Hotdogs at an M pace, 14-16 mph with the slowest rider setting the pace. **Meet at the Great Mall of Milpitas in the mall parking lot across from the Great Mall/Main VTA station at Great Mall Pkwy and McCandless Dr (Milpitas).**
Jon Graff; jon.graff@yahoo.com (408) 262-9577

2nd Week in October

Mon Oct 4 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2, M**
Let's meet at the **Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)** 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 ClubSport 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 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 Oct 5 **Tuesday Tour de Fremont Hills**
8:15 AM **1875' elevation gain, 31 miles, 3, M**
Meet at the Isherwood Staging Area: On Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail 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/Zapotec leg burner. A quick regroup and on to The Animals via Stanford. We'll head up Paseo Padre THE WRONG WAY to our final climb and a half-a short but steep kick up Pine and our last grind up Sabercat. We head back on a nice, flat Grimmer to the end of the ride at Peet's Coffee where some folks will surely want to linger a while.
 Rain or threat of rain cancels the ride. If uncertain as to the status of the ride, contact me between 7:15am and 7:45am on the day of the ride.
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832 -H

Tue Oct 5 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Oct 6 **Mid-week morning ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), 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; alang44@hotmail.com (510) 760-9245

Thu Oct 7 **Calaveras to Sierra to back home**
8:45 AM **45 miles, 5, M**
 Roll along Calaveras then down to Piedmont and up Sierra and back home! What fun! **Meet at Sunol Train Station; Foothill Rd & Kilkare Rd (Sunol).**
Soraya Scheibel; sorayascheibel@sbcglobal.net (510) 299-2012

Thu Oct 7 **Thursday Morning Coffee Ride**
9:00 AM **25-35 miles, 1-3, M**
 Come ride with a fun group. **Meet at Don Edward Visitor Center, Don Edwards National Wildlife Refuge, Marshlands Rd near the Visitor Center (Newark).** We cross the Dumbarton and ride to Shoreline Park, Robert's Market, or Plantation Coffee. Sometimes the climbs are optional. There are no route sheets so we regroup as necessary. We always have a coffee stop so bring money. Rain cancels.
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 -H, (510) 693-8624 -C

Thu Oct 7 **Thursday Night Training (TNT)**
6:00 PM **~20 miles, 2, F**
 Come join the race team and friends for a focused nights riding. We will cover riding for fitness, intensity, technique, with a program Set by either our Team Coach, Larry Nolan or one of the more Experienced team members. Lights will be required. Riders of all abilities welcomed. Wet roads, light rain, we ride, Deluge we cancel. **Meet at Eureka Drive, Newark. (take the first right on to Eureka then first driveway on left).**
Garry Birch; garry_b94568@yahoo.com (925) 556-1564 or (925) 819-0247

Fri Oct 8 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the PW Supermarket side of the shopping center (Castro Valley) 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; alang44@hotmail.com (510) 760-9245

Sat Oct 9 **Low-key ride**
8:30 AM SHARP **Race Team Ride #2**
45 miles, 2, F
 On roads where we can do an easy spin and practice some rotating pacelines. To the top of the false summit on the Calaveras climb and then retrace to Pleasanton and Sunol. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. **Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**
Garry Birch; garry_b94568@yahoo.com (925) 556-1564 or (925) 819-0247

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

Sat Oct 9 **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.
Ride Leader: TBD

Sat Oct 9 **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 Oct 9 **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.
Cindy Maxwell; maxwell.c@sbcglobal.net (408) 506-6860

Sat Oct 9 **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 Oct 10 **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 parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark)**, 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.
Becky Denevan; beckydenevan@gmail.com

Sun Oct 10 **Show and Go**
8:30 AM **20-50 miles, 2-4, M-B**
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

3rd Week in October

Mon Oct 11 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2, M**
Let's meet at the **Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)** 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 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 Oct 12 **Tuesday Tour de Fremont Hills**
8:15 AM **1875' elevation gain, 31 miles, 3, M**
Meet at the Isherwood Staging Area: On Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail 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/Zapotec leg burner. A quick regroup and on to The Animals via Stanford. We'll head up Paseo Padre THE WRONG WAY to our final climb and a half-a short but steep kick up Pine and our last grind up Sabercat. We head back on a nice, flat Grimmer to the end of the ride at Peet's Coffee where some folks will surely want to linger a while.
Rain or threat of rain cancels the ride. If uncertain as to the status of the ride, contact me between 7:15am and 7:45am on the day of the ride.
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832 -H

Tue Oct 12 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Oct 13 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at 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; alang44@hotmail.com (510) 760-9245

Thu Oct 14 **Thursday Morning Coffee Ride**
9:00 AM **30 miles, 2-3, M**
We meet at the Sunol Train Station, Foothill Rd & Kilkare Rd (Sunol). Maybe it will be the False Summit and Kilkare with lunch at the Jazz Cafe'. Pleasanton? Livermore? Maybe we will get adventurous. No route sheets. We will regroup as necessary. No one left behind. Rain cancels
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 -H, (510) 693-8624 -C

Thu Oct 14 **Thursday Night Training (TNT)**
6:00 PM **~20 miles, 2, F**
Come join the race team and friends for a focused nights riding. We will cover riding for fitness, intensity, technique, with a program Set by either our Team Coach, Larry Nolan or one of the more Experienced team members. Lights will be required. Riders of all abilities welcomed. Wet roads, light rain, we ride, Deluge we cancel. **Meet at Eureka Drive, Newark. (take the first right on to Eureka then first driveway on left).**
Garry Birch; garry_b94568@yahoo.com (925) 556-1564 or (925) 819-0247

Fri Oct 15 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the PW Supermarket side of the shopping center (Castro Valley) 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; alang44@hotmail.com (510) 760-9245

Sat Oct 16 **Brad's 9th Annual Mt. Hamilton Birthday Ride**
7:00 AM **7700' elevation gain, 107 miles, 5, M/B-B**
Please join us for a challenging yet rewarding Autumn ride up and over Mt. Hamilton. Will need your RSVP at least 4 days ahead of time so preparations can be made for purchase of water and snacks, and Debbie's baking of homemade goodies. Club members and their guests only this year. More info to be released to the FFBC mailing list as we near the date, including confirmation of ride support, lunch logistics, and ride leader for "B" pace. As is the tradition, ride starts/ends my house, call/email for directions.
Brad Baldwin; bradbaldwin@att.net (510) 795-7065

Sat Oct 16 **Baylands Park (with the Back Seat Driver)**
8:30 AM **30 miles, 1-2, T with a bit of M**
Join us for a ride to Baylands Park in Sunnyvale. Bring \$\$ for a coffee stop along the way. No one will be left behind. Temps over 90 degrees cancels ride. **Meet at Dixon Landing Park, Milpitas.** Directions: I-880 south from Fremont. Go east on Dixon Landing Rd. Turn right at Milmont and then right at Jurgens. Parking lot is on the right.
**Shelley Wills-Gildelatorre; swills22@yahoo.com
Sara Lewis; sarajlewis@hotmail.com**

Sat Oct 16 **Show and Go**
8:30 AM **20-50 miles, 4, M-B**
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sat Oct 16 **Low-key ride**
Race Team Ride #3
8:30 AM SHARP **45 miles, 3, F**
On local roads, an exploration in and around Fremont for areas that are great for training on. Featuring Nike Hill, The Early Birds Circuit, Eureka Drive, The Animals, Mur de Pain and others. The plan is to not ride hard up the hills, just say hello to them. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. **Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**
Garry Birch; garry_b94568@yahoo.com (925) 556-1564 or (925) 819-0247

Sun Oct 17 **Show and Go**
8:30 AM **20-50 miles, 2-4, M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

4th Week in October

Mon Oct 18 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2, M**
Let's meet at the **Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)** 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 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 Oct 19 **Tuesday Tour de Fremont Hills**
8:15 AM **1875' elevation gain, 31 miles, 3, M**
Meet at the Isherwood Staging Area: On Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail 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/Zapotec leg burner. A quick regroup and on to The Animals via Stanford. We'll head up Paseo Padre THE WRONG WAY to our final climb and a half-a short but steep kick up Pine and our last grind up Sabercat. We head back on a nice, flat Grimmer to the end of the ride at Peet's Coffee where some folks will surely want to linger a while.
Rain or threat of rain cancels the ride. If uncertain as to the status of the ride, contact me between 7:15am and 7:45am on the day of the ride.
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832 -H

Tue Oct 19 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Oct 20 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), 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; alanq44@hotmail.com (510) 760-9245

Thu Oct 21 **Thursday Morning Coffee Ride**
9:00 AM **25-35 miles, 1-3, M**
Come ride with a fun group. Meet at **Don Edward Visitor Center, Don Edwards National Wildlife Refuge, Marshlands Rd near the Visitor Center (Newark).** We cross the Dumbarton and ride to Shoreline Park, Robert's Market, or Plantation Coffee. Sometimes the climbs are optional. There are no route sheets so we regroup as necessary. We always have a coffee stop so bring money. Rain cancels.
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 -H, (510) 693-8624 -C

Thu Oct 21 **Thursday Night Training (TNT)**
6:00 PM **~20 miles, 2, F**
Come join the race team and friends for a focused nights riding. We will cover riding for fitness, intensity, technique, with a program Set by either our Team Coach, Larry Nolan or one of the more Experienced team members. Lights will be required. Riders of all abilities welcomed. Wet roads, light rain, we ride, Deluge we cancel. **Meet at Eureka Drive, Newark. (take the first right on to Eureka then first driveway on left).**
Garry Birch; garry_b94568@yahoo.com (925) 556-1564 or (925) 819-0247

Fri Oct 22 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the PW Supermarket side of the shopping center (Castro Valley) 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; alanq44@hotmail.com (510) 760-9245

Sat Oct 23 **Dale and Ken's Excellent Adventure: Del Puerto Canyon**
8:30 AM **3100' elevation gain, 50 miles, 5, M**
Meet at Patterson Exit off I-5 (see directions below)
Come ride an "out and back" on Del Puerto Canyon from Patterson to The Junction Cafe. Del Puerto Canyon is a beautiful back-country ranch road which gradually climbs to the junction of Mines Rd. and San Antonio Rd. Dale is offering a free guided tour of the "Bat Cave" among other highlights. The return is mostly downhill. Since this is an "out and back" the option is always available to cut the ride short at any point by turning around and heading back downhill.
Directions to the start: I-580 east to I-5 south about 10 miles to Exit 434 (Sperry Ave./Diablo Grande Pkwy). At the stop sign turn left and go under the freeway to the stoplight (Rogers Rd.) and turn left again. We will park in the area between the Denny's and the Motel(Best Western Villa del Lago). There are restrooms available at several businesses in this large parking lot (including Starbucks). Allow an hour and ten minutes from Fremont.
Here is the link to the route map and route sheet:
<http://lasthill.net/Maps/DelPuertoCanyon.html>
Ken Goldman; ken.goldman@comcast.net (510) 791-1095 -H
Dale Blanchard; dale-b@comcast.net (510) 703-7474 -C

Sat Oct 23 **Five Canyons rain check**
8:30 AM **2200' elevation gain, 43 miles, 4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Since we were rained out last month here is another chance to ride Palomares, Crow, Norris, Bollinger, & Niles canyons. Note correct route details this time. Route Details:
<http://www.bikeroutetoaster.com/Course.aspx?course=169317>
Steve Bell; sbell@gene.com (650) 455-8270

Sat Oct 23 **Light East Hills Hug**
8:30 AM **36 miles, 2, T-M**
Meet at Dixon Landing Park in Milpitas (Jurgens at Milmont)
Pedal along the base of our beautiful east foothills, from Milpitas to the Evergreen area in south San Jose. There will be a coffee/lunch stop midway through the ride after we loop around Evergreen Valley College. No drops & regroup as needed. 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 maxwell.c@sbcglobal.net 408-506-6860

Sat Oct 23 **Low-key ride**
8:30 AM SHARP **Race Team Ride #4**
45 miles, 3, F
On roads where we can do an easy spin and practice some rotating pacelines. To the top of the false summit on the Calaveras climb and then retrace to Pleasanton and Sunol. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping. **Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**
Garry Birch; garry_b94568@yahoo.com (925) 556-1564 or (925) 819-0247

Sun Oct 24 **Gary's Nightmare**
9:00 AM **5000' elevation gain, 50-55 miles, 5, M**
Meet at Monta Vista Park (Foothill and Voss Ave) in Cupertino. After enduring this ride in 2005, Tony Flusche suggested the name and Steve Wilson accurately described the terrain: "climb and climb and climb and climb and climb and climb and when it seems to start flattening out, we'll climb some more." If this sounds like your kind of ride, come out and enjoy 5000 feet of climbing. Meet at Monta Vista Park (Foothill and Voss Ave) in Cupertino. We'll wind our way up to Skyline, descend Kings Mountain into Woodside and return on Foothill. Bring \$ for a stop at Roberts Market. Directions: Take 280 to Cupertino, and take the Foothill Road South exit. Drive about 1.2 miles. Turn right on Voss Ave. Park on the street or in the parking lot on your right. Rain cancels.
Gary Smith; GSMITH289@aol.com (510) 304-0956 -C (510) 797-7809 -H

Sun Oct 24 **Show and Go**
8:30 AM **20-50 miles, 2-4, M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

5th Week in October

Mon Oct 25 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2, M**
Let's meet at the **Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)** 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 ClubSport 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 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 Oct 26 **Tuesday Tour de Fremont Hills**
8:15 AM **1875' elevation gain, 31 miles, 3, M**
Meet at the Isherwood Staging Area: On Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail 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 to our final climb and a half-a short but steep kick up Pine and our last grind up Sabercat. We head back on a nice, flat Grimmer to the end of the ride at Peet's Coffee where some folks will surely want to linger a while.

Rain or threat of rain cancels the ride. If uncertain as to the status of the ride, contact me between 7:15am and 7:45am on the day of the ride.
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832 -H

Tue Oct 26 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Wed Oct 27 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at 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; alang44@hotmail.com (510) 760-9245

Thu Oct 28 **Thursday Morning Coffee Ride**
9:00 AM **32 miles, 2, M**
Come join me for a trip to Alum Rock Park. **Meet at the REI Fremont side parking lot of REI on Ice House Terrace near Auto Mall Parkway & Fremont Blvd.** 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; lorimsommer@gmail.com (510) 794-8624 -H, (510) 693-8624 -C

Thu Oct 28 **Thursday Night Training (TNT)**
6:00 PM **~20 miles, 2, F**
Come join the race team and friends for a focused nights riding. We will cover riding for fitness, intensity, technique, with a program Set by either our Team Coach, Larry Nolan or one of the more Experienced team members. Lights will be required. Riders of all abilities welcomed. Wet roads, light rain, we ride, Deluge we cancel. **Meet at Eureka Drive, Newark. (take the first right on to Eureka then first driveway on left).**
Garry Birch; garry_b94568@yahoo.com (925) 556-1564 or (925) 819-0247

Fri Oct 29 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the PW Supermarket side of the shopping center (Castro Valley) 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; alang44@hotmail.com (510) 760-9245

Fri Oct 29 **Calaveras, Sierra Loop**
8:45 AM **35+ miles, 4-5, M**
We meet at the Sunol Train Station, Foothill Rd & Kilkare Rd (Sunol). We will do Calaveras and whatever we feel like..as long as we get back to watch the kids Halloween parade around 1:00 PM at Sunol school. We can get coffee at the Jazz Cafe and have a good time!
Soraya Scheibel; sorayascheibel@sbcglobal.net
(510) 299-2012

Sat Oct 30 **Kings Mountain**
8:30 AM **2700' elevation gain, 50 miles, 4, B**
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark)
We'll ride out west across Dumbarton bridge and ascend Kings Mountain onto Skyline. Then we descend CA84 to Portola and Sandhill returning home. Route Details:
<http://www.bikeroutetoaster.com/Course.aspx?course=179495>
Steve Bell; sbell@gene.com (650) 455-8270

Sat Oct 30 **Show and Go**
8:30 AM **20-50 miles, 4, M**
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sat Oct 30 **Low-key ride**
Race Team Ride #5
8:30 AM SHARP **45 miles, 3, F**
On roads where we can spin, and a chance to practice Technique To the bottom of the Calaveras climb and then Pleasanton and Sunol, with options for climbing Kilkare or Palomares. All race team members are requested to wear their team uniform. Rain will stop play. No stopping, no dropping.
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.
Garry Birch; garry_b94568@yahoo.com (925) 556-1564 or (925) 819-0247

Sun Oct 31 **Show and Go**
8:30 AM **20-50 miles, 2-4, M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Oct 31 **Tour de Dumbarton Bridge (Counter-clockwise)**
9:00 AM SHARP **~60 miles, 2, M**
Bike through 10 cities! We start with rollers on Piedmont Road/North Park Victoria and climb the Dumbarton Bridge. Break at the Don Edwards National Wildlife Center (~25 miles - bring snacks). We'll buy lunch in Mountain View (~35 miles). This a "group" ride. Each rider is expected to maintain 14- 16 mph pace on the level. The slowest rider sets the pace for the group. .
Meet at the Great Mall of Milpitas in the mall parking lot across from the Great Mall/Main VTA station at Great Mall Pkwy and McCandless Dr (Milpitas).
Jon Graff; jon.graff@yahoo.com (408) 262-9577