

November 2010 Ride Calendar

Tour of the Monterey Peninsula

You are invited to the annual FFBC club ride along Seventeen Mile Drive in Carmel on the Friday after Thanksgiving day. Come out and enjoy the sights and have lunch on the beach.

Some riders will be meeting for breakfast before the ride and, after the ride, some riders will be going out to eat at Phil's Fish Market in Moss Landing.

Breakfast before the ride: Paris Bakery, 271 Bonifacio Pl, Monterey, CA 93940, (831) 646-1620 (from Del Monte blvd turn left at Figueroa St, right on Pearl St, right on Tyler St, right on Bonifacio).

Dinner after the ride: Phil's Fish Market, 7600 Sandholdt Road, Moss Landing, CA 95039, (831) 633-2152.

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 NOVEMBER RIDE LEADERS!

1st Week in November

Mon Nov 1 **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 July 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 Nov 2 **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 Sabrekat. 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 Nov 2 **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 Nov 3 **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 Nov 4 **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

Fri Nov 5 **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 Nov 6 **Calaveras Clockwise**
8:30 AM **40 miles, 3 M-B**
This is our traditional "1st Saturday of the Month" ride. **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. There will be a ride leader for the pace(s) listed below. Rain or a serious threat of rain cancels.
B Pace: Steve Bell; sbell@gene.com (650) 455-8270
M Pace: Tony Flusche; TonyF@comcast.net (510) 247-3220

Sat Nov 6 **Calaveras to Felter top and back**
9:00 AM **38 miles, 4, M**
Meet at the Sunol Train Station, Foothill Rd & Kilkare Rd (Sunol). We go to the end of Calaveras and go up Felter and come back! Nice Fall ride!
Soraya Scheibel; Sorayascheibel@sbcglobal.net (510) 299-2012

Sun Nov 7 **Alum Rock**
8:30 AM **1700' elevation gain, 45 miles, 4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.
Ride Details:
<http://www.bikeroutetoaster.com/Course.aspx?course=179561>
RAIN CANCELS
Steve Bell; sbell@gene.com (650) 455-8270

Sun Nov 7 **Show and Go**
8:30 AM **20-50 miles, 4, M**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Nov 7 **Women's Team Ride #1**
9:00 AM SHARP **40-50 miles, M-B**
Meet at Cyclepros; 728 Main St. Pleasanton.
Join the Womens race team in a no-drop ride, all abilities welcome, open to team/ club members and friends who want to improve speed and endurance.
Sandra King; regalmoded@yahoo.com (925) 487-7658

Sun Nov 7 **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. What kind of Nightmare is canceled due to bad weather? This one was last month, so we'll try again. If climbing 5000 feet sounds like fun, this is your kind of ride. We'll start in Cupertino, 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) 797-7809-H (510) 304-0956-C)

2nd Week in November

Mon Nov 8 **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 July 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 Nov 9 **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 Sabrecat. 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 Nov 9 **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 Nov 10 **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 Nov 11 **Thursday Morning Coffee Ride**
9:00 AM **30 miles, 2-3, M**
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

Fri Nov 12 **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 Nov 12 **Calaveras to Felter top and back**
9:00 AM **35 miles, 4, M**
Meet at the Sunol Train Station, Foothill Rd & Kilkare Rd (Sunol). We will do Calaveras and do Felter and come back! It will be a nice fall ride!
Soraya Scheibel; Sorayascheibel@sbcglobal.net (510) 299-2012

Sat Nov 13 **Dale and Ken's Excellent Adventure Patterson Overnighter**
8:30 AM **~2800' elevation gain, ~74 miles, 4, M**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.
This is Day #1 of a two day ride.
Our November ride (11/13-14) will be a two day, overnight ride to Patterson and back. We will ride from Niles, out Mines Rd. and down Del Puerto Canyon to Patterson. We will stay overnight at a nice motel (with swimming pool and hot tub) with several restaurants nearby. We will ride back on Sunday via the paved trail along the California Aqueduct and over Corral Hollow into Livermore before returning to Niles. Overnight luggage will be taken from Niles to the motel and back by car.
Approx. 74 miles (~2800ft) out and 70 miles (~1800ft) back.
We will stay at the Villa del Lago at the I-5 exit to Patterson. Each participant will need to make their own motel reservation. (Room sharing is encouraged). Call (866) 744-2358 to make your reservation. Ask for the bicycle touring rate (it's about \$10.00 cheaper). We are planning this for the weekend of Nov. 13-14. You will need the room for Saturday night Nov. 13th.
The current bicycle touring rate (subject to change) is \$80.47 plus tax for a double room with two queen beds. They also have rooms with one king bed.
Since the motel is only an hour's drive and right off the freeway, some cyclists may wish to include spouses, S.O.'s or other family members who don't ride but could drive out. We will choose one of the adjacent restaurants for a group dinner or you can do your own thing. See details for both routes at:
<http://lasthill.net/Maps/PattersonOvernighter.html>
Ken Goldman; ken.goldman@comcast.net (510) 791-1095 -H
Dale Blanchard; dale-b@comcast.net (510) 703-7474 -C

Sat Nov 13 **Moraga Loop**
Colin's Birthday Ride
8:30 AM **55 miles, 3, M**
Meet at Rite-Aid, Castro Valley Boulevard.
Enjoy a 'no-drop' cruz through the redwoods. Redwood Road - Pinehurst Road and past Moraga. Loop around Lafayette - Rossmor and race the flats of Danville Blvd. and San Ramon Valley Blvd. Rest stop in Danville then return via Dublin grade to Castro Valley. Rite-Aid, Castro Valley Blvd. parking lot. Bring money for rest stop. Regular re-groups. Rain cancels.
Colin Moy; moyboys@comcast.net (510) 581-9052
Co-Lead with Dave and Steve

Sat Nov 13 **Calaveras to Sierra to back home**
9:00 AM **~45 miles, 5, M**
Meet at the Sunol Train Station, Foothill Rd & Kilkare Rd (Sunol). We go through Calaveras then go down to Piedmont and turn left then up Sierra and back home. And you are going to feel great for doing this! :)
Soraya Scheibel; Sorayascheibel@sbcglobal.net (510) 299-2012

Sat Nov 13 **Show and Go**
9:00 AM **20-50 miles, 4-5, B**
Meet at the Sunol Train Station, Foothill Rd & Kilkare Rd (Sunol).

Sun Nov 14 **Dale and Ken's Excellent Adventure**
Patterson Overnighter
8:00 AM **~1800' elevation gain, ~70 miles, 4, M**
Meet at Patterson Exit off I-5 -- Best Western Villa Del Lago.
This is Day #2 of a Two Day Ride.
See Saturday Listing for details. See details for both routes at:
<http://lasthill.net/Maps/PattersonOvernighter.html>
Ken Goldman; ken.goldman@comcast.net (510) 791-1095 -H
Dale Blanchard; dale-b@comcast.net (510) 703-7474 -C

Sun Nov 14 **The Wall Out & Back**
8:30 AM **2100' elevation gain, 44 miles, 4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.
Ride details:
<http://bikeroutetoaster.com/Course.aspx?course=187244>
RAIN CANCELS
Steve Bell; sbell@gene.com (650) 455-8270

Sun Nov 14 **Show and Go**
8:30 AM **20-50 miles, 4, M**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Nov 14 **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, this is a great time to wear it.
Gary Smith; GSMITH289@aol.com (510) 797-7809-(H) (510) 304-0956-C)

Sun Nov 14 **Women's Team Ride #2**
9:00 AM SHARP **40-50 miles, M-B**
Meet at Starbucks on NORTH Vasco road in Livermore.
This is a no-drop ride, all abilities welcome, open to Team/Club members and friends who are interested in improving speed and endurance.
Sandra King; regalmoded@yahoo.com (925) 487-7658

Sun Nov 14 **Tour de Fremont (Counter-clockwise)**
9:00 AM SHARP **44-50 miles, 2, M**
We ride the rollers on Piedmont and climb two 0.2 mile 7-8 percent hills and proceed to Don Edwards Wildlife Center. So bring fruit or a snack for a break there. We will have lunch in or near the Pacific Commons so bring money. This a "group" ride. Riders are expected to maintain a 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), under the "Bump" sign.**
Jon Graff; jon.graff@yahoo.com (408) 262-9577

3rd Week in November

Mon Nov 15 **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 July 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 Nov 16 **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 Sabrecat. 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 Nov 16 **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 Nov 17 **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 Nov 18 **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

Fri Nov 19 **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 Nov 20 **Alum Rock Park**
8:30 AM **~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 in Milpitas at Noah's Bagels or Starbucks Coffee. No one will be left behind! Meet at the REI Fremont on Ice House Terrace near Auto Mall Parkway & Fremont Blvd in the side parking lot. Shelley Wills-Gildelatorre; swills22@yahoo.com (510) 501-2241
Co-leader: Sara Lewis; saralewis@hotmail.com
Co-leader: Linda Appio; linda_appio@yahoo.com

Sat Nov 20 **Show and Go**
9:00 AM **20-50 miles, 1-4, L-M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Nov 21 **Team Hill Slug Calaveras to Pleasanton Challenge**
9:00 AM SHARP **60 miles, 4, M**
From Milpitas we will climb the wall (3 miles, 1400+ ft); descend into Sunol; then to Pleasanton and return through Sunol and the backside of Calaveras. We will have a lunch in Pleasanton, so please bring money, fruit, snacks & plenty to drink. 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), under the "Bump" sign. Jon Graff; jon.graff@yahoo.com (408) 262-9577

Sun Nov 21 **Women's Team Ride #3**
9:00 AM SHARP **40-50 miles, M-B**
Meet at Cyclepros; 728 Main St. Pleasanton. Join the Womens race team in a no-drop ride, all abilities welcome, open to team/ club members and friends who want to improve speed and endurance. Sandra King; regalmoded@yahoo.com (925) 487-7658

Sun Nov 21 **Let's get out of town! ride..also my Birthday ride**
9:00 AM **~45 miles, 4, M**
Meet at Scotts Valley High School. We go down from Scotts Valley then climb to Empire grade then go down Bonny Doon and ride HWY1 for awhile..we could get some great taco and such in Santa Cruz before climbing back to our cars. A real nice ride! Soraya Scheibel; Sorayascheibel@sbcglobal.net (510) 299-2012

Sun Nov 21 **Show and Go**
9:00 AM **20-50 miles, 3-4, B**
Meet at the Raley's shopping center at Jarvis & Newark Blvd.

Sun Nov 21 **Family Ride - Iron Horse Trail**
9:30 AM **10-12 miles, 1, T**
Meet at Dublin Library, 200 Civic Plaza Dublin CA. Meet in the parking lot of Dublin Library (on Civic Plaza off Dublin Blvd.) We'll take a leisurely ride down the Iron Horse Trail as far as San Ramon Central Park by the Community Center, where we'll stop for a while at the playground. The pace will be suitable for children of all ages. As usual, no child left behind! Mark Davis; mark@markandshirley.com (510) 573-0184
Vanessa McDonnell; vanessa@mcnmc.com (510) 441-7607 -H (510) 517-1466 -C

4th Week in November

Mon Nov 22 **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 July 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 Nov 23 **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 Sabrecat. 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 Nov 23 **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 Nov 24 **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 Nov 25 **Show and Go**
9:00 AM **20-50 miles, 1-4, L-T-M**
Meet at the Raley's shopping center at Jarvis & Newark Blvd.

Fri Nov 26 **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

Fri Nov 26 **27th Annual Tour of the Monterey Peninsula**
10:00 AM **30+/- miles, 3, T-M**

Three routes and options.

Join us at George Washington Park in Pacific Grove (Sinex Avenue and 17 Mile Drive). Here's the ride you have waited all year for! Enjoy the cycling route that makes your heart sing. We'll use the great route from last year for the main group. New for 2010 is a shorter more direct route to meet at the top of Huckleberry Hill so we can all descend into Carmel together. Get lunch at Nielsen's Market and eat on Carmel Beach. After lunch you have the option to ride further south to Point Lobos State Preserve by way of Carmel Mission. Ride is co-listed with the San Luis Obispo Bicycle Club. Bring \$\$\$\$. Frequent regroupings, Kodak moments at a scenic vista points. After the ride, meet at Phil's Fish Market in Moss Landing. We ride rain or shine. Please carpool, it's more fun that way.

Directions: 1) direct route: 880 South to Santa Cruz, Highway 1 south to Monterey and take the Del Monte Blvd exit south, right on Lighthouse Ave, becomes Central Ave, left on Fountain, right on Lighthouse Ave, left on Alder to George Washington Park at Alder and Sinex.

Directions: 2) longer route: 101 South past Gilroy to Hwy. 156. Go south to Hwy. 1 once in Monterey take Del Monte blvd exit south, right on Lighthouse Ave, becomes Central Ave, left on Fountain, right on Lighthouse Ave, left on Alder to George Washington Park at Alder and Sinex.

Breakfast before: Paris Bakery, 271 Bonifacio Pl, Monterey, CA 93940, (831) 646-1620 (from Del Monte blvd turn left at Figueroa St, right on Pearl St, right on Tyler St, right on Bonifacio.

Dinner afterwards: Phil's Fish Market, 7600 Sandholdt Road, Moss Landing, CA 95039, (831) 633-2152

Wynn Kageyama; davitusrider@yahoo.com (408)-499-0881

Sat Nov 27 **Show and Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
9:00 AM **20-50 miles, 1-4, L-T-M**
Meet at the Raley's shopping center at Jarvis & Newark Blvd.

Sun Nov 28 **Collier Canyon**
7:45 AM **2800' elevation gain, 60 miles, 4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Ride details:

<http://www.bikeroutetoaster.com/Course.aspx?course=187248>

RAIN CANCELS

Steve Bell; sbell@gene.com (650) 455-8270

Sun Nov 28 **Show and Go**
7:45 AM **20-60 miles, 4, M**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Nov 28 **Women's Team Ride #4**
9:00 AM SHARP **40-50 miles, M-B**
Meet at Starbucks on NORTH Vasco road in Livermore.

This is a no-drop ride, all abilities welcome, open to Team/Club members and friends who are interested in improving speed and endurance.

Sandra King; regalmoded@yahoo.com (925) 487-7658

Sun Nov 28 **Tour de Dumbarton Bridge (Clockwise)**
9:00 AM SHARP **50-60 miles, 2, M**

Bike through 10 cities! We see Alviso and the Sunnyvale Baylands and the western cities before climbing the Dumbarton Bridge. We'll buy lunch in Menlo Park at about 25 miles. There is a snack break at Don Edwards, so bring food. 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), under the "Bump" sign.**

Jon Graff; jon.graff@yahoo.com (408) 262-9577

5th Week in November

Mon Nov 29 **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 July 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 Nov 30 **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 Sabreca. 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 Nov 30 **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.