

## June 2011 RIDE CALENDAR

### Wednesday evening pizza rides.

Join Vicki and Edwina as they hosts the popular Wednesday evening Pizza Rides. For the month of June, the pizza rides will meet at **Mission Pizza, located at 1572 Washington Blvd, Fremont**, (510) 651-6858. This is the plaza on Washington between Paseo Padre Pkwy and the Washington exit from Interstate 680. **Please park at the rear of the shopping complex** rather than in front.

When signing in, remember to check "YES" or "NO" on the sign in sheet for pizza so we have an accurate head count on who is staying after the ride. The pizza order is placed before the ride departs. If you are staying for pizza the cost is \$5.00 per person and that includes three pieces of pizza and a soda per rider.

The rides meet at 6:00 PM for sign in, to be completed by 6:10. Departure time is 6:15pm SHARP.

Pizza Ride leader reservation list:

July: OPEN  
August: OPEN  
September: OPEN

You can reserve a month of Pizza Rides anytime by contacting me. See the Pizza Ride Coordinator's "How To" Guide in the FFBC website (<http://www.fremontfreewheelers.org/html/documents/PizzaGuidelines.pdf> ), Member Services for more information on leading one.

### FFBC Ride Classification.

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

### Maps to the frequently used start locations.

Maps to the start locations June be viewed from the link on the FFBC page ( [http://www.ffbc.org/html/start\\_locations.html](http://www.ffbc.org/html/start_locations.html) ).

THANK YOU TO ALL THE VOLUNTEER RIDE LEADERS!

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

**Wed June 1** **Mid-week Morning Ride**  
**8:30 AM** **35-45 miles, 2-3, M-B**  
**Meet at 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; [alanq44@hotmail.com](mailto:alanq44@hotmail.com) (510) 760-9245**

**Wed June 1** **Wednesday Pizza Ride**  
**6:00 PM** **20-25 miles, M-B**  
**Meet at Mission Pizza.**  
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 Pizza.  
**Vicki Timmons; [vickio@comcast.net](mailto:vickio@comcast.net) (510) 589-7356**  
**Edwina Dowell; [e.dowell@att.net](mailto:e.dowell@att.net) (510) 364-6071**

**Thu June 2** **Thursday Morning Coffee Ride**  
**8:30 AM** **25-35 miles, 1-3, M**  
Come ride with a fun group of people! **Meet at Don Edward Visitor Center, Don Edwards National Wildlife Refuge, Marshlands Rd near the Visitor Center (Newark)** and we head across the Dumbarton Bridge to various destinations. For a flat ride we head through East Palo Alto and along a few paths to Shoreline Park for lunch. For a ride with climbing we do Woodside Road, Sand Hill/Whisky Hill, Alpine Loop, Arastradero Park or Edgewood Road. Sometimes the climbing is optional. We always stop for coffee and riders are welcome to head back on their own if they know the way. There are no route sheets so we regroup as necessary and no one is left behind. **Rain cancels, check yahoo group, email or call me.**  
**Lori Sommer; [lorinsommer@gmail.com](mailto:lorinsommer@gmail.com) (510) 794-8624 home, (510) 693-8624 cell**

**Fri June 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; [alanq44@hotmail.com](mailto:alanq44@hotmail.com) (510) 760-9245**

**Sat June 4** **Calaveras Clockwise**  
**8:30 AM** **40 miles, 3, M-B**  
This is our traditional "1st Saturday of the Month" ride. We will meet in the **Downtown Niles Parking Lot** and ride up Niles Canyon into Sunol then on to Calaveras. Our traditional route brings us out in Milpitas and we return via a route that stays close to the hills. There will be a ride leader for the pace(s) listed below. Rain or a serious threat of rain cancels.  
**B Pace: Tim & Robin O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com)**  
**M Pace: TBD**  
Route sheet available from [ridecoordinator@ffbc.org](mailto:ridecoordinator@ffbc.org)

**Sun June 5** **Show and Go**  
**8:30 AM** **20-50 miles, 1-4, L-T-M-B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Sun June 5** **Dale and Ken's Excellent Adventures**  
**Three Bears and Wildcat Canyon**  
**9:00 AM** **45 Miles, 5, M**  
**Start location: Orinda BART station west lot --Orinda Station, 11 Camino Pablo, Orinda, CA 94563.** This ride will go around the Three Bears Loop and then climb Wildcat Canyon which are moderate climbs that are "4's". There is also a one mile climb up South Park Dr. which is about as steep as "The Wall" on Calaveras (but is very walkable). That's what makes this ride a "5". Coffee stop in Moraga at about mile 38. If you drive to this ride, there is plenty of parking in the west BART lot on Sundays. If you ride the BART, the last train that will get you there on time arrives at 9:05 (leaves Fremont 8:14); change trains in Oakland). If you come on the next train---have a nice day. This ride finishes back at the Orinda BART station. If you come on BART you will need to go home the same way. All "M" riders are welcome. No one left behind.  
Map and route sheet available at:  
<http://lasthill.net/Maps/ThreeBears-WildcatCanyon.html>  
**Ken Goldman; [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net) (510) 791-1095**  
**Dale Blanchard; [dale-B@comcast.net](mailto:dale-B@comcast.net) (510) 703-7474**

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

**Mon June 6** **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; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com) (510) 796-8832 -H**

**Tue June 7** **Tour de Fremont Hills**  
**8:30 AM** **elevation gain 1907', 30 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 followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again! Then we're ready for a nice downhill coast to Peets for a well deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.  
**Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com) (510) 441-7607 -H, (510) 517-1466 -C**

**Tue June 7** **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 June 8** **Mid-week Morning Ride**  
**8:30 AM** **35-45 miles, 2-3, M-B**  
**Meet at the Niles DOWNTOWN parking lot.** We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.  
**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com) (510) 760-9245**

**Wed June 8** **Wednesday Pizza Ride**  
**6:00 PM** **20-25 miles, M-B**  
**Meet at Mission Pizza.**  
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 Pizza.  
**Vicki Timmons; [vickio@comcast.net](mailto:vickio@comcast.net) (510) 589-7356**  
**Edwina Dowell; [e.dowell@att.net](mailto:e.dowell@att.net) (510) 364-6071**

**Thu June 9** **Thursday Morning Coffee Ride**  
**8:30 AM** **32 miles, 2, M**  
Let's go to Alum Rock Park! This has become my favorite ride. **We meet at the REI Fremont side parking lot of REI on Ice House Terrace near Auto Mall Parkway & Fremont Blvd.,** and our first regroup is at Jose Higuera Park. We ride along the rolling foothills and climb into Alum Rock Park. It is such a beautiful area; often deer are sighted and sound of the rushing creek is relaxing. We descend into Milpitas and have lunch at Noah's Bagels/Starbucks on North Milpitas Blvd. It is a flat ride back with no regroups. No routes sheets, no one left behind, and there are options for faster riders. **Rain cancels, check yahoo group, email or call me.**  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com) (510) 794-8624 home, (510) 693-8624 cell**

**Fri June 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; [alanq44@hotmail.com](mailto:alanq44@hotmail.com) (510) 760-9245**

**Sat June 11** **Lexington Reservoir to Santa Cruz Pier**  
**8:30 AM** **4,000' elevation gain, 55 miles, 4, M**  
We'll meet at the parking lot on the east side of the Lexington Reservoir in Los Gatos. We'll go to the Santa Cruz Pier via Old Santa Cruz Hwy, Summit Rd, Soquel-SanJose Rd and Laurel Glen. Directions to start take 880 south to Bear Creek Rd. Re enter 880 north bound and exit on Alma Bridge Rd. Go across the Lexington dam and Park in the parking area on the right or along the road.  
**Tony Flusche; [Tony.F@comcast.net](mailto:Tony.F@comcast.net) (510) 247-3220**

**Sat June 11** **Show and Go**  
**8:30 AM** **20-50 miles, 1-4, L-T-M-B**  
**Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun June 12** **Show and Go**  
**8:45 AM** **30-55 miles, 1-4, B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Sun June 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 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.  
**Ride leader: TBD**

## 3<sup>rd</sup> Week in June

**Mon June 13** **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; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com) (510) 796-8832 -H**

**Tue June 14** **Tour de Fremont Hills**  
**8:30 AM** **elevation gain 1907', 30 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 followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again! Then we're ready for a nice downhill coast to Peets for a well deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.  
**Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com) (510) 441-7607 -H, (510) 517-1466 -C**

**Tue June 14** **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 June 15** **Mid-week Morning Ride**  
**8:30 AM** **35-45 miles, 2-3, M-B**  
**Meet at 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; [alanq44@hotmail.com](mailto:alanq44@hotmail.com) (510) 760-9245**

**Wed June 15** **Wednesday Pizza Ride**  
**6:00 PM** **20-25 miles, M-B**  
**Meet at Mission Pizza.**  
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 Pizza.  
**Vicki Timmons; [vickio@comcast.net](mailto:vickio@comcast.net) (510) 589-7356**  
**Edwina Dowell; [e.dowell@att.net](mailto:e.dowell@att.net) (510) 364-6071**

**Thu June 16** **Thursday Morning Coffee Ride**  
**8:30 AM** **25-35 miles, 1-3, M**  
Come ride with a fun group of people! **Meet at Don Edward Visitor Center, Don Edwards National Wildlife Refuge, Marshlands Rd near the Visitor Center (Newark),** and we head across the Dumbarton Bridge to various destinations. For a flat ride we head through East Palo Alto and along a few paths to Shoreline Park for lunch. For a ride with climbing we do Woodside Road, Sand Hill/Whisky Hill, Alpine Loop, Arastradero Park or Edgewood Road. Sometimes the climbing is optional. We always stop for coffee and riders are welcome to head back on their own if they know the way. There are no route sheets so we regroup as necessary and no one is left behind. **Rain cancels, check yahoo group, email or call me.**  
**Lori Sommer; [lorisommer@gmail.com](mailto:lorisommer@gmail.com) (510) 794-8624 home, (510) 693-8624 cell**

**Fri June 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; [alanq44@hotmail.com](mailto:alanq44@hotmail.com) (510) 760-9245**

**Sat June 18** **Cherry City Cyclists**  
**6:00 AM** **Best of the Bay Century**  
Cherry City Cyclist presents the "BEST OF THE BAY" century ride. It follows the same roads as Stage 2 of the 2006 TOUR OF CALIFORNIA – 83, 100, 108, or 125 very challenging and very beautiful miles. They will provide plenty of SAG support and beautiful rest stops, and finish with a buffet at Sweet Tomatoes restaurant. Great training for Death Ride and the Alta Alpina Ride.  
**Start: Orinda Community Park - 26 Orinda Way. Orinda, CA**  
**Check out the website: <http://bob.cherrycitycyclists.org/>**

**Sat June 18** **Show and Go**  
**8:30 AM** **20-50 miles, 1-4, L-T-M-B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Sun June 19** **Show and Go**  
**8:30 AM** **20-50 miles, 1-4, L-T-M-B**  
**Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

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

**Mon June 20** **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; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com) (510) 796-8832 -H**

**Tue June 21** **Tour de Fremont Hills**  
**8:30 AM** **elevation gain 1907', 30 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 followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again! Then we're ready for a nice downhill coast to Peets for a well deserved coffee and the end of our ride. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.

**Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com) (510) 441-7607 -H, (510) 517-1466 -C**

**Tue June 21** **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 June 22** **Mid-week Morning Ride**  
**8:30 AM** **35-45 miles, 2-3, M-B**  
**Meet at the Niles DOWNTOWN parking lot.** We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.

**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com) (510) 760-9245**

**Wed June 22** **Wednesday Pizza Ride**  
**6:00 PM** **20-25 miles, M-B**  
**Meet at Mission Pizza.**

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 Pizza.

**Vicki Timmons; [vickio@comcast.net](mailto:vickio@comcast.net) (510) 589-7356**  
**Edwina Dowell; [e.dowell@att.net](mailto:e.dowell@att.net) (510) 364-6071**

**Thu June 23** **Thursday Morning Coffee Ride**  
**8:30 AM** **25-40 miles, 2-3, M**

Come ride with a fun group of people! We have many options for routes starting at the **Sunol Train Station, Foothill Rd & Kilkare Rd (Sunol)** and the weather usually determines the route. Often we will ride out to Panama Coffee in Livermore via Vallecitos (Pigeon Pass) or through the rolling hills in Pleasanton. Sometimes we ride out Calaveras to the Top of the Wall or into Sunol Park. Often after some climbing to earn a cinnamon roll, we go to Denica's in Dublin. A couple of times we've ridden to San Ramon for pizza at Zachary's. Sometimes we are adventurous and Ken and Dale suggest a route. Usually there are no route sheets but we regroup as necessary and no one is left behind. **Rain cancels, check yahoo group, email or call me.**

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

**Fri June 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; [alanq44@hotmail.com](mailto:alanq44@hotmail.com) (510) 760-9245**

**Sat June 25** **Calaveras Counter Clockwise**  
**8:30 AM** **42 miles, 3, M**

We will start in **Downtown Niles**, and take the Paseo Padre route down south. We will regroup at Jose Huger Park and after the climbing 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; [Tony.F@comcast.net](mailto:Tony.F@comcast.net) (510) 247-3220**

**Sat June 25** **Los Altos Coffee Ride**  
**9:00 AM** **40-45 miles, 4, M**

**Meet at Raley's shopping center at Jarvis & Newark Blvd.** We'll cross the bay and take Alpine, Arastradero and Purissima to Los Altos. We'll return on Foothill before crossing the bay again. We'll regroup a few times and make sure nobody gets left behind. Bring \$ for a refreshment stop.

**Gary Smith; [GSMITH289@aol.com](mailto:GSMITH289@aol.com) (510) 797-7809 -H (510) 304-0956 -C**

**Sat June 25** **Show and Go**  
**9:00 AM** **30-50 miles, 4, B**

**Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sat June 25** **Family Ride (Hayward Regional Shoreline)**  
**9:00 AM** **10 miles, 1, L-T**

**Start location: Staging area at the end of West Winton Ave. (Hayward).** Please join us for a fun, friendly, low key family ride. The ride is suitable for all family members (except the 4-legged type). No child, young or old, will be left behind. Meet at the staging area at the end of West Winton Ave. in Hayward @9:00am. We'll ride along the trail to Marina Park in San Leandro where we'll check out the playgrounds, have a snack and then return to the start. It's a round trip of just over 10 miles. Please note that there's a 2 mile stretch of trail which is not paved. It's packed dirt and/or gravel. I recommend using a bike with fat tires or at least something wider than 23mm.

**Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com) (510) 441-7607 -H, (510) 517-1466 -C**

**Mark Davis; [mark@markandshirley.com](mailto:mark@markandshirley.com) (510) 573-0184 -H (510) 299-0076 -C**

**Sun June 26** **Show and Go**  
**8:30 AM** **20-50 miles, 1-4, L-T-M-B**

**Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

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

**Mon June 27** **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; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com) (510) 796-8832 -H**

**Tue June 28** **Tour de Fremont Hills**  
**8:30 AM** **elevation gain ~2000', 38 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.** Since I've heard that a change is as good as a rest the last Tuesday of the month we'll do my favorite Fremont hill - Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill, returning through the canyon with the ride once again ending at Peets for a well deserved coffee. Rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am on my cellphone on the day of the ride.  
**Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com) (510) 441-7607**  
**-H, (510) 517-1466 -C**

**Tue June 28** **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 June 29** **Mid-week Morning Ride**  
**8:30 AM** **35-45 miles, 2-3, M-B**  
**Meet at 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; [alanq44@hotmail.com](mailto:alanq44@hotmail.com) (510) 760-9245**

**Wed June 29** **Wednesday Pizza Ride**  
**6:00 PM** **20-25 miles, M-B**  
**Meet at Mission Pizza.**  
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 Pizza.  
**Vicki Timmons; [vickio@comcast.net](mailto:vickio@comcast.net) (510) 589-7356**  
**Edwina Dowell; [e.dowell@att.net](mailto:e.dowell@att.net) (510) 364-6071**

**Thu June 30** **Thursday Morning Coffee Ride**  
**8:30 AM** **25-35 miles, 1-3, M**  
Come ride with a fun group of people! This ride starts at the **Don Edward Visitor Center, Don Edwards National Wildlife Refuge, Marshlands Rd near the Visitor Center (Newark)** and we head across the Dumbarton Bridge to various destinations. For a flat ride we head through East Palo Alto and along a few paths to Shoreline Park for lunch. For a ride with climbing we do Woodside Road, Sand Hill/Whisky Hill, Alpine Loop, Arastradero Park or Edgewood Road. Sometimes the climbing is optional. We always stop for coffee and riders are welcome to head back on their own if they know the way. There are no route sheets so we regroup as necessary and no one is left behind. **Rain cancels, check yahoo group, email or call me.**  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com) (510) 794-8624**  
**home, (510) 693-8624 cell**