

July 2011 RIDE CALENDAR

SPORTS BASEMENT SUNNYVALE RIDES: July 23, 2011.

The Sports Basement has again invited us to start our FFBC club rides from their Sunnyvale store.

There are four rides listed below. Route sheets will be provided. If there is no ride leader designated by the time of the ride we will treat the ride as a show and go and designate a volunteer ride leader for that ride.

The Sports Basement Sunnyvale store will provide snacks and beverages for FFBC, plus a 20% discount shopping day.

Wednesday evening pizza rides.

Julie Gilson will be hosting the popular Wednesday evening Pizza Rides for the month of July. (Carrie Payne will be covering for Julie on July 20.) The July 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:

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

THANK YOU TO ALL THE JULY RIDE LEADERS!

1st Week in July

Fri July 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; alanq44@hotmail.com (510) 760-9245

Sat July 2 **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
M Pace: TBD
Route sheet available from ridecoordinator@ffbc.org

Sun July 3 **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 July 3 **Dale and Ken's Excellent Adventures**
"Mezza Luna del Mar"
9:00 AM **54 Miles, 4, M**
Start location: Corner of Church and Miramontes St., Half Moon Bay. Come beat the heat with a cool summer ride near the coast. We will head south from HMB to San Gregorio, over Haskins Hill, and down to Pescadero for lunch at Archangeli's Market/Bakery (think ARTICHOKE bread). Then we return north along the coast with a pretty, inland detour to Higgins-Purissima, a lovely hill which will drop us back into HMB. There is 3500 ft of cumulative climbing over the 54 miles, but no long steep climbs. All "M" riders are welcome and should feel comfortable on this fun ride. No one left behind. Suggested route to start: Hwy 92 to L on Main St (stop light just before Hwy 1) in HMB. Then R on Miramontes and L on Church. Park along the street. Allow an hour from Fremont. Map and route sheet available at: <http://lasthill.net/Maps/MezzaLuna.html>
Ken Goldman; ken.goldman@comcast.net (510) 791-1095
Dale Blanchard; dale-B@comcast.net (510) 703-7474

2nd Week in July

Mon July 4 **6th Annual 4th of July Pancake Breakfast Ride**
7:30 AM **12-14 miles, 1, T**
Meet in the Silliman Center parking lot, 6800 Mowry Ave, Newark at 7:30AM. Start the day off with a short ride before enjoying a tasty breakfast of IHOP pancakes, sausage and Starbucks coffee prepared by Alameda County Fire Station #27. Bring your family (or they can join us after the ride) and we will do a leisurely flat loop through city streets to Coyote Hills and back. Please bring signed Minor Release Forms for any children (including children in trailers). Please plan to accompany your child on the ride. The breakfast is \$5 per person and benefits the Muscular Dystrophy Association. We hope to see you there. Bring a bike lock and extra money to participate in the raffle.
Walt Thomas; walttennis@yahoo.com
Lori Sommer; lorimsommer@gmail.com (510) 794-8624 home, (510) 693-8624 cell

Mon July 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 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 (510) 796-8832 -H

Tue July 5 **Tour de Fremont Hills**
8:30 AM **elevation gain 1900', 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 (510) 441-7607 -H, (510) 517-1466 -C

Tue July 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 July 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; alanq44@hotmail.com (510) 760-9245

Wed July 6 **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.
Julie Gilson; jmgilson@comcast.net (510) 468-0284

Thu July 7 **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 (510) 794-8624 -H, (510) 693-8624 -C**

Fri July 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; alanq44@hotmail.com (510) 760-9245

Sat July 9 **FFBC Michael's Tour for Cookies**
8:00 AM Sharp! **40 miles, 3, T-M**
Join us on the first "Tour for Cookies" Ride starting from Sunol. We will ride up Kilkare and back then out Geary to the visitor center in Sunol Regional Park. After re-grouping in the park we will head up Calaveras to the wall (but we won't go down!). After regrouping at the wall we will return to the Sunol Jazz Cafe for cookies and coffee. The ride has moderate climbing with great valley views, forests, and sighting of deer, wild turkeys, and eagles.
The first 18 to register at the ride are guaranteed Michael's "Award Winning Cookies", either White Chip Macadamia or Double Chocolate Chip; do bring \$ \$ for coffee/drinks and other snacks.
Meet in the dirt lot across the street from the Sunol Train Station, ready to roll at 8:00 AM sharp. Please do not park in the train station lot, but across the street in the dirt lot.
Michael Hall; mehall@sbcglobal.net (408) 930-3674
Vicki Timmons; vickio@comcast.net (510) 589-7356

Sat July 9 **Calaveras Counter Clockwise**
8:30 AM **42 miles, 3, M**
We will start in **DOWNTOWN Niles parking lot across from H St on Niles Blvd.**, and take the Paseo Padre route down south. We will regroup at Jose Higuera 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 (510) 247-3220

Sat July 9 **Show and Go**
8:30 AM **30-50 miles, 3-4, B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun July 10 **Show and Go**
8:30 AM **20-50 miles, 3-4, B**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun July 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.
Gary Smith; GSMITH289@aol.com (510) 797-7809 -H (510) 304-0956 -C

3rd Week in July

Mon July 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 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 (510) 796-8832 -H

Tue July 12 **Tour de Fremont Hills**
8:30 AM **elevation gain 1900', 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 (510) 441-7607 -H, (510) 517-1466 -C

Tue July 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 July 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; alanq44@hotmail.com (510) 760-9245

Wed July 13 **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.
Julie Gilson; jmgilson@comcast.net (510) 468-0284

Thu July 14 **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 **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 (510) 794-8624 -H, (510) 693-8624 -C

Fri July 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; alanq44@hotmail.com (510) 760-9245

Sat July 16 **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 July 17 **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).

4th Week in July

Mon July 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 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 (510) 796-8832 -H

Tue July 19 **Tour de Fremont Hills**
8:30 AM **elevation gain 1900', 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.

Dave Fishbaugh, fish1950@comcast.net, (510) 657-6006

Tue July 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 July 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

Wed July 20 **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.

Carrie Payne; carriepayne@att.net (510) 795-1802

Thu July 21 **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 (510) 794-8624 -H, (510) 693-8624 -C

Fri July 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 July 23 **Sports Basement, Multiple Rides**
8:30 AM

The following four rides start at the **Sports Basement, 1177 Kern Ave., Sunnyvale (408-732-0300)**. See introduction at top for more information. Directions from Fremont area: 880 South, exit 237 West toward Mountain View, exit Lawrence Expwy., and take Lawrence Expwy. to Kern (a little past 101), turn right on Kern and the Sports Basement is on your immediate right. Meet in the parking lot.

- 1 - Sports Basement - Montebello** **35 miles, hilly**
Montebello Rd - ~5.3 miles 2000ft - 6.7% avg grade
- 2 - Sports Basement - North Loop** **40 miles, hilly, ~2000ft**
- 3 - Sports Basement - Out & Back** **21 miles, not too hilly**
- 4 - Sports Basement - Short Loop** **25 miles, not too hilly**

Route sheets and sign-up sheets will be provided; send email to ridecoordinator@ffbc.org to request the route and sign-up sheets. If there is no ride leader designated by the time of the ride we will treat the ride as a show and go and designate a volunteer ride leader for that ride.

Sat July 23 **Show and Go**
8:30 AM **20-50 miles, 1-4, L-T-M**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Sun July 24 **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.

5th Week in July

Mon July 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 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 (510) 796-8832 -H

Tue July 26 **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.

Ken Goldman, ken.goldman@comcast.net (510) 791-1095

Tue July 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 July 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; alanq44@hotmail.com (510) 760-9245

Wed July 27 **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.
Julie Gilson; jmgilson@comcast.net (510) 468-0284

Thu July 28 **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 (510) 794-8624 home, (510) 693-8624 cell

Fri July 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; alanq44@hotmail.com (510) 760-9245

Sat July 30 **Baylands Park (with the Back Seat Driver)**
8:00 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. If forecast is 90°F or more in Milpitas call to check if ride is still on.
Shelley and Jorge Gildelatorre; swills22@yahoo.com (510) 501-2241

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

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