

# AUGUST 2012 RIDE CALENDAR

## WEDNESDAY EVENING PIZZA RIDES.

Our popular PIZZA RIDES continue this month! Join Carrie & Andy Payne, Robin & Tim O'Hara and Vicki Timmons on Wednesday evenings in August for an early evening ride, returning before dark to feast on pizza (staying for pizza after the ride is optional). Five dollars (\$5.00) buys you 3 slices of pizza and a soft drink after the ride. Food will be ready at 7:30 pm. When signing in, remember to check "YES" or "NO" on the sign-in sheet for pizza so we have an accurate head count of who is staying after the ride.

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:** Carrie & Andy Payne, Tim & Robin O'Hara, Vicki Timmons

**September:** OPEN

You can reserve a month of Pizza Rides anytime by [contacting the ride coordinator](#). See the [Pizza Ride Coordinator's "How To" Guide](#) in the FFBC website (under "Member Services") for more information on leading one.

## FFBC RIDE CLASSIFICATION

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

## MAPS TO FREQUENTLY USED START LOCATIONS

Maps to the start locations for August are available at: [http://www.ffbc.org/html/start\\_locations.html](http://www.ffbc.org/html/start_locations.html).

## THANK YOU TO ALL THE AUGUST RIDE LEADERS!

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

**Wed Aug 1** **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 \$\$.**  
**AI Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com) (510) 760-9245**

**Wed Aug 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; [vicki2bike@comcast.net](mailto:vicki2bike@comcast.net); (510) 589-7356**

**Thurs Aug 2** **Thursday Morning Coffee Ride**  
**8:30 AM** **32 miles, 2 (1,000'), M**  
Let's go to Alum Rock Park! **We meet at REI in Fremont (43962 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 who like to climb. Rain cancels, check Yahoo! group, email, or call me.  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thurs Aug 2** **TNT (Thursday Night Training)**  
**6:15 PM** **60-90 minutes, 1, M-B-F**  
Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.  
**Meet at Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.**  
When dark, lights required. Helmets are mandatory.  
**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri Aug 3** **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 Safeway Supermarket side of the shopping center (Castro Valley). Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.**  
**AI Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com) (510) 760-9245**

**Sat Aug 4** **Tortoises Climbing Hills**  
**8:00 AM SHARP** **Old La Honda**  
**44 miles, 4 (2,600'), T**  
Join us for a beautiful climb up Old La Honda Rd., a 3.37 mile, 1,290 ft. elevation gain shaded road. We will begin with 5 miles of easy riding up Foothill Rd., followed by some short, moderate hills—Arastadero, Alpine and Portola before the big climb. At the top, we take Skyline (Hwy 35) to Alice's Restaurant before descending La Honda Rd. (Hwy 84).

This ride will be Cinderella Training friendly with multiple regroups and no one left behind. Our motto is, "Slow and steady climbs the hill." Call if you have any questions about the pace or route.

**Meet at Bicycle Outfitters, Foothill Expressway & Fremont St., Los Altos.**  
**Judy Young; [sjsyoung3@comcast.net](mailto:sjsyoung3@comcast.net) ; (510) 331-9367 -C**  
**Steve Young; (510) 331-6742 -C**

**Sat Aug 4** "Let's Go To The Beach..."  
**8:00 AM** 47 miles, 4-5, M  
Cinderella Let's Climb and Challenge riders, Prince Charmings, and mountain goats join us as we repeat one of our favorite and most memorable rides – "Let's Go To The Beach" (Let's Climb 2 ride 7). Beginning at Canada and Edgewood Roads, we will warm up and ride through a Sunset Magazine tour to Old La Honda Road and Up Enough. We will follow Skyline to La Honda Rd. where you can buy sustenance (FAST bathroom stop, snack and coffee). Down La Honda to San Gregorio (more coffee if we are freezing from the downhill), right onto Stage Rd., a short trek on Hwy 1, then up, up Tunitas Creek, down King's Mountain, and back to the start. Fast climbers feel free to take the lead.  
A link to the ride is at:  
<http://connect.garmin.com/activity/152616922>  
We will meet at the gate area on Canada Rd. at the end of Edgewood Rd. Don't leave valuables in your vehicle.  
Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829

**Sat Aug 4** Calaveras Clockwise  
**8:30 AM** 40 miles, 3, M-B  
This is our traditional "1st Saturday of the Month" 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.  
B:Tim & Robin O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com) (510) 418-2669  
M: Jorge Gildelatorre; [jorge@gildelatorre.com](mailto:jorge@gildelatorre.com); (510) 589-0660

**Sat Aug 4** Show and Go  
**8:30 AM** 20-50 miles, 2-4, L-T  
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

**Sun Aug 5** Show and Go  
**8:30 AM** 20-50 miles, 2-4, L-T-M-B  
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

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

**Mon Aug 6** Monday Morning Recovery Ride  
**8:30 AM** 40 miles, 1-2 (610'), 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 610 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

**Tue Aug 7** Tour de Fremont Hills  
**8:30 AM** 30 miles, 3 (~1,800), M-B  
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 or for added suffering we'll climb back over Pine! 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.  
Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 441-7607  
-H, (510) 517-1466 -C

**Tue Aug 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 Aug 8** 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](mailto:alanq44@hotmail.com) (510) 760-9245

**Wed Aug 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.  
Tim & Robin O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com) (510) 418-2669

**Thurs Aug 9** 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's Wildlife Refuge 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) 693-8624 -C

**Thurs Aug 9** TNT (Thursday Night Training)  
**6:15 PM** 60-90 minutes, 1, M-B-F  
Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.  
Meet at Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.  
When dark, lights required. Helmets are mandatory.  
Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247

**Fri Aug 10** **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 Safeway Supermarket side of the shopping center (Castro Valley).** 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 Aug 11** **Tuesday Hills On Saturday**  
**8:00 AM** **30 miles, 3, M**  
Get all of the Tuesday Tour de Fremont Hills ride fun on the weekend! **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 the grind up Sabrecat. If we haven't managed to elevate our heart rates sufficiently we'll tackle Paseo Padre the wrong way again; otherwise we'll head directly 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 7:00am and 7:30am by phone on the day of the ride.  
**Mike Northrup; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com) ; (510) 796-8832**

**Sat Aug 11** **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. **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 lots is on the right. If it's forecasted to be over 90 degrees, we'll talk about doing a shorter route when we meet.  
**Shelley & Jorge Gildelatorre; [swills22@yahoo.com](mailto:swills22@yahoo.com); (510) 651-0635**

**Sat Aug 11** **Show and Go**  
**8:30 AM** **20-50 miles, 2-4, B**  
**Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun Aug 12** **Third Annual Tour de Stooges**  
**7:00 AM** **100 miles, 3, M+**  
**Meet at the Raley's shopping center parking lot, east side, close to Tutti Frutti, Jarvis Ave. & Newark Blvd, Newark.** London has the Olympics, Spain has the running of the bulls, and Fremont has the Tour de Stooges! Please join Stephen and Dave for a 100 mile jaunt around the south bay and peninsula. We'll be heading south to Alum Rock, then across San Jose to Foothill and Alpine. From there it's up Canada before returning across the Dumbarton. This won't be a race. There will be a few stops for food, so bring \$\$ . I know you're thinking "7:00?" But hey! We're doing 100 miles and we want to get back before dinner.  
Who would lead a ride like this? ....a couple of Stooges.  
**Dave Epps; [depps55@gmail.com](mailto:depps55@gmail.com) ; (510) 487-5288 -H, (510) 452-2615 -C**  
**Stephen Politzer; [thetechdog@gmail.com](mailto:thetechdog@gmail.com) ; (510) 638-3709 -H, (510) 761-5564 -C**

**Sun Aug 12** **Dale & Ken's Excellent Adventures**  
**9:00 AM** **Palomares With a Twist**  
**36 miles, 4 (2,500'), M**  
Come climb Palomares and then a little adventure on Schaefer Ranch Rd. with a coffee stop at Panera Bread in Dublin before returning on Foothills Rd. All M-paced riders will enjoy this ride. About the same amount of climbing as a Calaveras loop.  
Here's a link to the map and route sheet:  
<http://lasthill.net/Maps/DK-PalomaresTwist.html>  
**Meet at the Niles downtown parking lot.**  
**Ken Goldman; [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net); 510 791-1095 (H)**  
**Dale Blanchard; [dale-b@comcast.net](mailto:dale-b@comcast.net); 510-703-7474 (C)**

**Sun Aug 12** **Show and Go**  
**8:30 AM** **20-50 miles, 2-4, B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Sun Aug 12** **"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](mailto:GSMITH289@aol.com); (510) 797-7809 -H, (510) 304-0956 -C**

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

**Mon Aug 13** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2 (610'), 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 610 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**

**Tue Aug 14** **Tour de Fremont Hills**  
**8:30 AM** **38 miles, 3 (~2,000'), M**  
**Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) 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. 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 Aug 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 Aug 15** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Wed Aug 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.  
**Carrie & Andy Payne; [carriepayne@att.net](mailto:carriepayne@att.net); (510) 795-1802 – H, (510) 754-0276 –C**

**Thurs Aug 16** **Thursday Morning Coffee Ride**  
**8:30 AM** **31 miles, 1,075', M**  
**We will start at Crank2 Performance Tandems (5480-9 Sunol Boulevard, Pleasanton).** Bryon will open the shop early for coffee and restrooms. We will ride in a CW loop up Camino Tassajara and Collier Canyon, descend into Livermore with a coffee stop at Vineyard Starbucks/Subway and finish with a climb up Bernal. The route may change due to road construction. Rain cancels, check Yahoo! group, email, or call me.  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thurs Aug 16** **TNT (Thursday Night Training)**  
**6:15 PM** **60-90 minutes, 1, M-B-F**  
Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.  
**Meet at Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.** Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.  
When dark, lights required. Helmets are mandatory.  
**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri Aug 17** **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 Safeway Supermarket side of the shopping center (Castro Valley).** 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 Aug 18** **Calaveras/Piedmont/Sierra/"The Wall"**  
**8:00 AM** **46 miles, 3-4, M**  
Want to get in some hill work? This is the ride for you! It has been almost two years since I did this route – and I felt like I hiked more than I rode! After the Calaveras rollers and a nice ride down to Piedmont, we will begin our climb up Sierra and onto Felter, followed by that nice kick up "The Wall" and back to Sunol. Water and bathrooms are gas station types before the climb up Sierra. I recommend not eating any donuts at that donut shop behind the gas station before climbing Sierra. **Meet at the dirt parking lot across from the Sunol train station.**  
A link to the ride is at:  
<http://www.mapmyrun.com/routes/view/118025217>  
**Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net) ; (510) 224-0829**

**Sat Aug 18** **Show and Go**  
**8:30 AM** **20-50 miles, 2-4, B**  
**Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sat Aug 18** **Family Ride**  
**9:30 AM** **Guadalupe River Trail**  
Join us for our first adventure on the Guadalupe River Trail in San Jose. We'll stop frequently to let our younger riders catch their breath or have a snack. If we find a playground along the way we'll probably stop to investigate. This ride is suitable for children of all ages. Rain or threat of rain cancels, high temperatures may shorten or modify the ride.  
**Meet at the dirt parking lot at the end of Ashbury St. in San Jose. Directions:** Take I-880 to Coleman Ave. Head towards downtown San Jose, left on Ashbury St.  
**Mark Davis; [mark@markandshirley.com](mailto:mark@markandshirley.com); (510) 573-0184 -H, (510) 343-5773 -C**  
**Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 441-7607 - H, (510) 517-1466 -C**

**Sun Aug 19** **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.**

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

**Mon Aug 20** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2 (610'), 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 610 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**

**Tue Aug 21** **Tour de Fremont Hills**  
**8:30 AM** **30 miles, 3 (~1,800'), M-B**  
**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 or for added suffering we'll climb back over Pine! 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 Aug 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 Aug 22** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Wed Aug 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.  
**Carrie & Andy Payne; [carriepayne@att.net](mailto:carriepayne@att.net); (510) 795-1802 -H, (510) 754-0276 -C**

**Thurs Aug 23** **Thursday Morning Coffee Ride**  
**8:30 AM** **~40 miles, 3 (1,818'), M**  
Ken and Dale will take us to the cross in the hills of Redwood City. **This ride starts at Don Edwards Wildlife Refuge Visitor Center** and heads across the Dumbarton Bridge. We will climb up to Woodside and climb some more up to the cross. We will stop for lunch at Primo Deli. Rain cancels, check Yahoo! Group, email or call me.  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thurs Aug 23** **TNT (Thursday Night Training)**  
**6:15 PM** **60-90 minutes, 1, M-B-F**  
Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.  
**Meet at Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.** Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.  
When dark, lights required. Helmets are mandatory.  
**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri Aug 24** **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 Safeway Supermarket side of the shopping center (Castro Valley).** 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 Aug 25** **Show and Go**  
**8:30 AM** **20-50 miles, 2-4, B**  
**Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sat Aug 25** **Los Altos**  
**9:00 AM** **40-45 miles, 3-4, M**  
We will cross the bay and take Alpine, Arastradero and Purissima to Los Altos. Our return trip will be on Foothill before crossing the bay again. We'll regroup a few times to make sure nobody gets left behind. Bring \$\$ for a refreshment stop in downtown Los Altos.  
**Gary Smith; [GSMITH289@aol.com](mailto:GSMITH289@aol.com) ; (510) 797-7809 -H, (510) 304-0956 -C**

**Sat Aug 25** **South Santa Cruz County**  
**10:00 AM** **35-40 miles, 3-4, L-M**  
Come take a short tour of \*South\* Santa Cruz county. We'll start at the Peet's in Aptos, go through Soquel Village, then through a few hills and valleys on our way to Corralitos, home of the famous Corralitos Meat Market, where people can be witnessed drooling over the sausage displays (according to Yelp!, at least). After logging that landmark, we'll head out along Brown's Valley Road and follow the creek until we take Hazel Dell Road, where we'll come back into civilization and ride through some South County farmland. We'll finish by riding up Calabazas Road, a challenging mile-and-a-half climb, down Freedom Boulevard and back to Peet's.

There's no such thing as a flat ride in Santa Cruz County, and the pavement quality can be what-you-call challenging. That said, this ride is pretty and the climbs are relatively short. Come and give it a try. We'll have some identified re-group points, the pace will be . . . sensible, and the ride leader will lead from behind. If we have some Hill Maniacs, she'll be happy to prescribe extra vertical to satisfy their lust for pain.

If there are horse lovers in the crowd, drop me a note beforehand - if enough people are interested, we can adjust the route and drop by a rescue facility that usually has a couple of mares with their relatively new babies on hand.

**Meet at Peet's in Aptos: 783 Rio Del Mar Blvd, Aptos, CA**  
**Donna Stidolph; [donna@stidolph.com](mailto:donna@stidolph.com) ; (831) 419-0835**

**Sun Aug 26** **Show and Go**  
**8:30 AM** **20-50 miles, 2-4, 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 August

**Mon Aug 27** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2 (610'), 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 610 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**

**Tue Aug 28** **Tour de Fremont Hills**  
**8:30 AM** **38 miles, 3 (~2,000'), M-B**  
**Meet at the Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail. Since I've heard that a change is as good as a rest 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays 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. 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 Aug 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 Aug 29** **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](mailto:alanq44@hotmail.com) (510) 760-9245**

**Wed Aug 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; [vicki2bike@comcast.net](mailto:vicki2bike@comcast.net); (510) 589-7356**

**Thurs Aug 30** **Thursday Morning Coffee Ride**  
**8:30 AM** **32 miles, 2 (1,524'), M**  
Come ride with a fun group of people! We will ride out to Panama Coffee in Livermore via Vallecitos (Pigeon Pass). **Meet in the dirt lot opposite the train station in Sunol.** We will do a pass through the Vineyards and into Sycamore Grove Park. No one left behind. If the temperature is extreme I may modify or cancel the ride. Check Yahoo! Group, email or call me.  
**Lori Sommer; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C**

**Thurs Aug 30** **TNT (Thursday Night Training)**  
**6:15 PM** **60-90 minutes, 1, M-B-F**  
Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.  
**Meet at Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.**  
When dark, lights required. Helmets are mandatory.  
**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri Aug 31** **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 Safeway Supermarket side of the shopping center (Castro Valley). 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**

**Fri Aug 31** **"How Pleasant is Mt. Pleasant?"**  
**8:30 AM** **27 miles, 3, M**  
Can Mt. Pleasant live up to it's name? **Starting from Cardoza Park in Milpitas**, we'll ride south into San Jose to Mt. Pleasant Road. After enjoying our little climb we'll have coffee in the Evergreen district and head back to the start. No drops and regroup as needed. Temps over 90 may cancel or modify the ride. Any changes will be announced on the FFBC Yahoo! Group or call/text/email me. Please note the change in the ride start location. **Directions to Cardoza Park: I-680 South. East on Jacklin Rd. in Milpitas. South on N. Park Victoria Dr. then east on Kennedy Dr. The parking lot is on the right (<http://goo.gl/maps/Q8Kq>)**  
**Cindy Maxwell; [Maxwell.c@sbcglobal.net](mailto:Maxwell.c@sbcglobal.net) ; (408) 506-6860**