

SEPTEMBER 2012 RIDE CALENDAR

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 September are available at: http://www.ffbc.org/html/start_locations.html.

THANK YOU TO ALL THE SEPTEMBER RIDE LEADERS!

1st Week in September

Sat Sept 1 **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., Fremont 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 (510) 418-2669
M: Joyce & Ed Tanaka; notes4cindy2010@yahoo.com; (510) 703-2675, (510) 219-5068

Sun Sept 2 **Show & 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., Fremont.

2nd Week in September

Mon Sept 3 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2, M**
Let's meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage) at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 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; (510) 796-8832

Tue Sept 4 **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; (510) 441-7607 -H, (510) 517-1466 -C

Tue Sept 4 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd., Fremont.

Wed Sept 5 **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

Thurs Sept 6 **Thursday Morning Coffee Ride**
9:00 AM **Alum Rock Park**
32 miles, 2-3 (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 rolling foothills, climb into Alum Rock Park, descend into Milpitas and have lunch at Noah's Bagels/Starbucks on North Milpitas Blvd. It is a flat ride back with no regroupings. No routes sheets, no one left behind, and there are options for faster riders who like to climb. **Extreme temperatures or construction may modify the route. Rain cancels, check Yahoo! group, email or call me.**
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Sept 6 **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; (925) 556-1564, (925) 819-0247

Fri Sept 7 **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 (510) 760-9245

Sat Sept 8 **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.
Tony Flusche; Tony.f@comcast.net; (510) 828-3051

Sat Sept 8 **Brad's B'day Training Ride #1**
8:00 AM **Old La Honda**
50 miles, 4, B
Up Old La Honda and over Skyline down the other side to HWY 84 and then back up and over Skyline and back home. **Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd, Newark.**
Tim O'Hara; tohara2938@aol.com; (510) 471-2464
Note: M riders are welcome to lead their own ride.

Sat Sept 8 **Show & Go**
8:30 AM **20-30 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 Sept 9 **Show & Go**
8:30 AM **20-50 miles, 2-4, B**
Meet at downtown Niles parking lot across from H St on Niles Blvd., Fremont.

Sun Sept 9 **Dale & Ken's Excellent Adventure**
9:00 AM **San Bruno Mountain & Sweeney Ridge**
30 miles, 4, M

Two hills for the price of one: Come explore two great views from the peninsula; one on the "bay" side and one on the "ocean" side. We will ride through a cemetery and use the Centennial Bike Trail through San Bruno and South San Francisco.

San Bruno Mtn: This is the hill that has the big letters of "South San Francisco" as seen from Hwy 101. The climb up Radio Rd. is similar to Palomares (~1000Ft.). The last half of it is on a closed road in San Bruno Mountain State Park and we will stop half way up to use the restrooms which will give everyone a nice break on the climb. From the top you will enjoy great views of the bay and of the ocean.

We will have a food/coffee stop after San Bruno Mtn. at Lunardi's Market and Deli (with a Peet's).

After the snack break we will tackle:

Sweeney Ridge: This is part of the Golden Gate National Recreation Area. It is just north of the San Andreas Reservoir. You will enjoy the views even during the climb. The climb is a little less than the first one (~900 Ft.) although it does have one steep section that is about 1/4 mile long (shorter than "The Wall"). The last two miles of this hill is a paved bicycle trail (closed to cars). The top of the hill is an old Nike Defense Site. You will have views again of the ocean and of the bay--and also of the San Andreas Reservoir.

http://www.trails.com/catalog_trail.aspx?trailid=XFA036-054

This ride does have a little more climbing than some of our other Adventures but it is well worth it. This will be a sightseeing ride not a race. We will enjoy the views and make sure the pace is good for everyone.

Both hills are out and back climbs; so anyone who gets tired can turn around at any point and wait for us at the bottom. Both hills have a built in break (for restrooms and to go through a gate.) After Sweeney Ridge it is all downhill 5 miles back to the start. It is also very easy to get back to the start after lunch if you decide not to do the second hill.

Start location: Tanforan Mall

Directions to the start: Take Hwy 101 north past the San Francisco Airport. Exit right onto I-380. Take the first exit on 380 to El Camino Real(82). Turn right on El Camino. You will see the Tanforan Mall on your right. Continue to the light at Sneath Lane and turn right. Turn right again into the parking lot at the first entrance on Sneath. Turn right in the lot and head back towards El Camino. We will meet in the lot as close as possible to the corner of El Camino and Sneath. The closest restrooms are at a gas station across El Camino.

Map and route sheet are available at: <http://lasthill.net/Maps/SweeneyRidge.html>

The map also has links to information about Sweeney Ridge, San Bruno Mountain, and Lunardi's Market.

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

Dale Blanchard; dale-b@comcast.net; (510) 703-7474

Sun Sept 9 "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.
Dale "The Younger" Bodtker; rundale@msn.com; (510) 703-7927

3rd Week in September

Mon Sept 10 Monday Morning Recovery Ride
8:30 AM 40 miles, 1-2, M
Let's meet at the **Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)** at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 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; (510) 796-8832

Tue Sept 11 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 on the second and fourth Tuesdays of the month we'll do one of my favorite local hills – Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill. We'll return through the canyon with the ride once again finishing at Peet's 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; (510) 441-7607 -H, (510) 517-1466 -C

Tue Sept 11 Show & Go
9:00 AM 20-50 miles, 1-5, L-M-B
Meet at the **Bicycle Garage 5006 Mowry Ave at Blacow Rd., Fremont**.

Wed Sept 12 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., Fremont**. 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

Thurs Sept 13 Thursday Morning Coffee Ride
9:00 AM Walt's Birthday Ride!
~25 miles, 2, T-M
Come celebrate Walt's Happy 81st Birthday! He drives (at least) a week from Orinda to join our club rides and has the honor to be the oldest person currently riding with FFBC. **Meet at Don Edwards Visitor Center (Don Edwards National Wildlife Refuge, Marshlands Rd, Fremont)** to join the rolling party with Walt. We will ride around Coyote Hills, accompany Walt on his annual trek up Nike (optional) and head to Anderson Bakery near Union Landing in Union City. Although Anderson Bakery is welcoming us back, the new manager has told us the party will have to take place outside in consideration of their other customers. They will setup extra tables/chairs but I expect seating may be limited. Bring money for lunch. A route sheet will be provided and cake will be served. This ride is co-listed with the Valley Spokesmen.

Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call me. Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Sept 13 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; (925) 556-1564, (925) 819-0247

Fri Sept 14 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 (510) 760-9245

Sat Sept 15 Brad's B'day Training Ride #2
8:00 AM Redwood Road - Moraga
67 miles, 4, B
Up Palomares, over to Castro Valley, Redwood Rd, Pinehurst, over to Moraga and back. **Meet at downtown Niles parking lot across from H St on Niles Blvd., Fremont**.
Tim O'Hara; tohara2938@aol.com; (510) 471-2464
Note: M riders are welcome to lead their own ride.

Sat Sept 15 Livermore Loop
8:30 AM 45 miles, 4, M-B
Meet at **Downtown Niles parking lot across from H Street on Niles Blvd., Fremont**.
We will head out Niles Canyon, up 84 to Pigeon Pass, and then back to Pleasanton. We'll stop there for coffee, etc. After that, we wind our way to Dublin Canyon, up Palomaras, and back to Niles. Rain or snow cancels.
Dave Epps; depps55@gmail.com; (510) 487-5288 -H, (510) 552-2615 -C
Stephen Politzer; thetechdog@gmail.com; (510) 638-3709 -H, (510) 761-5564 - C

Sat Sept 15 **Show & Go**
8:30 AM **20-40 miles, 2-4, L-T-M**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd, Newark.

Sun Sept 16 **Show & 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., Fremont.

4th Week in September

Mon Sept 17 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2, M**
Let's meet at the Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage) at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 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; (510) 796-8832

Tue Sept 18 **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; (510) 441-7607 -H, (510) 517-1466 -C

Tue Sept 18 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd., Fremont.

Wed Sept 19 **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

Thurs Sept 20 **Thursday Morning Coffee Ride**
9:00 AM **Sunol to Denica's**
~31 miles, 2-3(~1,000), M
An old favorite is back. Meet in the gravel parking lot across from the Sunol Train Station, Sunol and we will ride along Foothill to W. Las Positas. We will climb Tassajara/Windemere Parkway and after lunch at Denica's we will return along Foothill. No one left behind.
Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Sept 20 **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; (925) 556-1564, (925) 819-0247

Fri Sept 21 **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 (510) 760-9245

Sat Sept 22 **Brad's B'day Training Ride #3**
8:00 AM **Corral Hollow**
67 miles, 4, B
The famous Corral Hollow route - Collier Canyon past Carnegie and back Altamont Pass.
Meet at Livermore Park and Ride, East Airport Blvd and Rutan Dr., Livermore.
Tim O'Hara; tohara2938@aol.com; (510) 471-2464
Note: M riders are welcome to lead their own ride.

Sat Sept 22 **Show & Go**
8:30 AM **20-50 miles, 2-4, L-T-M**
Meet at the Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd, Newark.

Sun Sept 23 **Show & 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., Fremont.

5th Week in September

Mon Sept 24 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2, M**

Let's meet at the **Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)** at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 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; (510) 796-8832

Tue Sept 25 **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 on the second and fourth Tuesdays of the month we'll do one of my favorite local hills – Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill. We'll return through the canyon with the ride once again finishing at Peet's 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; (510) 441-7607 -H, (510) 517-1466 -C

Tue Sept 25 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the **Bicycle Garage 5006 Mowry Ave at Blacow Rd., Fremont**.

Wed Sept 26 **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., Fremont**. 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

Thurs Sept 27 **Thursday Morning Coffee Ride**
9:00 AM **Across the Bay**
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, Fremont** 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 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. Usually we ride without route sheets so we regroup as necessary and no one is left behind.

Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call me.

Lori Sommer; lorinsommer@gmail.com; (510) 693-8624 -C

Thurs Sept 27 **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; (925) 556-1564, (925) 819-0247

Fri Sept 28 **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 (510) 760-9245

Sat Sept 29 **Baylands Park with a New Twist**
8:00 AM **with the Back Seat Driver**
28 miles, 1-2, T with a bit of M

Join us for the **new and improved** 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 lot 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 Gidelatorre; swills22@yahoo.com; (510) 651-0635

Sat Sept 29 **Brad's B'day Training Ride #4**
8:00 AM **San Gregorio**
74 miles, 4, B

Up Old LaHonda down 84, to Stage Rd, up Tunitas and down Kings Mtn and home.

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

Tim O'Hara; tohara2938@aol.com; (510) 471-2464

Note: M riders are welcome to lead their own ride.

Sat Sept 29 **Show & Go**
8:30 AM **20-50 miles, 2-4, M-B**

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

Sun Sept 30 **Show & 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., Fremont**.