

2nd Week in August

Mon Aug 5 **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; (510) 796-8832

Tue Aug 6 **Tour de Fremont Hills**
8:30 AM **29 miles, 3 (~1,900'), 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.
B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829 -C

Tue Aug 6 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Aug 6 **TNT (Tuesday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.
Meet at ClupSport parking lot (46650 Landing Parkway Fremont, CA 94538).
When dark, lights required. Helmets are always mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Wed Aug 7 **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 Aug 7 **Retro Pizza Ride**
6:00 PM **10-20 miles, 1-3, L-M-B**
Start Location: Mission Pizza, Fremont.
Take that old jersey from the back of the closet, and shine up that oldie but a goodie bike for retro night. Arrive and sign in by 6:10 PM. Departure at 6:15 Sharp. It will be a flat ride north on Paseo Padre and back Boyce with the wind. Different distances for different abilities. New helmets only, leave the leather ones at home. Pizza at 7:45. Note inclusion of a short loop for those with kids or wanting something easy.
Andy Sass; andrew.sass@yahoo.com; (510) 490-8098

Thurs Aug 8 **Thursday Morning Coffee Ride**
8:30 AM **Norris & Bollinger Canyons**
27 miles, 4 (1,900'), M
Start Location: Endless Cycles (3300 EAST Castro Valley Blvd., Castro Valley. Please park in the small side-parking lot. Jeff will open the shop early so we can use the restroom.
We will head directly up Crow Canyon and climb Norris from the south side. We will do an out and back on Bollinger Canyon (go as far as you like or head directly to lunch). After our stop we will climb the south side of Norris and return via Crow Canyon. Climb at your own pace. If you're a fast climber, when you reach the top, you can come back down for the last rider (usually me). Bring \$ for lunch.
Extreme temperatures or construction may modify the route. Rain cancels. Check FFBC Yahoo! Group, email or call me if unsure.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Aug 8 **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 Aug 9 **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

Fri Aug 9 **Das Ride, Das Brew**
5:45 PM **10-20 miles, 1-3, L-M-B**
Start Location: Das Brew, 44356 South Grimmer Blvd, Fremont
What better way to wind down the week than with a short bike ride and a beer tasting? We'll do a loop around Fremont finishing ~7:15 PM with just enough time to sample a flight of beer from Das Brew, our local brewery. Das Brew closes at 8 PM but I was told we wouldn't be kicked out until closer to 9 PM. Beer tasting after the ride is optional. Please drink responsibly!
The rides will be Pizza Ride style with multiple distances to choose from depending on your pace.
Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

Sat Aug 10 **Tuesday Hills On Saturday**
8:30 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; (510) 796-8832

Sat Aug 10 **Show & Go**
8:30 AM **30-50 miles, 2-4, B**

Start Location: Meet at REI in Fremont (43962 Fremont Blvd.).

Sat Aug 10 **Bike Paths (mostly) to SJ**
9:30 AM **30 miles, 1, T**

Start Location: Dixon Landing Park, Milpitas (Jurgens at Milmont)

<http://maps.google.com/maps/DixonLandingPark>

Join me for a slower, easy-going, flat ride to downtown San Jose. Our route is out and back and includes three different bike paths. We'll ride past the San Jose International Airport and stop midway in the ride for coffee and goodies from Panera Bread on Coleman Road. No drops and regroups as needed. Faster riders are welcome to go ahead. Extreme weather cancels or modifies the route. Any changes will be announced on the FFBC Yahoo! Group, or call/text/email me if unsure.

Directions to Dixon Landing Park: I-880 South. East on Dixon Landing Rd. Turn right on Milmont and then right on Jurgens. The parking lot is on the right.

Cindy Maxwell; maxwell.c@sbcglobal.net; (408) 506-6860

Sun Aug 11 **"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 Bicycle Garage (5006 Mowry Ave., Fremont)**, 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

Sun Aug 11 **Tomales Bay Oyster Ride**
9:00 AM **~45 miles, 3 (~2,500'), M**

Start Location: San Marin High School Parking Lot (corner of San Marin Dr. & Novato Blvd.), Novato

If you've been paying attention to my ride listings (or my FB status) over the last couple of months you've probably guessed that I like to pair bike rides with food or drink, sometimes both. This time I'm doing one of my favorite rides with the carrot being fresh oysters, sitting at a roadside bar in Marshall with a beautiful view of the bay; pair that with some beautiful Marin countryside and a few hills and you've got the perfect ride! Don't like oysters? No problem, the store has plenty of other good options.

The weather in Marin varies greatly in Summer, it can be very hot inland and foggy and cold at the coast. Make sure to bring warming and cooling layers just in case.

Directions to the start: Take I-880 north to I-580 west to 101 north. Take the Atherton Ave. exit toward San Marin Dr. Turn left onto Atherton Ave. which becomes San Marin Dr. The high school is on your right at the corner of San Marin Dr. and Novato Blvd. Nearest bathrooms are at the shopping center on the right just after you cross San Andreas Dr. (before the high school)

Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

Sun Aug 11 **Show & Go**
8:30 AM **30-50 miles, 2-4, B**

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

3rd Week in August

Mon Aug 12 **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; (510) 796-8832

Tue Aug 13 **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.

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

M: John Dickens; j_m_dickens@yahoo.com; (510) 364-1797

Tue Aug 13 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**

Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Aug 13 **TNT (Tuesday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.
Meet at ClupSport parking lot (46650 Landing Parkway Fremont, CA 94538).
When dark, lights required. Helmets are always mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Wed Aug 14 **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 Aug 14 **Pizza Ride**
6:00 PM **10-20 miles, 1-3, L-M-B**
Start Location: Mission Pizza, Fremont.
Arrive and sign in by 6:10 PM. Departure at 6:15 sharp. This week is the "Tour de Not-a-Through-Street". The basic course is a medium ability 10-mile loop ride south on Paseo Padre coming back east of Mission Blvd with some hills. A number of streets will be identified for up and back to catch a nice view or admire some palatial houses increasing both distance and altitude to satisfy even the F riders. Shortcut for L riders for a shorter loop. Do as many or a few "Not-a-Through-Streets" as you wish to stay with a group and to be back for pizza at 7:40.
Andy Sass; andrew.sass@yahoo.com; (510) 490-8098

Thurs Aug 15 **Thursday Morning Coffee Ride**
8:30 AM **Ride Across the Dumbarton Bridge**
25-35 miles, 1-3, M
Start location: Don Edward's Wildlife Refuge, Fremont
Hopefully you've attended the FFBC Club Meeting and purchased your beautiful, new, colorful jersey in time to wear it for this ride. If not, just wear your old, outdated, faded club jersey (just kidding!). As usual this ride starts at the Don Edward's Wildlife Refuge Visitor Center 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. Bring \$ for lunch.
Extreme temperatures or construction may modify the route. Rain cancels. Check FFBC Yahoo! Group, email or call me if unsure.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Aug 15 **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 Aug 16 **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

Fri Aug 16 **Das Ride, Das Brew**
5:45 PM **10-20 miles, 1-3, L-M-B**
Start Location: Das Brew, 44356 South Grimmer Blvd, Fremont
What better way to wind down the week than with a short bike ride and a beer tasting? We'll do a loop around Fremont finishing ~7:15 PM with just enough time to sample a flight of beer from Das Brew, our local brewery. Das Brew closes at 8 PM but I was told we wouldn't be kicked out until closer to 9 PM. Beer tasting after the ride is optional. Please drink responsibly!
The rides will be Pizza Ride style with multiple distances to choose from depending on your pace.
Dave Fishbaugh; fish1950@comcast.net ; (510) 364-2207

Sat Aug 17 **Portola Loop**
8:30 AM **30 miles, 3, T-M**
Please join us for our newest monthly club ride at a touring-moderate pace. Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont). We'll ride across the Dumbarton bridge and do a loop around Portola Valley (sometimes CW, sometimes CCW depending on the ride leader's preference). Bring money for a coffee stop along the way. This is a no-drop ride.
Christina Peabody; christina.peabody@gmail.com; (408) 425-2624 -C

Sat Aug 17 **Alum Rock Park**
8:00 AM **30 miles, 1, T with a bit of M**
Start Location: REI, Fremont
...with the Back Seat Driver. Join us for my favorite ride to Alum Rock Park. Bring \$\$ for a coffee stop in Milpitas at Noah's Bagels or Starbucks Coffee. No one will be left behind! Meet at the REI Fremont on Ice House Terrace near Auto Mall Parkway & Fremont Blvd in the side parking lot.
Note: If the forecast calls for temperatures above 90 degrees, we'll talk about doing a shorter route when we meet.
Shelley and Jorge Gildelatorre; swills22@yahoo.com; (510) 651-0635 -H

Sat Aug 17 **Show & Go**
8:30 AM **30-50 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 18 **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.

4th Week in August

Mon Aug 19 **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; (510) 796-8832

Tue Aug 20 **Tour de Fremont Hills**
8:30 AM 29 miles, 3 (~1,900'), 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.
B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 441-7607 -H, (510) 517-1466 -C
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829 -C

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

Tue Aug 20 **TNT (Tuesday Night Training)**
6:15 PM 60-90 minutes, 1, M-B-F
Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.
Meet at **ClupSport parking lot (46650 Landing Parkway Fremont, CA 94538)**.
When dark, lights required. Helmets are always mandatory.
Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Wed Aug 21 **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 Aug 21 **Pizza Ride**
6:00 PM 10-20 miles, 1-3, L-M-B
Start Location: Mission Pizza, Fremont.
Arrive and sign in by 6:10 PM. Departure at 6:15 sharp. This week is a "Chutes and Ladders" tour of the hills on some roads not normally taken, or some familiar roads in different directions. The L, M, B, and F routes intersect 6 times and you can choose to take a harder or easier route depending on how you feel and to be back for pizza at 7:30.
Suggested attire is Primavera jerseys, or something similar.
Andy Sass; andrew.sass@yahoo.com; (510) 490-8098

Thurs Aug 22 **Thursday Morning Coffee Ride Through Collier Canyon**
8:30 AM 31 miles, 3 (1,075'), M
Start Location: Crank-2, 5480-9 Sunol Blvd., Pleasanton.
Bryon MAY 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 Cafe Ali and finish with a climb up Bernal. No one left behind! Bring \$ for lunch.
Extreme temperatures or construction may modify the route. Rain cancels. Check FFBC Yahoo! Group, email or call me if unsure.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 -C

Thurs Aug 22 **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 Aug 23 **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

Fri Aug 23 **Das Ride, Das Brew**
5:45 PM **10-20 miles, 1-3, L-M-B**
Start Location: Das Brew, 44356 South Grimmer Blvd, Fremont

What better way to wind down the week than with a short bike ride and a beer tasting? We'll do a loop around Fremont finishing ~7:15 PM with just enough time to sample a flight of beer from Das Brew, our local brewery. Das Brew closes at 8 PM but I was told we wouldn't be kicked out until closer to 9 PM. Beer tasting after the ride is optional. Please drink responsibly!

The rides will be Pizza Ride style with multiple distances to choose from depending on your pace.

Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

Sat Aug 24 **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.

Sat Aug 24 **Dale & Ken's Excellent Adventure**
9:00 AM **San Bruno Mountain & Sweeney Ridge**
30 miles, 4 (3,100'), T-M

Start Location: Tanforan Mall

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 "South San Francisco" as seen from HWY 101. The climb up Radio Rd. is similar to Palomares (~1,000 ft.); the last half is on a closed road in San Bruno Mountain State Park. We will stop half way up the climb to use the restrooms which will give everyone a nice break. From the top you will enjoy great views of the bay and 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.

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 ¼ 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 the bay (and also the San Andreas Reservoir).

http://www.trails.com/tcatalog_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 for 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.

Directions to the start: Take HWY 101 north past the San Francisco Airport. Exit right onto I-380. Take the first exit on I-380 to El Camino Real (82). Turn right on El Camino. The Tanforan Mall will be on your right. Continue to the light at Sneath Lane and turn right. Turn right 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.

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

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

Sun Aug 25 **Show & Go**
8:30 AM **20-50 miles, 2-4, L-T-M-B**
Start Location: Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).

5th Week in August

Mon Aug 26 **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; (510) 796-8832

Tue Aug 27 **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.

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

M: John Dickens; j_m_dickens@yahoo.com; (510) 364-1797

Tue Aug 27 **Show & Go**
9:00 AM **20-50 miles, 1-5, L-M-B**
Meet at the Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Aug 27 **TNT (Tuesday Night Training)**
6:15 PM **60-90 minutes, 1, M-B-F**

Club members of all levels and abilities are welcome to join the race team for a training ride around the locale. Departure time from the parking lot will be 6:30 PM. On rainy evenings the training may be moved indoors to The Bicycle Garage. An email will be sent to the Yahoo! Group if the plans are changed.

Meet at ClupSport parking lot (46650 Landing Parkway Fremont, CA 94538).

When dark, lights required. Helmets are always mandatory.

Garry Birch; garry_b94568@yahoo.com; (925) 556-1564, (925) 819-0247

Wed Aug 28 **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 Aug 28 **Pizza Ride**
6:00 PM **10-20 miles, 1-3, L-M-B**
Start Location: Mission Pizza, Fremont.
Arrive and sign in by 6:10 PM. Departure at 6:15 Sharp. As it is getting close to Labor Day, red white and blue will be the colors of the day. First choice is the red white and blue club jersey. Pizza at 7:30
Andy Sass; andrew.sass@yahoo.com; (510) 490-8098

Thurs Aug 29 **Thursday Morning Coffee Ride**
8:30 AM **Tully's via Kilkare, Happy Valley & Bernal Bump**
27 miles, 3, M
Start Location: Dirt lot across from the Sunol Train Station
We will head up Foothill to ride Happy Valley and continue up the Bernal Bump. There are some options if you want to skip some climbing and meet us at Tully's coffee in Pleasanton. No one left behind. Bring \$.
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 Aug 29 **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 Aug 30 **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

Fri Aug 30 **Das Ride, Das Brew**
5:45 PM **10-20 miles, 1-3, L-M-B**
Start Location: Das Brew, 44356 South Grimmer Blvd, Fremont
What better way to wind down the week than with a short bike ride and a beer tasting? We'll do a loop around Fremont finishing ~7:15 PM with just enough time to sample a flight of beer from Das Brew, our local brewery. Das Brew closes at 8 PM but I was told we wouldn't be kicked out until closer to 9 PM. Beer tasting after the ride is optional. Please drink responsibly!
The rides will be Pizza Ride style with multiple distances to choose from depending on your pace.
Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

Sat Aug 31 **Show & Go**
8:30 AM **30-50 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 31 **Los Altos**
9:00 AM **35-40 miles, 4, M**
Start location: Don Edwards National Wildlife Refuge Visitor Center, Fremont.
We will cross the bay and take Alpine, Arastradero and Purissima to Los Altos. Our return ride will be 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 in downtown Los Altos.
Gary Smith; GSMITH289@aol.com ; (510) 797-7809 -H, (510) 304-0956 -C