

AUGUST 2014 RIDE CALENDAR

WEDNESDAY EVENING PIZZA RIDES

Our Pizza Rides continue this month. Join Julia & David Walker and Robin & Tim O'Hara on Wednesday evenings for an early evening ride, returning before dark to feast on pizza. There will be multiple routes to choose from.

If you plan on staying for pizza, \$5 buys you 3 slices of pizza and soft drinks after the ride (participation optional). When signing in, remember to check "YES" or "NO" on the sign-in sheet for pizza so we order the appropriate amount of pizza. The pizza order is placed **before** the ride starts so late arrivals will miss out. Food will be ready at 7:30 pm.

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

Pizza Ride Leader Reservation List:

August: Julia & David Walker, Robin & Tim O'Hara

September: OPEN

Please contact the [ride coordinator](#) if you'd like to lead the pizza rides in September.

FRIDAY EVENING BEER RIDES

The Das Brew Friday evening rides are back by popular demand for August. Each Friday in August there will be a short ride (15-20 miles) that starts and ends at Das Brew (<http://www.dasbrewinc.com/home.htm>) in Fremont. The rides will be at a moderate, social pace, riding just fast enough to justify a flight of 4 (2.5oz) beers or a 12oz mug. Faster riders are welcome to knock themselves out by doing the route at lightening speed or twice if they really want to earn their beer.

The good folks at Das Brew are excited to welcome us back. Since our rides last year they've expanded their tasting room although the seating is still outside. They now have a food truck every Friday except the first Friday of the month and they're working on that. Parking is still somewhat limited but it may be possible to park in the lot next door to Das Brew or on a lot on Business Center Drive.

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.

THANK YOU TO ALL THE AUGUST RIDE LEADERS!

1st Week in August

Fri Aug 1
8:30 AM
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

The Friday Bike Club
35-45 miles, 3-4, M-B

Fri Aug 1
6:00 PM
Start Location: Das Brew, 44356 South Grimmer Blvd, Fremont

Das Ride, Das Brew
10-20 miles, 1-3, L-M-B

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 ~7:20 PM with enough time to sample a flight of beer from Das Brew, our local brewery. A flight of 4 beers is \$7 or a 12oz beer is \$5. Beer tasting after the ride is optional. Please drink responsibly!

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

Sat Aug 2
8:30 AM
Calaveras Clockwise
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.

M: Julie Gilson; jmgilson1@yahoo.com; (510) 468-0284
B: Tim & Robin O'Hara; tohara2938@aol.com; (510) 418-2669

Sun Aug 3
8:30 AM
Show & Go
20-50 miles, 2-4, L-T-M-B
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

2nd Week in August

Mon Aug 4
8:30 AM
Monday Morning Recovery Ride
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 5
8:30 AM
Tour de Fremont Hills
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.

B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

Tue Aug 5 **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 5 **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 6 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.
Al Quintana; alanq44@hotmail.com; (510) 760-9245

Wed August 6 **Pizza Ride**
6:00 PM **20-25 miles, M,B**
It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? **Meet at Round Pizza in Warm Springs, 46600 Mission Blvd, Fremont.**
For details about how our Pizza Rides work please see the full description at the top of the ride schedule.
Tim & Robin O'Hara; tohara2938@aol.com; (510) 418-2669

Thurs Aug 7 **Thursday Morning Coffee Ride**
8:30 AM **MSJ to Alum Rock**
25-35 miles, 1-3 (1,700'), M
Start location: Mission San Jose Park
Once again, lets meet at Mission San Jose Park (on Mission Blvd, between Driscoll and Palm, just north of Mission San Jose High School). We will warm up climbing Star and Mission and have a quick regroup at the top of Warren with a restroom stop at Jose Adobe Higuera (mile 9.4). If you'd like to shorten your ride, meet the group at Jose Adobe or along the route. Then we will ride along the foothills and re-group at the turn onto Penetencia. Then we will ride into the park and there are options to head straight to the Visitor's Center or climb the Inspiration Loop and/or Miguelito. If you are a slow climber, but want to do the extra climbing, please be considerate of the group and turn around when you see the faster riders returning OR bring yourself to coffee on your own. We will have lunch at Noah's Bagels/Starbucks (bring \$) before heading back on a mostly flat route without re-groups, back to the MSJ Park.
Extreme temperatures or construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624

Thurs Aug 7 **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 8 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the 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 8 **Das Ride, Das Brew**
6:00 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 ~7:20 PM with enough time to sample a flight of beer from Das Brew, our local brewery. A flight of 4 beers is \$7 or a 12oz beer is \$5. Beer tasting after the ride is optional. Please drink responsibly!
Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

Sat Aug 9 **Tuesday Hills On Saturday**
8:30 AM **30 miles, 3 (2,100'), 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/ Zapotec 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 head back up Pine; otherwise, it's up Paseo Padre the wrong way again before ending the ride at Peets with a well-deserved coffee (**NOTE:** even though the ride ends at Peet's those needing to return to the start of the ride will be accommodated). Rain or threat of rain cancels the ride. If uncertain of the status of the ride, contact me between 7:15am and 7:45am by phone on the day of the ride.
Mike Northrup; mikenorthrup@gmail.com; (510) 796-8832

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

Sun Aug 10 **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 10 **Tandems+ Around the Bay**
8:45 AM **40 miles, 2 (650'), T-M**
Start location: Don Edward's Wildlife Refuge
We will circle the bay clockwise seeing beautiful downtown Alviso and the heart of Silicon Valley. This is part of a Tandem ride series but all riders are welcome. Bring \$\$ for coffee and snack stop. No one will be left behind.
Louis Friedenberg; louispf@sbcglobal.net; (510) 793-3796
Timothy Luders; timothy@luders.org; (510) 867-9277

Sun Aug 10 **"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.
Gary Smith; GSMITH289@aol.com; (510) 797-7809 –H, (510) 304-0956 –C

3rd Week in August

Mon Aug 11 **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 12 **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) 517-1466
M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

Tue Aug 12 **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 12 **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 13 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.
Al Quintana; alanq44@hotmail.com; (510) 760-9245

Wed August 13 **Pizza Ride**
6:00 PM **20-25 miles, M,B**
It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? **Meet at Round Pizza in Warm Springs, 46600 Mission Blvd, Fremont.**
For details about how our Pizza Rides work please see the full description at the top of the ride schedule.
Julia & David Walker; walk9422@gmail.com; (510) 468-9712

Thurs Aug 14 **Thursday Morning Coffee Ride**
8:30 AM **Across the Dumbarton Bridge**
25-35 miles, 3, M
Start location: Don Edward's Wildlife Refuge
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, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.
Lori Sommer; lorimsommer@gmail.com; (510) 693-8624

Thurs Aug 14 **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 15 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the 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 15 **Das Ride, Das Brew**
6:00 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 ~7:20 PM with enough time to sample a flight of beer from Das Brew, our local brewery. A flight of 4 beers is \$7 or a 12oz beer is \$5. Beer tasting after the ride is optional. Please drink responsibly!
Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

Sat Aug 16 **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.
Ride Leader TBD

Sat Aug 16 **Show & Go**
8:30 AM **30-50 miles, 2-4, B**
Meet at Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).

Sat Aug 16 **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 17 **Show & Go**
8:30 AM **20-50 miles, 2-4, L-T-M-B**
Meet at REI in Fremont (43962 Fremont Blvd.).

4th Week in August

Mon Aug 18 **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 19 **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) 517-1466

M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

Tue Aug 19 **San Ramon Valley**
9:00 AM **25-30 miles, 2 (800'), M**
Start location: San Ramon Central Park

This month we will meet again at San Ramon Central Park at the corner of Bollinger Canyon Rd. and Alcosta Blvd. From #680 exit Bollinger Canyon Road east bound. Just past the Camino Ramon and the Iron Horse Trail, turn left into the park and gather near the basket ball court. We will do a loop of approximately 30 miles, and each month we will do a different route. We usually ride about 30 miles and 1000 feet of climbing but will reduce both if it is too hot.

Bring \$\$ for a coffee stop during the ride or a pizza stop after the ride, depending on the whims of the riders. Rain cancels. Call or check the FFBC Yahoo! Group, or email if unsure.

Ron Mitchell; ron_m_ffwbc@sbcglobal.net; (510) 792-7219 - H, (510) 508-7219 -C

Tue Aug 19 **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 19 **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 20 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**
Meet at Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.

Al Quintana; alanq44@hotmail.com; (510) 760-9245

Wed August 20 **Pizza Ride**
6:00 PM **20-25 miles, M,B**
It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? **Meet at Round Pizza in Warm Springs, 46600 Mission Blvd, Fremont.**

For details about how our Pizza Rides work please see the full description at the top of the ride schedule.

Julia & David Walker; walk9422@gmail.com; (510) 468-9712

Thurs Aug 21 **Thursday Morning Coffee Ride**
8:30 AM **Norris & Bollinger Canyons**
27 miles, 3-4 (1,900'), M

Start location: Endless Cycles (3300 EAST Castro Valley Blvd., Castro Valley

This ride starts at Endless Cycles (3300 EAST Castro Valley Blvd., Castro Valley, NEAR Center Street, 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, construction or the whim of the ride leader may modify the route. Rain cancels, check yahoo group, email or call me.

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

Thurs Aug 21 **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 22 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4, M-B**
Meet at 580 Marketplace East Castro Valley Blvd East of I-580, on the 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 22 **Das Ride, Das Brew**
6:00 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 ~7:20 PM with enough time to sample a flight of beer from Das Brew, our local brewery. A flight of 4 beers is \$7 or a 12oz beer is \$5. Beer tasting after the ride is optional. Please drink responsibly!

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

Sat Aug 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.

5th Week in August

Sat Aug 23 **Seascape, Monterey Bay & Apple Pie**
9:45 AM **41 miles, 3 (2,800'), M**
Start location: Seascape Village Shopping Center (19
Seascape Village, Aptos)

Come see Monterey Bay and the scenic apple orchards of Corralitos. Our route includes Aptos Beach, Hames Road, and Brown's Valley to lunch, hot cider and pie at Gizdich Ranch apple orchards; return via Larkin Valley Road. Make some new friends as this is co-listed with the Western Wheelers Bicycle Club (this is the same route as the Western Wheelers C: Seascape Long Distance Training ride).

Directions to start: Take Highway 17 to Highway 1 South. Follow Highway 1 South about 10 miles. Exit right on San Andreas Rd.; turn right at Seascape Blvd., then right into shopping center at Racquet Landing Drive Park. **Parking has been an issue the last few years. Please park either curbside along Seascape Boulevard or in back of shopping center parking lot away from businesses.**

The route for the ride is available online at:

<http://ridewithgps.com/routes/5330541>

Jim Takasugi; jtakasug@comcast.net; (408) 391-2057

Mike Christopherson; mccqapla@aol.com; (408) 655-3932

Sat Aug 23 **Seascape, Monterey Bay & Apple Pie**
9:45 AM **34 miles, 2 (1,900'), T**
Start location: Seascape Village Shopping Center (19
Seascape Village, Aptos)

Come see Monterey Bay and the scenic apple orchards of Corralitos at a relaxed touring pace. First we head to Aptos Beach and then we will climb Valencia and Day Valley (skipping the steeper climbs of Hames, Browns Valley that the M pace group will be doing). We will have our lunch, hot cider and pie at Gizdich Ranch at mile 21. Our return via Larkin Valley Road will be the same as the M pace group. Guests from Western Wheelers BC are encouraged to join us (this is their B route from Long Distance Training)!

Directions to start: Take Highway 17 to Highway 1 South. Follow Highway 1 South about 10 miles. Exit right on San Andreas Rd.; turn right at Seascape Blvd., then right into shopping center at Racquet Landing Drive Park. **Parking has been an issue the last few years. Please park either curbside along Seascape Boulevard or in back of shopping center parking lot away from businesses.**

The route for the ride is available online at:

<http://ridewithgps.com/routes/3815593>

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

Sun Aug 24 **Show & 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).

Mon Aug 25 **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 26 **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) 517-1466

M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

Tue Aug 26 **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 26 **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 27 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3, M-B**

Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.

Al Quintana; alanq44@hotmail.com; (510) 760-9245

Wed August 27 **Pizza Ride**
6:00 PM **20-25 miles, M,B**

It's Pizza Ride time again! What could be better than a mid-week bike ride followed by delicious pizza and the good company of other club members? **Meet at Round Pizza in Warm Springs, 46600 Mission Blvd, Fremont.**

For details about how our Pizza Rides work please see the full description at the top of the ride schedule.

Julia & David Walker; walk9422@gmail.com; (510) 468-9712

