

# JULY 2015 RIDE CALENDAR

## WEDNESDAY EVENING PIZZA RIDES.

Our popular Pizza Rides continue into the month of July! Join Andy Sass on Wednesday evenings in July 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:

**July:** Andy Sass

**August:** OPEN

**September:** OPEN (usually only the first 2 weeks)

You can volunteer to lead a month of Pizza Rides anytime by contacting the [Ride Coordinator](#). See the [Pizza Ride Coordinator's "How To" Guide](#) on the FFBC website for more information about leading one.

### FFBC RIDE CLASSIFICATION

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

### MAPS TO FREQUENTLY USED START LOCATIONS

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

### BIG THANKS YOU TO ALL THE JULY RIDE LEADERS

Please check to make sure the rides you submitted are listed correctly. If there is an error in the listing below, please contact the ride coordinators at <mailto:ridecoordinator@ffbc.org> immediately.

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

**Wed July 1 8:30 AM**

**Mid-week Morning Ride**

**35-45 miles, 2-3, M-B**

**Start location:** Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark), Ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.

**AI Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Wed July 1 6:00 PM**

**Wednesday Pizza Ride - Fun Flat and Fast in Red White and Blue**

**9-26 miles L-T-M-B-F**

**Start location:** Mission Pizza, 1572 Washington Blvd., Fremont

Arrive and sign in by 6:10 PM. Departure at 6:15 Sharp. As it is getting close to Independence Day, red white and blue will be the colors of the day. This week will be flat loops (five different lengths for different speeds) all ending in time for Pizza at 7:45

**Andy Sass; [andrew.sass@yahoo.com](mailto:andrew.sass@yahoo.com) (520) 490-8098**

**Thu Jul 2, 8:30AM**

**Thursday Morning Coffee Ride to Alum Rock Park**

**42 miles, 3-4 (1800'), T-M**

**Start location:** Lake Elizabeth, Teen Center

We will gather in the parking lot near the Teen Center. There are a lot of parking lots in Fremont's Central Park. To access the correct lot, turn in from Paseo Padre at the light on Sailway, then park in the big parking lot on the left, near the back. We will warm up climbing Paseo Padre and have a quick regroup at the top of Warren with a restroom stop at Jose Adobe Higuera (mile 10.6). If you'd like to shorten your ride, meet the group at Jose Adobe or along the route. We will ride along the foothills and once we get into the park, 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, with no regroups. Extreme temperatures, park closure, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.

**Lori Sommer; [lorinsommer@gmail.com](mailto:lorinsommer@gmail.com); (510) 693-8624 –C**

**Thurs July 2 6:15 PM**

**TNT (Thursday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location:** 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.

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.

When dark, lights required. Helmets are mandatory.

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri July 3 8:30 AM**

**The Friday Bike Club**

**35-45 miles, 3-4, M-B**

**Start location:** 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

**AI Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Sat July 4 8:30 AM**

**Calaveras Clockwise**

**40 miles, 3, M & B**

**Start location:** downtown Niles parking lot across from H St on Niles Blvd.

This is our traditional "1st Saturday of the Month" ride. We will meet in the Nile parking lot and ride up Niles Canyon into Sunol then on to Calaveras. Our traditional route brings us out in Milpitas and we return via a route that stays close to the hills. Rain or a serious threat of rain cancels.

**M: TBD**

**B: TBD**

**Sun July 5 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.**

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

**Mon July 6 8:30 AM**

**Monday Morning Recovery Ride**

**40 miles, 1-2 (610'), M**

**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Let's meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

**Mike Northrup; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Tue July 7 8:30 AM**

**Tour de Fremont Hills**

**29 miles, 3 (~1,900'), M, B**

**Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail**

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](mailto:vanessa@mcnmc.com); (510) 517-1466**

**M: Conni Smith; [4conni.smith@gmail.com](mailto:4conni.smith@gmail.com); (510) 461-8838**

**Tue July 7 9:00 AM**

**Show & Go**

**20-50 miles, 1-5, L-T-M**

**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue July 7 6:15 PM**

**TNT (Tuesday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

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. When dark, lights required. Helmets are always mandatory.

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Wed July 8 8:30 AM**

**Mid-week Morning Ride**

**35-45 miles, 2-3, M-B**

**Start location: 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 \$\$.

**AI Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Wed July 8 6:00 PM**

**Wednesday Retro Pizza Ride**

**9-26 miles L-M-B**

**Start location: Mission Pizza, 1572 Washington Blvd., 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](mailto:andrew.sass@yahoo.com) (520) 490-8098**

**Thu Jul 9, 8:30AM**

**Thursday Morning Coffee Ride across the Dumbarton Bridge**

**25-25 miles, 2-3, T-M**

**Start location: Don Edwards Wildlife Refuge**

This ride starts at the Don Edwards Wildlife Refuge Visitor Center (Don Edwards National Wildlife Refuge, 1 Marshlands Rd, cross-street Thornton Ave, 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. 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](mailto:lorimsommer@gmail.com); (510) 693-8624**

**Thurs July 9 6:15 PM**

**TNT (Thursday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: 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.**

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.

When dark, lights required. Helmets are mandatory.

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri July 10 8:30 AM**

**The Friday Bike Club**

**35-45 miles, 3-4, M-B**

**Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).**

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

**AI Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Sat Jul 11, 8:00AM**

**Fremont to SF**

**50 miles, 2 (900'), M**

**Start location: Fremont Bart station at Civic Center Drive**

Get stick next to the SF Bay for most of the ride and end at the Ferry Building. Our return to Fremont will be via BART. Bring something to nibble on as our lunch stop is at the Ferry Building. Bart fare back to Fremont is \$5.95. Lowland flooding due to global warming cancels ride.

**H(510) 487-5288 C(510) 552-2615 email:**

**[depps55@gmail.com](mailto:depps55@gmail.com)**

**Sat July 11 8:30 AM**

**Tuesday Hills On Saturday**

**30 miles, 3 (2,100'), M**

**Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail**

Get all of the Tuesday Tour de Fremont Hills ride fun on the weekend! 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 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](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Sat July 11 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, B**

**Start location: Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun July 12 9:00 AM**

**"Get to Know Us Ride"**

**20-25 miles, 1-2, L-T-M**

**Starting location: Warm Springs Starbucks**

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. 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.

**Julia Walker; [walk9422@gmail.com](mailto:walk9422@gmail.com); Cell: 510-468-9712**

**Sun Jul 12, 9:00AM**

**Scenic Ride To The Dragon Boat Races!**

**40 miles, 1 (300'), T-M**

Start location: Bridgeside Shopping Center, Alameda (northwest quadrant of Tilden Way/Fruitvale & Blanding Ave, anchored by a Nob Hill grocery store). If using BART, exit at the Fruitvale Station and take Fruitvale Ave/Tilden Way over to Alameda, turning right on Blanding Ave. Fruitvale BART is 1 mile from the Bridgeside center.

Ride 39 "scenic" miles, including Lake Merritt, the Bay Bridge, and the Port of Oakland - at an inclusive pace with regroups and no drops. There will be lots of nice vistas with only minimal

climbing. We will return to Alameda and ride to the Dragon Boat races. What's a Dragon Boat? Come and find out! Watch as some of our own FFBC members - Lori Sommer, Marcella Casebolt, & Teresa Hillstrom-Haight - paddle their hearts out as the newest members of the Alameda DragonFlyers! Bring your cowbells and root them onto the finish line. As a special bonus, the Alameda DragonFlyers will provide us landlubbers with snacks at their camp in Paddlers Village, as we take a break to watch them race. Note that the coffee/lunch break won't be until mile 30 of the ride. Bring food & water to sustain you. Route:

<http://ridewithgps.com/routes/8675231>

**John Horton 510-229-7816 [jh@hortondesign.com](mailto:jh@hortondesign.com) Cindy**

**Maxwell 408-506-6860 [maxwell.c@sbcglobal.net](mailto:maxwell.c@sbcglobal.net)**

**Sun July 12 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, B**

**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**3<sup>rd</sup> Week in July**

**Mon July 13 8:30 AM**

**Monday Morning Recovery Ride**

**40 miles, 1-2 (610'), M**

**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Let's meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

**Mike Northrup; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Tue July 14 8:30 AM**

**Tour de Fremont Hills**

**38 miles, 3 (~2,000'), M, B**

**Start location: 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](mailto:vanessa@mcnmc.com); (510) 517-1466**

**M: Terri Yi; [terriyi@yahoo.com](mailto:terriyi@yahoo.com); (510) 304-5571**

**Tue July 14 9:00 AM**

**Show & Go**

**20-50 miles, 1-5, L-T-M**

**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue July 14 6:15 PM**

**TNT (Tuesday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

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.

When dark, lights required. Helmets are always mandatory.  
**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Wed July 15 8:30 AM  
Mid-week Morning Ride  
35-45 miles, 2-3, M-B**

**Start location: Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark),**  
Ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.

**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Wed July 15 6:00 PM  
Wednesday Pizza Ride – Tour de NOT A THROUGH STREET  
10-20 miles L-M-B-F  
Start location: Mission Pizza, 1572 Washington Blvd., 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. Suggested attire club jerseys

**Andy Sass; [andrew.sass@yahoo.com](mailto:andrew.sass@yahoo.com) (520) 490-8098**

**Thu Jul 16, 8:30AM  
Thursday Morning Ride in Castro Valley  
20-25 miles, 2-3, T-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 and enjoy some coffee before we head take off. We will choose our route based on the weather. We may climb Cull Canyon and Dublin Grade (with a Schaefer Ranch option) or Cull Canyon, Procter Hill and some of Redwood Road, or Procter Hill and Redwood Road all the way to Pinehurst or Cull Canyon and Eden Canyon. If you're a fast climber, when you reach the top, you can do repeats. If you are a slow climber, you are more than welcome to turn around anytime as these climbs are all out and back. 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 (510) 693-8624 cell [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com)**

**Thurs July 16 6:15 PM  
TNT (Thursday Night Training)  
60-90 minutes, 1, M-B-F**

**Start location: 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.

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.

When dark, lights required. Helmets are mandatory.

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri July 17 8:30 AM  
The Friday Bike Club  
35-45 miles, 3-4, M-B**

**Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).**

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Sat July 18 8:30 AM  
Portola Loop  
30 miles, 3, T-M**

**Start location: Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).**

Please join us for our newest monthly club ride at a touring-moderate pace. 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.

**TBD**

**Sat Jul 18, 8:14AM  
Dale and Ken's Excellent Adventure--Tunnel Road  
36 miles, 4 (2600'), T-M**

**Start location: Fremont BART**

Come join us for the great climb from Oakland up Old Tunnel Road and over the top of the Caldecott Tunnel to Skyline. We'll make a quick "historical" stop at the monument/display about the 1991 Oakland Hills Fire. You will enjoy great views across the Bay of San Francisco and whole area as you climb (unless there is fog). The Old Tunnel Road climb is less than two miles and not very steep--easier than the climb to the "false summit" on Calaveras Road. We will then continue along Skyline and descend Redwood Road before riding back into Castro Valley for lunch/coffee. From there, we will use a relatively flat route home. The ride will start with a BART ride to the Rockridge station. We will leave Fremont on a Richmond train at 8:14 AM. We will change trains at 19th St. Oakland for a Pittsburg/Baypoint train that will arrive at Rockridge at 9:00. BART fare is \$4.35. We should be on the road by 9:10. We will ride back to the Fremont BART station. All "T/M" paced riders are welcome to join us and as always, no one will be left behind. Faster riders who are willing to regroup are always welcome. Here is a link to the route:

<http://lasthill.net/Maps/RockRidge.html>

**Dale Blanchard; [dale-b@comcast.net](mailto:dale-b@comcast.net); (510) 703-7474(C) Ken Goldman; [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net); (510) 791-1095(H)**

**Sat July 18 8:30 AM  
Show & Go  
20-50 miles, 2-4, B**

**Start location: Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun Jul 19, 8:00AM  
REVISION -- Stage 2 Mt Diablo Challenge  
60 miles, 5 (3,500'), M**

**Start location: Pleasanton BART (North end parking lot at end of De Marcus Blvd (enter from Dublin Blvd))**

REVISED DATE: SUNDAY, JULY 19. Missed Mt Tam? Stage 2 challenge to another favorite peak. Ride a no drop, loop from Pleasanton BART through Dublin, San Ramon, Danville, and up Mt. Diablo summit. We'll enter the South Gate and exit the North Gate, circle around Walnut Creek for the coffee/snack stop at Whole Foods. Then head back to the BART station. Bring \$\$ for snacks/coffee. Starting earlier to beat the heat. <http://www.mapmyride.com/us/dublin-ca/mt-diablo-pleasanton-loop-route-175099136>

**Colin Moy cell 510-690-7749 (home 510-581-9052 - no cell signal at home) [moyboys@comcast.net](mailto:moyboys@comcast.net)**

**Sun July 19 8:30 AM**

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

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

**Mon July 20 8:30 AM**

**Monday Morning Recovery Ride**  
**40 miles, 1-2 (610'), M**

**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Let's meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

**Mike Northrup; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com); (510) 796-8832**

**Tue July 21 8:30 AM**

**Tour de Fremont Hills**  
**29 miles, 3 (~1,900'), M, B**

**Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail**

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 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](mailto:vanessa@mcnmc.com); (510) 517-1466**

**M: Terri Yi; [terriyi@yahoo.com](mailto:terriyi@yahoo.com); (510) 304-5571**

**Tue July 21 9:00 AM**

**Show & Go**  
**20-50 miles, 1-5, L-T-M**

**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue July 21 6:15 PM**

**TNT (Tuesday Night Training)**  
**60-90 minutes, 1, M-B-F**

**Start location: ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**

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.

When dark, lights required. Helmets are always mandatory.

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Wed July 22 8:30 AM**

**Mid-week Morning Ride**  
**35-45 miles, 2-3, M-B**

**Start location: DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.

**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Wed July 22 6:00 PM**

**Wednesday Pizza Ride Animals Chutes and Ladders**  
**7-20 miles L-M-B-F**

**Start location: Mission Pizza, 1572 Washington Blvd., 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 are Primavera jerseys, or something similar.

**Andy Sass; [andrew.sass@yahoo.com](mailto:andrew.sass@yahoo.com) (520) 490-8098**

**Thu Jul 23, 8:30AM**

**Thursday Morning Coffee Ride Around Fremont**  
**31 miles, 2-3 (1100'), T-M**

**Start location: Don Edwards Wildlife Refuge**

Wear your orange FFBC jersey as we ride through our neighborhoods! This ride starts at the Don Edwards Wildlife Refuge Visitor Center (Don Edwards National Wildlife Refuge, 1 Marshlands Rd, cross-street Thornton Ave, Fremont) Come and go as your schedule allows (contact me for the route if you want to meet along the way). We will start off flat to warm up and then do some hills before lunch at Mission Coffee. Bring \$ for lunch or coffee. We have lots of regroups so no one is left behind! 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](mailto:lorimsommer@gmail.com); (510) 693-8624**

**Thurs July 23 6:15 PM**

**TNT (Thursday Night Training)**  
**60-90 minutes, 1, M-B-F**

**Start location: 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.**

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. When dark, lights required. Helmets are mandatory.  
Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247

**Fri July 24 8:30 AM**  
**The Friday Bike Club**  
**35-45 miles, 3-4, M-B**  
**Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).**  
Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.  
Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245

**Sat July 25 8:30 AM**  
**Calaveras CCW**  
**38 miles, 3-4, M**  
**Start location: Downtown Niles parking lot across from H St.** Sometimes it's good to go against the grain, or in this case counter-clockwise instead of clockwise. This counter clockwise loop of Calaveras meets in downtown Niles and takes the usual route to Calaveras. Map and route sheet online at: <http://ridewithgps.com/routes/3945502>  
Coffee at the end of the ride at Peet's in Fremont.  
Kevin McDonnell; [kevin@mcnmc.com](mailto:kevin@mcnmc.com); (510) 364-4435  
Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 517-1466

**Sat July 25 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, B**  
**Start location: Raley's Shopping Center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun July 26 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, L-T-M-B**  
**Start location: DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

## 5<sup>th</sup> Week in July

**Mon July 27 8:30 AM**  
**Monday Morning Recovery Ride**  
**40 miles, 1-2 (610'), M**  
**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**  
Let's meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.  
Mike Northrup; [mikenorthrup@gmail.com](mailto:mikenorthrup@gmail.com); (510) 796-8832

**Tue July 28 8:30 AM**  
**Tour de Fremont Hills**  
**38 miles, 3 (~2,000'), M, B**

**Start location: 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](mailto:vanessa@mcnmc.com); (510) 517-1466  
M: Terri Yi; [terriyi@yahoo.com](mailto:terriyi@yahoo.com); (510) 304-5571

**Tue July 28 9:00 AM**  
**Show & Go**  
**20-50 miles, 1-5, L-T-M**  
**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue July 28 6:15 PM**  
**TNT (Tuesday Night Training)**  
**60-90 minutes, 1, M-B-F**  
**Start location: ClubSport parking lot (46650 Landing Parkway Fremont, CA 94538).**  
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. When dark, lights required. Helmets are always mandatory.  
Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247

**Wed July 29 8:30 AM**  
**Mid-week Morning Ride**  
**35-45 miles, 2-3, M-B**  
**Start location: Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark),** Ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.  
Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245

**Wed July 29 6:00 PM**  
**Wednesday Pizza Ride**  
**10-20 miles L-M-B-F**  
**Start location: Mission Pizza, 1572 Washington Blvd., Fremont**  
Arrive and sign in by 6:10 PM. Departure at 6:15 Sharp. Route to be determined. Wear your favorite jersey from your favorite ride. Pizza at 7:30  
Andy Sass; [andrew.sass@yahoo.com](mailto:andrew.sass@yahoo.com) (520) 490-8098

**Thu Jul 30, 8:30AM**  
**Thursday Morning Coffee Ride to Tully's via Kilkare, Happy Valley and Bernal Bump**  
**27 miles, 3 (1600'), T-M**  
**Start location: Sunol Train Station**  
We will meet at the Sunol Train Station (yes, we have been given permission!) and ride up Kilkare. Our route will then head up Foothill to ride Happy Valley, out to the golf course 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 (510) 693-8624 cell [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com)

**Thurs July 30 6:15 PM**

**TNT (Thursday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: 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.

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.

When dark, lights required. Helmets are mandatory.

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 556-1564, (925) 819-0247**

**Fri July 31 8:30 AM**

**The Friday Bike Club**

**35-45 miles, 3-4, M-B**

**Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).**

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**