

## SEPTEMBER 2015 RIDE CALENDAR

As of this Calendar press time, no Pizza Ride Leader has volunteered for the month of September. So if you'd like to lead, take a look at the Pizza Ride Guidelines at <http://www.ffbc.org/html/documents/PizzaGuidelines.pdf>.

To submit any last-minute rides, including a Pizza Ride, take a look at the submittal form <http://www.ffbc.org/rides/submit/> to make sure you have all the critical ride info. Last-minute rides can be sent to the club members using the club group email [ffbc\\_list@yahoo.com](mailto:ffbc_list@yahoo.com).

### FFBC RIDE CLASSIFICATION

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

### MAPS TO FREQUENTLY USED START LOCATIONS

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

**THANK YOU TO ALL THE September 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> at once.

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

**Tue September 1 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.mcdonnell@gmail.com](mailto:vanessa.mcdonnell@gmail.com); (510) 517-1466**

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

**Tue September 1 9:00 AM**

**Show & Go**

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

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

**Tue September 1 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 September 2 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**

**Thu Sep 3, 8:30AM**

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

**42 miles, 2-3 (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 (\$) 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; [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C

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

**Thurs September 3 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 September 4 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 September 5 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: Donna Kaplan; [luporini@aol.com](mailto:luporini@aol.com); (415) 584-7621**

**B: TBD**

**Sat September 5 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, L-T-M-B**

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

**Sun September 6 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 September**

**Mon September 7 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.

**Donna Kaplan; [luporini@aol.com](mailto:luporini@aol.com); (415) 584-7621**

**Robin O'Hara; [Mail4rohara@aol.com](mailto:Mail4rohara@aol.com); (510) 418-2669**

**Tue September 8 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.mcdonnell@gmail.com](mailto:vanessa.mcdonnell@gmail.com); (510) 517-1466**

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

**Tue September 8 9:00 AM**

**Show & Go**

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

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

**Tue September 8 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 September 9 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**

**Thu Sep 10, 9:00AM**

**Thursday Morning Coffee Celebrates with Walt!**

**25 miles, 2, M**

**Start location: Visitor's Center at Don Edward's Wildlife Refuge**

Come celebrate Walt's Happy 84th Birthday! He drives from Orinda to join our club rides and has the honor to be the oldest person currently riding with FFBC. Meet at Don Edwards Visitor Center (Don Edwards National Wildlife Refuge, Marshlands Rd, Fremont) to join the rolling party with Walt. Please wear your club jersey (preferably the new one!). We will ride around Coyote Hills, accompany Walt on his annual trek up Nike (optional) and head to Anderson Bakery near Union

Landing in Union City. Anderson Bakery is welcoming us and will set up tables and chairs outside in consideration of their other customers, but seating may be limited to 30. I will send out a menu via yahoo groups and take preorders for lunch. Please give me your preorder by Tuesday evening, 9/8/14 so Anderson's can have our order's ready. You can pay individually (and add coffee and drinks) at the register when you pick up your order. A route sheet will be provided and cake will be served. This ride is co-listed with the Valley Spokesmen. Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call me.

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

**Thurs September 10 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 September 11 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 Sep 12, 8:30AM**

**Mt. Ham Loop Training Ride #1 Del Valle**

**60 miles, 4 (2900'), B**

**Start location: Niles**

Join us for the first of the training rides in preparation for the Oct 10th Mt. Hamilton Loop Ride

**Tim O'Hara and Robin O'Hara, 510 471-2464, [tohara2938@aol.com](mailto:tohara2938@aol.com)**

**Sat September 12 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.

**Julie Gilson; [jmgilson1@yahoo.com](mailto:jmgilson1@yahoo.com); (510) 468-0284**

**Sat September 12 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.**

**Sun September 13 9:00 AM**

**"Get to Know Us Ride"**

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

**Starting location: The Bicycle Garage (5006 Mowry Ave., Fremont),**

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.

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

**Sun September 13 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, L-T-M-B**

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

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

**Mon September 14 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.

**Robin O'Hara; [Mail4rohara@aol.com](mailto:Mail4rohara@aol.com); (510) 418-2669**

**Tue September 15 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.mcdonnell@gmail.com](mailto:vanessa.mcdonnell@gmail.com); (510) 517-1466**

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

**Tue September 15 9:00 AM**

**Show & Go**

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

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

**Tue September 15 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 September 16 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**

**Thu Sep 17, 9:00AM**

**Thursday Morning Ride From Endless Cycles**

**20-25 miles, 3-4, T-M**

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

Set your alarm 30 minutes later and then join me for a ride in 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 want less elevation for your ride, 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 September 17 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.

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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 September 18 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 Sep 19, 8:30AM**

**Mt. Ham Loop Training Ride #2 Calaveras and Felter**

**60 miles, 4 (3000?'), B**

**Start location: Niles**

We will do Calaveras CW and then down the wall and head up to the top of Felter and turn around and make a roaring descent back down.

**Tim O'Hara and Robin O'Hara, 510 471-2464, [tohara2938@aol.com](mailto:tohara2938@aol.com)**

**Sat September 19 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.

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

**Sat Sep 19, 9:00AM**

**Dale and Ken's Excellent Adventure-- Al Zampa Bridge & Carquinez Scenic Drive**

**47 miles, 3, T-M**

**Start location: Martinez Municipal Park (Rankin Aquatic Center) Upper Lot**

Carquinez Special -- with apologies and appreciation to Mike Williams, from whom this route was shamelessly stolen. Come ride the beautiful bike trail across the Al Zampa Bridge (Carquinez) between San Pablo Bay and Suisun Bay. Do a loop around Vallejo and Benicia and discover a nice bike trail above I-80. Then we will return across the bridge and ride the very pretty (and recently repaved) Carquinez Scenic Drive (no cars allowed) following the bay back to Martinez. This ride has about 2,800 feet of climbing, but it is scattered throughout the ride. There are no long, sustained climbs. The longest "climb" gains 370ft. over three miles (a 2% climb). There will be a coffee/snack stop at about 35 miles. All "T/M" paced riders are encouraged to join us. No one will be left behind. Directions to the start: This ride starts at Martinez Municipal Park. Take I-680 north and exit just before the Benicia Bridge onto Marina Vista. Turn left and go all the way into and through downtown Martinez. Turn right on Talbart and left on Buckley which will take you into the parking lot of the park. We will park in the upper lot. There are bathrooms in the park. Route details: <http://lasthill.net/Maps/AlZampa.html>

**Ken Goldman 510-791-1095 (H) [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net)**

**Dale Blanchard 510-703-7474(C) [dale-b@comcast.net](mailto:dale-b@comcast.net)**

**Sat September 19 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, L-T-M-B**

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

**Sun September 20 8:30 AM**

**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.**

## **4<sup>th</sup> Week in September**

**Mon September 21 8:30 AM**

**Monday Morning Recovery Ride**

**40 miles, 1-2 (6'10'), 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.

**Robin O'Hara; [Mail4rohara@aol.com](mailto:Mail4rohara@aol.com); (510) 418-2669**

**Tue September 22 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.mcdonnell@gmail.com](mailto:vanessa.mcdonnell@gmail.com); (510) 517-1466**

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

**Tue September 22 9:00 AM**

**Show & Go**

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

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

**Tue September 22 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 September 23 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**

**Thu Sep 24, 9:00AM**

**Thursday Morning Coffee Ride**

**25-35 miles, 2-3, T-M**

**Start location: gravel lot across from the Sunol Train Station**  
Meet at the gravel lot across from the Sunol Train Station. Let's ride through the some vineyards and see if the owl is in the tree

at Arroyo Park. Then we will climb through Holdener Park and have a coffee break at Panama Coffee in Livermore. No one left behind. Bring \$ for lunch. 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 (510) 693-8624 [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com)**

**Thurs September 24 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 September 25 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 Sep 26, 8:30AM**

**Mt. Ham Loop Training Ride #3 Redwood Rd to Moraga**

**69 miles, 4 (3300'), B**

**Start location: Niles**

Up Palomares, over to Redwood Rd, up Pinehurst and back San Ramon blvd to Niles Canyon.

**Tim O'Hara and Robin O'Hara, 510 471-2464, [tohara2938@aol.com](mailto:tohara2938@aol.com)**

**Sat September 26 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**

**B: Vanessa McDonnell; [vanessa.mcdonnell@gmail.com](mailto:vanessa.mcdonnell@gmail.com); (510) 517-1466**

**Sat September 26 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.**

**Sun September 27 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, L-T-M-B**

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

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

**Mon September 28 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.

**Robin O'Hara; [Mail4rohara@aol.com](mailto:Mail4rohara@aol.com); (510) 418-2669**

**Tue Sep 29, 8:30AM**

**Tour de Fremont Hills**

**30-40 miles, 3-4 (~2,000'), M-B**

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

Our final ride this month is going to be a surprise! Hills will be involved and, of course, we'll have our obligatory coffee stop, but this week it might not be at Peet's. Rain (like that's going to happen!) or extreme weather may modify or cancel the ride. If uncertain of the status of the ride, please check the FFBC Yahoo! group or contact one of the ride leaders on the morning of the ride.

**B: Vanessa McDonnell; [vanessa.mcdonnell@gmail.com](mailto:vanessa.mcdonnell@gmail.com); (510) 517-1466**

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

**Tue September 29 9:00 AM**

**Show & Go**

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

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

**Tue September 29 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 September 30 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**