

# JULY 2016 RIDE CALENDAR

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

### WEDNESDAY EVENING PIZZA RIDES.

Our popular Pizza Rides continue! 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 from Mission Pizza

**August:** TBD

**September:** TBD (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).

#### THANK 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 coordinator at <mailto:ridecoordinator@ffbc.org> pronto.

#### LOOKING AHEAD:

Any and all FFBC members who have led at least one ride, including Cinderella coaches, during 2016 are invited to attend a ride leader recognition party on Sunday, July 17. We will meet again at the Round Table Pizza at 5544 Thornton Ave. in Newark. The party starts at 5 p.m. Please hold the date and watch the Yahoo Group for more information.

**Fri July 1 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**

**Fri Jul 1, 6:00PM**

**TGIF Das Brew Beer Ride**

**15-20 miles, 1-2-3, T-M-B**

**Start location: Das Brew, 44356 South Grimmer Blvd., Fremont**

It's Summer so it must be time for our annual Das Brew rides (our 4th year!). What better way to wind down the week than with a short bike ride followed by some good, local beer? We'll ride a leisurely loop around Fremont (the route changes every week) finishing before dark ~7:30, with plenty of time to imbibe some nice, cold, fresh beer. A flight of 4 beers is \$8, or a mug is \$5-\$6. Beer tasting after the ride is optional. Please drink responsibly! Food is available for purchase at Das Brew or you can bring your own snacks to share with the group.

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

**Sat July 2, 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 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: Davis Quan; [davisquanh50@yahoo.com](mailto:davisquanh50@yahoo.com); (510) 386-3245**

**B: TBD**

**Sat July 2 8:30 AM**

**Show & Go**

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

**Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun July 3 8:30 AM**

**Show & Go**

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

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

## 2nd Week in July

**Mon July 4, 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)**

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.

**Davis Quan;** [davisquanh50@yahoo.com](mailto:davisquanh50@yahoo.com); (510) 386-3245

**Tue July 5 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 Peet's for a well-deserved coffee and the end of our ride. Rain or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! Group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

**B: Jay Gilson;** [jaymgilson@gmail.com](mailto:jaymgilson@gmail.com); (510) 468-0285 –C,  
(510) 790-3564 –H

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

**Tue July 5 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 5 6:15 PM**

**TuNT (Tuesday Night Training)**

**90 minutes, 3, M - F**

**Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538**

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.

**Prashant Singh;** [psingh.d700@gmail.com](mailto:psingh.d700@gmail.com)

**West Kurihara;** [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com)

**Wed July 6 8:30 AM**

**Mid-week Morning Ride**

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

**Start location: the former 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 6 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 just past 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

**Wed July 6 6:15 PM**

**WNT (Wednesday 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.**

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting.

When dark, lights required. Helmets are mandatory.

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

**Thu Jul 7, 8:30AM**

**REI to Alum Rock**

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

**Start location: REI, Fremont**

A old, NEW start. We are returning to our "old" start at REI to shorten the ride for summer. Unfortunately, since REI isn't open at 8:30 you may need to use the facilities as Starbucks or wait until we reach Jose Adobe. 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 Miguelita. 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 regroup. 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

**Thu July 7 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.

**Chris Menicou;** [cmenicou@sbcglobal.net](mailto:cmenicou@sbcglobal.net); (510) 406-5511

**Fri July 8 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

**Fri Jul 8, 6:00PM**

**TGIF Das Brew Beer Ride**

**15-20 miles, 1-2-3, T-M-B**

**Start location: Das Brew, 44356 South Grimmer Blvd., Fremont**

It's Summer so it must be time for our annual Das Brew rides (our 4th year!). What better way to wind down the week than with a short bike ride followed by some good, local beer? We'll ride a leisurely loop around Fremont (the route changes every week) finishing before dark ~7:30, with plenty of time to imbibe some nice, cold, fresh beer. A flight of 4 beers is \$8, or a mug is \$5-\$6. Beer tasting after the ride is optional. Please drink responsibly! Food is available for purchase at Das Brew or you can bring your own snacks to share with the group.

**TBD**

**Sat July 9, 8:30 AM**

**Saturday Tour de Fremont Hills**

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

**NEW START LOCATION: Fremont Central Park Teen Center parking lot; enter from Sailway Drive off Paseo Padre Parkway; Teen Center lot is on the left and is signed. The address: 39770 Paseo Padre Parkway, Fremont, CA 94538.**

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 crossing Fremont 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 Peet's with a well-deserved coffee. Rain or threat of rain cancels the ride.

**M: Julie Gilson;** [Jmgilson1@yahoo.com](mailto:Jmgilson1@yahoo.com); 510-468-0284

**Sat July 9 8:30 AM**

**Show & Go**

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

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

**Sun July 10 9:00 AM**

**"The Sunday Social": the ride formerly known as the "Get to Know Us Ride"**

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

**Start location: Warm Springs Starbucks, 46655 Mission Blvd., Fremont**

Please join us on this monthly "Sunday Social". 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. 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); 510-468-9712

**Sun July 10 8:30 AM**

**Show & Go**

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

**Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

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

**Mon July 11, 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)**

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;** [rjohara6@gmail.com](mailto:rjohara6@gmail.com); 510-418-2669

**Louis Friedenber;** [louispf@sbcglobal.net](mailto:louispf@sbcglobal.net); (510) 673-3203

**Tue July 12 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.**

What could be better than a little climbing? How about a little more climbing? For the second Tuesday of the month we're going to climb our local favorite hill, Palomares Rd., to Castro Valley and then follow it with a little more climbing up Five Canyons Pkwy. All that climbing will be followed by a fast descent into Hayward and a jaunt down Mission Blvd (hopefully with a tailwind) back to Fremont. There will, of course, be a coffee stop, either at Pearl's by Cal State Hayward or Peet's back in Fremont. Rain or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

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

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

**Tue July 12 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 12 6:15 PM**

**TuNT (Tuesday Night Training)**

**90 minutes, 3, M - F**

**Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538**

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.

**Prashant Singh;** [pksingh.d700@gmail.com](mailto:pksingh.d700@gmail.com)

**West Kurihara;** [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com)

**Wed July 13 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 13 6:00 PM  
Wednesday Retro Pizza Ride**

**9-26 miles L-M-B  
Start location: Mission Pizza, 1572 Washington Blvd., Fremont**

Put on that old jersey and shine up that old 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**

**Wed July 13 6:15 PM  
WNT (Wednesday 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.

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory.

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

**Thu Jul 14, 9:00AM  
Thursday Morning Coffee Ride From Endless Cycles**

**20-30 miles, 3-4, T-M  
Start location: Endless Cycles, 20825 Nunes Avenue, Castro Valley**

This ride starts at Endless Cycles, 20825 Nunes Avenue, Castro Valley (across from the Jack In The Box and the B of A parking lot, near T Kane's Kung Foo/Karate Martial Arts School). Park on the street or in the B of A parking lot and bring your bike through the alley/gate to the back patio. Jeff will open the shop early so we can use the restroom and maybe even enjoy some Starbucks coffee before we head take off. Buy a last minute item or check out the large showroom, repair shop, kitchen, back patio, meeting space, vintage bike museum, and the new bike fit area while we sign in. 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. We may do a flatter ride and head over to Alameda via Lake Chabot Road. 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)**

**Thu July 14 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.

**Chris Menicou; [cmenicou@sbcglobal.net](mailto:cmenicou@sbcglobal.net); (510) 406-5511**

**Fri July 15 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**

**Fri Jul 15, 6:00PM  
TGIF Das Brew Beer Ride**

**15-20 miles, 1-2-3, T-M-B**

**Start location: Das Brew, 44356 South Grimmer Blvd., Fremont**

It's Summer so it must be time for our annual Das Brew rides (our 4th year!). What better way to wind down the week than with a short bike ride followed by some good, local beer? We'll ride a leisurely loop around Fremont (the route changes every week) finishing before dark ~7:30, with plenty of time to imbibe some nice, cold, fresh beer. A flight of 4 beers is \$8, or a mug is \$5-\$6. Beer tasting after the ride is optional. Please drink responsibly! Food is available for purchase at Das Brew or you can bring your own snacks to share with the group.

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

**Sat July 16 8:30 AM  
Portola Loop**

**30 miles, 3, T-M**

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

Monthly club ride over the Dumbarton Bridge, quiet neighborhood side streets of Palo Alto, Roberts Market for snacks, and cruise back downhill. No drop ride with regroup. Bring \$ for snacks, Rain cancels. Please park in upper lot at request of visitor center staff.

**Paul Andrus; [paulrayandrus@gmail.com](mailto:paulrayandrus@gmail.com); (510) 207-5751**

**Sat Jul 16, 8:30AM  
Beautiful Rides - Paradise Loop**

**48 miles, 3-4, T-M**

**The Fremont and Union City BART stations are closed the weekend of July 16 - 17.**

**Start location: Ferry Building, San Francisco**

This is a remote start ride. We will bike across the Golden Gate Bridge into Sausalito, followed by a climb up Camino Alto and onto the Tiburon Peninsula. On the return we will climb the bump out of Sausalito and back over the Golden Gate to the Civic Center station. This route follows several bike paths, features rolling topography, and no brutal climbs. Along the way there are great views of the city and the bay. Bring money for a snack/lunch in Tiburon. <https://ridewithgps.com/routes/13324048>

**Meet on the South Hayward BART station platform to catch the 7:24 Richmond train.**

~~Meet on the Fremont BART station platform to catch the 7:14 Richmond train.~~

We will transfer at Bay Fair – catching the 7:38

Daly City train. We arrive at the Embarcadero station at 8:06. We

will bike over to the Ferry Building for the start of the ride. We will return via Bart, from the Civic Center station. The BART fare is \$6.15 each way.

Julia Walker; [walk9422@gmail.com](mailto:walk9422@gmail.com); 510-468-9712  
David Walker; [dbwalker0min@gmail.com](mailto:dbwalker0min@gmail.com); 510-468-4454

**Sat July 16 8:30 AM**

**Show & Go**

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

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

**Sun Jul 17, 9:30AM**

**Seascape, Monterey Bay and Apple Pie**

**42.1 miles, 3 (2260'), M**

**Start location: Seascape Village Shopping Center (19 Seascape Village, Aptos)**

Come join us and enjoy this scenic ride from the beaches to apple orchards, redwoods and strawberry fields! The route starts from Seascape to Aptos Beach Dr., then climbs Trout Gulch, Valencia and Cox Rd to rollers on Hames Road, followed by a cool descent into the town of Corralitos. A gradual ascent on Brown's Valley Rd is followed by a thrilling descent through the redwoods on Hazel Dell. Lunch with famed hot cider and pie greets us at Gizdich Ranch. (Bring \$ or pack your lunch.) The return through Watsonville has changed from our previous route by riding via the Pajaro levee path and the strawberry fields of San Andreas Rd. 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 curbside along Seascape Boulevard away from businesses. Bathrooms at the start. Meet at 9:30am, prompt start at 9:45am. The GPS route (reference only) for the ride is available online at:

<https://ridewithgps.com/routes/14456346>. Download

"Seascape.pdf" ride sheet at:

[https://groups.yahoo.com/neo/groups/FFBC\\_List/files/Ride%20S/heets/](https://groups.yahoo.com/neo/groups/FFBC_List/files/Ride%20S/heets/)

Jim Takasugi; [jtakasug@comcast.net](mailto:jtakasug@comcast.net); (408) 391-2057  
Creighton Chong; (510) 551-9520

**Sun Jul 17, 9:30AM**

**Seascape to Gizdich via Valencia and Day Valley**

**36 miles, (1500'), T-M**

**Start location: Seascape Village Shopping Center (19 Seascape Village, Aptos)**

We will let Jim and Creighton's M pace group do the "hard work". Join me, Cindy and Ken for an "easier and slower" route to pie. We will start in Seascape and head to Valencia and Day Valley on our way to Gizdich. (Bring \$ or pack your lunch.) The return through Watsonville has changed from our previous route and we will join the M pace group riding via the Pajaro levee path and the strawberry fields of San Andreas Rd. No one left behind! We will have route sheets at the start. The GPS route for the ride (for reference) is available online at:

<https://ridewithgps.com/routes/14492079>

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 curbside along Seascape Boulevard away from businesses. Bathrooms at the start. Meet at 9:30am, prompt start at 9:45am.

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

Ken Goldman: [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net), (510) 378-5027

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

**Sun July 17 8:30 AM**

**Show & Go**

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

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

**SUNDAY JULY 17**

**RIDE LEADER RECOGNITION PARTY: 5 pm to 8 pm at the Roundtable Pizza, 5544 Thornton Ave., Newark. Watch the Yahoo Group for more information.**

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

**Mon July 18, 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)**

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; [rjohara6@gmail.com](mailto:rjohara6@gmail.com); 510-418-2669

Louis Friedenber; [louispf@sbcglobal.net](mailto:louispf@sbcglobal.net); (510) 673-3203

**Tue July 19, 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 Peet's for a well-deserved coffee and the end of our ride. Rain or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

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

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

**Tue July 19 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 19 6:15 PM**

**TuNT (Tuesday Night Training)**

**90 minutes, 3, M - F**

**Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538**

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.

**Prashant Singh;** [psingh.d700@gmail.com](mailto:psingh.d700@gmail.com)

**West Kurihara;** [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com)

**Wed July 20 8:30 AM**

**Mid-week Morning Ride**

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

**Start location: the former 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 20 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

**Wed July 20 6:15 PM**

**WNT (Wednesday 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.

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting.

When dark, lights required. Helmets are mandatory.

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

**Thu Jul 21, 8:30AM**

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

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

**Start location: Visitor Center, Don Edwards Wildlife Refuge**

This ride starts at the Don Edwards 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 -C

**Thu July 21 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.

**Chris Menicou;** [cmenicou@sbcglobal.net](mailto:cmenicou@sbcglobal.net); (510) 406-5511

**Fri July 22 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

**Fri Jul 22, 6:00PM**

**TGIF Das Brew Beer Ride**

**15-20 miles, 1-2-3, T-M-B**

**Start location: Das Brew, 44356 South Grimmer Blvd., Fremont**

It's Summer so it must be time for our annual Das Brew rides (our 4th year!). What better way to wind down the week than with a short bike ride followed by some good, local beer? We'll ride a leisurely loop around Fremont (the route changes every week) finishing before dark ~7:30, with plenty of time to imbibe some nice, cold, fresh beer. A flight of 4 beers is \$8, or a mug is \$5-\$6. Beer tasting after the ride is optional. Please drink responsibly! Food is available for purchase at Das Brew or you can bring your own snacks to share with the group.

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

**Sat July 23, 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.

**Alan Cookson;** [alannjc@yahoo.com](mailto:alannjc@yahoo.com); 908-240-7739

**Sat Jul 23, 9:30AM**

**Hazel Dell in the Summer**

**31 miles, 3, T**

**Start location: Parking lot behind Epicenter Cycling (8035 Soquel Dr., Aptos)**

The goal of this ride is to provide a Cindy-friendly AND Cindy-challenging ride with a lot of shade. There's a total of about 20

yards of flat roads in Santa Cruz County, so there are plenty of hills on this ride, but none of them are particularly steep and the scenery is gorgeous. The ride will be led Cindy-style: we'll have at least one ride leader at the back. The exact route, with elevation, can be found on [ridewithgps.com](http://ridewithgps.com) as Brown's Valley Loop.

**Donna Stidolph, 831-419-0835, [donna@stidolph.com](mailto:donna@stidolph.com)**

**Sat July 23 8:30 AM**

**Show & Go**

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

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

**Sun July 24 8:30 AM**

**Show & Go**

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

**Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

## 5th Week in July

**Mon July 25, 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)**

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; [rjohara6@gmail.com](mailto:rjohara6@gmail.com); 510-418-2669**

**Louis Friedenberg; [louisfpf@sbcglobal.net](mailto:louisfpf@sbcglobal.net); (510) 673-3203**

**Tue July 26 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. Note: M paced riders may do Palomares out and back per ride leader's discretion. Rain or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

**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 26 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 26 6:15 PM**

**TuNT (Tuesday Night Training)**

**90 minutes, 3, M - F**

**Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538**

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.

**Prashant Singh; [psingh.d700@gmail.com](mailto:psingh.d700@gmail.com)**

**West Kurihara; [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com)**

**Wed July 27 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 27 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**

**Wed July 27 6:15 PM**

**WNT (Wednesday 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.**

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory.

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

**Thu Jul 28, 8:30AM**

**Thursday Morning Coffee Ride to the Corner Bakery via Kilcare, Happy Valley and Bernal Bump**

**30 miles, 2-3 (1700'), T-M**

**Start location: Gravel lot across from the Sunol Train Station**

We will meet at the gravel lot and ride Kilcare out and back. Our route will then head up Foothill to ride Happy Valley, out to the golf course, return to Happy Valley and continue up the Bernal Bump and past Stanley. There are some options if you want to skip some or most of the climbing and meet us at the Corner Bakery in Pleasanton. 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)**

**Thu July 28 July 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.

**Chris Menicou; [cmenicou@sbcglobal.net](mailto:cmenicou@sbcglobal.net); (510) 406-5511**

**Fri July 29 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**

**Fri Jul 29, 6:00PM**

**TGIF Das Brew Beer Ride**

**15-20 miles, 1-2-3, T-M-B**

**Start location: Das Brew, 44356 South Grimmer Blvd., Fremont**

It's Summer so it must be time for our annual Das Brew rides (our 4th year!). What better way to wind down the week than with a short bike ride followed by some good, local beer? We'll ride a leisurely loop around Fremont (the route changes every week) finishing before dark ~7:30, with plenty of time to imbibe some nice, cold, fresh beer. A flight of 4 beers is \$8, or a mug is \$5-\$6. Beer tasting after the ride is optional. Please drink responsibly! Food is available for purchase at Das Brew or you can bring your own snacks to share with the group.

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

**Sat July 30 8:30 AM**

**Show & Go**

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

**Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun Jul 31, 8:30AM**

**Women's Social Ride**

**15-20 miles, 1-2, T-M**

**Start location: Bicycle Garage, 5006 Mowry Ave, Fremont**

Join me for a new, fun, monthly, low-key ride. This ride is geared (pun intended!) towards our female riders. Each month we'll ride a leisurely route around the tri-city area. Our mileage won't exceed 25 miles but most months the ride will be closer to 20 miles with minimal climbing. While the aim of the ride is to get our female riders out men are also welcome. Optional coffee and extra socialization at Starbucks at the end of the ride. Nobody will be left behind. Rain or threat of rain will cancel the ride.

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

**Sun July 31 8:30 AM**

**Show & Go**

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

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