

July 2008 RIDE CALENDAR

WEDNESDAY EVENING PIZZA RIDE

Join Carrie and Andy as they host the popular Wednesday evening Pizza Rides. For the month of May, the pizza rides will meet at **Mission Pizza**, located at 1572 Washington Blvd, Fremont, (510) 651-6858. This is the plaza on Washington between Paseo Padre Pkwy and the Washington exit from Interstate 680. **Please park at the rear of the shopping complex** rather than in front of the pizza parlor as this space is shared. As always, there will be two routes; a longer more challenging ride, and a shorter flatter ride. The rides meet at 6:00 PM for sign in to be completed by 6:10. When signing in, remember to check "YES" or "NO" on the sign in sheet for pizza so we have an accurate head count on who is staying after the ride. The pizza order is placed before we depart. Departure time is 6:15pm sharp. The cost is \$5.00 per person and that includes three pieces of pizza and a soda per rider. No charge if you're not staying for pizza.

1st Week in July

Tue. July 1 **Gary's Ride**
9:00 AM **20-40 miles, 2-3 M**
Meet at the **Bicycle Garage** for a fun, social ride to a coffee stop in the area. The route will usually include at least one optional hill. We'll regroup a few times and make sure that nobody gets left behind. Bring \$ for refreshments. Rain cancels.
Gary Smith 510-797-7809 home, 510-304-0956 cell, GSMITH289@aol.com

Tue July 1 **Show and Go**
9:00 AM **20-50 miles, 1-5 L-M-B**
Meet at the **Bicycle Garage**, at the corner of Thornton and Balboa Way.

Wed July 2 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3 M/B**
Meet at **Newark Java** in the Raley's shopping center at Jarvis & Newark Blvd., for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.
Al Quintana (510) 760-9245; alang44@hotmail.com

Wed. July 2 **Pizza Ride**
6:00 PM **20-25 miles**
Meet at Mission Pizza
Please see the full description at the beginning of the ride schedule. Arrive by 6:00 PM; Sign in by 6:10 PM: Departure at 6:15 PM sharp. At sign in remember to check the "Yes" or "No" box for Pizza.
Carrie Payne (510)795-1802, carriepayne@att.net

Thur. July 3 **Thursday Morning Coffee Ride**
8:30AM **20-40 miles, 2-3M (M+, flats)**
Come ride with a fun, welcoming group. We meet at **Newark Java** in the Raley's shopping center parking lot. Sometimes we just go to Union City via Nike Hill. More often, we cross the bridge and ride to Shoreline, Robert's Market, do "Margaret's Ride", or we get adventurous and find new routes. There are no route sheets so we regroup as necessary. We stop for coffee so bring money. Faster riders are welcome to head back early if they know the route. **Rain cancels.**
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; lsommer@sbcglobal.net

Fri. July 4 **Third Annual 4th of July Pancake Breakfast Ride**
7:30AM **13-15miles, 1T**
Start your day off right with a short ride before enjoying a tasty breakfast of IHOP pancakes, sausage and Starbucks coffee prepared by the Newark Firefighters Association at Fire Station #3. Bring your family (or they can join us after the ride) and we will do a leisurely flat loop through city streets to Coyote Hills and back. Meet in the **Silliman Center parking lot, 6800 Mowry Ave, Newark** at 7:30AM. Please bring signed Minor Release Forms for any children (including children in trailers). The breakfast is \$5 per person and benefits the Muscular Dystrophy Association. We hope to see you there.
Walt Thomas walttennis@yahoo.com
Lori Sommer (510) 794-8624, (510) 693-8624 cell, lsommer@sbcglobal.net

Fri. July 4 **Palomares & Five Canyons Pkwy**
8:30 AM **32 miles, 4M**
We'll meet in **Downtown Niles** for a moderately paced trip up Palomares. Following a quick descent, we'll follow Castro Valley Blvd. to Five Canyons Pkwy for another great climb to Fairview and on to our loop around the university before dropping back into Hayward. We will vote to determine whether the majority wishes a coffee stop otherwise the only chance to fill up with water will be on Five Canyons Pkwy so bring plenty of water and snacks. Temperatures over 90° will likely cancel this ride so stay tuned to the Yahoo List. There will be enough regroups to keep us together for the duration.
Karen White (510) 475-0746; kkwh@pacbell.net

Fri. July 4 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4 M/B**
Meet at the **Castro Valley Park & Ride Lot**. Bring \$\$ for a coffee stop.
Al Quintana (510) 760-9245; alang44@hotmail.com

Sat. July 5 **Calaveras Clockwise**
8:30 AM **40 miles, 3 M & B**
This is our traditional "1st Saturday of the Month" ride. We will meet in the **Downtown Niles 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. There will be a ride leader for the pace(s) listed below. Rain or a serious threat of rain cancels
M Pace: Karen White (510) 475-0746; kkwh@pacbell.net
B Pace: Joe Trabucco (510)-475-4205; jetg3@yahoo.com

Sun. July 6 **McCarthy Ranch**
8:30AM **35 miles, 2 M**
Join Ken and Iris on their tandem for a social ride to McCarthy Ranch for a coffee stop. Start: **Downtown Niles Parking Lot**.
Ken and Iris Goldman 510-791-1095
ken.goldman@comcast.net

2nd Week in July

Mon. July 7 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
Let's meet at the **Bicycle Garage** at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local Starbucks 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 may head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 465 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; gmnorthrup@hotmail.com (510) 796-8832

Tue. July 8 **Gary's Ride**
9:00 AM **20-40 miles, 2-3 M**
Meet at the **Bicycle Garage** for a fun, social ride to a coffee stop in the area. The route will usually include at least one optional hill. We'll regroup a few times and make sure that nobody gets left behind. Bring \$ for refreshments. Rain cancels.
Gary Smith 510-797-7809 home, 510-304-0956 cell, GSMITH289@aol.com

Tue July 8 **Show and Go**
9:00 AM **20-50 miles, 1-5 L-M-B**
Meet at the **Bicycle Garage**, at the corner of Thornton and Balboa Way.

Wed. July 9 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3 M/B**
Meet at the **Niles Staging Area** parking lot located at the east end of the Alameda Creek Trail. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.
Al Quintana (510) 760-9245; alanq44@hotmail.com

Wed. July 9 **Pizza Ride**
6:00 PM **20-25 miles**
Meet at Mission Pizza
Please see the full description at the beginning of the ride schedule. Arrive by 6:00 PM; Sign in by 6:10 PM: Departure at 6:15 PM sharp. At sign in remember to check the "Yes" or "No" box for Pizza.
Carrie Payne (510)795-1802, carriepayne@att.net

Thur. July 10 **Thursday Morning Coffee Ride**
8:30AM **20-40 miles, 2-3M (M+, flats)**
See the listing of Thur. July 3 for complete details of this recurring ride starting at **Newark Java**.
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; lsommer@sbcglobal.net

Fri. July 11 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4 M/B**
Meet at the **Castro Valley Park & Ride Lot**. Bring \$\$ for a coffee stop.
Al Quintana (510) 760-9245; alanq44@hotmail.com

Sat. July 12 **Tri. Training Ride-Palomares**
9:45 AM **25 miles, 4 B+**
A focused B+ paced ride starting at 9:45AM at the **Niles Staging area**. Non-stop out and back up Niles Canyon, then Palomares to where it ends at Palo Verde. Back up Palomares, down Niles Canyon and back to the staging area. Approximately 25 miles. For those interested in tri. training, there will be a 3 to 4 mile run along Alameda Creek Trail following the ride. We should be finished by 12:30. Please give me a call the night before so I can explain the bike to run transition.
Paul Arvins; 510.825.1666

Sat. July 12 **South End of the Bay Loop**
8:00 AM **52 miles 2 M**
Please join Gary and Connie on one of FFBC's favorite rides. We'll meet at **Longs parking lot in the Warm Springs District**. We'll head south through Milpitas catch Tasman to Central Expwy. Central to Mary then Fremont to Foothill. We will stop at Andronico's Market for refueling. We'll get back on Foothill head towards Palo Alto behind Stanford University, then down Santa Cruz Ave. and make our way back to Dumbarton Bridge. Please note..no one gets left behind. Rain cancels.
Hey! All you Cinderella riders, this one is for all of you.
Gary Liberti (408) 813-2641C. garylibaldi@aol.com
Connie Nelson (408) 956-1415 H. (408) 896-4581 C. cj_nelson@comcast.net

Sun. July 13 **FFBC "Get-To-Know-Us-Ride"**
9:00 AM **20-25 miles, 1-2 L-T-M**
Please join us on this monthly "Get-To-Know-Us-Ride". This casual, social ride is always fun and offers everyone the chance to meet other cyclists. Bring your cycling friends along and help us introduce newcomers and guests to the club. Meet at **Newark Java** in the Raley's shopping center at Jarvis & Newark Blvd., 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.
Jim Herman (510) 790-9044; jdherman@earthlink.net

Sun. July 13 **Show and Go**
8:30 AM **20-50 miles, 3-4 B**
Meet at **downtown Niles**

3rd Week in July

Mon. July 14 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
See the listing of Mon. July 7 for complete details of this recurring ride starting at the **Bicycle Garage**.
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Tue. July 15 **Gary's Ride**
9:00 AM **20-40 miles, 2-3 M**
Meet at the **Bicycle Garage** for a fun, social ride to a coffee stop in the area. The route will usually include at least one optional hill. We'll regroup a few times and make sure that nobody gets left behind. Bring \$ for refreshments. Rain cancels.
Gary Smith 510-797-7809 home, 510-304-0956 cell, GSMITH289@aol.com

Tue July 15 **Show and Go**
9:00 AM **20-50 miles, 1-5 L-M-B**
Meet at the **Bicycle Garage**, at the corner of Thornton and Balboa Way.

Wed July 16 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3 M/B**
Meet at **Newark Java** in the Raley's shopping center at Jarvis & Newark Blvd., for a ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.
Al Quintana (510) 760-9245; alanq44@hotmail.com

Wed. July 16 **Pizza Ride**
6:00 PM **20-25 miles**
Meet at Mission Pizza
Please see the full description at the beginning of the ride schedule. Arrive by 6:00 PM; Sign in by 6:10 PM: Departure at 6:15 PM sharp. At sign in remember to check the "Yes" or "No" box for Pizza.
Carrie Payne (510)795-1802, carriepayne@att.net

Thur. July 17 **Thursday Morning Coffee Ride**
8:30AM **20-40 miles, 2-3M (M+, flats)**
See the listing of Thur. July 3 for complete details of this recurring ride starting at **Newark Java**.
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; lsommer@sbcglobal.net

Fri. July 18 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4 M/B**
Meet at the **Castro Valley Park & Ride Lot**. Bring \$\$ for a coffee stop.
Al Quintana (510) 760-9245; alanq44@hotmail.com

Sat. July 19 **Calaveras Counter Clockwise**
8:30 AM **42 miles, 3 M & B, 1900 feet.**
We will start in **Downtown Niles**, and take the Paseo Padre route down south. We will regroup at Ed Levin Park and after that, climb the wall. Bring lots of fluids and a snack as any stop where we can buy food and drink is not until Sunol. Rain or a serious threat of rain cancels. Call me after 7am.
M Pace: Tony Flusche, (510) 247-3220, TonyF@att.net
B Pace: Joe Trabucco (510)-475-4205; jetg3@yahoo.com

Sun. July 20 **Old La Honda-Alpine Loop**
8:30 AM. **61 miles, 5M 4,800 ft. elev**
Start at **Newark Java**. We'll go up Old La Honda, cross over Skyline, down to Highway 84, then up Pescadero Creek Road to Alpine Road. We'll climb Alpine to Skyline, cross to Page Mill Road and follow it down to Foothill Expressway and home. There really isn't a convenient place to stop for snacks and coffee until the ride is almost over so bring food, maybe a couple of sandwiches. There are two places late in the ride to get water. Let's plan on an actual moderate pace with regroups as needed. No one gets left behind. If someone wants to lead a brisk version of this ride, I'll be happy to provide you with route sheets. This is a beautiful ride through redwood trees and oaks, so be prepared with lots of oohs and aahs. I'll get a map with route sheets out at Lasthill.net soon. I'll let you know when it's ready.
Dale Blanchard (510) 703-7474; dale-b@lasthill.net

Sun July 20, **Welch Creek**
8:00 AM **50 miles, 5B**
After a 3-year hiatus, I've decided to pay another visit to my old friend, Welch Creek Road. (Funny, I never remember seeing a creek.) This route is the Calaveras Loop with an evil twist. We'll make that left turn onto Welch and climb until we're done (about 4 mi, I think). It's steep, so bring your climbing gears. We'll start at the **Niles Parking Lot**.
Mike Williams, (510) 475-7215, cell (510) 364-4335, passline@bigfoot.com

4th Week in July

Mon. July 21 **Monday Morning Recovery Ride**
8:30 AM **40 miles, 1-2 M**
See the listing of Mon. July 7 for complete details of this recurring ride starting at the **Bicycle Garage**.
Mike Northrup; gmnorthrup@hotmail.com (510) 796-8832

Tue. July 22 **Gary's Ride**
9:00 AM **20-40 miles, 2-3 M**
Meet at the **Bicycle Garage** for a fun, social ride to a coffee stop in the area. The route will usually include at least one optional hill. We'll regroup a few times and make sure that nobody gets left behind. Bring \$ for refreshments. Rain cancels.
Gary Smith 510-797-7809 home, 510-304-0956 cell, GSMITH289@aol.com

Tue July 22 **Show and Go**
9:00 AM **20-50 miles, 1-5 L-M-B**
Meet at the **Bicycle Garage**, at the corner of Thornton and Balboa Way.

Wed. July 23 **Mid-week Morning Ride**
8:30 AM **35-45 miles, 2-3 M/B**
Meet at the **Niles Staging Area** parking lot located at the east end of the Alameda Creek Trail. We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.
AI Quintana (510) 760-9245; alang44@hotmail.com

Wed. July 23 **Pizza Ride**
6:00 PM **20-25 miles**
Meet at Mission Pizza
Please see the full description at the beginning of the ride schedule. Arrive by 6:00 PM; Sign in by 6:10 PM; Departure at 6:15 PM sharp. At sign in remember to check the "Yes" or "No" box for Pizza.
Carrie Payne (510)795-1802, carriepayne@att.net

Thur. July 24 **Thursday Morning Coffee Ride**
8:30AM **20-40 miles, 2-3M (M+, flats)**
See the listing of Thur. July 3 for complete details of this recurring ride starting at **Newark Java**.
Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; lsommer@sbcglobal.net

Fri. July 25 **The Friday Bike Club**
8:30 AM **35-45 miles, 3-4 M/B**
Meet at the **Castro Valley Park & Ride Lot**. Bring \$\$ for a coffee stop.
AI Quintana (510) 760-9245; alang44@hotmail.com

Sat. July 26 **Two Peninsula Loops**
8:30 AM **55+ miles, 3M**
We'll meet at **Newark Java** for a trip over the bridge before heading out to complete Cinderella Ride #6, the Peninsula ride. We will add the trip out and back over the Dumbarton Bridge but will otherwise follow faithfully Cinderella Ride #6. We will include Arastradera and Purissima before heading back into Menlo Park for a coffee stop after which we will head out again for a trip up Manzanita and Whiskey Hill. Remember to bring plenty of water, snacks and \$ for our stop. This is a great ride for Cinderella graduates who have continued to ride, can maintain an "M" pace and are not intimidated by a bit of climbing. Plan on enough regroups to keep us together for the duration. Temperatures over 90° may cancel the ride.
Karen White (510) 475-0746; kkwh@pacbell.net

Sat. July 26 **Tri. Training Ride-Palomares**
9:45 AM **25 miles, 4 B+**
A focused B+ paced ride starting at 9:45AM at the **Niles Staging area**. Non-stop out and back up Niles Canyon, then Palomares to where it ends at Palo Verde. Back up Palomares, down Niles Canyon and back to the staging area. Approximately 25 miles. For those interested in tri. training, there will be a 3 to 4 mile run along Alameda Creek Trail following the ride. We should be finished by 12:30. Please give me a call the night before so I can explain the bike to run transition.
Paul Arvins; 510.825.1666

Sun. July 27 **Oakland Hills**
8:30am **45 miles 4 M**
Start at **Castro Valley Park & Ride (Center St & Hwy 580)**. We'll go up to Montclair for a coffee break before heading up Tunnel Road and riding in the Oakland hills. Lots of climbing but great views for your reward!
Nikki Grimes 510 793-3648 nikkilee@launchnet.com

Sun. July 27 **Show and Go**
8:30 AM **20-50 miles, 3-4 B**
Meet at **Newark Java** in the Raley's shopping center at Jarvis & Newark Blvd.

