

# September 2008 RIDE CALENDAR

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

**Mon. Sept. 1** **Palomares & Kilcare**  
**8:30 AM** **40 Miles, 4M**

**Meet in Sunol in the school parking lot** for a little Labor Day fun. We'll head down Niles Canyon and before turning up Palomares. From Palomares, we'll make our way back to Sunol via Dublin Grade and Foothill. If you haven't had enough fun for this great work holiday, you can climb to the top of Kilcare and coast back down to the school in Sunol. We will maintain an "M" pace and provide enough regroupings to keep us together for the duration. This is a great ride and pace for Cinderella graduates who can maintain an "M" pace and are not intimidated by a few hills. Bring plenty of water and snacks as there will not be a coffee stop until we return to Sunol. Temperatures over 90° may cancel ride.

**Karen White (510) 475-0746; [kkwh@pacbell.net](mailto:kkwh@pacbell.net)**

**Mon. Sept. 1** **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](mailto:gmnorthrup@hotmail.com) (510) 796-8832**

**Tue Sept. 2** **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 Sept. 3** **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](mailto:alang44@hotmail.com)**

**Thur. Sept. 4** **Thursday Morning Coffee Ride**  
**9:00AM** **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](mailto:lsommer@sbcglobal.net)**

**Fri. Sept. 5** **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](mailto:alang44@hotmail.com)**

**Sat. Sept. 6** **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: TBD**

**B Pace: Tim & Robin O'Hara, (510) 471-2464; [Timothy.Ohara@kla-tencor.com](mailto:Timothy.Ohara@kla-tencor.com)**

**Sun Sep 7** **Mtn Bike Ride**  
**8:30 AM** **16-21 Miles 3-4 M-B**

Come join Andy to ride some of the best mountain biking on the Peninsula. We will ride up Alpine Road with destinations to vary once we reach the top. The terrain varies between single track and fire road. Riding on the Peninsula beats anything found locally. Meet at **Windy Hill Parking Area located on Portola Valley Road**. If you wish to carpool or have any questions about this ride please call or e-mail me.

**Andy Payne (510) 795-1802; [andypayne@att.net](mailto:andypayne@att.net)**

**Sun. Sept. 7** **Show and Go**  
**8:30 AM** **20-50 miles, 3-4 B**

Meet at **downtown Niles**

**Sun. Sept. 7** **Over the Hill to Woodside**  
**8:30 AM** **45 Miles, 4M**

Meet at **Newark Java** for a trip over the Dumbarton Bridge to warm-up before our ascent of Edgewood. After a coffee, water and snack stop at Roberts Market we will return to Newark via the scenic route up Godetia, Jefferson and Farmhill before making our way back to the Dumbarton Bridge and home. This ride is recommended for Cinderella graduates who have continued to ride, can maintain an "M" pace and are not intimidated by a few challenging hills. We'll stop at Roberts Market for water and snacks. Plan on enough regroupings to keep us together for the duration. Temperatures over 90° may cancel ride.

**Karen White (510) 475-0746; [kkwh@pacbell.net](mailto:kkwh@pacbell.net)**

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

**Mon. Sept. 8** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2 M**

See the listing of Mon. Sept. 1 for complete details of this recurring ride starting at the **Bicycle Garage**.

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

**Tue Sept. 9** **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. Sept. 10** **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; [alang44@hotmail.com](mailto:alang44@hotmail.com)**

**Wed. Sep 10** **Evening Calaveras Summit Ride**  
**6:00 PM** **28 miles, 4T to M**  
This is a terrific after work ride to unwind and enjoy some peace and quiet. Meet in **Sunol on Calaveras Rd at the highway 680 exit**. We gather on Calaveras Rd 50 yards south where you can park your car. You will need a headlight and taillight.  
**Connie Nelson cell, 408-896-4581; [cj\\_nelson@comcast.net](mailto:cj_nelson@comcast.net)**  
**Wynn Kageyama (510) 659-1360 home office, (408) 499-0881 cell, [davitusrider@yahoo.com](mailto:davitusrider@yahoo.com)**

**Thur. Sept. 11** **Walt's 5th Annual Happy Birthday Ride**  
**9:00 AM** **20miles, 2T-M**  
Meet at **Newark Java** to celebrate Walt's 77th Birthday. We will head around Coyote Hills, accompany Walt on his annual trek up Nike, head to Pacific Commons for ice cream at Cold Stone, sing happy birthday and take another picture. If you haven't yet met Walt Thomas, this would be a great time to do it. Hopefully the "old regulars" will dust off their bikes and join us too. Bring money for ice cream/coffee.  
**Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; [lsommer@sbcglobal.net](mailto:lsommer@sbcglobal.net)**

**Fri. Sept. 12** **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](mailto:alang44@hotmail.com)**

**Sat. Sept. 13** **Five Canyons (or more)**  
**8:00 AM** **40+ miles, 4 B**  
Meet at **Niles Parking Lot** to ride the Five Canyons Loop, but instead of coming back through Sunol, let's add a few more canyons with a climb up the Dublin Grade and then return via the north/backside of Palomares Road.  
**Joe Trabucco (510) 928-6840; [jetg3@yahoo.com](mailto:jetg3@yahoo.com)**

**Sat. Sept. 13** **Show and Go**  
**8:30 AM** **20-50 miles, 1-4, L-T-M-B**  
Meet at **Newark Java** in the Raley's shopping center at Jarvis & Newark Blvd.

**Sun. Sept. 14** **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.  
**Ken and Iris Goldman, 510-791-1095; [ken.goldman@comcast.net](mailto:ken.goldman@comcast.net)**

**Sun. Sept. 14** **Show and Go**  
**8:30 AM** **20-50 miles, 2-4 M-B**  
Meet at **downtown Niles**

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

**Mon. Sept 15** **Palomares Road**  
**8:30 AM** **appx 35 miles 3 M**  
Meet at **Niles parking lot on H street**. Wind our way through Niles Canyon to Palomares through Castro Valley. Up Five Canyons Parkway cutting through East Bay Hayward. Find our way home on Foothill. Will be stopping for a coffee break.  
**Linda Fung - [Fungfive@sbcglobal.net](mailto:Fungfive@sbcglobal.net) or 510.861.6064**

**Mon. Sept. 15** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2 M**  
See the listing of Mon. Sept. 1 for complete details of this recurring ride starting at the **Bicycle Garage**.  
**Mike Northrup; [gmnorthrup@hotmail.com](mailto:gmnorthrup@hotmail.com) (510) 796-8832**

**Tue Sept. 16** **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 Sept. 17** **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](mailto:alang44@hotmail.com)**

**Wed. Sep 17** **Evening Calaveras Summit Ride**  
**6:00 PM** **28 miles, 4T to M**  
This is a terrific after work ride to unwind and enjoy some peace and quiet. Meet in **Sunol on Calaveras Rd at the highway 680 exit**. We gather on Calaveras Rd 50 yards south where you can park your car. You will need a headlight and taillight.  
**Connie Nelson cell, 408-896-4581; [cj\\_nelson@comcast.net](mailto:cj_nelson@comcast.net)**  
**Wynn Kageyama (510) 659-1360 home office, (408) 499-0881 cell, [davitusrider@yahoo.com](mailto:davitusrider@yahoo.com)**

**Thur. Sept. 18** **Thursday Morning Coffee Ride**  
**9:00 AM** **20-40 miles, 2-3M (M+, flats)**  
See the listing of Thur. Sept. 4 for complete details of this recurring ride starting at **Newark Java**.  
**Lori Sommer (510) 794-8624 home, (510) 693-8624 cell; [lsommer@sbcglobal.net](mailto:lsommer@sbcglobal.net)**

**Fri. Sept. 19** **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](mailto:alang44@hotmail.com)**

**Sat Sep 20** **Mtn Bike Ride**  
**9:00 AM** **16-21 Miles 3-4 M-B**  
Come join Andy to ride some of the best mountain biking on the Peninsula. We will ride up Alpine Road with destinations to vary once we reach the top. The terrain varies between single track and fire road. Riding on the Peninsula beats anything found locally. Meet at **Windy Hill Parking Area located on Portola Valley Road**. If you wish to carpool or have any questions about this ride please call or e-mail me.  
**Andy Payne (510) 795-1802; [andypayne@att.net](mailto:andypayne@att.net)**

**Sat. Sept. 20** **Calaveras Counter Clockwise**  
**8:30 AM** **42 miles, 3 M, 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](mailto:TonyF@att.net)**

**Sat. Sept. 20** **Show and Go**  
**8:30 AM** **20-30 miles, 1-3 L-T**  
Meet at **Mission Coffee** on Washington Blvd, near Mission Blvd.

**Sun. Sept 21** **Show and Go**  
**8:30 AM** **20-50 miles, 1-4, L-T-M-B**  
Meet at **Newark Java** in the Raley's shopping center at Jarvis & Newark Blvd.

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

**Mon. Sept. 22** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2 M**  
See the listing of Mon. Sept. 1 for complete details of this recurring ride starting at the **Bicycle Garage**.  
**Mike Northrup**; [gmnorthrup@hotmail.com](mailto:gmnorthrup@hotmail.com) (510) 796-8832

**Tue Sept. 23** **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. Sept. 24** **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; [alang44@hotmail.com](mailto:alang44@hotmail.com)

**Thur. Sept. 25** **Thursday Morning Coffee Ride**  
**9:00 AM** **20-40 miles, 2-3M (M+, flats)**  
See the listing of Thur. Sept. 4 for complete details of this recurring ride starting at **Newark Java**.  
**Lori Sommer** (510) 794-8624 home, (510) 693-8624 cell; [lsommer@sbcglobal.net](mailto:lsommer@sbcglobal.net)

**Fri. Sept. 26** **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](mailto:alang44@hotmail.com)

**Sat. Sept. 27** **Alum Rock Park/Sierra Road**  
**8:00 AM** **50+ miles, 5 B**  
Meet at Niles Parking Lot and ride south to Alum Rock Park, then head back to take on Sierra Road, down Felter/Calaveras, and return via Mission Blvd.  
**Joe Trabucco** (510) 928-6840; [jetq3@yahoo.com](mailto:jetq3@yahoo.com)

**Sat. Sept. 27** **Climb to Grant Park**  
**8:30 AM** **45 Miles, 4M**  
Join us at the **Long's Shopping Center on Warm Springs** for a late summer trip to Grant Park on Mt. Hamilton Road. This ride will take us through Alum Rock Park (provided it is not closed to due fire warning) and on to Miguelito before finding our way to Mt. Hamilton Road for our ascent to Grant Park. This ride is doable for Cinderella graduates who have continued to ride, can maintain an "M" pace and are able to sustain a long steady climb. Plan on enough regroupings to keep us together for the duration and a coffee and snack following our descent. Temperatures over 90° may cancel this ride.  
**Karen White** (510) 475-0746; [kkwh@pacbell.net](mailto:kkwh@pacbell.net)

**Sat. Sept. 27** **Mt. Diablo "Challenge"**  
**8:30 AM** **50 miles, 5B**  
If you haven't had the chance to ride "Devil's Mountain" yet this year, here you go! We'll start at the **Pleasanton Park and Ride (Stoneridge and Johnson Dr, first light after turning right on the Stoneridge exit off 680 North)**. The idea will be to ride to the start of the climb together—at an easy pace--then head up the mountain at our own individual speeds. But don't burn yourself out completely on the climb, because we will have to ride back (no team cars allowed!). I'm not planning to have any lunch/coffee stop, so be self-sufficient.  
**Mike Williams** (510) 475-7215, cell (510) 364-4335, [passline@bigfoot.com](mailto:passline@bigfoot.com)

**Sun. Sept. 28** **Show and Go**  
**8:30 AM** **20-50 miles, 1-4, L-T-M-B**  
Meet at **Newark Java** in the Raley's shopping center at Jarvis & Newark Blvd.

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

**Mon. Sept 29** **Old La Honda**  
**8:30 AM** **45 miles, 4 M**  
Meet at **Newark Java**. Cruise through the usual route of Dumbarton Bridge, winding our way through Menlo Park to Portola Valley Road. Got to go up Old La Honda to get to the great descend of Woodside road. Will be stopping for a coffee break.  
**Linda Fung** - [Fungfive@sbcglobal.net](mailto:Fungfive@sbcglobal.net) 510.861.6064

**Mon. Sept. 29** **Monday Morning Recovery Ride**  
**8:30 AM** **40 miles, 1-2 M**  
See the listing of Mon. Sept. 1 for complete details of this recurring ride starting at the **Bicycle Garage**.  
**Mike Northrup**; [gmnorthrup@hotmail.com](mailto:gmnorthrup@hotmail.com) (510) 796-8832

**Tue Sept. 30** **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.

## Upcoming Events

The annual club picnic will be on Sunday, October 5 at Quarry Lakes recreation area in Fremont.