

Regular Weekly Rides

Monday Night Ride

Road 1/L+, ~12 miles per loop

Weekly; Time: 7 p.m.

Meet at the Brentwood Starbucks at the intersection of Sand Creek and the Hwy. 4 Bypass. Bike lighting required after dark.

Ride Leader: Jan McGreer (925) 757-8731, or Pete Villalpando (925) 513-7971.

Please RSVP.

Mountain Monday Madness

Mt. Diablo

Road 4/L+, 16.5+ Miles, 2000'+

Weekly March 31-July 7 Time: 3:30 PM

Start from Arbolado Park, Walnut Creek. Take Ygnacio Valley Rd. to Oak Grove Rd. Go east to Arbolado Dr. and turn left. Turn left into the 2nd (upper) parking lot at the park. Restroom nearby. We all start together & ride at your own pace. Regroup at the peak. There is an option to stop at the junction, about 60% of the climb or do Diablo interval climbs to the peak. Self supported. Bring food, water, & electrolytes. See you on the mountain!

Leader-Jim Sherfy 437-4915, Tri9Devil@Yahoo.com

Wednesday Night Mountain Bike Ride

See you in spring!

Sunday Morning Road Rides

All rides meet at Panama Red Coffee Co. near the intersection of Balfour and Walnut in Brentwood. See below:

Two routes are offered:

Route 1 –

Road 1.5/L, 18-25 miles

Start time is ALWAYS 9:00 a.m.

This is a good introductory ride to our club. The group stays together by the faster riders looping around and repeating some sections, usually the climbs, while the slower riders go at their own pace. There is one moderate hill and several lesser climbs in each direction, and an optional difficult climb at the halfway point. We aim to return to the Panama Red Coffee shop at about the same time as the Route 2 group.

Ride Leaders: John & Margot Coker (925) 439-1190.

Route 2 –

Road 1.5/M+, ~30 miles, regroups occasionally.

Start time is 9 a.m. October - March; 8 a.m. April - September.

The ride goes out through Byron to the Los Vaqueros Reservoir and Interpretive Center, and returns through Brentwood. Good training ride for those who would like to learn how to ride in a pace line. There are fast riders that start with the group, and at some point these riders breakaway from the ride. Bring \$ for coffee afterward.

Ride Leader: Dave Stoeffler (925) 634-1793.

Club Rides

Rescheduled-Gilroy-Watsonville Loop

Road 3M, 60.6 Miles, 2-1,300' Climbs over Hecker Pass

Wednesday, April 16, Time: 9 AM

Ride with Jim through Gilroy and over the treacherous Hecker Pass (2-lane conventional, no paved shoulders, rolling to mountainous terrain, moderate to very steep grades, moderate to heavy traffic with moderate to fast vehicle speeds). As we climb Mt. Madonna, we will be engulfed in the Redwoods of the Santa Cruz Mountains. There are warning signs for mountain lions & look for white feral deer. We fly down Hecker Pass into the vineyards of Interluken. After Kelley Lake, we travel the Corralitos Creek Path along the outskirts of Watsonville. We head through town where we have the option to PU groceries for a picnic lunch @ Sunset Beach where you can see Monterey Bay, Capitola, & Santa Cruz. We head back into Watsonville where our other lunch or desert option is the Green Valley Grill. From there, it is a short distance to Easy Racers Inc. in the town of Freedom where we will quickly tour their recumbent manufacturing shop. We then head back over Hecker Pass and into Gilroy. Bring water, electrolytes, and lunch or money to buy. This ride is not for the timid but there are spectacular views & it is sure to be a great day of riding.

Directions: Take Vasco Rd. 16.5 mi

Take I-580 W toward Oakland 10.7 mi

Take I-680 S exit toward SAN JOSE. 0.3 mi

Keep **left** at the fork, follow signs for **San Jose/I-680 S** and merge onto **I-680 S** 29.5 mi

Merge onto US-101 S toward LOS ANGELES. 29.4 mi

Take exit **356** for **10th St/CA-152 E** 0.3 mi

Turn **left** at **E 10th St/CA-152/Pacheco Pass Hwy**

Continue to follow CA-152/Pacheco Pass Hwy 0.4 mi

Turn **right** at **Camino Arroyo** 0.3 mi

Turn **right** at **Holloway Rd** 0.3 mi

Turn **left** into Gilroy Garlic USA RV Park

650 Holloway Rd. Gilroy, CA 95020

Estimated Time: 1 hour 40 minutes Estimated Distance: 93.34 miles

Turn left before office building.

Meet @ RV site #159

Ride Leader: Jim Sherfy-925/437-4915, Tri9Devil@Yahoo.com

Montezuma Hills

Road 2/L; 45 miles

Saturday, April 19; Time: 10 a.m.

Join Randy for a fun ride out of Rio Vista through the Montezuma Hills. The ride will leave from Rio Vista, meeting at the Fisherman's parking lot at the foot of the Rio Vista bridge (make the first right after reaching the Rio Vista side of bridge and loop around to take the first right onto Front St; then take the first left into the parking lot). Rain cancels. Call if in doubt.

Ride Leader: Randy Huey, 925-518-8439

Redding Sacramento River Trail Climb Past Keswick and Shasta Dam's

Road 3/M, 46 Miles, 1,500' Climb

Saturday, April 19 Time: 10:00 AM

Ride with Jim along the historical Sacramento River Trail which crosses the road traveled by pioneers, mountain men, and gold miners. Ferry crossing and the remains of hydraulic mining operations can be readily seen from the trail. You'll see the 13-foot-wide, 420-foot-long, pedestrian foot bridge below Keswick Dam. It is a concrete stress-ribbon structure, the first of its kind in North America and is promoted by the State Department of Parks and Recreation as an "environmentally safe bridge." After climbing past Keswick Dam, we continue our climb to the Shasta Dam which we will cross, enjoy the waterfalls and lake cove before descending Lake Avenue back down the route we came to Redding.

Directions: From Contra Costa County

Merge onto CA-160 N toward SACRAMENTO (Portions toll)-11.6 mi

Turn LEFT onto CA-12 7.8 mi

Turn RIGHT onto CA-113/ RIO DIXON HWY/ RIO DIXON RD. Continue to follow CA-113 N.-20.9 mi

Merge onto I-80 E toward SACRAMENTO/ CA-113 N.-1.2 mi

Take CA-113 N.

Merge onto I-5 N toward REDDING-137.3 mi

Merge onto CA-299 W via EXIT 678 toward CENTRAL REDDING/ EUREKA-1.5 mi

Take the AUDITORIUM DR exit, EXIT 1, toward PARK MARINA DR.-0.2 mi

Turn RIGHT onto AUDITORIUM DR.-0.1 mi

Turn RIGHT to stay on AUDITORIUM DR.

End @ Auditorium Dr. & Sundial Bridge, Redding, CA 96001

Estimated Time: 3.0 hours 32 minutes Estimated Distance: 204.32 miles

Meet at the South side of the Sacramento River @ the Sundial Bridge.

You may have to park outside of Auditorium drive to avoid the Kool April Nights Car Show admittance fee.

After the ride, you can view the car show.

Ride Leader: Jim Sherfy, Leave Messages at 925/437-4915, Friday evening or Tri9Devil@Yahoo.com

Heather Farm to Martinez

Road 2/L, 30 miles

Wednesday, April 23; Time: 10 a.m.

Ride with Randy along the canal trail into Martinez and back via Vine Hill, Pleasant Hill, Franklin Canyon and Carquinez Scenic Drive. Bring lunch or buy at "Haute Stuff" in Martinez. Meet at Heather Farms baseball field/restrooms in Walnut Creek. Take I-680 north to the Ygnacio Valley exit and turn right (east) onto Ygnacio Valley. Or, take I-680 south and exit Main Street south; turn right onto Main Street; go to Ygnacio Valley and turn left (east). The entrance to Heather Farms is on your left at Ygnacio Valley and San Carlos Drive. Rain cancels. Call if in doubt.

Ride Leader: Randy Huey, 925-518-8439

Bodega Bay

Road 2/L, 37 miles

Saturday, April 26; Time: 10 a.m.

Join Randy for a fun tour out of Occidental, along the Russian River, and down the Pacific coast to Bodega Bay for lunch at the Sandpiper Restaurant. The ride starts at the parking lot behind the Union Hotel in Occidental. Take 101 north to Santa Rosa, and turn onto CA-12 West to Sebastapol. Continue on CA-12 West (Bodega Hwy) through Sebastapol, and turn right onto Bohemian Hwy to Occidental. Turn right onto 1st Street in Occidental, then turn left onto Main Street. The Union Hotel will be on your right at Minna Street. Turn right on Minna Street, then turn left into the Union Hotel parking lot. Bring money for lunch. Allow 1-3/4 hours for drive to Occidental. Rain cancels. Call if in doubt.

Ride Leader: Randy Huey 925-518-8439

Shannon Park to Sunol

Road 1.5/L, 28 miles

Sunday, April 27; Time: 9 a.m.

Come on out for an easy-paced ride of about 28 miles from Shannon to Sunol and back. Meet at Shannon Center in Dublin. Take I-680 to the Alcosta exit and go west; turn left on San Ramon Rd and then right on Shannon; turn right into the parking lot.

Ride Leader: Mike Smith 925-628-4333

Mt Tamalpais

Road 3/L, 38 miles

Saturday, May 3; Time: 10 a.m.

Join Randy for a great climb up Mount Tamalpais with panoramic views of the entire bay area. The ride begins at Commons Park in Ross. Take 580 across the Richmond-San Rafael Bridge and exit onto East Sir Francis Drake Blvd. Take Sir Francis Drake to Ross. In Ross, turn left onto Lagunitas Rd, and then turn left onto Ross Common into the parking lot. Bring water and lunch. Allow 50 minutes for the drive to Ross. Rain cancels. Call if in doubt.

Ride Leader: Randy Huey 925-518-8439

4 Updated: 3/3/08

San Francisco Museum Ride

Road 2/L, 25 miles

Tuesday, May 6; Time: 10 a.m.

Join Randy for his fun tour of San Francisco's best museums. What make them best? Well mainly because they are all FREE on the first Tuesday of the month. We will start out from the front of the Ferry building at the Embarcadero, and depending on our interest, we will set out to sample the offerings at either the SFMO or the Palace of the Legion of Honor. Then we will wind our way over to the DeYoung in Golden Gate Park, where we will also stop for lunch in their beautiful outdoor cafeteria. If we have time, we will finish off the day with a spin around the flower conservatory before heading back to the Embarcadero for the BART ride home. Bring money for lunch, and shoes without cleats. Museums DO NOT ALLOW SHOES WITH CLEATS. Rain cancels. Call if in doubt.

Ride Leader: Randy Huey 925-518-8439

Al the Wop Ride

Road 1/L, 30 miles

Saturday, May 10; Time: 10 a.m.

Join Randy for a quick tour of the Sacramento Delta and a great steak lunch at Al the Wop's in historic Locke. The ride will leave from Isleton, meeting at the Isleton Chamber of Commerce parking lot at the corner of B St. and 2nd St. in Isleton. Bring water and lunch or money to buy lunch at Al the Wop's in Locke. Rain cancels. Call if in doubt.

Ride Leader: Randy Huey 925-518-8439

Heather Farm to Martinez

Road 2/L, 30 miles

Wednesday, May 14; Time: 10 a.m.

Ride with Randy along the canal trail into Martinez and back via Vine Hill, Pleasant Hill, Franklin Canyon and Carquinez Scenic Drive. Bring lunch or buy at "Haute Stuff" in Martinez. Meet at Heather Farms baseball field/restrooms in Walnut Creek. Take I-680 north to the Ygnacio Valley exit and turn right (east) onto Ygnacio Valley. Or, take I-680 south and exit Main Street south; turn right onto Main Street; go to Ygnacio Valley and turn left (east). The entrance to Heather Farms is on your left at Ygnacio Valley and San Carlos Drive. Rain cancels. Call if in doubt.

Ride Leader: Randy Huey, 925-518-8439

5 Updated: 3/3/08

American River to Folsom Lake

Road 1/L, 62 miles

Saturday, May 31; Time: 10 a.m.

Join Randy for an easy metric century along the scenic American River trail from Old Town Sacramento, past the fish hatchery to Folsom Lake and return. Those who would like can join in for dinner in Old Town after the ride. Bring water and lunch or money to buy at Folsom Lake. The ride will start at Discovery Park by Old Town Sacramento. Take Hwy 160 over the Antioch Bridge to Rio Vista. Then take Hwy 12 east to I-5, and continue on I-5 north to Sacramento. Exit I-5 at Richards Blvd, turn left onto Richards Blvd, turn right onto Jibboom St, and park in Discovery Park lot near the American River trail head (just over the bridge into Discovery Park). Parking is \$5, and allow 1 1/4 hours for drive from Antioch to Sacramento.

Ride Leader: Randy Huey 925-518-8439

San Francisco Zoo Ride

Road 2/L, 25 miles

Wednesday, June 4; Time: 10 a.m.

Join Randy for a fun tour of San Francisco with a visit to the Zoo. And since it is the first Wednesday of the month, admission to the zoo is FREE! We will start out from the front of the Ferry building at the Embarcadero, and wind our way through the Marina, the Presidio and Golden Gate Park on our way to the zoo. After the visit to the zoo, we will ride over Twin Peaks on the way back to the

Embarcadero for the BART ride home. Bring money for lunch at the zoo.
Ride Leader: Randy Huey 925-518-8439

Tahoe Loop

Road 3/M, 73 miles

Saturday, June 14th; Time: 9 a.m.

This ride around Lake Tahoe will be part of the clubs weekend camping trip to Tahoe, but, those that drive up, or stay in more plush accommodations are welcome to ride. The ride begins at our group campground at Sugar Pine Point State Park on the west side of the lake. We will regroup along the way, and also stop for lunch. Bring money for lunch. No one will be dropped from this ride. Only heavy rain will cancel. This should be one of the most beautiful rides of the season, and with friend, it can't be beat.

Ride Leader: Dave Stoeffler 925-628-2671

Embarcadero to Tiburon

Road 2/L, 40 miles

Saturday, June 21; Time: 10 a.m.

Join Randy for a great ride over the Golden Gate bridge which will wind through Sausalito, with a stop for lunch in Tiburon. After lunch, we will retrace our ride back to the Embarcadero (or you have the option of taking the ferry back to the Embarcadero). Bring water and lunch or money to buy in Tiburon. Tiburon ferry fare is \$9. Directions: Take BART to Embarcadero, and meet in front of the Ferry Building.

Ride Leader: Randy Huey, 925-518-8439

Ride Guidelines

All riders must wear a helmet. One need not be a member to ride, but all non-members must sign the release on the ride sign-up sheet. Bring a sufficient number of water bottles plus a tire pump, spare tube, and patch kit. Carry your membership card and ID with medical information. An adult must accompany riders under 16 years of age. Ride leaders have the right to refuse to allow any rider to participate in any ride at their discretion. "No-Drop" rides will have a

"sweep" at the back of the group who will make sure that no one is left behind. Rain cancels all road rides, and rain 48 hours prior cancels all mountain bike rides. Heavy fog also cancels all rides. Night rides require proper bike lighting and reflectors in accordance with the CA Vehicle Code. Call the ride leader if you are unsure or want more information.

NOTE TO RIDE LEADERS: All riders need to sign the [ride sign-up sheet](#) (available on the club website). It's your responsibility to have the riders sign the sheet and to return the signed sheet to the Club Ride Coordinator.

Ride Ratings

Hilliness

- 1 Essentially flat (Delta roads)
- 2 Low hills, rollers (Montezuma Hills)
- 3 Hilly - moderate length climbs (Deer Valley, the Bears)
- 4 Mountainous - steep grades/long climbs (Mt. Diablo)

Pace

- L - Leisurely
- M - Moderate
- F - Fast
- + means that pace rating and up