

Regular Weekly Rides

Sunday Morning Road Rides

All rides meet at the Starbucks at the intersection of Balfour Rd. and Fairview Ave. in Brentwood.

Two routes are offered:

Route 1 –

Road C-1; 18-25 miles

Start time is ALWAYS 9 A.M.

This is a good introductory ride to our club. The group stays together with 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 925-473-8292.

Route 2 –

Road M+2; ~35 miles, regroups occasionally.

Start time is ALWAYS 8 A.M.

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 money for coffee afterward.

Ride Leader: Dave Stoeffler 925-628-2671.

Monday Night Ride

Road C-1; ~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; red reflector visible from rear; white or yellow reflector on each pedal, shoe, or ankle visible from the front and rear; white or yellow reflector visible to each side at the front and white or red reflector visible to each side at the rear or reflectorized tires on the front & rear required during darkness.

Ride Leader: Jan McGreer 925-437-2043, or Pete Villalpando (925) 513-7971.

Please RSVP.

Wednesday Night Road Ride

Road, C-1+ 10 mile loop (can do 1, 2, or 3 loops as desired)

Weekly, Time 6:00 P.M. Lights and Flashers required Rain cancels

We start at Starbucks 4045 Lone Tree Way (Lone Tree / Bluerock) – make a left out of parking lot to Lone Tree Way, make a right on Davidson, make a right on Via Dora and work our way down to Sterling Hills, cross over Hillcrest to Laurel, right on Canada Valley Road, right on Vista Grande, cross over Lone Tree, left on Summerfield to top, turns into Prewett Ranch continue on Prewett ranch for several miles right on Mesa Ridge all the way down Golf Course Road back to Starbucks. Some days we include Empire Mine Road. This is a great ride for beginners, since you can do as many loops as you feel able. If you have any questions or are running late please call.

Ride Leaders: Bonnie Flansburg (925-408-4906) and Mary Engleton (925-212-2735)

Wednesday Night Mountain Bike Ride

Mountain, M+3+; 8 mile +

Weekly, Time 6:30 P.M.

Mountain Bike - in the dirt! Meet at the gate on Fredrickson Rd. Lone Tree Way to Golf Course Rd. Right on Fredrickson. Will ride though Black Diamond Mines. The course varies. Show and go. Must have helmet. Rain 24 hours before cancels.

Ride Leader: Rynie or Mike Quan: (925) 706-1141

Scheduled Club Rides

SATURDAY 9/4/10 1-L 23 mile (37km) 10am – Fuddruckers Ride

Join Randy for a scenic loop of the Iron Horse, Contra Costa Canal, and Ygnacio Trails, with lunch at Fuddruckers following the ride. We will meet at the Fuddrucker's parking lot in the Willows Shopping Center (exit I-680 at Willow Pass Road, heading east to first light, turn left on Diamond Way, and left again into the Willows Shopping Center) . Bring water and money for lunch at Fuddrucker's.

Leader: Randy Huey 925-518-8439

SATURDAY 9/11/10 2-L 20 miles (32km) 10am – Ghiradelli Chocolate Festival Ride

Join Randy for a great ride down the Embarcadero, past Fisherman's Wharf, through the Marina and Point Park, over the Golden Gate bridge and back through Ghiradelli Square for the Ghiradelli Chocolate Festival. Bring water and money to buy Chocolate Festival food tickets. Directions: Take BART to Embarcadero, and meet in front of the Ferry Building.

Leader: Randy Huey, 925-518-8439

SATURDAY 10/2/10 1-L 56 miles (90km) 10am – American River Trail to Folsom

Join Randy for an easy ride along the scenic American River trail from Old Town Sacramento, past the fish hatchery to Folsom for lunch and return. This is a great ride for new cyclists. Bring water and lunch or money to buy at Folsom. The ride will start at Discovery Park by Old Town Sacramento. Take I-680 north and get on Hwy 242 to pickup Hwy 4 through Antioch and 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 ¾ hours for drive to Sacramento. Significant chance of rain cancels. Call if in doubt.

Leader: Randy Huey 925-518-8439

SATURDAY 10/9/10 2-L 20 miles (32km) 10am – Blue Angels Ride

Celebrate Navy Fleet Week and join Randy for a fun ride down the Embarcadero, past Fisherman's Wharf, through the Marina and Point Park, over the Golden Gate bridge, through Fort Baker and back to Marina Green to watch the Blue Angels air show.

Directions: Take BART to Embarcadero, and meet in front of the Ferry Building. Significant chance of rain cancels. Call if in doubt.

Leader: Randy Huey, 925-518-8439

SATURDAY 10/23/10 1-L 20 miles (32km) 10am – Danville Farmer's Market

Join Randy for a ride from Heather Farms down the Canal and Iron Horse Trails for a stop at the Danville Farmer's Market and back for lunch near Heather Farms. Bring water and money to buy lunch. 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.

Leader: Randy Huey, 925-518-8439

SATURDAY 10/30/10 1-L 20 mile (32km) 10am – Lafayette-Moraga Trail

Join Randy for a round trip on the scenic Lafayette-Moraga Trail, with a stop for lunch in Moraga. Bring water and money to buy lunch. Meet at the Lafayette-Moraga trail parking lot on Olympic Blvd just west of the intersection with Pleasant Hill Rd. Rain cancels. Call if in doubt.

Leader: Randy Huey, 925-518-8439

SATURDAY 11/6/10 1-L 20 mile (32km) 10am – Marsh Creek-Big Break Trail

Join Randy for a round trip on the scenic Marsh Creek and Big Break Trails, with a stop for coffee or lunch after the ride. Bring water and money to buy lunch. Meet at the Starbucks at the corner of Balfour Rd. and Fairview Ave. in Brentwood. Rain cancels. Call if in doubt.

Leader: Randy Huey, 925-518-8439

SATURDAY 11/13/10 1-L 25 mile (40km) 10am – Contra Costa Canal Trail

Join Randy for a circumnavigation of the beautiful Contra Costa Canal Trail and lunch after the ride. Bring water and money to buy lunch. 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.

Leader: Randy Huey, 925-518-8439

SATURDAY 11/20/10 1-L 23 mile (37km) 10am – Randy's Fuddruckers Birthday Ride

Help Randy celebrate his birthday with a scenic loop of the Iron Horse, Contra Costa Canal, and Ygnacio Trails, with lunch at Fuddruckers following the ride. We will meet at the Fuddrucker's parking lot in the Willows Shopping Center (exit I-680 at Willow Pass Road, heading east to first light, turn left on Diamond Way, and left again into the Willows Shopping Center). Bring water and money for lunch at Fuddrucker's.

Leader: Randy Huey 925-518-8439

SATURDAY 12/4/10 2-L 20 miles (32km) 10am – San Francisco-Golden Gate Bridge Ride

Join Randy for a fun ride down the Embarcadero, past Fisherman's Wharf, through the Marina and Point Park, over the Golden Gate bridge, through Fort Baker and back for lunch at Fisherman's Wharf. Bring water and money to buy lunch. Directions: Take BART to Embarcadero, and meet in front of the Ferry Building. Significant chance of rain cancels. Call if in doubt.

Leader: Randy Huey, 925-518-8439

SATURDAY 12/11/10 1-L 20 miles (32km) 10am – Danville Farmer's Market

Join Randy for a ride from Heather Farms down the Canal and Iron Horse Trails for a stop at the Danville Farmer's Market and back for lunch near Heather Farms. Bring water and money to buy lunch. 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.

Leader: Randy Huey, 925-518-8439

SATURDAY 12/18/10 1-L 20 mile (32km) 10am – Marsh Creek-Big Break Trail

Join Randy for a round trip on the scenic Marsh Creek and Big Break Trails, with a stop for coffee or lunch after the ride. Bring water and money to buy lunch. Meet at the Starbucks at the corner of Balfour Rd. and Fairview Ave. in Brentwood. Rain cancels. Call if in doubt.
Leader: Randy Huey, 925-518-8439

Contact Jan McGreer at cyclejan@comcast.net to add scheduled rides to the website ride schedule.

Ride Guidelines

All riders must wear a helmet. One need not be a member to ride, but all nonmembers and members alike 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 all the riders sign the sheet and 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

- C or L – Casual or Leisurely
- M – Moderate
- E – Experienced
- H – Hammerhead
- + means that pace rating and up