

Regular Weekly Rides

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 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) 439-1190.

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) 634-1793.

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) 757-8731, 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)

Scheduled Club Rides

SATURDAY, 12/12/09 C-1 20 miles (32km) 10am – San Francisco 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, 12/19/09 C-1 10 miles (16km) 6pm - Holiday Lights Ride

Meet at the Bluerock Starbucks. Dress warmly, and decorate your bike! Short (less than 10 mile) ride through the neighborhood to look at the decorated houses. Slow pace, good for kids, fun for adults. Last year it was more like a parade, and we were the light show. Bring \$ for hot chocolate and coffee afterwards. Prizes to the best decorated bikes!

Leaders: Mike and Rynie Quan, 925-706-1141

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

Pace

C – Casual

M – Moderate

E – Experienced

H – Hammerhead

+ means that pace rating and up

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)