

## **September RIDES**

**Thursday, September 2 2/L-S/12**

### **Cull Canyon Training Ride**

Meet at Cull Canyon Park Parking lot at 5:45 P.M. Ride starts promptly at 6:00 P.M. This is a mid-week training ride. You can take it easy or work hard. It is an out and back ride so you can't get lost. There is the potential to perfect your pacelining skills on the way back.

**Contact:** Eva Fallis 510-881-6640 or [emfallis82@yahoo.com](mailto:emfallis82@yahoo.com)

**Saturday, September 4 4/T/85 ~4000 feet elevation gain**

### **Livermore Endurance Ride**

Looking for a long ride with some hills to get ready for Alpine? This might do it for you! Leave Castro Valley Rite Aid for a tour of the Pleasanton/Livermore area with three little hills (north side of Palomares, west side of Corral Hollow, and west side of Patterson Pass) for a better workout. Bonus!--a couple of surprise kicks near the end to make the ride that much more special. Meet at Castro Valley Rite Aid (3848 Castro Valley Boulevard) at 7:30 AM, ride leaves at 7:45 AM. Bring water, snacks, \$ for coffee, snacks, (and probably lunch!). Rain cancels.

**Contact:** Mike Nagorka 925-462-7681 or [mnagorka@aol.com](mailto:mnagorka@aol.com)

**September 4, 2010**

### **Susie's Solvang Double Training – Ride #1**

For the first ride: Meet at 0730 and roll promptly at 0800 from Pioneer Inn (don't be late). I will be cycling 120 miles but you can shorten your ride--there will be options. Yes, there will be hills! Please bring \$ for fueling. This is a self supported ride.

**Contact:** Susie Bump at (650) 387-1900 or [Susanbump@mac.com](mailto:Susanbump@mac.com)

**Thursday, September 9 2/L-S/12**

### **Cull Canyon Training Ride**

Meet at Cull Canyon Park Parking lot at 5:45 P.M. Ride starts promptly at 6:00 P.M. This is a mid-week training ride. You can take it easy or work hard. It is an out and back ride so you can't get lost. There is the potential to perfect your pacelining skills on the way back.

**Contact:** Eva Fallis 510-881-6640 or [emfallis82@yahoo.com](mailto:emfallis82@yahoo.com)

**Saturday, September 11**

**Susie's Solvang Double Training – Ride #2**

I will be hosting a second ride (route to be determined). The plan is a double metric but you will have bail out options. Details are forthcoming

**Contact:** Susie Bump at (650) 387-1900 or [Susanbump@mac.com](mailto:Susanbump@mac.com)

**Saturday and Sunday, September 11-12**

**Gil & Cheryl's Annual Alpine Ride**

Join Gil and Cheryl for a weekend adventure in the Sierra Foothills. Two days of fun, sweat and tall stories. (call to be put on the waiting list, we are at capacity).

**Contact:** Gil & Cheryl Hopkins for space availability and additional details: (510) 538-5332 or [gchopkins@comcast.net](mailto:gchopkins@comcast.net)

**Thursday, September 16 2/L-S/12**

**Cull Canyon Training Ride**

Meet at Cull Canyon Park Parking lot at 5:45 P.M. Ride starts promptly at 6:00 P.M. This is a mid-week training ride. You can take it easy or work hard. It is an out and back ride so you can't get lost. There is the potential to perfect your pacelining skills on the way back.

**Contact:** Eva Fallis 510-881-6640 or [emfallis82@yahoo.com](mailto:emfallis82@yahoo.com)

**Saturday, September 18**

**Cherry City Cyclists Annual Picnic and Ride**

Meet at the Pleasanton Sports Park at 5800 Parkside Drive in Pleasanton.

8:00 a.m. for the Long Ride – Up Mt Diablo

9:30 a.m. for the Short Ride – Livermore Valley Ride

12:30 p.m. for BBQ and Potluck Picnic

Join Cherry City Cyclists for a traditional potluck picnic and ride. The club will be supplying the meats for the grill. It's free for club members but members should bring a potluck dish to share. Family, friends, and guests are also welcome for a \$20 flat fee per person to enjoy the ride, picnic, friendship, activities or all of the above! If anyone joins the club that day, their picnic/BBQ fee of \$20 is waived.

Come on out to ride, eat and play! You do not need to ride to participate. The picnic will start around 12:30 P.M. when the rides are scheduled to return. The reserved site has ample parking near 3 baseball fields, an open area for Frisbee, skateboard park and a play area for the kids. So, how about a friendly game of softball?

**Contact:** Vicky Ma 510-813-6690 or [chinamite57@yahoo.com](mailto:chinamite57@yahoo.com)

**Thursday, September 24 2/L-S/12**

**Cull Canyon Training Ride**

Meet at Cull Canyon Park Parking lot at 5:45 P.M. Ride starts promptly at 6:00 P.M. This is a mid-week training ride. You can take it easy or work hard. It is an out and back ride so you can't get lost. There is the potential to perfect your pacelining skills on the way back.

**Contact:** Eva Fallis 510-881-6640 or [emfallis82@yahoo.com](mailto:emfallis82@yahoo.com)

**Thursday, September 30 2/L-S/12**

**Cull Canyon Training Ride – LAST DAY FOR THIS SEASON**

Meet at Cull Canyon Park Parking lot at 5:45 P.M. Ride starts promptly at 6:00 P.M. This is a mid-week training ride. You can take it easy or work hard. It is an out and back ride so you can't get lost. There is the potential to perfect your pacelining skills on the way back.

**Contact:** Eva Fallis 510-881-6640 or [emfallis82@yahoo.com](mailto:emfallis82@yahoo.com)