

## A Turn at the Front

### Your 2021 Board of Directors

*David Schorow,  
President*

I want to discuss the changes in the Western Wheelers Board of Directors for 2021. But before I do, I'd like to bid farewell to two departing board members.



After ten years of service on the board, Mindy Steiner is stepping back. While others have served longer, I'm not sure anyone has held such a variety of positions. Mindy joined the board with a bang, starting off as president for three years from 2011 thru 2013 (and simultaneously was the A-ride coordinator). She stayed on the board after that as a member at large for one year, then took over the ride chair position in 2015, driving this core club function for five years. In mid 2019 after the sudden departure of the webmaster, Mindy took over those duties, formally being voted to the position for 2020.

The club owes much of its success over the past decade to the energy, dedication, and skill Mindy brought to leading the club. On a personal basis, I want to thank Mindy for all of the advice and support she provided when I became president. Although we will miss having Mindy on the board, we can continue to enjoy her company on the many rides she leads and co-leads.

Lisa Burque is taking a break from the board after two years of service. When she joined as a member at large in 2019, she immediately found useful ways to contribute including surveying the membership and implementing suggested improvements, cleaning up the club's Ride With GPS account, running RWGPS training sessions, and frequently helping other board members. Her appreciation award at the end of that year was very well deserved.

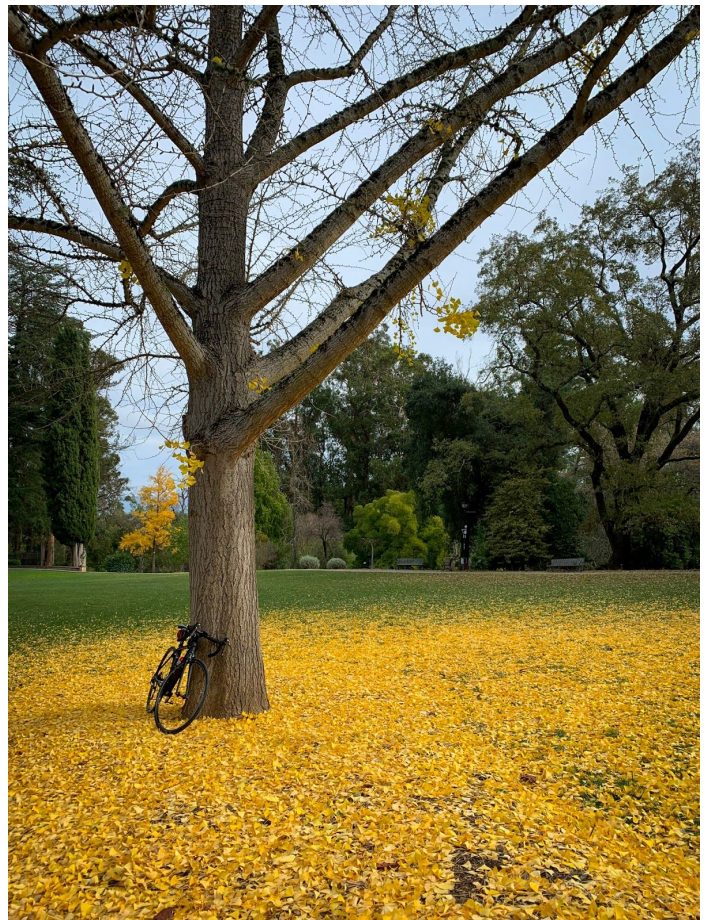
In 2020 when Mindy switched to be webmaster, Lisa stepped up to take on being the ride chair, having no idea of the challenges she would face due to COVID pandemic. She exhaustively researched the state and county guidelines to lead the difficult decisions on what to do with club rides, setting aside her own personal decision

about riding in groups to do what was right for club members.

We are indebted to Lisa for her contributions to the club. Her judgement and intelligent input during our board deliberations will be missed. (Continues on Page 2)

### Inside This Edition

- [2021 Long Distance Training Ride Schedule](#)
- [Gravel Bike Rides](#)
- [WWBC Movie Night - Blood Road](#)
- [Adventure Cycling Association](#)
- [Updated Club Guidelines for Joining Club Rides](#)
- [Photography Contest Results](#)



2nd Place - 2020 Photo Contest Happy Holidays by Wasi Wahid

## A Turn at the Front (continued from page 1)

Replacing Mindy as webmaster is Vito Mazzarino, a new addition to the board. Mindy did several training sessions with Vito and he quickly mastered how to work with Wild Apricot, the club's web system. In fact, Vito did most of the web work, email blasts and other Webmaster work for the final part of 2020.

Existing board member Guy Shuman is replacing Lisa as ride chair. Guy has been on the board as a member at large since 2018, and has actively driven club activities for a long time before that as LDT coordinator (since 2011), email list owner (since 2014), C-ride coordinator (2010-2013) and a stint as D-ride coordinator (2010).

In other changes, Cindy Asrir and Patty Koel are switching jobs on the board, with Cindy moving from secretary to member at large, and Patty making the opposite switch. Cindy has previously been secretary for three years and events chair for three years. Rounding out the changes, HRU leader and long-distance cyclist extraordinaire Cathy Switzer is joining the board as a member at large.

Not changing: Treasurer Mike Rissi, Events Chair Fran Williams, Chief Editor Peggy George, Membership Chair Vern Tucker, Sequoia Chair Randall Braun, Member at Large Bill Sherwin and I will continue in our same positions.

Position	2020	2021
Web	Mindy	Vito Mazzarino
Ride Chair	Lisa	Guy Shuman
At Large	Guy	Cathy Switzer
Secretary	Cindy	Patty Koel
At Large	Patty	Cindy Asrir

*Change Summary for 2021*

A very big **Thank You** to Club Members **Joice White** and **Robin Jeffries** for stepping in at the start of 2020 to help with editing the **Flat Tyre**. Joice helped with Ride postings with Lisa as well. We wish her a grand journey as she and Curt make their travels. Anyone who is interested in working with the Flat Tyre Team in the upcoming year contact me [here](#).

Happy New Year 2021!

~ Peggy George, Chief Editor

## January Safety Tip - Defensive Cycling

*No hour of life is lost that is spent in the saddle.*

~ **Winston Churchill**

My motivation for this month's safety tip comes from the 2019 New Year's Day crash experienced by San Jose Mayor Sam Liccardo. You can read more about it [here](#).

Sam was cycling toward an intersection with no stop sign. An SUV driving on the cross street with a stop sign, came to a stop, then proceeded through the intersection right in front of Sam, presumably not seeing him. Sam smashed into the SUV. Sam was in the right, but ended up with fractures to two of his vertebrae and his sternum, major scrapes on his body, bruises on his face and a swollen lip. The SUV had a smashed rear window (from Sam's head). The SUV driver was issued a citation for failure to yield.

The booklet *California Bicycling Street Smarts* (sent to all new members) has a [section](#) addressing this situation.

### MAKING EYE CONTACT

How do you test that a driver has seen you? Here's an example. Suppose that you are on a main street, riding toward an intersection. A car is approaching from the right in the cross street, where there's a stop sign. How do you handle this situation?

As you approach the intersection, look into the car window and make eye contact with the driver to ascertain that the driver has seen you. Watch for the car to slow down more than it would if you weren't there.

If you look into the driver's window and the driver isn't looking at you, then be very cautious. ... Slow down, and call out to get the driver's attention [or ring your bell].

I heartily recommend reading *Street Smarts* as it provides useful information for cyclists at all skill levels. It will make you a safer rider with information such as where on the road to ride (not always on the far right), how to handle standard and non-standard intersections, riding in groups, and other useful topics. The generic (not California specific) version is available [online](#). If you want a physical copy please contact Bill Sherwin with your mailing address.

*Note: The Safety Tips are published on the [Western Wheelers website](#) under the menu **SKILLS AND SAFETY**.*

## Big Wheels 2021

**President:** David Schorow (408) 314-3769

[President@westernwheelers.org](mailto:President@westernwheelers.org)

**Secretary:** Patty Koel [Secretary@westernwheelers.com](mailto:Secretary@westernwheelers.com)

**Treasurer:** Mike Rissi (650) 851-2925

[mrisi@sbcglobal.net](mailto:mrisi@sbcglobal.net)

**Chief Editor:** Peggy George [peggyflute@gmail.com](mailto:peggyflute@gmail.com)

**Membership:** Vern Tucker (408) 730-2548

[VLTBIKE@yahoo.com](mailto:VLTBIKE@yahoo.com)

1350 Fisherhawk Dr Sunnyvale, CA 94087-3451

**Ride Chair:** Guy Shuman [shumansteiner@gmail.com](mailto:shumansteiner@gmail.com)

**Event Chair:** Fran Williams

[events@westernwheelers.org](mailto:events@westernwheelers.org)

**Sequoia Chair:** Randall Braun (415) 265-4663

[SequoiaChair@westernwheelers.org](mailto:SequoiaChair@westernwheelers.org)

**Webmaster:** Vito Mazzarino

[Webmaster@westernwheelers.org](mailto:Webmaster@westernwheelers.org)

**At Large Board Members:**

Cindy Asrir [casrir@gmail.com](mailto:casrir@gmail.com)

Bill Sherwin [wbsherwin@gmail.com](mailto:wbsherwin@gmail.com)

Cathy Switzer [cbsbikes@mac.com](mailto:cbsbikes@mac.com)

**Advocacy Chair:** John Langbein (650) 365-9462

[john\\_langbein@yahoo.com](mailto:john_langbein@yahoo.com)

**LAB Rep:** Alan Wachtel (650) 494-1750

[wachtel@aol.com](mailto:wachtel@aol.com)

**Statistician:** Eric Greer (408) 257-5356

[wwstats@aol.com](mailto:wwstats@aol.com)

12235 Woodside Dr Saratoga, CA 94070-3441

**Historian:** Dick Blaine (408) 257-6410

**Ride Coordinators**

**LDT** Guy Shuman (650) 704-0895

[shumansteiner@gmail.com](mailto:shumansteiner@gmail.com)

**R&R** Randall Braun (415) 265-4663

[rgbraun@earthlink.net](mailto:rgbraun@earthlink.net)

**Fall Fun Series** Bill Sherwin

[wbsherwin@gmail.com](mailto:wbsherwin@gmail.com)

**Thursday am B rides** George Schuttinger

(650)390-9296 [gschuttinger@hotmail.com](mailto:gschuttinger@hotmail.com)

**All other rides:** Guy Shuman

[shumansteiner@gmail.com](mailto:shumansteiner@gmail.com)

**To add a ride:** [addride@westernwheelers.org](mailto:addride@westernwheelers.org)

**Email List:** Guy Shuman

[listowner@westernwheelers.org](mailto:listowner@westernwheelers.org)

**Club Jersey Sales:** Christine Fawcett

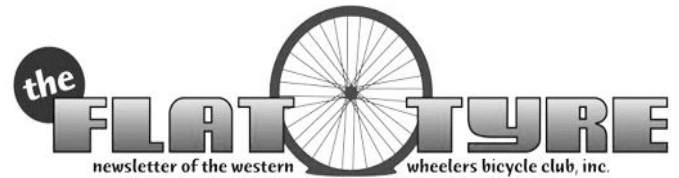
(650) 949-4993

**Social Network Editor:** Ken Lee

[ken3le@gmail.com](mailto:ken3le@gmail.com)

**Travel Case Custodian:** Khuyen Huynh

[khuyen.huynh@yahoo.com](mailto:khuyen.huynh@yahoo.com)



## January 2021 Calendar

13 Wed. Board Meeting, via Zoom

15 Fri. Movie Night

20 Wed. Flat Tyre deadline

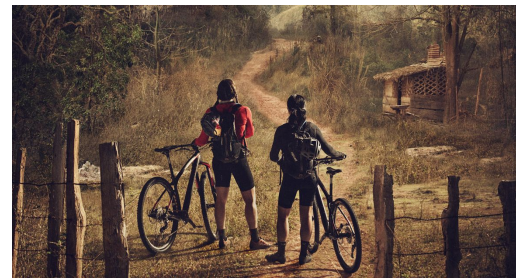
The *FLAT TYRE* is the monthly newsletter of the Western Wheelers Bicycle Club, Inc., P.O.Box 60367, Palo Alto, CA94306.

To submit articles for inclusion in the *FLAT TYRE*, please send to [Editors@westernwheelers.org](mailto:Editors@westernwheelers.org)

## WWBC Bike Movie Night:

### Blood Road

Friday, January 15 at 7:30 pm



**Blood Road** is a 2017 documentary by Nicolas Schrunk and starring endurance mountain biker Rebecca Rusch and follows her journey and her riding partner, Huyen Nguyen, as they pedal 1,200 miles along the infamous Ho Chi Minh Trail through the dense jungles of Vietnam, Laos, and Cambodia. Their goal? To find the crash site and final resting place of Rebecca's father, a U.S. Air Force pilot shot down over Laos 40 years earlier.

During the poignant voyage, the women push their bodies to the limit while learning more about the historic 'Blood Road' they're traveling and how the Vietnam War shaped their lives.

The movie won numerous festival awards and a News & Documentary Emmy in 2018. The running time is 1 hour, 36 minutes and [you can watch the trailer here](#).

The talk and screening are free to Western Wheelers and their guests, but please [sign up here](#) for the Zoom link.

See you at the movies!

*By Cindy Asrir, WWBC bike film organizer*

## December Board Meeting

*(Minutes pending board approval)*

*-Submitted by Cindy Asrir*



Date: **Wed. Dec 9, 2020**  
 Time: **Dinner/social: 6:30 pm**  
 Meeting: **7:00 pm**  
 Location: **Zoom meeting**  
**Call to Order at 7:01 pm**

Present: Cindy Asrir, Randall Braun, Lisa Burque, Peggy George, Patty Koel, Vito Mazzarino, Mike Rissi, David Schorow, Bill Sherwin, Guy Shuman, Mindy Steiner, Cathy Switzer, Vern Tucker, and Fran Williams.

### Standing Items

The next meeting is Wednesday, January 13 on Zoom. The November minutes were approved unanimously.

### Agenda Items

Farewell to departing board members: David presented the signed online “Kudoboards” to Lisa and Mindy, thanking them for their years of service on the board and for the club.

Election results: David reported that the slate of board candidates was approved online by the membership.

Transition for new board members: There was a brief discussion on responsibilities for new board members. Vito asked that board members check over their candidate blurbs and update them for the board of directors info page by January.

### Area lead Updates

Ride Chair: Lisa reviewed the document that she sent to the board on the Santa Clara and CA State guidelines used to form the decision to keep club rides going but to discontinue lunch stops. She said that our club bike rides fall under the category of outdoor recreation rather than gatherings, and explained the reasoning behind the decision to continue to have club rides. A brief discussion followed.

Event Chair: Cindy reported that the bike films will continue next year and she will work with David to set the dates for the next few movies. Fran reported that the picnic venues are reserved for 2021, but we will need to see what happens as we get closer to the dates.

Flat Tyre Editor: Peggy reported that she is the editor for January.

Membership Chair: Vern reported that we had six new members in the past month and we are currently at 996 members. He expects the numbers to increase next year after the pandemic is over and more rides are offered.

Webmaster: Mindy said she is very happy that Vito has stepped up to be webmaster, and that she thinks he will do a great job.

Treasurer: Mike reviewed the financial report through December 8. It was noted that the final numbers for the year were not that far off from projections, mostly due to the savings from picnics and parties.

Safety Chair: Nothing to report.

### Agenda Items

2021 Sequoia: Randall said that after much thought, he would like to do a hybrid Sequoia in 2021 that people could do on their own over a five-day period. He said there would be a fixed fee that would include seven downloadable routes, route markings, a jersey from Voler, snacks at the Bike Hut, and possible rest stops with bike mechanics at the Bike Hut and the Loma Mar store. After a lengthy discussion, it was proposed that the board make a final decision at the January meeting.

Photo contest prizes: David reported he discussed the prizes with Vicki and they decided to give Amazon electronic gift cards to the winners.

Guidelines for Angel of Mercy program: Bill will send out an email to the board with more info.

Ideas for reducing spam messages: Vito and David will investigate this and report back.

The meeting adjourned at 9:29 pm.

## New Members December 2020

*Vern Tucker, Membership Chair*

Please welcome the following new members to the Western Wheelers:

Please welcome the following new members to the Western Wheelers:

Lee Damico  
 Allen Hu  
 Arleen Pietrzak

Redwood City  
 San Jose  
 Redwood City



## LDT Corner

*Submitted by Guy Shuman –  
LDT Coordinator*



The 2021 Long Distance Training Series (LDT) starts on **Saturday January 9<sup>th</sup>** with the **Shoreline LDT**. This is a series of Western Wheelers Bicycle Club rides which generally increase in length and difficulty through the winter and spring and offer B, C, D, and E routes. **These rides are NOT only for our strongest riders. There is a place for everyone on these rides** and the B, C-, and C+ rides provide a great opportunity to improve your riding and meet other club members.

**COVID 19 – LDT logistics have been changed for 2021 to adapt to COVID restrictions! The following is how we plan to start the 2021 season, but we'll regularly re-evaluate how things are going. Be on the lookout for changes/adaptations based on current county restrictions...**

- **Instead of a “mass start”, riders can sign in and start at any time during a 75 minute time window.**
- **We have suggested start times for each ride level, but all riders are welcome to start at any time during the window.**
- **Riding groups should not exceed 15-20 riders.**
- **All riders must be WWBC Members.**
- **As with all WWBC rides, face masks are mandatory for everyone at ride start and at regroupings when 6 foot social distance cannot be maintained.**
- **PRINT ROUTE SHEETS AT HOME – paper route sheets will not be distributed!**
- **Make sure you “SIGN IN”– we are required to have attendance information for all riders! (“Sign in” will be done verbally at check in table.)**

Here are a few tips to acquaint riders with the rides:

- **START TIME** For the 2021 series start times will be adapted to current COVID restrictions. See online ride schedule for details for each ride.
- **BE PREPARED** Riders on LDT rides at all levels must be self-sufficient, though leaders and other participants will try to help you with any difficulties if able. Make sure your bike is in good condition, particularly for the longer distances. Riders should bring tools/parts/pump for fixing flat tires and cash/cell phone for emergencies. Ride leaders will generally NOT stop the entire ride to wait for one rider with a flat tire or mechanical problem. **Please attach a handlebar clip so you can read the route sheet while riding – we do not wait at every turn.**
- **ROUTE SHEETS** **Due to COVID, for 2021 we will not provide printed route sheets at the start!** Please print route sheets at home and/or download to your GPS. We have a web page that has route sheets and online maps/GPS files – see link from each ride listing. We try to make the route sheets as accurate as possible and update them often - please notify us of any mistakes/omissions you discover.
- **NOTE FOR GPS USERS:** All routes include "regroups". If you are following the route on your Garmin the regroupings appear on the "turn by turn directions" page, but generally do not appear on the "map" page, so be sure to check the "directions" page to see where regroupings are located.
- **REGROUPS** are designated on all route sheets. The LDT rides attract a diverse level of riders, some of whom prefer to ride alone or in smaller groups at their own pace, especially this year due to COVID. If riding with a riding group, riders traveling at a markedly slower pace than their group should not expect the group to wait for them. **C riders will have two sign up sheets. The "C-" group will progress at a social C pace. The "C+" group accommodates those who want a faster C group as well as riders who want to ride the C route at their own pace (slower or faster) without regroupings.** The C- and C+ groups ride the same route.
- **LUNCH STOPS** are included on all routes (buy or bring). On most rides all pace levels stop for lunch at the same location, though they may not be there at the same time. **As of mid-December NO lunch stops are being allowed due to COVID!** We don't know if lunch stops

will be allowed in January – see online ride descriptions for latest updates. Expect surprises in 2021 due to COVID – of course packing a lunch is always an option for riders.

- **WET WEATHER** Rides will generally be canceled in the event of moderate rain. Subscribe to the “wwbc-RIDES” email list if you want to be notified of cancellations. When rides involve a significant drive to the start we often make a decision the previous day based on the forecast. See the web site under the [EMAIL LISTS](#) menu item for subscription information.

- **ROAD ETIQUETTE** "Share the Road" goes both ways! We often ride the LDT rides in groups, particularly at the start of the ride. Set a good example and be as courteous to cars as you expect them to be to us. Obey traffic laws and move right to let cars pass if safe to do so. **Do not ride two abreast when cars are present. See ride listing for current COVID restrictions.**

- **SAFETY** is our highest consideration.

- **COMMUNICATE!** Signal hazards to other riders verbally or with hand signals.

- Make sure riders are aware of your presence.

- Wear bright colors to increase visibility.

- Give verbal warning when passing and avoid passing on the right.

- **SLOW DOWN!** Know your limits and stay well below them.

- **REGISTRATION:** Pre-registration is NOT required for most rides. Please REGISTER on the club web site for our "2-3 day weekend" rides (Healdsburg/Pacific Grove/Paso Robles/Cazadero), so we can plan better. (Registration is free and is not a strict requirement - please feel free to decide at the last minute if necessary.)

**Contact me if you need additional information:**

Guy Shuman

LDT Coordinator

([shumansteiner@gmail.com](mailto:shumansteiner@gmail.com) or 650-704-0895 Cell)

## 2021 LONG DISTANCE TRAINING (LDT) RIDES SCHEDULE:

(subject to change due to COVID restrictions)

Details for each ride: [Web Site Ride Schedule](#).

9-Jan	Shoreline
16-Jan	Saratoga
23-Jan	Pulgas Water Temple
30-Jan	Morgan Hill
6-Feb	Seascape
13-Feb	Livermore
20-Feb	Calaveras
27-Feb	Hollister Hills
6-Mar	Pescadero
13-Mar	Marin Headlands
<b>20-Mar</b>	<b>Healdsburg (2-3 day)</b>
27-Mar	Berkeley Hills
<b>3-Apr</b>	<b>Pacific Grove (2-3 day)</b>
10-Apr	Petaluma
17-Apr	Mountain Charlie
<b>24-Apr</b>	<b>Paso Robles (2-3 day)</b>
1-May	Skyline
8-May	Mt. Diablo
<b>15-May</b>	<b>Cazadero (2-3 day)</b>
22-May	Mt. Tamalpais
31-May	Mt. Hamilton ( <b>Monday - Memorial Day</b> )



## Bicycling Touring 2021

**Adventure Cycling Association** has developed 50,000 miles of detailed maps for cyclists. These maps contain proven routes countrywide with mileages, motels and campgrounds, restaurants, bike shops, and more. The organization also offers reasonably priced tours of a wide range of difficulties. Jacquette and I have been members for about 25 years. We have used the maps and participated in the tours. Right now Adventure Cycling is expanding their programs, which we hope will excite you as much as it excites us. However, the pandemic has forced cancellation of 2020 tours, so revenue from those tours has been lost, and continued development of the new programs already underway will be expensive. The new programs are:

1. **Digital Navigation:** A free Adventure Cycling app containing all the information found on their paper maps and also allowing users themselves to input new navigation details, name bicycle-friendly establishments, and give information on hazards encountered.
2. **Short Routes Program:** Information on short trips (one weekend to five days) so beginners, families, and others can enjoy bicycle travel when time is limited. Goal is to lower barriers to family bicycling adventures.
3. **Safety:** Work with communities, lawmakers and local cycling groups to improve infrastructure and policies and, I hope, attitudes towards cyclists.

A group of donors has pledged a \$280,000 match. Whatever is donated before the end of 2020 will be matched dollar for dollar. Jacquette and I want to encourage WW members to donate to this worthy cause, which has the potential to improve the quality of cycling for all of us. Please donate whatever you can afford. It will be put to good use. Learn more at <https://www.adventurecycling.org/about-us/>

### Adventure Cycling Association

150 East Pine Street  
PO Box 8308  
Missoula MT 59807

For more information contact Haydin Grotz (410-610-1512 or [hgrotz@adventurecycling.org](mailto:hgrotz@adventurecycling.org)) at Adventure Cycling or email one of us.

[Howard and Jacquette](#) are WWBC Members



## January Mystery Photo

This month's Mystery Photo is courtesy of Cathy Switzer. Thanks Cathy 😊😊😊

Who knows? No winner last month so a repeater.

If you think you know where this Owl is located send your guess to [editors@westernwheelers.org](mailto:editors@westernwheelers.org) to win a prize. 😊

## Call for Cycling Presentations

Have you ever had a bike adventure you'd like to share? Or a multi-day bicycling trip in a beautiful place?

We are looking for members who want to present stories and photos of their biking trips. Past presentations include Angeline Tan's bike ride across America, Mindy's trip through Germany and the Czech Republic, Bill's Icelandic adventure, and Tim Oey's cross-country ride to raise awareness of climate change. Since we can't gather in person during this time, the presentations would be over Zoom.

continues on the next page...

continued from previous page

Thank you and ride on!

We'd love to hear your story! If you would like to share your biking adventure or need more info, please contact [events@westernwheelers.org](mailto:events@westernwheelers.org).



First Place Winner 2020 Annual Photography Contest - Grand Teton Vista submitted by Mindy Steiner

## 2020 Annual Photography Contest Winners

Here are the winners for the 2020 Western Wheelers Photo Competition ... drum roll please!

**1st place** Grand Teton Vista, by Mindy Steiner

**2nd place** Happy Holidays, by Wasi Wahid

**3rd place** The Bike Burghers, by Cindy Asrir

**Committee's Choice** Social Distance in Stevens Canyon, by Joel Klein

They will receive gift certificates from the club. Congratulations. Also, thank you to all the people who submitted photos. So many comments came in saying it was a joy to see them during these troubled times. And it was a wonderful reminder that we managed to have some fun in 2020. What a fantastic way to remember the good times.

To view the pictures:

All entries: <https://www.smugmug.com/gallery/n-hnx5Rc/>

Vicki Pelton and Ron D'Aquila, Photography Contest Committee for Western Wheelers Bicycle Club





Third Place Winner 2020 Annual Photography Contest - The Bike Burghers submitted by Cindy Asrir

## Gravel Ride Ideas from Western Wheelers

*Some responses are reprinted below from a recent Club Discussion:*

**Calero County Park**, down by the Calero Reservoir, hills but nothing steep

Rancho Canada del Oro, which connects to **Calero County Park**

The Spring Ridge Trail in **Windy Hill Open Space**, wide, smooth, some steep sections

### **Russian Ridge Open Space**

“The route is mostly fine. A couple of trails I wouldn't miss. **Ancient Oaks** in **Russian Ridge**, I would skip some miles and take it from the far end all the way to the other end. You did part of it, I prefer the whole. It's good that you're hitting **Hawk Ridge**, a must see as well as **Ancient Oaks**. I don't particularly enjoy the lower trails of **Russian Ridge**. **Ancient Oaks** and **Hawk Ridge** are the singletracks.”

**Indian Creek** and **Bella Vista** trails in **Montebello Open Space**, as well as the obvious and already mentioned **Montebello Road** (a gravel road)

"Planet of the Apes" Trail, aka **San Pedro Mountain**, off Highway 1 north of Montara – this is the old highway south from San Francisco before the coast road was built; you can find the route by googling.

**Here are some flat options:**

**Bay Trail. East Bay side**, north and south of Hwy 92. 8 miles. Surprisingly secluded.

“I'd like to add the **Bay Trail** to the suggestions.

Although flat, it is very scenic.

You can go from Bedwell to Alviso mostly on gravel. It is a great ride. On the east bay, Coyote Hills is also very nice. And you connect both via Dumbarton Bridge in a huge ride.”

“I really love the Bay Trail, from Foster City to Alviso. If you do it, make sure you do the loop North of the Dumbarton bridge.

I'd also add **Arastradero Park** and **Coyotes Hills Park** to the list.”

**Cowell-Purissima Trail.** On the coast just south of the Ritz-Carlton Half Moon Bay. 4 miles of mostly fine gravel, but some sections with crushed granite. It's only open on weekends due to weekday farm work. Combine it with the Ritz-Carlton paved trail, Wavecrest dirt paths, and the Purissima Creek Trail.

**Wilder Ranch State Park.** Ohlone Bluff coastal trail.

**Some hilly routes:**

**Butano Fire Road** to the abandoned airfield.

**Mt Tamalpais:** Old Railroad Grade from Mill Valley to near the summit. There are several other trails around Mt Tam too.

~

Here's a suggestion for a **Los Gatos area ride**, about half dirt fire rd and half pavement.

Starting near Summit Bikes in Los Gatos.  
E.Main St to Los Gatos Bl to Kennedy Rd.  
Climb **Kennedy Rd** to its summit.

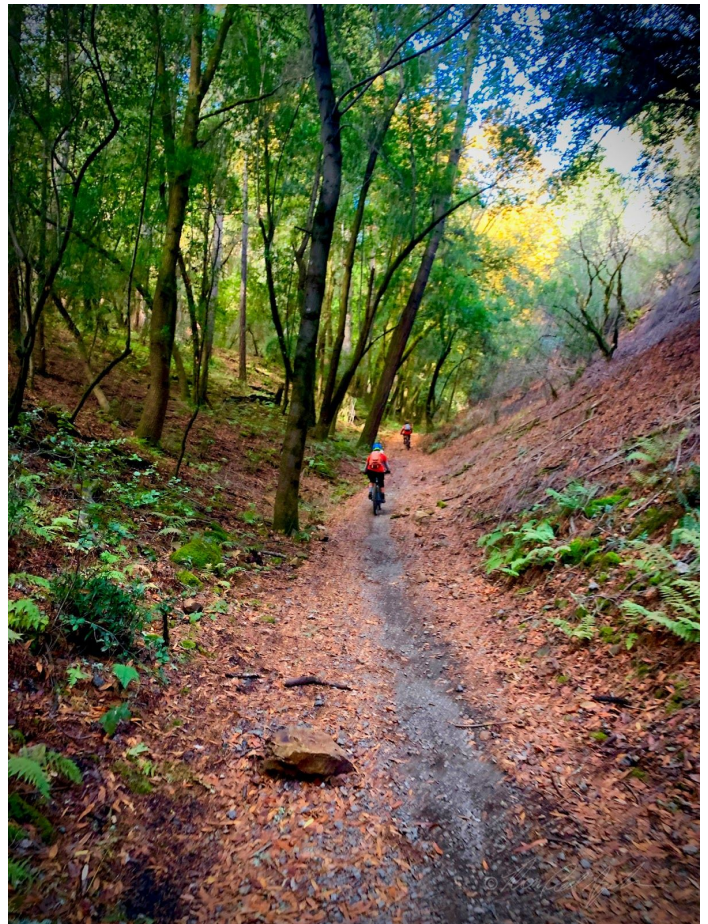
Go through the Midpen gate on your right and climb Kennedy Trail (dirt rd). A map of the **Sierra Azul Open Space** is here:

<https://openspace.org/preserves/sierra-azul>

Follow Kennedy Trail to its junction with Woods Trail (dirt road). Turn left onto Woods and take it to Hicks Rd. There is one sort of steep, rocky descent on Woods. Then take Hicks to Shannon to Kennedy and back to start. I don't have a GPS track of this, but I think it's around 30-35 miles and maybe 3000' to 3500' of climb.

If this isn't long enough or doesn't have enough climbing, you can add the climb to **Mt Umunhum** including the really nice dirt trail to the summit. Another option is to cross **Hicks** from the end of **Woods** trail into **Almaden Quicksilver Park** and do some more dirt road riding there. Map of Almaden Quicksilver here:

<https://www.sccgov.org/sites/parks/parkfinder/Pages/AlmadenPark.aspx>



Committee's Choice 2020 Annual Photography Contest  
Social Distance in Stevens Canyon submitted by Joel Klein

Some comments are shown here and you can read the entire discussion from the google discussion list. See the [westernwheelers.org](http://westernwheelers.org) website and select email list for general topics.

# Guidelines for joining Western Wheelers Club Rides - Updated December 7, 2020

## Western Wheelers Club Rides Now Permitted within Guidelines as noted below

Western Wheelers club rides are permitted in all counties with the exception of Alameda County. Rides in San Francisco are limited to groups of twelve (12) people or fewer. Ride leaders will be responsible for splitting riders into multiple groups with staggered starts as necessary to maintain proper social distancing.

### Risks, Privacy and Safety

There is risk in all gatherings, since people without symptoms can transmit COVID-19. Participation in club rides is voluntary. Members assume the full and complete risk that is associated with exposure to and infection by COVID-19 during such participation. Please note that in the event Western Wheelers is asked by the department of public health for a list of riders participating in any club ride for purposes of Covid-19 exposure tracing, Western Wheelers will comply with such requests.

In order to keep our riders safe and stay in compliance with local regulations, the following guidelines are now in effect for all club rides. Ride leaders are being directed to ask riders not in compliance to leave the ride. As we navigate these changes during the ongoing pandemic, club rides will be open to Western Wheelers members only.

Learn about [becoming a member](#)

If you are sick, do not come on club rides. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue

- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### Ride Guidelines:

1. **Riders must maintain a safe distance from each other at all times** - minimum of six feet or use the two second rule to determine safe distances. Conditions such as headwinds or downhills may necessitate wider distances. Use good judgment and follow ride leader directives.
2. All riders must have a face covering (eg. mask, bandana, neck gaiter/buff or other without vents) to be worn at the start of each ride and when you encounter a situation in which you are not able to maintain six feet of distance from anyone outside your household (eg. during regrouping, red lights, passing other cyclists).
3. Signing up at the start of each ride is mandatory to facilitate contact tracing if a rider becomes ill. The ride leader will take down riders' names. Please maintain a 6' distance from the ride leader and each other at the ride start. If you join the group along the route, please contact the ride leader to be added to the rider list.
4. Riders are encouraged to download routes or print route sheets, if available, before the ride.
5. In order to maintain proper distancing during rides, drafting and pace lines will not be permitted on Western Wheelers rides.
6. No spitting or blowing noses into the air during rides.
7. Lunch stops and any similar gatherings will not be permitted on club rides.

Availability of water and restrooms may be limited so plan your intake and distances accordingly.

Hand sanitizer will not be provided by Western Wheelers. Each rider is expected to pack sanitizer, wipes, tissues and any other products required for his/her safety and comfort.

# Western Wheelers Ride Information

**DETAILS OF RIDE CLASSIFICATION: The format of the ratings is:**

PACE/HILLINESS (total climbing if known) /DISTANCE

**PACE (A-F):** Indicates the average speed while riding, with A being the slowest and F being the fastest. Non-riding time is not counted, so rides with long stops may have the same average speed as rides with short stops

**HILLINESS (0-5):** Rates the terrain based on the average feet climbed per mile for the entire ride. This is the ratio of the total climb to the total distance, all divided by 25.

Hilliness Rating	0	1	2	3	4	5
Average Climb (Feet/Mile)	0	25	50	75	100	125

The longer, steeper and more frequent the hills, the higher the hilliness rating and the slower the average speed. However, a low hilliness rating does not guarantee that a ride contains no long or steep hills, because the rating could be diluted by flat stretches around the hills. If a ride contains an unusually challenging hill for its hilliness rating, an exclamation point (!) is appended to the hilliness rating. The ride description should provide more details. It is possible but rare to have a hilliness rating greater than 5.

**AVERAGE SPEEDS:** The average speeds (mph) for the different pace and hilliness ratings are:

HILLINESS RATING						
Pace Rating	0	1	2	3	4	Average OLH Time
A	10	9	8	NA	NA	NA NA
B	12	11	10	9	8	7 43-54 min.
C	14	13	12	11	10	9 34-43 min.
D	16	15	14	13	12	11 27-34 min.
E	18	17	16	15	14	13 22-27 min.

If the pace rating letter has + or - appended to it, the average speed is changed by 1 mph.

**CHOOSING YOUR RIDE:** The speeds in the above table may seem low because you know you can ride faster at times. Remember, however, that the numbers represent the average speed for the entire ride. Don't attempt rides beyond your ability. If you are taking your first club ride, err on the conservative side. Novice cyclists are welcome on A rides. A, B, and C rides are typically more leisurely and have more regroupings than D, E, and F rides, which are brisker-paced rides for more experienced and self-sufficient cyclists.

If you are unsure which group to go with on hilly rides, time yourself up Old La Honda road, and compare your time with the time ranges shown in the above table. If your time is within the range for a certain group, you can feel comfortable riding with that group on hilly rides. Note that the OLH time does not refer to your personal best time, but to the time in which you can comfortably climb Old La Honda, and perhaps not just once, but repeatedly, because that is the pace the group will be maintaining all day on multiple climbs.

If you choose to ride with a slower group, you should not expect them to speed up for you, and if you choose to ride with a faster group, you should not expect them to wait for you.

**RIDE RATING EXAMPLES:** "C+/2/40" indicates a 40-mile ride with about 2000 feet of climbing, ridden at an average speed of 12 mph.

"E/4!(9700')/100" indicates a 100-mile ride with 9700 feet of climbing, some of it very steep, ridden at an average speed of 13 mph.

**WEATHER CONSIDERATIONS:** Rides may be canceled if rain seems likely during the ride. If in doubt, call the ride leader.

**RECOMMENDED EQUIPMENT:** Please try to bring basic tools, sunglasses and sunscreen, water bottles, food or food money, a first-aid kit, phone charge or cellphone, "layered" clothing, etc. Bright clothing recommended.

**COMMON LOCATIONS – Please check ride listings for other locations**

**GUNN HIGH SCHOOL** main entrance is on Arastradero Rd. just east of Foothill Expressway in Palo Alto. Meet in the parking lot AWAY FROM BUILDINGS. Don't use this location when school is in session.

**McKENZIE PARK** Between Loyola Corners and Springer/Magdalena (Rancho Shopping Center) on Fremont Ave.

**BURGESS PARK** (Menlo REC. Center) is between Alma and Laurel Streets at Burgess Dr. (near Ravenswood Ave) in Menlo Park. Meet on Alma side unless otherwise specified.

**PEERS PARK** in Palo Alto is on Park Blvd located just north of California Ave. Caltrain Station. Note: There is a car barrier just South of the park on Park Blvd.

**SHOUP PARK** is in Los Altos, on University Ave. near Main Street, off Foothill.

**SUNNYVALE COMMUNITY CENTER** is at Manet and Remington in Sunnyvale. Meet at the south side of the complex.

### IMPORTANT

- Helmets and brakes are required on all rides
- Unsafe bicycles are not allowed.
- Earbuds and Headphones are not allowed.
- For insurance reasons, only club members may lead rides.

# January 2021 Weekly and Repeating Club Rides



## *Every Monday*

**BCD/1/26 JAVA JIVE FROM SAN MATEO.** The Monday morning ride for bicyclists who live in the northern cities of the Peninsula is growing in numbers. It is a flat (except overpasses) route to Cafe Barrone in Menlo Park for coffee. We return at a social pace through the quiet, residential streets in Menlo Park, Atherton, Redwood City, San Carlos, and Belmont. The Hill Climbers' Option adds 12 to 16 miles to the ride. Meet at Los Prados Park at 8:30 am for departure at 8:45 am. Directions: From 101, drive east on Hillsdale Blvd., take the first right on Norfolk St. and right again on La Selva; take the first left onto Casa de Campo. The Park is on the left. For more information, call **Tom Schnurbusch** (tomschnu@comcast.net). Rain/muddy conditions cancel.

**Please note, the following Monday morning rides are on hiatus until further notice.**

A/0/15 SOCIAL PACED MONDAY MORNING COFFEE RIDE.

B+C/1/24 MONDAY MORNING MOCHA MOOCH.

DE/1/28 JAVA JIVE DOUBLE ESPRESSO.

## *Every Tuesday*

**CD/2/30-35 SHAW-BLASBERG'S TUESDAY LOOP RIDE.** Peter B. has now retired from leading this ride. In honor of his many years of dedicated service we have named the ride after him and Carol Shaw, who created this ride with him many years ago. The immortal words of his ride description will be retained here, mostly intact. So here we go: Retired, home executive, between jobs, playing hooky? We'd love to have you join us each Tuesday during the year, rain or shine, at the Starbucks parking lot in the Westmoor Shopping Center in Sunnyvale, corner of Fremont and Mary.. The route is a variation of the Portola loop. There are hilly C and D routes as well as a flat route. **All rides meet at 10:45 a start time of 11:00 am.** The hilly route varies through the month.

See the online Ride Calendar for links to routes in Excel and PDF formats. There is no lunch stop but an extended regroup in Portola Valley provides time for refueling (bring own snacks/lunch). Leader: **Vern Tucker**, vltbike@yahoo.com, home 408-730-2548, cell 408-893-6008. GPS Files: [Tuesday Loop GPS Files](#)

## *Tuesday through Saturday*

**BC/0/23 Seal Point/Redwood Shores.** Meet Tom Schnurbusch (tomschnu@comcast.net) at the north end of Seal Point Park in San Mateo by the parking lot and bridge for a ride from Seal Point Park via bay trail and streets down to and through Redwood Shores. Regroup and coffee at the MarketPlace on Redwood Shores Parkway, taking the Electronic Arts cross street exit to the MarketPlace. Continue down Redwood Shores Parkway to the end return to Seal Point Park. This no-drop ride will take place daily from Tuesday through Saturday. Meet by 8:45 am and depart by 9:00 am. Rain cancels.

## *Every Wednesday*

Please note, HILLS-R-US is on hiatus until further notice.

## *Every Friday, starting January 8th*

**B/2/30-50 FRIDAY B RIDE** Meet **Vern Tucker** (408-730-2548, (vltnt1@comcast.net) every Friday at 10 AM at McKenzie Park for a 10:15 AM ride start. Rides will be a mix of hills and flatter residential roads. No lunch stop so bring snacks.

## *The second Sunday of every month*

**B/2/24 2ND SUNDAY – JEFFERSON LOOP.** Monthly ride to Jefferson, Hillcrest and Lakeview via Manzanita, Albion and Cañada. Lunch is at Sancho's Taqueria (cash only) and return via Alameda de las Pulgas. Social pace with regroups. Meet at Burgess Park in Menlo Park at 10:00 am, for 10:15 departure. Estimated return 2-2:30pm. Leader: Mike Jenkins (mike628@sbcglobal.net or (408) 239-6131) . Rain cancels. Route sheets/Maps: <http://westernwheelersbicycleclub.memberlodge.com/page-1863579>

**C/2/27 2ND SUNDAY RWC CROSS.** Monthly ride to the Redwood City Cross via Tripp, Cañada and Godetia. Optional Huddart Park Loop and return via Alameda de las Pulgas. Bring snacks/lunch to enjoy at a regroup. This is a social-paced ride with regroups, but faster riders are welcome to form a separate C+ group at the start. Meet at Burgess Park in Menlo Park at 10:00 AM for 10:15 AM departure. Please ensure social distancing at the ride start as the ride leader

captures riders names and sends out groups of up to 15 riders each. Estimated return 2-2:30pm. Leader: **Howard Koel** (650-302-1053 or howard@koel.me). Rain cancels. Route sheets/Maps:

<http://westernwheelersbicycleclub.memberlodge.com/page-1863579>

ride topics.

## *The fourth Sunday of every month*

**Note: The B & C groups will meet at different times to reduce congestion at the start.**

**B/2.5/25 4th SUNDAY - SARATOGA.** Hello Social "B"s. Join us on a leisurely ride heading up Mt. Eden, then meandering through The Maze to downtown Saratoga where we will stop for a snack break in a local park (bring - no place to buy) before heading back via Seven Springs Parkway. Meet at McKenzie Park in Los Altos (near tennis courts) at 10am for 10:15 departure. Rain cancels. Check ride Calendar for Leader information. Route sheet: [4th Sunday B Ride \(Saratoga\)](#) or GPS: [Map/GPS File](#)

**C/3/35 4th SUNDAY - LOS GATOS.** Monthly ride to Los Gatos via Mt. Eden, Pierce, and Villa Montalvo. Lunch in park in Los Gatos (bring or buy) and return through the Maze. This is a social paced ride with mandatory regroup, but faster riders will form a separate C+ group at the start. Meet at McKenzie Park in Los Altos between 9:45 and 10:00 AM for staggered starts between 10:00 and 10:15 AM. Leader: Patrick Brown (pjbrown7430@gmail.com). Rain cancels. Route sheets/Maps: [4th Sunday C Ride](#).

\*\*\*\*\*

**NOTE: To manage group sizes, club rides are currently open to Western Wheelers members only.** Learn about [becoming a member](#)

Any Western Wheelers club member can propose a Ride by using the online Ride Listing Composer on the Ride Leaders Resources page found [here](#) or by sending a ride description containing complete details to:

[addride@westernwheelers.org](mailto:addride@westernwheelers.org)

Be sure to include date, title, start time/place, distance, rating, lunch arrangements, and your phone/email contact information. The earlier you list your ride, the more participation you are likely to have. There is no strict deadline, but please try to submit your ride at least two days before the ride. Do NOT email your listing directly to the email list(s).

Log in [here](#) to read/post/subscribe to our club email list for ride cancellations, road conditions, and miscellaneous club