

A Turn at the Front

Why We Crash, 2020

David Schorow, President

I'm dedicating this month's column to former Western Wheelers Club President Tim Ellis. Tim passed away on January 7 while working to recover from a bicycle crash the previous fall that left him mostly paralyzed. Our sympathies go out to Tim's wife and family. There is more info [here](#).



In my [January, 2020 TATF column](#), I analyzed crashes by club members in 2019. I've since recorded more crashes from 2020, and gathered crash data from 2020. The data comes from Western Wheelers who experienced a significant crash regardless of whether it was on a club ride. A significant crash is one that is more than just falling off the bike, getting back on, and continuing the ride.

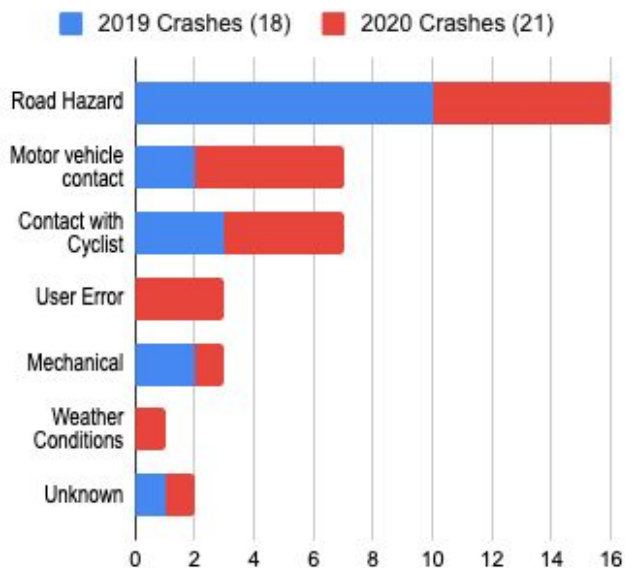
While every crash is unique, I distilled the information down to the primary cause of each crash, possible contributing factors, and severity of the injury measured by how long the person was unable to ride. The categorization into primary cause and contributing factors is subjective as it isn't always clear which factor is the primary cause.

What is striking to me is that what cyclists tend to fear most is getting hit by cars, but those crashes account for less than 20% of the crashes. While motor vehicle contact crashes were up in 2020, four of the five crashes had a judgement error on the part of the cyclist as a contributing cause. Three were cases of the cyclist not stopping at a stop sign and one was a cyclist too closely following a car, not noticing in time that the car had stopped. So, only three cases total from both years out of thirty-nine total crashes were due to a cyclist getting hit by a car driver who didn't see them.

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Primary Cause of Crashes



Once again in 2020, the top cause of crashes was road hazards, accounting for ten in 2019 and six in 2020. The road hazards include objects in the road (sticks, boards,

(Continues on Page 2)

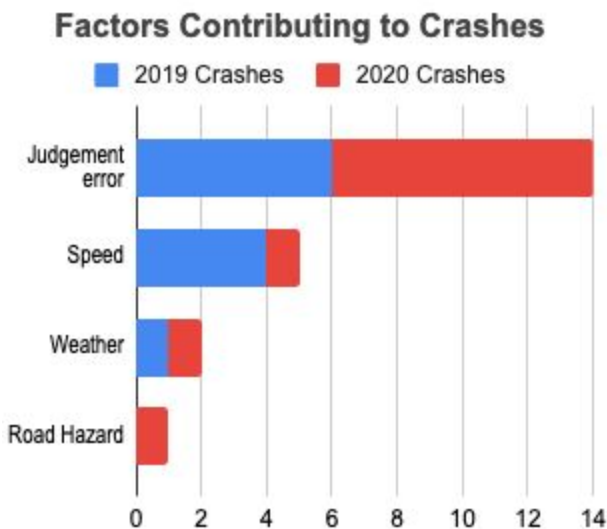
A Turn at the Front (continued from page 1)

rocks), potholes, uneven surfaces, roads shaved prior to asphaltting, wet conditions, loose gravel, problems going from the road onto the sidewalk, and going between poles onto a bridge. Speed (going too fast) was a contributing cause in five of these crashes, while judgement error contributed to four of these crashes.

Contact with another cyclist was a third major cause of crashes (tied with motor vehicle contact), with three crashes in 2019 and four more in 2020. Judgement error was a contributing factor in at least five of the seven crashes, typically a cyclist getting distracted or not paying enough attention to the cyclist in front of them, but in one case riding with their front wheel overlapping the rear wheel of the preceding cyclist (subject of [one of my safety tips](#)).

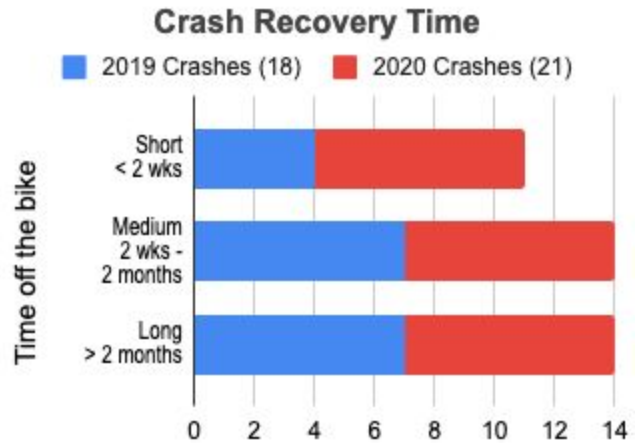
The crashes from other causes drop off after those top three. 2020 had three crashes I could only categorize as purely user error (e.g. falling over while dismounting the bike, or some other mistaken action). The two years had three crashes caused by mechanical issues (chain or tire issues) and one weather condition (wind). The last category “unknown” is perhaps the most disconcerting. It’s when a cyclist is riding along and then wakes up in the hospital. Both years had one such incident.

I also looked at factors contributing to crashes without being the primary cause. A crash may have zero, one, or possibly two contributing factors. I’ve discussed many of these already.



What is striking about this chart is how many crashes can be avoided if we all ride more carefully and slow down a bit. Almost half of all crashes had speed or judgement error as a contributing cause.

Finally, let’s take a look at the injuries caused by these crashes.



It’s quite distressing to read about all of the injuries members sustained during these crashes. While some crashes only involved road rash or bruises, many crashes caused far more serious injuries. The most common serious injuries were broken collarbones (6) and concussions (6), with several of the concussions being quite serious, including brain hemorrhaging (3). The injuries also included broken or cracked ribs (3) often with a collapsed lung, severe shoulder damage (3), broken hip (3), broken elbow (2) broken arm (2), broken pelvis (2), and one case each of damaged wrist, fractured neck vertebrae, and spine damage leading to paralysis. My heart goes out to everyone affected with these injuries. Luckily, most of the cyclists have managed to recover from their injuries and have returned to cycling.

A clear recurring theme in all of the crashes is how sudden and unexpected they were. People are out enjoying an activity they love and suddenly end up hurt or on their way to the hospital, many facing long recovery times. Let’s all minimize our crashes by slowing down a bit, using safe riding practices, and following the safety tips.

David Schorow’s Monthly February Safety Tip can be found on page 11.

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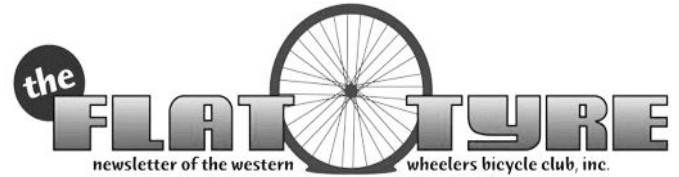
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February 2021 Calendar

- 3 Stanford Club Blood Drive 2021
- 10 Wed. Board Meeting, via Zoom
- 19 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

Club Bike

Movie

Night

Quicksilver

**Friday, Feb 19
at 7:30**



Jack Casey (played by Kevin Bacon) is a young floor trader who loses all of his company's savings on a risky business decision. Deflated, he quits his job and becomes a bicycle messenger in San Francisco, working with a colorful cast of characters and getting into dangerous situations.

The movie is a cultural tribute to the '80s--complete with chase scenes, bike stunts, a catchy soundtrack and a predictable love story. The film has a running time of 1 hour, 45 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!

Submitted by Cindy Asrir, WWBC bike film organizer

January Board Meeting Minutes

(Minutes pending board approval)

-Submitted by Patty Koel, Club Secretary

Date: **Wednesday, January 13, 2021**

Time: **Dinner/social: 6:30 pm**

Meeting: **7:00 pm**

Location: **Zoom meeting**



Call to Order at 7:03 pm

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

Standing Items

- Date of next meeting - February 10, 2021
- Location of next meeting - Zoom
- Approve the previous minutes - the December minutes were unanimously approved

New Business:

- Sequoia Chair: Randall made a presentation of his ideas for a virtual Sequoia, called a Sequoi-tual, that the WWBC could sponsor this year in June. Rather than a big single day event like the Sequoia Century, the Sequoi-tual would be spread out over a number of days, to minimize the risk of people gathering from different households. The WWBC would provide minimal support: routes, route markings, a jersey, a few porta-potties and hand washing stations, and minimal pre-packaged food and water. Proceeds from the ride would be used to support our regular charities on the coastside and local bicycling organizations. The board discussion included an awareness that because we do not know now what potential county restrictions will be in place for June, we would need to monitor the situation and make adjustments as necessary. Randall advised us that the deadline for placing advertisements for this type of event are coming up very soon, and the

board approved a motion to authorize a budget of up to \$1000 to spend on advertising expenses for the Sequoi-tual.

- PayPal and Wild Apricot (the company that hosts our website): Paypal has made an upgrade to its services that will affect WWBC members who have set up recurring payment of their dues. Members who wish to have recurring payments to the WWBC in the future need to set up recurring payment again with their next renewal, and select PayPal Checkout as their new payment system. Vern has sent emails to affected members with instructions how to do this. Also, Wild Apricot now charges the club a small flat monthly surcharge for us to use the PayPal system.
- Calendar 2021: David led a discussion about our proposed calendar of activities for 2021.
- Facebook Editor: Ken Lee, who has done a great job editing Western Wheeler's Facebook page, is ready to have a new volunteer take over. To find a new volunteer, David will send an email out to the general membership, and will also ask Ken to advertise the open position on the Facebook page itself.

Area Lead Updates:

- Secretary - No new updates
- Ride Chair: Guy shared with the board his conversation with Santa Clara Health Officer that resulted in the temporary cancellation of club rides. Guy will review and prepare the county's social distancing protocol, so that when the stay at home order is lifted, our club will be ready to comply with all county guidelines and offer club rides again.
- Event Chair: Bike Films coming up are Blood Road, which will be shown this Friday January 15; 60 people have already signed up. Quick Silver will be our next film on February 19. Arrangements are all set for the blood drive

February 3 and we are hoping for a good turn out of Western Wheelers.

- Flat Tyre Editor: Peggy will be doing the newsletter for February. Guy will send Peggy appropriate information to post regarding cancelled LDT rides. Upcoming articles may include a discussion of where to find trails for riding on gravel, and a re-run on Lisa Burque’s article about riding with GPS.
- Treasurer: Mike said that our financial position has changed very little since December. He will send out financial reports and a proposed budget for 2021 to the board members next week.
- Membership: Vern reported that we had 7 new members join in the past month, bringing the total to 987.
- Webmaster: Vito has updated pages related to the 2021 Board members: 2021 Board Members, contact US/Big Wheel, and archive (from Dick Blane). Also updated were the Flat Tyre page, links and archived material, and the home page banners by providing links to Movie Night and the Blood Drive. It was suggested that we update our website’s description of the advantages of membership. Guy agreed to send language to Vito describing the insurance coverage that members receive if they have any accident while on a club ride. Bill to send language to Vito describing Safety/Training classes.
- Safety Chair: Bill presented the guidelines for the Angel of Mercy program, which is an outreach to cyclists who have been in an accident while on a western wheeler ride. If a cyclist has an accident on a club ride, the ride leader should note the details on the ride sheet and notify the ride chair (Guy Shuman) and the safety chair (Bill Sherwin).

Welcome New Members *January 2021*

Vern Tucker, Membership Chair

Please welcome the following new members to the Western Wheelers:

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- | | |
|----------------|-----------|
| Michael Ransom | Pacifica |
| Lisa Antonio | Belmont |
| John Weller | San Jose |
| Anthony Flores | San Jose |
| Joe Fariha | San Jose |
| Steve Jeschien | Sunnyvale |



WWBC Blood Drive

Please consider joining us for our first Blood Drive Event on Wed, February 03, 2021

There are three locations to choose from:

There will be four Blood Drives in 2021, in conjunction with the Stanford Blood Center:

Wednesday, Feb. 3	Wednesday, Apr. 28
Wednesday, Aug. 25	Wednesday, Nov.17

Blood centers remain open and donating blood is considered an "essential activity." New safety guidelines have been put in place in response to COVID-19 to ensure the safety of the donors and staff. (See link below with information about what those measures are.)

Three locations available: Choose the location that is most convenient for you and sign up on the corresponding link to make an appointment for the February 3 date.

Continue to the next page for appointment links.

The meeting adjourned at 9:04 pm.

Western Wheeler's Blood Drive

continued from previous page

1. Stanford Blood Center Menlo Park, 445 Burgess Drive appointments (7 am - 3 pm) :
https://sbcdonor.org/donor/schedules/center_view/1/1612310400/#tabs-1

2. Stanford Blood Center Mountain View, 515 South Dr Suite #2 appointments (12 noon-7:30 pm) :
https://sbcdonor.org/donor/schedules/center_view/2/1612310400/#tabs-1

3. Stanford Blood Center South Bay in Campbell, 295 Hamilton Ave appointments (12 noon- 7:30 pm) :
https://sbcdonor.org/donor/schedules/center_view/3/1612310400/#tabs-1

This link contains the safety measures that the blood center has put in place in response to COVID-19:

<https://stanfordbloodcenter.org/faq-on-novel-coronavirus-and-blood-donation/>

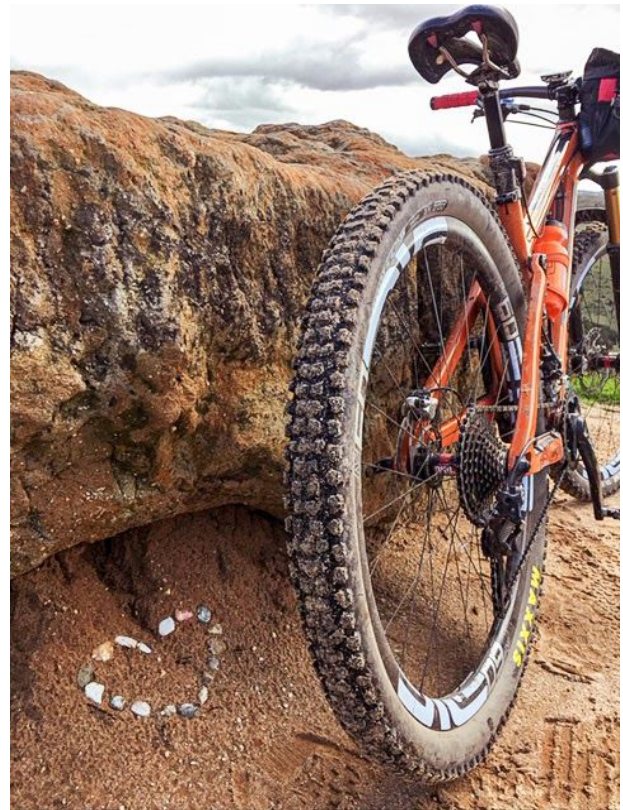
Here is a summary of the policies currently in place at all of the donation sites:

- As always, all of our equipment during the donation process is sterilized, and most is single-use only.
- Hand sanitizers are placed next to all donation chairs and in each history booth.
- All donor areas, including the reception/waiting area, canteen, history booths and donation chairs are cleaned frequently.
- We have increased the spacing between donation chairs to approximately six feet apart or more (to the extent possible) so that there is more distance between donors during the donation process.
- SBC team members wear face masks and gloves while interacting with donors during the entire donation process.
- SBC is continuing to strictly enforce the policy that team members must NOT report to work if they are feeling unwell.

*~ organized and submitted by David Trousdale,
Club Member*



“Chilly Calaveras” 2019 Julie Schreiner



“I Love Mountain Biking” 2019 Genna deVries

LDT Corner

Submitted by Guy Shuman –
LDT Coordinator



As we go to the presses for the February edition we have just received authorization to restart our club rides, including the LDT series! Hopefully riders have been keeping in shape with local rides and are ready to expand their horizon with some regional favorites!

Please remember as we start the LDT series that Social Distance Protocols and WWBC Ride Guidelines must be followed! Please maintain 6 foot social distance and remember masks are mandatory at start locations and regroup (except when eating/drinking). While lunch stops are included, we are still encouraging riders to pack a lunch to ease congestion. Make sure you read each week's online ride description with meeting point procedures and start options, which may be modified as conditions change.

In February we'll start to venture a bit further afield, beginning with the fabulous **Seascape LDT** on February 6th. This popular ride visits Gizdich Ranch for yummy pie ala mode along with lunch. Next we have an East Bay jaunt to **Livermore**. The ride offers some beautiful country rarely visited by Western Wheelers, as we cross over to the Central Valley and return. **Calaveras** is always a pleasant ride with abundant wildlife sightings – we've seen deer, pigs, eagles, wild bulls, and even rattlesnakes as we meander along the reservoir to the dam overlook. Our route doubles back to the beautiful climb of Felter Road (C/D/E riders), followed by lunch at the base of Sierra Road. After lunch all groups take various loops through Alum Rock Park and beyond. Our remote **Hollister Hills** ride follows, exploring the "cowboy" country south of Hollister.

Coming up in March, we will start our "LDT Weekend" excursions. On our LDT Weekends (to destinations that are a little farther away than most) we offer Friday afternoon, Saturday, and Sunday rides. Unfortunately our social calendar on these weekends will be restricted by COVID regulations. Riders will be able to mingle with friends but there will be no large group dinner or wine and cheese parties. There are many outdoor opportunities in Healdsburg for safe dining. It is important to make hotel reservations early if planning to stay over – see online ride

description (Saturday listing) for information on lodging and registration. LDT Weekends this year are to **Healdsburg** (3/19-3/21), **Pacific Grove** (4/2 – 4/4), **Paso Robles** (4/23 – 4/25), and **Cazadero** (5/14 - 5/16). Make your plans now to join in the fun!

Contact me if you need additional information:
(shumansteiner@gmail.com or 650-704-0895 Cell

2021 (LDT) RIDES SCHEDULE:

(subject to change due to COVID restrictions)

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

6-Feb	Seascape
13-Feb	Livermore
20-Feb	Calaveras
27-Feb	Hollister Hills
6-Mar	Pescadero
13-Mar	Marin Headlands
20-Mar	Healdsburg (2-3 day)
27-Mar	Berkeley Hills
3-Apr	Pacific Grove (2-3 day)
10-Apr	Petaluma
17-Apr	Mountain Charlie
24-Apr	Paso Robles (2-3 day)
1- May	Skyline
8-May	Mt. Diablo
15-May	Cazadero (2-3 day)
22-May	Mt. Tamalpais
31-May	Mt. Hamilton (Monday - Memorial Day)



"Umunhum - The Mountain of the Dancing Women"
2018 Peter Grace

Summary of 2020 Ride Statistics

submitted by *Eric Greer*
 2020 Club Statistician

FEB 3 2021

Wednesday

Total Number of rides	555
Total number of ride leaders	93
Average number of members on rides	10.5
Average number of guests on rides	0.4
Average number of all riders on rides	10.9
Average number of rides ridden by members	11.3
Median number of rides ridden by members	6.0
Average member miles ridden	400
Median member miles ridden	203
Average listed member feet climbed	23,659
Median listed member feet climbed	12,069
Total number of Members on all rides	5,833
Total number of Guests on all rides	224
Total number of Members and Guests on all rides	6,057
Total miles by all riders	214,178
Feet climbed by all riders on rides with climb listed	12,184,766



February Mystery Photo

This month's Mystery Photo is courtesy of David Schorow. Thanks David 😊😊😊



If you think you know where this horse is located send your guess to editors@westernwheelers.org to win a prize. 😊

No one has guessed the owl submitted by Cathy Switzer so we will keep it a mystery for now. We hope this month will be easier!

Top Ten Ride Leaders 2020

Tom Schnurbusch
Vern Tucker
Guy Shuman
Dave Fitch
Pamela J. Putman
Peter Letchworth
Mindy Steiner
Kai Wiedman
Cathy Switzer
Richard Exley

Rides Led & Co-Led

128
53
35
27
24
23
22
19
18
17

Message to WWBC members

If you haven't heard, CA DMV is issuing a Bike-Specific license plate.

To place your pre-order and show your support for cycling (besides the bike rack on your car!), visit

<https://calbikeplate.com>

If enough members order, our WWBC logo will be placed on the calbikeplate website!

Just drop me a message after you place your order, and I'll add you to the WWBC orders list.

Be safe, pedal on ...

Cathy B. Switzer



WWBC 2020 Year End Financial Statement

1/1/2020 through 12/31/2020

Category	Actual	Budget	Difference
INCOME	24,046	92,620	-68,572
Donations	5,998	60	5,938
Interest	541	1,200	-659
Membership Dues	17,462	16,000	1,462
Merchandise Sales	45	360	-315
Sequoia Income	0	75,000	-75,000
EXPENSES	34,350	99,040	64,690
Board Meetings	423	1,200	777
Charitable Contributions	8,200	7,000	-1,200
Club Meetings	628	1,000	372
Dues Paid	375	150	-225
Flat Tyre	0	200	200
Gifts & Awards	340	1,600	1,260
Insurance	4,653	5,000	347
Membership Support	1,767	3,000	1,233
Overhead	265	240	-25
Picnics-Parties	186	12,000	11,814
Rides	413	800	387
Sequoia Expense	17,071	66,800	49,729
Taxes	29	50	21
NET INCOME	-10,304	-6,420	-3,884



Sequoi-tual

The **Sequoi-tual** 2021 is a hybrid virtual / DIY cycling experience with a simple goal: to raise funds for three coastside organizations and other cycling-centric causes while also offering the cycling community “a light at the end of the tunnel” that just happens to be Challengingly Beautiful! Our plan is to offer a “semi-supported” basic route that includes: route marking with [RouteArrows](#), a map and cue sheet with route info noting existing stores and infrastructure and a very cool commemorative jersey by Voler, all included in the registration fee. If the total number of registrants allows, more route and community support ingredients might be provided. There will be no SAG support nor manned rest stops since these are not an option for mid-2021. Additional details will be provided as they become available, so please sign up for our email list!

The **Sequoia** has donated over \$30,000 to both coastside and cycling charities since 2017. Our 2021 list of charities includes:

- o [Puente de la Costa Sur](#)
- o [La Honda Volunteer Fire Brigade](#)
- o [Abundant Grace Coastside Worker](#) This organization supports The Bike Hut at Potrero Nuevo Farm.
- o Cycling related foundations will include the [Silicon Valley Bicycle Coalition](#) and (tbd).
- o All Sequoi-tual proceeds will go to these coastside and cycling organizations, not Western Wheelers bicycle club.

- o Thanks also to [Cycle California Magazine](#) for their years of support and guidance.

The Registration fee of \$125 includes: a well-marked 73 mile - 8,100 feet gain “Basic Route” as well as route and navigation info on maps and cue sheets and “Ride with GPS” links. Additionally Challengingly Beautiful route lengths from 63 miles to 100+ miles and 10,600+ feet gain will also be made available soon! You can choose any route option, pick your day, then bring your own snacks or stop at any of the friendly, local on-route stores. We plan to provide some limited, well-placed food and water support, as conditions allow.

Participants must be strong, competent cyclists who enjoy a challenging, (and beautiful!) route that gains over 100 ft per mile, while riding on their own, or with a friend or three, and wants to support these amazing coastside and cycling organizations while proudly wearing a well-earned bright, colorful jersey.

The Start-Finish “zone” will be in Los Altos, near El Monte, off Foothill Expressway. There will be no monitored parking, or a check-in, or rest stops, SAG support, or a finish line meal provided. So fill your water bottles, begin your ride nearby, get on the route, zero your odometer and head west!

Our ride window is Tuesday June 1st through Sunday June 6th. Riders are welcome to ride any of those days, assuming all existing safety protocols in place in June are followed. Registration will open by late February.



February Safety Tip - **Be** **VISIBLE**

*One of the most important days of my life
was when I learned to ride a bicycle..*

~ **Michael Palin**
Monty Python Member

Robert Neff took exception to last month's Safety Tip about making eye contact, saying "If a driver looks in your direction, there is no guarantee that you have been seen. Humans tend to only see what they are looking for (not bicyclists), but they also see things that are unusual, especially bright colors and motion." While I stand by my column, Robert makes an excellent point on the value of drawing driver's attention. He has some great advice, so let me just quote him.

"Positioning: If I am riding in traffic with no shoulder or bike lane, I ride in the middle of the lane. When there is a parked car blocking the bike lane, I move to the middle of the open lane at least 50 yards ahead of the blocker, when it is safe. Bright clothing: I am glad that our unofficial club uniform is high-visibility cycling jackets! Throw out your black jerseys and windbreakers. Motion: Wear bright socks, or bright reflective bands on your ankles, put reflective tape on your shoes, and reflective tape on your crank arms, because if something bright is moving up and down, humans are tuned to notice it. Finally, use lights, nighttime and daytime. Many of us now have blinkies on our bikes going day and night. The blinking gets more attention.

"In the winter I go much further. You can get [Monkeylectric wheel lights](#), wear a reflective safety vest, mount battery powered holiday lights to your bike with zip ties, or even wear them. I find that everyone (drivers, pedestrians, other cyclists) likes the Christmas lights. The first time I went to the holiday party I thought the ride was going to be about OUR lit up bicycles. The advantage of lights instead of reflectors is that you do not need to be illuminated by someone else's headlights to be visible.

"Finally, I like having a white safety light (not TOO bright) on my helmet, so I can aim it at automobiles that might cross my path. I use that starting at dusk. It is effective at changing the behaviour of motorists who might not see me otherwise and it is also handy for seeing pedestrians on dark paths.

"A last comment - watch the calendar. The day after the end of Daylight Savings Time, it is dark one hour earlier,

and you may discover that motorists who saw you at 5:30 the week before won't see you at all. Shine a light on them! Or ring a bell, or just yell. My default exclamation is a strong **Yo** (one benefit of an East Coast education).

"Let's be safe on our wonderful roads."

Thanks, Robert, for your good advice and for writing my safety tip this month.

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

~~The monthly Safety Tip is submitted by David Schorow, Club President and a new topic is selected to remind and help us all to stay safe out there!~~



Turkey Ahead!
2019
Sabrina Schulten

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.

February 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.

DE/1/28 JAVA JIVE DOUBLE ESPRESSO. Meet at 9:00 am and jump out of the starting blocks at 9:15am with a fast ride to enjoy coffee at Café Borrone in Menlo Park. We will work our way back along the foothills after coffee. No sweep; one socially distanced regroup for coffee. Meet at the Bicycle Outfitter, 963 Fremont Ave (Loyola Corners), Los Altos, near the corner of Fremont, Miramonte and Foothill Expwy. Leaders: David Fitch and Cathy Switzer Route: <https://ridewithgps.com/routes/32102530>

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.

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

B/2/30-50 FRIDAY B RIDE Meet **Vern Tucker** (408-730-2548, vltbv1@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>

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 regroups, 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

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 ride topics.



“Bike into the Storm”
2018
Lily Tan