

A Turn at the Front

Barely at the Front: Looking back over the years

*David Schorow,
President*



Hard to realize that it's been twenty-five years since I started serving as Western Wheelers President. I'm still hoping, as I've done for many years now, that someone else will step up and take my job so I can spend more time relaxing in the rest home.

What a challenging quarter century it's been! Think of all that's happened. Remember the fires that raged around the end of almost every summer before fossil fuels were phased out in 2030 reversing the global warming trend? What a challenge it was guiding the club through the pandemics of 2020, 2027, and the plague of 2036! Thank heaven scientists can now produce a vaccine in just two weeks.

Of course, the major event of this period was the alien invasion of 2038. Who would have guessed that aliens would turn out to be so friendly? It's a marvel how many have taken to cycling, their numbers bolstering our own club membership. But watch out, their normally placid nature can change to fierce competitiveness on the bicycle, turning them into real monsters.

As most of you know, the years have taken their toll on me. But I have a great recommendation for all of my fellow seniors: the new Trek Andome e-walker 7000. The residents here at the home sure are jealous when I hit speeds of 3.5 or even 4 mph while strolling along with this e-walker.

But I have to also add that Kai, who has the room two doors away at the rest home, was able to get a great deal on the

e-walker 6500. He keeps telling me "I can't believe anyone would pay that much for the 7000, when the 6500 e-walker has most of the same features and costs half as much." I personally think he chose the 6500 just because it comes in orange.

To all my Western Wheeler friends, whether you use an e-walker, a solar powered Tesla e-bike, or an antique bike with a chain and gears, Happy April First!

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"Bike to Work-from-home Day, April 2021"

credit: Yang Xia

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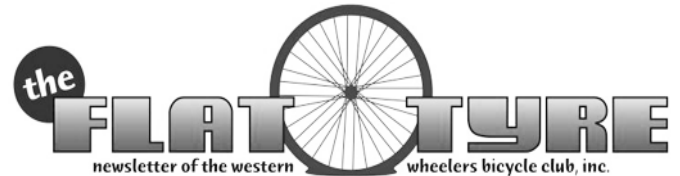
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April 2021 Events Calendar

14 Wed. Board Meeting, via Zoom

16 Fri. Movie Night

20 Tues. Flat Tyre deadline

28 Wed. Blood Drive

The *FLAT TYRE* is the monthly newsletter of the Western Wheelers Bicycle Club, Inc., P.O. Box 60367, Palo Alto, CA 94306. To submit articles for inclusion in the *FLAT TYRE*, please send to Editors@westernwheelers.org

March Board Meeting Minutes

(Minutes pending board approval)

-Submitted by Patty Koel, Club Secretary



Date: Wednesday, March 10, 2021

Time: Dinner/social: 6:30 pm

Meeting: 7:00 pm

Location: Zoom meeting

Call to Order at 7:01 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 - April 14, 2021
- Location of next meeting - Zoom
- Approve the previous minutes - the February minutes were unanimously approved

Area Lead Updates:

- Sequoia Chair: Randall reported that 41 people have registered to date for the Sequoi-tual. The first batch of 40 jerseys have been ordered and should be available in April. Randall is staying in close touch with the operators of the Bike Hut, who are looking forward to our event. Posters have been distributed to 50 Bike Shops so far with help from Fran. Cathy agreed to bring Posters over to Santa Cruz Bike Shops. David sent out just under 3,000 emails through Wild Apricot to participants in past Sequoia Centuries, to make them aware of the Sequoi-tual event and invite them to sign up. Cindy has been updating the Facebook Sequoi-tual page and has arranged for a couple of paid ads so far. Patty encouraged board members to share the Facebook Sequoi-tual posts with personal endorsements to their own Facebook followers.
- Event Chair: There were only 5 participants in our most recent blood drive. While every donor is appreciated, it is hoped that more Western Wheelers will sign up for the next blood drive on April 28. Fran has been helping to promote the Sequoi-tual by sending communication materials to the presidents of other area bicycle clubs, and by distributing business cards and posters to bike shops. After a brief discussion it was determined that the Spring picnic will be cancelled this year. The Spring picnic was originally scheduled for May 2 at Cuesta Park, but the park is not yet giving permits for group events due to Covid. Guy will assist in arranging for a refund of the deposit we had with the park, or having our deposit carried over to next year. Club movies are being very well attended, with 80 people attending the last movie. The next movie is a 2018 documentary called Afghan Cycles that will be shown on March 12.
- Ride Chair: Guy shared that both the number of rides being offered and the attendance on our rides has been picking up. Tuesday and Wednesday evening rides will be starting again on March 16. On June 2 the Hills R Us group will be tackling the Sequoi-tual route with participants. Guy has not yet had to cancel any Long Distance Training (LDT) rides this year due to rain. The first weekend LDT rides will be held soon, but this year the large group social/dinner gatherings will not occur. Guy has modified the route for the upcoming Mountain Charlie ride, because the parking location used in the past is no longer available.
- Flat Tyre Editor: Peggy reported that Mike Khaw has now agreed to assist the Flat Tyre by being an official proof-reader. Robin will be the editor for April, and then Peggy will be the editor for May, June and July. Randall will be submitting articles for April and May relating to the Sequoi-tual, with more information about the charities that we are supporting, and how Western Wheelers can help with promotion.
- Treasurer: Mike presented the financial report through March 10, 2021. A brief discussion took place regarding the accounting for those 2020 Sequoia Century participants who elected to defer their ride to this year. David agreed to share with Mike the formula that was used to determine the incremental fee to join this year's Sequoi-tual for last year's riders who paid less than \$95.
- Membership: Vern reported that we had 15 new members join in the past month (since February 10, 2021), bringing the total number of members to 997. It is anticipated that as the Covid vaccine becomes more available to our members and more rides are being offered, our membership numbers should be coming back to what they were last year.
- Webmaster: Vito expressed appreciation for the work that is being done on the Sequoi-tual and for the team work involved.
- Secretary - Patty shared appreciation to those board members who have been adding edits to the minutes before they are published and approved.
- Safety Chair: Bill had no updates at this time.
- Member at Large: Cathy opened a discussion about the role of the Member at Large on the WWBC board. She is looking for a way to get more involved in board member activities, and a brief discussion followed.

New Business:

- David announced that we need a new custodian (or two) for the Bike Cases that belong to the club and are available as loaners. In addition, we are still looking for a volunteer to take over the Western Wheelers Facebook page. David will prepare and send an email blast looking for volunteers for those roles.
- David continues to attend monthly zoom meetings with nearby bike club presidents. He noted that most other clubs are either cancelling their Century-type events, or moving them to the Fall.

The meeting adjourned at 8:33 pm.



Sequoi-tual 2021: You Can Make A Difference!

The club event of the year is The Sequoi-tual 2021. This hybrid virtual / DIY cycling experience is scheduled June 1st – June 6th, with riders choosing their own start date and time based on the suggested route maps. [Registration is open](#), and it includes a bright and colorful commemorative [jersey](#).

(We’ve been hearing that pronouncing the strange new word “Sequoi-tual” is a bit tough, so here is some help with that. Say: *See-Koi-Chew-All* Now that’s easy!)

Most importantly, **all** net proceeds from this year’s event will be distributed to the three coastside organizations listed below and a few cycling-related foundations, such as the Silicon Valley Bicycle Coalition.

Top of the coastside list is [Puente de la Costa Sur](#). Puente provides the local community with essential support such as COVID-19 testing, food distribution, financial assistance, and education. Puente was successful in bringing healthcare providers “into the field” to treat workers and families, and is the bridge to fitness, preventative healthcare and insurance for many hundreds of hardworking people.

Next, the [La Honda Volunteer Fire Brigade](#). This all-volunteer organization exists to protect the lives, property and environment within the community and surrounding areas. In 2020, this team was dispatched to over **400** various incidents such as medical aid, traffic collisions, sparking/arcing wires, general public assistance, trees down, water rescues (San Gregorio Beach, Pescadero Creek) and of course, the massive and devastating 2020 CZU complex fires.

The third coastside organization on our list is the [Abundant Grace Coastside Worker](#) organization. Focused on locals who are experiencing or at-risk of homelessness, AGCW provides skill training, community building, meaningful employment, as well as other services. As one of several programs, AGCW collaborates with [Potrero Nuevo Farm](#) (owners of [The Bike Hut](#)), employing homeless people and farmworkers who plant and harvest over 20,000 pounds of fresh, organic products each year.

YOU can help these organizations! We’re eager to register at least 500 riders, enabling the Club to substantially increase the charitable donations to the Coastside and Cycling Organizations. Each Club Member can help attain that goal by

promoting [The Sequoi-tual](#) at every opportunity— tell other riders about [The Sequoi-tual](#), let them know that their registration contributes to the coastside organizations, AND that they have 6 days to complete the ride! NEXT: It takes a strong volunteer team to pull off a successful event! The Sequoi-tual team will need a few key volunteers for as-yet-undefined tasks. As the pandemic is not yet behind us, we’re not sure what will be offered as support for that week, but we will do what we can to make The Sequoi-tual a success.

To get some promotional info cards to share with other riders, and/or to volunteer, please contact us: sequoia@westernwheelers.org or Randall Braun 415-265-4663.

Welcome New Members March 2021



*Vern Tucker,
Membership Chair*

Please welcome the following new members to the Western Wheelers:

Kartik Trivedi	Los Altos
Bruce Roberts	Los Gatos
James Hurley	San Jose
Justin Ryan	San Carlos
Carole Luckenbach	San Carlos
Shaili Johri	Palo Alto
Lisa Beaudreau	Santa Cruz
Melissa Thomson	Los Altos
Lonnie Zarem	Los Altos Hills
John Zhang	Fremont
Roxanne & Bruce Van Nice	Los Altos Hills
Bethan Faulkner	Redwood City
Kathleen Egan	Hillsborough
Victor Dei Rossi	San Carlos
Guy Apple	Redwood City
Meredith Stringer	Redwood City

Bike Movie Night

A Sunday in Hell

Friday, April 16 at 7:30 pm
Zoom link provided at registration

By *Cindy Asrir*, bike film organizer

In celebration of Paris-Roubaix (aka “The Hell of the North”), our next bike film will be *A Sunday in Hell*.

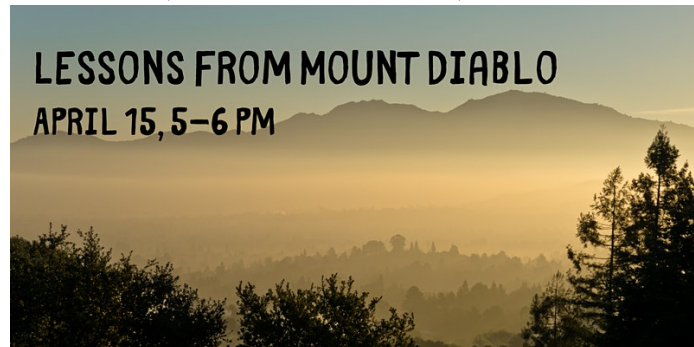


Director and poet Jørgen Leth is obsessed with bicycle racing as a ritual expression of human victory and defeat, and it was from this obsession he made this classic 1977 documentary. The Sunday in question is April 11, 1976, when the grueling annual bicycle race Paris-Roubaix was held, and hell is the cobblestone roads of Northern France where the world’s best cyclists—including Eddy Merckx, Roger De Vlaeminck, Freddy Maertens and Francesco Moser—battle for victory. Leth followed the race with an army of photographers, and the result is a mythic and spectacular documentary.

“Arguably the best film ever made about professional cycling.”—The International Film Guide.

The movie has a running time of 1 hour, 51 minutes. The talk and screening are free to Western Wheelers and their guests, but please [sign up for the Zoom link](#). **See you at the movies!**

Forum on Bike Safety on Mt. Diablo (and elsewhere)



Between 2010 and 2014, there were an average of 23 Collisions per year on the roads of Mount Diablo State Park. By 2015, the number of collisions was reduced to five. In the past three years combined, there was only one.

These safety improvements were no accident. It’s been a long, uphill, windy climb with more hills yet to come. But the statistics don’t lie. Mount Diablo has become a safer place for cyclists to ride and motorists to drive.

How did that happen? What did it take? How do you keep up momentum when it takes a decade to get traction? Silicon Valley Bicycle Coalition is hosting an informal conversation over zoom with the lead advocate who organized, and fought for years to achieve this end result. Learn how you can advocate in your own community for safer streets.

Date: Thursday, April 15th

Time: 5pm – 6pm

Who: Alan Kalin, President Mount Diablo Cyclists and Chairman Bike Danville in conversation with Silicon Valley Bicycle Coalition Board member, Andrew Hsu

Where: Zoom, of course!

Register here:

<https://www.eventbrite.com/e/lessons-from-mount-diablo-tickets-148114637869>



April Safety Tip: Get Your Bike Ready



David Schorow

*I don't ride a bike to add days to
my life.
I ride a bike to add life to my
days.*

~ Unknown

As we transition from the wintry wet days into the spring season optimal for long rides, it is time to make sure your bicycle is in good shape. Study your bike to determine if it is in good condition and ready to ride. If you have been putting off that tune-up or trying to stretch that worn tire just a few more miles, now is a good time to get these maintenance items done. How many miles are on those tires? When was the last time you had your shifting cables changed or checked your chain for stretch? Are your brake pads worn down? Have you cleaned off the grit on your bike acquired while riding on wet roads?

Most rides will not stop while you fix a flat nor is the ride leader expected to change your tire for you. Many of our organized rides are in remote areas where a mechanical issue may be much more problematic, so **be prepared and get your bike in top shape!**

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.



May is Bike Month: Volunteer Opportunities with SVBC

Bike Month is full of fun classes, programs, and events such as Bike to Wherever Day (BTWD) and there are tons of ways to get involved. **Come volunteer as a way to:**

- help make Bike Month extraordinary!
- get our friends and neighbors bicycling!
- meet with other amazing folks in our biking community!

Here are all the ways you can help:

Bike Ambassadors

Do you want to help Silicon Valley Bike Coalition (SVBC) bring in new members? Are you a pro at passing out goodies and air high fives? Then being a Bike Ambassador is for you! Bike Ambassadors educate bicyclists about SVBC and help them join SVBC or renew their membership at pop-up booths in May. Join an online training session to learn all you need to know, then get outside and make new friends! You can sign up for a training session on [April 6](#), [April 14](#), or [April 22](#).

Spring Membership Drive

Ready to recruit, but want to do it from the comfort of your own home? Sign up to join the Spring Membership Drive! Compete with other members to see who can bring in the most new and renewing members. There are prizes involved :-). Head to the [Spring Membership Drive webpage](#) and click "Become a fundraiser" to get started.

BTWD Bag Stuffing

Join one of our biggest volunteer opportunities of the year! With your help and the support of Sports Basement Sunnyvale, we will [prepare and stuff goodies](#) into 5,000 BTWD bags on Saturday May 15. You'll be one of the first to get a BTWD T-shirt!

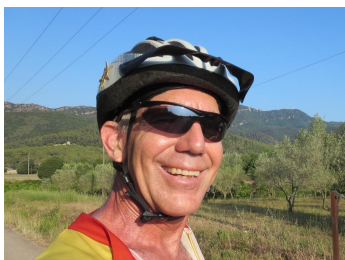
BTWD Bag Distribution

On Monday May 17 from 11am to 3pm we need help again at Sports Basement Sunnyvale to [distribute BTWD bags to Energizer Stations](#).

We can't wait to work with you this Bike Month! Questions? Email jessica@bikesiliconvalley.org.

LDT Corner

by Guy Shuman – LDT
Coordinator



The code word for the LDT series in 2021 has been “WIND”... While we have yet to see a ride cancelled due to rain (hurray!), we have definitely seen our share of gusty windy days. Our Golden Gate Bridge crossing on 3/13 was the windiest I’ve ever experienced... Hopefully we’ll see more pleasant conditions as we roll into April! Safety is always our highest concern on WWBC rides and so far we’ve had no significant accidents during the LDT series. I attribute that good safety record to a conscious effort on the part of all our riders to emphasize safety as our first priority. Keep up the good work!

After our extended weekend in **Pacific Grove** on 4/2–4/4, we’ll continue with an excursion to the rolling hills of **Petaluma** on 4/10. We’ll follow that with the **Mountain Charlie** LDT on 4/17, where we’ll explore some challenging climbing in the redwoods deep in the Santa Cruz Mountains, our “backyard wilderness” beyond Los Gatos. The Mountain Charlie routes had to be fully revised due to the closure of parking at Lexington Dam. We’ll start in Scotts Valley, do the Mountain Charlie ascent early in the route, then descend to lunch in Soquel (see online listing for details).

Our **Paso Robles Weekend** follows on 4/23–4/27. This is always a popular weekend riding through lovely wine country, and includes a Friday warmup ride as well as a Monday excursion from Cayucos into the coastal mountains for those who can stay an extra day. The **Skyline** ride on 5/1 is another foray into the Santa Cruz Mountains. Unfortunately this route also had to have major changes (D/E routes) for 2021 due to the continued closure of Big Basin State Park due to fire damage.

Note that the **Cazadero LDT on 5/14–5/16 has been CANCELLED** and replaced with the **Sierra Foothills LDT** due to issues with group camping during COVID restrictions.

While the rides generally get longer and more difficult as we continue with the LDT series, all the rides have routes suitable for B-E levels, so don’t be shy about showing up for the first time in April or May!

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

2021 (LDT) RIDE SCHEDULE:

(subject to change due to COVID restrictions)

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

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	Sierra Foothills (2-3 day)
22-May	Mt. Tamalpais
31-May	Mt. Hamilton (Monday - Memorial Day)

Wheeltales: Low-cost Bike Vacations



Western Wheeler Jeff Orem recommends [Wheeltales](#). He says: “For those of you looking to do some domestic tours this year, Wheeltales has just posted their tours for 2021. These are relatively low cost trips that are usually camping, with gear hauling, breakfast and dinner provided.”

March Mystery Photo Result



No one guessed where this moose crossing is, even though your editor has encountered several WWers on this road since the sign went up. It's not too late to submit your guess to editors@westernwheelers.org.

April Mystery Photo

This month's Mystery Photo is courtesy of Mindy Steiner. It too is on a well travelled route, but can you remember where you've seen it?



If you think you know where this photo is located, send your guess to editors@westernwheelers.org to win a prize. Thanks to Mindy Steiner for the photo.



“Plant Bike” by Vicki Pelton



“Tour de France winner, 2031” by Howard Shafer

Guidelines for joining Western Wheelers Club Rides - Updated February 1, 2021

Western Wheelers Club Rides Now Permitted within Guidelines as noted below

Western Wheelers club rides are permitted in all counties. Rides in San Francisco are limited to riding groups of twenty five (25) 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 downhill 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.

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.

Updated February 1, 2021



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	5
	Average OLH Time					
A	10	9	8	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, contact 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.

April 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 Peets Coffee 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 Peets Coffee 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>

C/1/24 MONDAY MORNING MOCHA MOOCH. Start your week with a fast or easy ride (you decide) to Menlo Park. Pace along Foothill Expressway is quick, but feel free to ride at a slower pace and meet us in Menlo Park. We'll get take-out coffee at Peets at University and Santa Cruz, consume it at the park across University, and then head back the usual way. Meet at 9:15 for a 9:30 am departure at the Lucky Supermarket parking lot (2175 Grant Road, Los Alto, CA) Cross streets are Foothill Expressway and Arboretum. Ride Leaders: David Schorow (408-314-3769, email in member directory) and Jim Takasugi ((408) 391-2057, email in member directory) share leadership on this ride. Ride with GPS Route:

<https://ridewithgps.com/routes/29791876>

A/0/15 SOCIAL PACED MONDAY MORNING COFFEE RIDE. - This ride is planning to resume on Monday 4/5/21 - Check ride schedule for details!

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](#)

C/3/15+; D/4/15+ TUESDAY EVENING RIDE Join us after work every Tuesday evening for a backroads tour of Woodside and environs, including some moderate hills. Meet in the parking lot behind the Pioneer Saloon in downtown Woodside. (START TIMES WILL CHANGE THROUGH THE SEASON - CHECK ONLINE LISTING). Ride leader and route sheet vary from week to week. Measurable rain cancels. Please equip your bike with front and back lights for added safety in evening low light conditions. Exact ride details, including ridewithgps routes, will be posted to the wwbc-rides email list on the day before. Ride coordinator: **Richard Exley** (therexley@gmail.com 650-704-3801).

Every 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

D/3-4/35-65 HILLS R US. This is a social-paced D ride with regroups; faster riders are welcome to form a D+/E group. Route often includes Hwy 9, Page Mill, Old La Honda, Kings Mountain, West Alpine or Tunitas Creek. Always be prepared for variable weather on Skyline. Foul weather in the hills keeps the ride in the valley. Rain cancels. See online ride schedule for starting time/location/route/COVID procedures/leader contact information.

CD/2-3/15-30 WEDNESDAY EVENING HUMP-DAY RIDE

Join **Sarah** for a fun ride of the Peninsula and Woodside lumps and bumps and get rid of your mid-week slumps!! We will meet at the Pioneer Hotel in Woodside. (START TIMES WILL CHANGE THROUGH THE SEASON - CHECK ONLINE LISTING). Routes will change each week. We can break up into multiple C and D groups of up to seven people each to maintain social distancing. We also plan to incorporate some hill repeats into our repertoire - so be prepared to get pumped up!! Front and back lights are strongly recommended during the winter/spring months since we may be returning around dusk. Please contact **Sarah Coyle** at (scoyle908@gmail.com or 650-454-5890) if you have any questions. Heavy rain cancels.

Every Friday

B/2/30-50 FRIDAY B RIDE Meet **Vern Tucker** (408-730-2548, (vlnvt1@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 regroup. 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 regroup, 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 now 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 the 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 at 9:45am for 10:00am departure. Leader: Guy Shuman (shumansteiner@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 Assistant 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.