

A Turn at the Front

On the Road Repair

David Schorow, Club President

I'm on vacation (biking, of course) at the time this column is due, so, I'm rerunning this informative column from 2019.

Number 2 came in very handy just recently for Jay Orbon on a LDT Placerville ride.



Quick, before reading any further, what are the three most common bicycle mechanical problems experienced while riding? Write down your guesses; then read on. The following are the problems that have happened to me or to others while riding.

1 - **Flat tires** - No points if you guessed this one, as that is obviously the most common problem. EVERYONE should know how to change a flat tire. If you don't know how or would like a refresher, there are many good YouTube videos like [this one on the GCN channel](#) (I recommend GCN for its many informative videos about cycling). Pay special attention to the bit about checking the tire for the cause of the flat. You should always cycle with tire levers, a spare inner tube, a patch kit, and a pump or cartridges. You need the patch kit if you get a second flat, which is quite common.



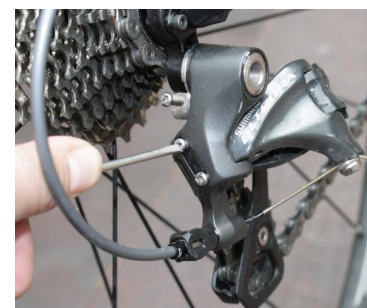
I'd also recommend carrying a "boot" to patch a hole or slash in your outer tire. A dollar bill or a piece of Tyvek will do in a pinch, but keeping it in place can be tricky. The Park Tool Emergency Tire Boot is light, takes no room in a saddle bag, and can be easier to use as it sticks to the tire. But be warned - any boot is a temporary repair until you get home and can replace the tire with a new one.

2 - **Frayed or broken derailleur cables** - I've seen this happen frequently on rides. These cables typically break

down in the brake lever shift mechanism as the cable constantly wraps and unwraps around a small cylinder. Fraying and breaking most commonly happen with rear derailleur cables but other cables are not immune. When you get a rear derailleur cable replaced, it's a good idea to replace the front one as well.

If you suddenly start having problems with your rear shifting such as not being able to shift into your smallest cogs, having the shifter not feel right, or not even clicking when shifting to the small cogs, it is likely due to your cable. Get it checked and repaired promptly.

A broken cable can not typically be fully repaired while on the road, especially on modern, internally cabled bikes. But you can get to a state that lets you limp home. When the rear derailleur cable breaks, the derailleur will go to the smallest cog (highest gear). A trick I learned from Chuck Garner is to tighten the high limit screw (usually marked with an "H") all the way to force the derailleur into the third or even fourth cog, giving you a middle gear to use to ride home. You'll need to push the derailleur inward to make it easier



Inside This Edition

- > A Turn at the Front
- > The Sequoi-tual Photos
- > Club Movie Night "Chasing Legends"
- > New Version of iPhone App
- > Wheelers' Blood Drive Registration
- > July Safety Tip
- > Ride Chair Corner
- > July Mystery Photo Contest
- > Club Ride Guidelines
- > July Repeating Rides Schedule
- > Welcome New Members
- > June Board Meeting Minutes
- > Ice Cream Social "Update"

to tighten the limit screw. Of course, you or the bike shop will need to redo this adjustment once the cable is replaced.

3 - Broken wheel spokes - This is less common, but it's happened to my bike, and I've seen it happen to others. This is typically accompanied by your wheel going horribly out of true, severely rubbing against your rim brake pads (if you have them) or even against your frame. If the wheel is just rubbing against the brake, you may be able to address that by loosening the brake cam or undoing the brake itself. If you or someone in your riding group has a spoke wrench, you may be able to get the worst of the wobble out of the tire by loosening the two adjacent spokes and tightening the next two spokes enough to eliminate the rubbing so you can limp home. Unfortunately, in many cases, a broken spoke will leave your bicycle unrideable, requiring a call to a friend or Uber to rescue you.

I mentioned three items, but here is a bonus 4th problem.

4 - Broken chains - While riding in the rain at the furthest point away from our hotel in Sicily, my wife's chain came apart. We spent over an hour shivering under an awning waiting for a taxi to come get her and her bicycle. I've



been on other rides where chains broke.

One could carry a full chain tool and a master pin, but a better suggestion comes from Mark Lentfer: bring along a master link (AKA quick-link or missing link). These can often be used to fix a broken chain without any tools. I now carry both 11-speed (for my bike) and 10-speed (for others) master links (pictured). These are tiny and weigh almost nothing, but can be a godsend if your chain breaks.

While these master links can be installed without tools, I've also started carrying an interesting multi-tool from Wolf Tooth, a [Master Link Combo Pliers](#). This lightweight tool provides a place to store two pairs of master links, can open and close master links, and has other useful functions. There are [similar tools](#) on Amazon that are much less expensive (I can't vouch for them).

Okay, so how many of these mechanical problems did you guess? Drop me a message and let me know. Also, I'm far from being the best bike mechanic in the club, so, if you have other suggestions, corrections, or tips, let me know and I may use them in a future column.

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July 2021 Events Calendar

| | | |
|----|--------|-------------------------|
| 14 | Wed. | Board Meeting, via Zoom |
| 20 | Thurs. | Flat Tyre Deadline |
| 23 | Fri. | Movie Night |

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

June Board Meeting Minutes

(Minutes pending board approval)
 -Submitted by Patty Koel, Club Secretary



Date: **Wednesday, June 9, 2021**
 Time: **Dinner/social: 6:30 pm**
Meeting: 7:00 pm
 Location: **Zoom meeting**

Call to Order at 7:05 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 - Wednesday, July 14
- Location of next meeting - Mountain View Community Center. Randall was asked to make arrangements.
- Food Wrangler for next meeting - Peggy
- The May minutes were unanimously approved.

Area Lead Updates:

- Sequoia Chair: Randall reported that we had 318 registered riders at the Sequoi-tual this year. The Loma Mar Store rest stop was particularly well received, the weather was very nice, and he believes that Saturday may have been the most popular day to ride. The Board was very appreciative of Randall's efforts, and Randall in turn praised the Sequoi-tual Committee. Additional tasks ahead include completing final orders for jerseys, picking up route arrows and posters, and sending an email to riders asking for feedback.
- Treasurer: Mike presented the financial report through June 1. Mike also presented an analysis of the effect of allocating a portion of the storage locker costs to general Club expenses rather than charging the entire cost to Sequoia. Based on the analysis and consulting with a CPA, he determined it was not appropriate to split the locker cost. A brief discussion by the board followed.
- Safety Chair: Bill reported that he asked Leo Jed (a LAB certified instructor who has led two road skills classes for the Western Wheelers) to submit a bid to offer safety classes, and he has not received a response yet. Lorri Lee Lown has confirmed that the Bike Skills 101 on August 15 will have a maximum of 16 people, and the Bike Skills 201 class on August 22 will have a maximum of 6 people. The date registration will open for these classes is to be determined.
- Secretary - Patty reported that she continues to get useful feedback on her draft of the minutes each month from other board members.
- Ride Chair: Guy reported that the LDT ride series this year had a good turnout, no rain outs, and no major accidents. Guy sent an email recently encouraging new ride leaders to volunteer. The start of the Fall fun series may be delayed by one week.

- **Event Chair:** Fran reported that we are still waiting for the Recreation Department for Shoup Park to confirm our reservation for the Ice Cream Social on August 1, and it is possible that the date may be postponed. The Ride Leader Picnic date was also tentatively moved due to a scheduling conflict. The Holiday Party is still planned for December 5. Cindy reported that the attendance for the May 21 movie was good. Our next movie, Bicycle Dreams, is on June 11. The dates for movies in July and August are to be determined.
- **Flat Tyre Editor:** Peggy reported that she has two great proofreaders for the Flat Tyre.
- **Membership:** Vern reported that we had 13 new members join in the past month (since May 12, 2021), bringing the total to 1048 as of June 9.
- **Webmaster:** Vito reported that the Sequoi-tual website work is winding down. He has also been clearing out “dead links” and other obsolete items. The operating system update went well.

New Business:

- **Logo:** Cathy presented an update on her logo committee's efforts to update the logo. We have a graphic designer, criteria for evaluating logos has been developed, and a review team has been established. Cathy solicited ideas from Board members on specific colors, and visuals that they would like to see in a logo.
- **President:** David updated the board about a club member crash that occurred this month. The board also had a brief discussion about the safety issues that have been raised concerning the intersection of Foothill Expressway and El Monte.

The meeting adjourned at 9:02 pm.



June Board Meeting, members without helmets, planning for the remainder of 2021 photo credit: Cathy Switzer

Beginning April 2020 the Board has conducted all its monthly meetings via Zoom and we now look forward to meeting in person for the first time in July.

Welcome New Members May 2021

*Vern Tucker,
Membership Chair*



Please welcome the following new members to the Western Wheelers:

- | | |
|-----------------------------|---------------|
| Sukumar Chettiar | Los Altos |
| Tony Li | Los Altos |
| Lloyd Dahlen | Millbrae |
| Jan Shoemaker | San Mateo |
| Jerry Edwards | Menlo Park |
| Paula Kienert & Simon Steel | Santa Clara |
| Pauline Fox | Oakland |
| Guy Lubovitch | Sunnyvale |
| Douglas Fraser | Boulder Creek |
| Janice Babula & Family | Sacramento |
| Linda Bartlett | San Francisco |
| Susan Yeh | Los Altos |
| Scott Landon | Sunnyvale |
| Willian Chan | Mountain View |
| Tu Tran | San Francisco |
| Maria Barnett | McLean VA |

WWBC Bike Movie Night: Chasing Legends

Friday, July 23 at 7:30 pm
Zoom link provided at registration



Chasing Legends is the exciting story of the 2009 Tour de France from the perspective of Team Columbia–HTC. It was directed by Jason Berry and features Mark Cavendish, George Hincapie and Erik Zabel. Former cycling legend Eddy Merckx also makes an appearance.

“To race in the Tour de France is an honor; it is the best you can do in cycling. But you must have great talent, you must sacrifice... and you will suffer.” --Eddy Merckx.

The movie has a running time of 1 hour, 33 minutes and [you can watch the trailer here](#).

The screening is free to Western Wheelers and their guests, but please [register for the Zoom link](#) (households only need to register once).

See you at the movies!

submitted by *Cindy Asrir, WWBC bike film organizer*

August 2021 Ice Cream Social “Save the Date”

The Ice Cream Social Team has been working diligently with the City of Los Altos to reserve our usual spot at Shoup park. The **tentative** plan is for **August 8th**



pending final city approval. Look for the confirmation and additional details in the August Flat Tyre!

Volunteers are appreciated!

Email events@westernwheelers.org with “Ice Cream” in the subject header.



Sequoia-tual 2021 was a success and photos capture the spirit!

photo credit: Patty Koel

Sequoi-tual 2021 Photos



A view of the **Pigeon Point Lighthouse**, taken from Pigeon Point Road.
Photo was taken by WW member, Ann Burton.



Photo left was taken by Ann Burton (of Fran Williams), at **Puente de la Costa Sur**, a non-profit organization in Pescadero, California and one of the beneficiaries of the Sequoi-tual. 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.

The **Loma Mar Store** in Loma Mar. A rest stop with exquisite pastries, delightful coffee and a lovely deck on which to sit and enjoy them all. They also had water to refill our bottles, and restrooms to complete a fluid exchange!

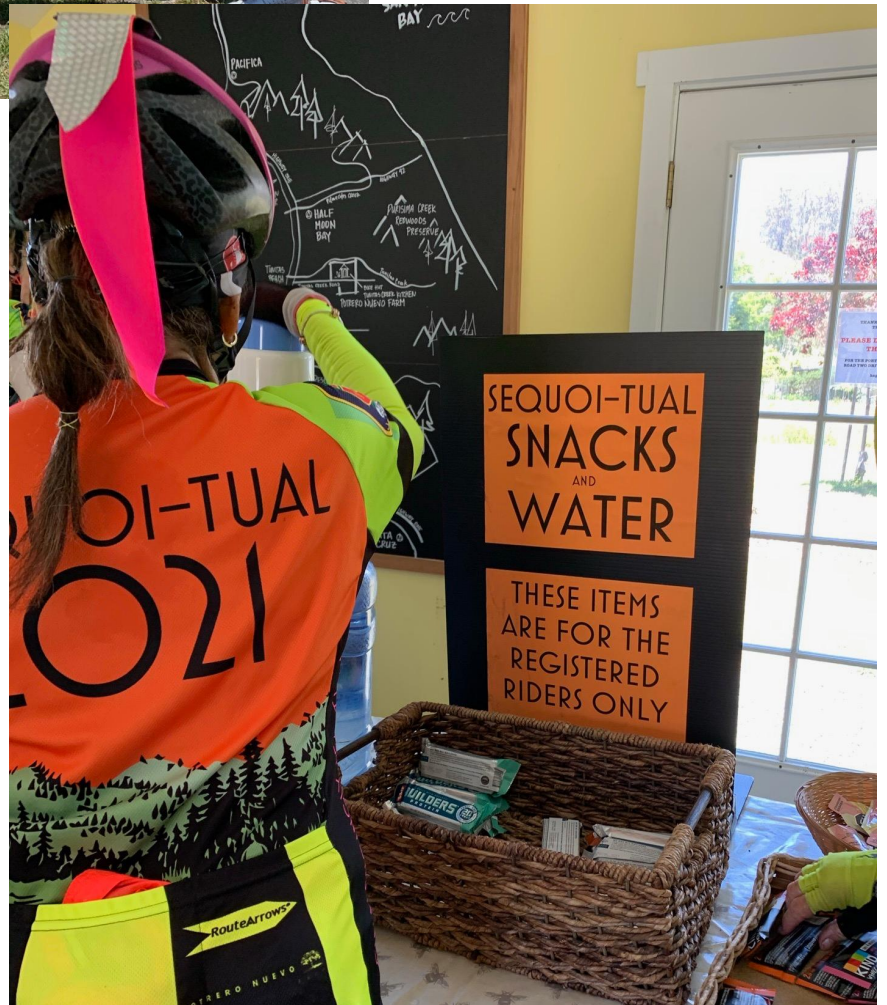
photo credit: Fran Williams





The Bike Hut rest stop, where energy snacks and water were provided by the WWBC.

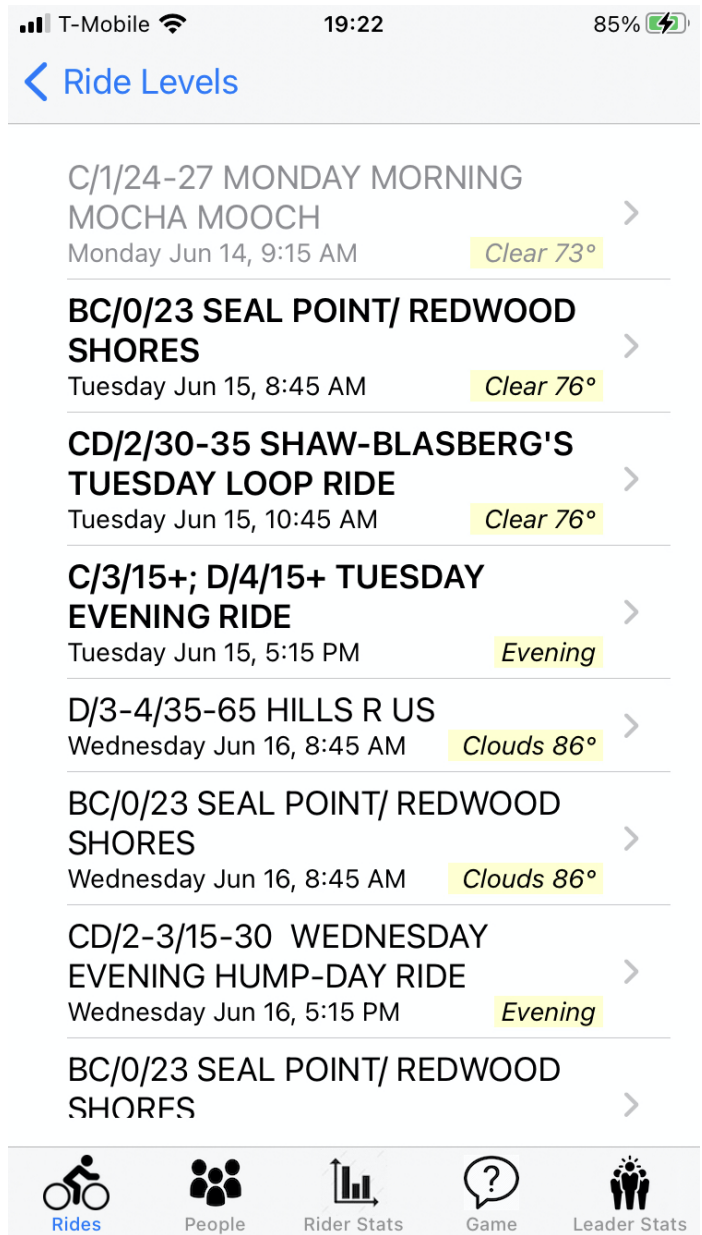
photo credit: Fran Williams



New Version of WW iPhone App

For club members with an iPhone, there is a new version of the app, now available for download on the App Store. The new version starts up faster due to an improvement made by our website provider Wild Apricot, loads only current and future rides, and simplifies the user interface when using the club member profile. Club member profiles are a way to learn more about the interests of your fellow riders. 25 club members have already created profiles. To create your profile, visit the People tab within the app. If you have not enabled automatic App Store updates on your iPhone, you will need to manually download the new app (version 2.5) from the App Store.

As an aside, our enterprising little WW software team is also working on a prototype for an electronic ride sign-up sheet to use on the Monday Morning Mocha Mooch ride with ride leaders Jim Takasugi and David Schorow. As we progress, we'll see how this prototype works out and if it could be expanded for use across club rides.



submitted by David Murphy, Club Member



Ride Chair Corner



Guy Shuman – Ride Chair

We've reserved our usual group campsite for the "Fall Napa Valley LDT" on October 1-3. We'll explore the Napa Valley on this fun 3 day camping excursion. There are also local hotel options, but they can be pretty pricey in autumn. Save the dates on your calendar – detailed info coming soon...

Another upcoming club event is our annual [Eastern Sierra Escape](#), co-organized with our sister club, ACTC, on September 7-19. This challenging two week excursion is a fun and social early Fall trip – join for all or just a portion. This is primarily a hotel trip, but there are also some camping options available. Detailed information and registration on [website](#).

During the summer months there is no organized ride series, so it's time for all of YOU to step up and lead a ride or two for YOUR bike club. Any member can lead a ride - see the [Ride Leaders Guide](#) for information on how to organize and list a ride!

July Safety Tip - Take Care after a Mechanical Failure

submitted by David Schorow, Club President

Here are some safety tips related to mechanical failures discussed in the Turn at the Front column.

The second most common mechanical failure mentioned in that column is a broken cable. When that happens with externally routed cables, don't try to ride to a bike shop while holding onto your broken cable. One slip and it may easily get all tangled up in your bike, bringing it to a screeching halt and throwing you off the bike! Find a way to safely secure the broken cable to the bike before riding to help.

Similarly for flat tires, never try riding on them to the bike store, especially with a flat front tire. The moment you attempt a turn, the tire will tend to roll, sending you

sprawling onto the pavement. You need to either fix the flat and pump up the tire, or get a car ride to the bike store to get it fixed.

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.

June Mystery Photo



Gary Virshup is the winner!
Twin Dolphin
Dr. in RWC on Monday Morning
Java Jive.

Thanks to Terria Brewer for the June Photo.



July Mystery Photo

If you think you know this location, send your guess to editors@westernwheelers.org to win a prize. Thanks to Cathy Switzer for the photo.

COVID Guidelines for joining Western Wheelers Club Rides - Updated May 14, 2021

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 Guidelines:

1. **Riders are required to follow [CA CDPH Guidelines for face coverings](#).** These guidelines require mask use based on vaccination status. **Fully vaccinated individuals** are NOT required to wear facemasks during normal outdoor activities involved in a WW ride. When visiting any indoor location (restaurants/restrooms) or stopping at an event (festival/farmers market, etc) riders must follow CA CDPH guidelines. **Unvaccinated individuals** are required to wear face coverings at the start of each ride and whenever physical distancing (6 feet) cannot be maintained.
2. **All riders must carry a face covering** to be worn when required as above.
3. There is no restriction on location of rides (any county), club membership (guests are now permitted), or special leadership qualification (any club member may lead a ride).
4. No riding group shall exceed 50 people (Orange Tier Counties) or 100 people (Yellow Tier Counties) per CA CDPH guidance on gatherings.
5. **Ride leaders can establish more restrictive requirements for their ride if desired.** Any such restrictions will be included in the online ride description.
6. Availability of water and restrooms may be limited so plan your intake and distances accordingly.
7. Each rider should pack any products desired for his/her safety and comfort. Hand sanitizer will not be provided by Western Wheelers.

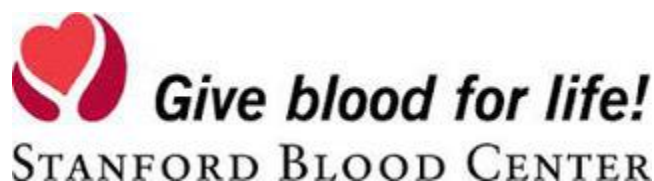
Risks, Privacy and Safety

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.

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



Now that summer is here, we are busy planning our trips and activities. With the excitement of being able to travel and looking forward to seeing family and friends again, we may not be thinking about donating blood.

If you are a blood donor or you are considering it, please get the Western Wheelers' upcoming drives on your calendar. Join your fellow Western Wheelers on August 25 and November 17.

Since 2012, the Western Wheelers have supported local patients by giving blood as a group. You are an important part of our life saving team.

Please consider making an appointment for the upcoming August 25th Blood Drive. There are 3 locations available, please choose the one that is most convenient for you:

- Menlo Park - [make an appointment](#)
- Mountain View - [make an appointment](#)
- Campbell - [make an appointment](#)

If you are a regular donor, or are planning on donating soon, please be aware that donors need a minimum of 56 days between donations. Thank you for supporting your community.

-submitted by Fran Williams, Events Chair

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 |
| C | 14 | 13 | 12 | 11 | 10 | 9 |
| D | 16 | 15 | 14 | 13 | 12 | 11 |
| E | 18 | 17 | 16 | 15 | 14 | 13 |

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 The 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 the 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.



July 2021 Weekly and Repeating Club Rides

Every Monday

BCD/2/47 JAVA JIVE FROM SAN MATEO. The Monday morning ride for bicyclists who live in the northern cities of the Peninsula is growing in numbers. The Java Jive ride consists of flats and 1400 feet of climbing for 47 miles. The regroup spots are: the Starbucks in Menlo Park at the corner of Avy Ave. and Alameda de Las Pulgas, Canada Road and Woodside Road in Woodside, the Water Temple on Canada Road, Crystal Springs Road at Sawyer Camp Trail South entrance, Pepper and Floribunda Avenues intersection and return to Los Prados Park. Meet at Los Prados Park in Foster City 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 contact [Tom Schnurbusch](#). Rain/muddy conditions cancel.

DE/1/28 JAVA JIVE DOUBLE EXPRESSO. Meet at 9:00 am and jump out of the starting blocks at 9:15am with a fast ride to enjoy coffee at Peet's 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: [BO28 Java Jive Double Expresso](#)

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 via different routes depending on the week (see ride schedule for details/route sheets). 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.

A/0/15 SOCIALLY PACED MONDAY MORNING

COFFEE RIDE If you are not ready for the faster pace of the other Monday morning coffee rides until after you've had your coffee, then this ride might be just right for you. Meet [Pam Putman](#) and [Pat Elson](#) at Rengstorff Community Center, 201 S. Rengstorff Ave., Mtn. View. Meet at 8:45 for a 9:00 am departure for coffee at the Peet's Coffee in Menlo Park. We'll travel at a mild, social and comfortable "A" pace through residential neighborhoods to reach our destination; Nobody left behind, we are all in this together. Masks are required and social distancing is to be respected. After purchasing our coffees we'll go to the park across the street from Peet's to have a proper, socially distanced visit while sipping our libations. The ride is expected to last almost 3 hours, returning to Rengstorff Community Center around 11:50 am. Expect the Bluebird of Happiness to be riding along with Pam. Rain cancels. NOTE: Due to the Community Center being used as a vaccination site we are temporarily unable to use the main parking lot. If driving to the start, please park on neighborhood streets across Rengstorff Avenue and plan extra time to park.

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 with lunch stops at various eating places in the Palo Alto area. 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. 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 ride with GPS routes, will be posted to the wwbc-rides email list on the day before. Ride coordinator: [Richard Exley](#) (650-704-3801).

Every Tuesday through Saturday

BC/0/23 SEAL POINT/REDWOOD SHORES. Meet [Tom Schnurbusch](#) 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 to 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 regroup; faster riders are welcome to form a D+/E group. The 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 distance. 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](#) (650-454-5890) if you have any questions. Heavy rain cancels.

Every Thursday

CD/2-3/15-30 THE THURSDAY EVENING TOUR. This is a series of evening rides varying from 15 to 30 miles in Los Altos Hills, Portola Valley and Saratoga, sampling local hills and out-of-the-way roads. Meet at Shoup park in Los Altos at 6:00 pm, for a 6:10 departure. The routes vary each week, to take advantage of the available daylight. Every effort will be made to get riders back before dark, but bring lights just in case. **Leader:** [Gary Goldman](#) (650-279-5315). See individual ride descriptions on the online ride calendar.

Every Friday

B/2/30-50 FRIDAY B RIDE Meet [Louis Rustenburg](#) (408-420-0443) every 1st and 3rd Friday and [Vern Tucker](#) (408-730-2548) every 2nd and 4th Friday at 10:00 AM at McKenzies Park for a 10:15 AM ride start. Leader alternates if there is a 5th Friday in the month. Rides will be a mix of hills and flatter residential roads, with a lunch stop along the way. (Bring or buy)

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 returns via Alameda de las Pulgas. Social pace with regroup. Meet at Burgess Park in Menlo Park at 10:00 am, for a 10:15 departure. Estimated return 2-2:30pm. **Leader:** [Mike Jenkins](#) (408-239-6131) . Rain cancels. **Route sheets/Maps:** [Route/GPS](#)

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 a 10:15 AM departure. Please ensure social distance 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). Rain cancels. **Route sheets/Maps:** [Route/GPS](#)

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 a 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 socially 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 10:00am for a 10:15am

departure. Check ride calendar for leader information. Rain cancels. **Route sheets/Maps: [4th Sunday C Ride](#).**

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.

