

A Turn at the Front

Sequoi-tual Success

David Schorow, Club President

Back in December, Randall Braun brought a novel idea to the board meeting. Instead of the usual type of Sequoia event, he proposed a “Do It Yourself” type event at which riders could do one of several rides over the course of a week or so with minimal support or formal rest stops. He later coined the term “Sequoi-tual”, explaining “*It’s part virtual and lots of Sequoia!*” Many questions, doubts, and concerns were raised but the board endorsed moving forward with the idea. And nearly seven months later, after lots of refinement, planning, and hard work, the event was a resounding success.



One has to recall the pandemic climate back then. COVID vaccines were just beginning to be approved. A typical Sequoia event requires a tremendous amount of advance work—permits, site reservations, etc. None of those would be available for months, way too late for a June event. Postponing the Sequoia to the fall, with the history of smoky air from wildfires, wasn’t an attractive option. On the other hand, events like the Bike Hut Classic showed that DIY events can be successful.

And boy was it successful! Randall had a base goal of getting 200 people to register to make holding the event worthwhile and a stretch goal of 500 riders. The event attracted 318 registrants—a nice midpoint between the two goals—and more than enough to justify the effort. The odd, multi-colored Sequoi-tual jersey was also a big hit, as evidenced by how frequently one sees riders wearing it after the event.

The feedback from the riders has been very positive. In a survey after the event, the average rating from riders on a 1 to 5 scale was 4.7. Lots of compliments were given in

the open comments sections of the survey, echoed in comments I’ve personally heard from ride participants.

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Some survey feedback did express hope that there would be a return to the usual kind of Sequoia next year, perhaps typified by the survey comment “*Was great given circumstances. Prefer old event format when possible*”. The stop at the Loma Mar store was a big hit with many riders getting introduced to that beautiful store for the first time and wanting to come back again.

The success of the Sequoi-tual didn’t just come from a great idea. The credit for the success goes to Randall along with a group of additional hard-working volunteers who formed the “Sequoi-tual Committee”. That group included Fran Williams, Vito Mazzarino, Patty Koel, Russ Hull, and Cindy Asrir. The Sequoi-tual success required lots of planning, extensive web page development, registration support, marketing, logistics (e.g. water and supplies to the Bike Hut), RouteArrow placement, email content and delivery, coordination with cooperating establishments (Loma Mar store, Bike Hut, etc), and more. Big Kudos to all those who volunteered and made the Sequoi-tual such a huge success.

The Sequoi-tual was also a resounding financial success. It raised nearly \$16,500 from net proceeds, more than any of

the last three regular Sequoia events. Unlike past years where a portion of the Sequoia net proceeds fed back into the Western Wheelers' treasury, as part of the early planning Randall proposed and the board endorsed donating all of the net proceeds to charity.

In deference to Randall, the lion's share of this amount, \$13,500, was allocated to the coastal charities, specifically Puente, Abundant Grace Coastsider Worker, and La Honda Fire Brigade, the exact amounts for each to be determined by the Sequoi-tual committee. This is more money donated to the coastal charities than the previous two years combined, even more than the two normal years 2018 and 2019 combined. This will be a great help for the organizations supporting people adversely impacted by the pandemic-induced downturn, and fighting the drought-induced wildfires.

The remaining share of donations, \$3,000, will go to the various cycling advocacy and support groups the club has previously supported, such as Silicon Valley Bicycling Coalition (SVBC), California Association of Bicycling Organizations, Silicon Valley Bicycle Exchange, Good Karma Bicycles and a few others. This is a similar amount as has been donated to these groups in the past. The board will decide the exact amounts at a future meeting.

Please join me in applauding Randall and the Sequoi-tual committee for all their hard work in pulling off such a successful event during these challenging times.



Sequoi-tual 2021

photo credit: Patty Koel

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Have space to store? Contact any Board member to volunteer for this position.



August 2021 Events Calendar

8	Sun.	Ice Cream Social Shoup Park
11	Wed.	Board Meeting, via Zoom
13	Fri.	Movie Night via Zoom
15	Sun.	Bike Skills 101
20	Fri.	Flat Tyre Deadline
22	Sun.	Bike Skills 201
25	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

July Board Meeting Minutes

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



Date: **Wednesday, July 14, 2021**
Time: **Dinner/social: 6:30 pm**
Meeting: 7:00 pm
Location: **Mountain View Community Center**

Call to Order at 7:04 pm

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

Standing Items

- Date of next meeting - August 11, 2021
- Location of next meeting - Zoom
- Approve the previous minutes - the June minutes were unanimously approved.

Future Meetings: The board agreed to alternate holding meetings on zoom and in person every other month. The in-person meetings will allow for those who cannot be present in person to call in via zoom. This September there will be no meeting.

Area Lead Updates:

- Webmaster: Everything is going well.
- Sequoia Chair: In Randall's absence, Vito presented the results of the Sequoi-tual registration questions. David presented the results of the survey of the Sequoi-tual that was sent to participants after the event.
- Secretary - Patty reported that she will not be able to attend the August meeting. Cindy volunteered to take minutes in August.
- Ride Chair: Guy reported that registration for the Eastern Sierra rides had already started, and that hotel reservations were already running low. He also reported that the Napa weekend registration for camping would open July 15. Guy also reported that during the first week of August the "Skyline Challenge", a week of evening rides, will be held, followed by a ride and party for participants on Saturday, August 7.

Bill Sherwin presented a tentative calendar for the Fall Fun Series this year. Potentially there will be two new rides this year: Palomares/Norris Canyon and East Bay Bay Trail. The board thought it all sounded good.

- Event Chair: Cindy reported that film attendance has been good. The next film will be *American Flyers* on August 13. Fran reported that our ice cream social will be held on August 8. Fran will arrange for set up and clean up volunteers. Mike confirmed the date of September 26 for The Ride Leader's BBQ. Fran also reported that the Oktoberfest Picnic will be October 10 in Cuesta

Park, and that the annual holiday party at Michael’s is scheduled for December 5.

- Flat Tyre Editor: Everything is going well.
- Treasurer: Mike presented the financial report through July 8.
- Membership: Vern reported that we had 15 new members join in the past month (since June 9) bringing the total to 1,025. A brief conversation took place about handling members whose membership has lapsed for non-payment.
- Safety Chair: Bill reported that Cathy published information to our website about the Bike Skills Classes 101 and 201, which will be held on August 15 and August 22, respectively. Registration for these classes will open on July 25. Bill received approval from the board to work with Tim Oey, a safety instructor for SVBC, to see if we can arrange bike safety classes for the club in 2022.
- President Update: David reported that Dave Murphy has been working on an optional app for signing up riders, eliminating the need to pass around a pen and paper at ride starts. David also reported that with coordination from Peggy, Alan Wachtel has drafted a letter for the club to use supporting naming the new Highway 101 Bridge in honor of Ben Lefkowitz.

New Business:

- Sequoi-tual Donation: David presented information about the history of the Sequoia Century’s net profits and donations made to both Coastside charities and cycling-related entities over the last few years. A thorough discussion followed concerning how much should be donated this year and to whom, and the following motion passed.
 - \$16,500 will be the total amount donated, an amount that is slightly rounded up

from the \$16,478 total net proceeds recorded for the Sequoi-tual.

- \$13,500 will be donated to the Coastal Community Charities. The Sequoi-tual Committee will determine how to break down this amount between the various Coastal Charities.
- \$ 3,000 to be donated to cycling-related entities. The Board will decide how to break down this amount between the various entities at a later meeting.
- Foothill-El Monte intersection: Jon Blum was approved as Western Wheeler’s representative to speak and act on traffic safety issues at this location.

The meeting adjourned at 9:10 pm.

Welcome New Members July 2021



*Vern Tucker,
Membership Chair*

Please welcome the following new members to the Western Wheelers:

- | | |
|-----------------------|-----------------|
| Jeff Dean | Palo Alto |
| Jon Degenhardt | Mountain View |
| Taro Fukunaga | San Jose |
| Sophia Huang & Family | Los Altos |
| Jeff Karan | Woodside |
| Chyrise King | San Jose |
| Jennifer Lai | Mountain View |
| Arley Lewis | San Carlos |
| Geraldine O’Hara | Palo Alto |
| Eric Savitz | Palo Alto |
| Akanksha Singh | Santa Clara |
| Vishal Verma | Los Altos Hills |
| Alice Yeh | Cupertino |
| Tracy Zhao | Saratoga |

We also thank Sharon Gillette for her generous donation to the Western Wheelers

WWBC Bike Movie Night

American Flyers

Friday, August 13 at 7:30 pm

Zoom link provided at registration

When Dr. Marcus Sommers (Kevin Costner) realizes that he and his estranged brother David (David Grant) may be prone to a fatal brain disease that runs in their family, he decides to make peace with his sibling and invites him on a trip to the Rockies. There, the brothers bond over their shared enthusiasm for cycling and decide to enter a grueling bike race through the mountains known as the Hell of the West. What happens next changes both the race and their lives.

American Flyers was released in 1985, directed by John Banham (“*Saturday Night Fever*”), and stars Kevin Costner in one of his first film roles. The screenplay is by Steve Tesich, who also wrote “*Breaking Away*.” It has a running time of 1 hour, 43 minutes and [you can watch the trailer here](#).

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

See you at the movies!



submitted by *Cindy Asrir, WWBC bike film organizer*



Ice Cream Social Sundae

Here's the Scoop: all Western Wheelers members are invited to the annual **Ice Cream Social at Shoup Park on Sunday, August 8, 2-4 pm!**

[Please sign up here](#) if you plan to attend. The club will provide ice cream, fruit, nuts and other toppings so you can build your own sundae. In addition to traditional ice cream, there will be low-fat, non-fat and non-dairy selections.

Work up an appetite by joining one of our [pre-party rides](#) with your Western Wheelers friends, then enjoy sweet treats and good times at Shoup Park.

Able to lend a hand with set up or clean up? Email Fran and Cindy at events@westernwheelers.org or check the volunteer box at registration if you are able to help out.

Hope to see you there!

A Memorial Service for Tim Ellis, Western Wheelers member and a past president, will take place.

Saturday, September 25, 4:00 pm,
Sacred Heart Church Parish Center,
13716 Saratoga Ave., Saratoga.

Please RSVP to Tim's wife, Debbie Ellis, so that she can plan for the number of seats.

Debbie's email: dellis8000@gmail.com



Community Cycles of California (CCC)

Submitted by: Curt Relick, Club Member

Hidden behind San Jose's iconic Babe's Muffler shop on The Alameda is an 1880s horse barn. This bare-bones, oft-repurposed historic structure currently houses our local bicycle non-profit, CCC. Many WWers (& ACTC members, too) enjoy volunteering at this little-known, yet thriving hub – there's lots to be done!

CCC is a 501(c)3 social enterprise fueled by bicycle and dollar donations, and fundraising – this vital revenue enables CCC to offer the less-fortunate public:

- full service center
- accessory sales
- vocational training
- refurbished bike sales
- charitable bike programs such as free repair/safety clinics, bike giveaways, and elementary school training.

CCC was founded in 2017 by two veterans of other non-profits, Cindy Ahola & Collin Bruce. Their vision is enabling disadvantaged folks (low-income, homeless, released from confinement, veteran, etc.) to achieve economic independence. The CCC concept combines bicycles, vocational education, and work experience – it's a 3-tiered, 12-month, adult program focused on creating skilled, well-paid workers for small business operations. Program students are on their way to a new start and a living wage, while serving others less fortunate at CCC's philanthropic events.



One recent example of CCC ingenuity is developing bicycle repair centers at affordable housing sites. This provides

convenient, immediate bike servicing for and by residents of these high-density, bicycle-rich dwellings.

The lifeblood of CCC is donated bicycles, parts and accessories—though most are individual drop-offs, other bulk donations are sizeable (police departments, companies, schools, etc.). Each refurbished CCC bike receives a 60-point safety check and includes a two-month limited warranty.

Numerous WWers have donated an older road bike (often with spare tubes, seats, etc.). Here's the path your own donation would follow on its way to a new rider: the bicycle goes into a workstand where it is closely evaluated. Frame/fork, tires, brakes, shifting, grips, seat, pedals, everything is checked. A hopeless bike is disassembled for parts (used on giveaways). A worthy bicycle has wheels trued and, where needed, new or refurbished parts are installed. Upon completion, a trained inspector approves the safety check sheet before the bike is washed and placed on the sales floor, or in the giveaway area.

The giveaway area is stocked in anticipation of this typical example: a homeless person or veteran who depends completely on a worn-out mountain bike for transport to their job realizes their bicycle is not rideable. They come to CCC for help, not knowing what to expect. Collin initially inspects the bike for safety issues, then assesses repairs or replacements required. If the list is short, things are corrected on the spot. If the list is long, CCC simply gifts a similar, refurbished replacement at no cost to a VERY surprised and happy recipient!

WWers wanting to volunteer in person at CCC may worry, "are my bicycle mechanic abilities up to the task?". No problem, patient 1-on-1 guidance is available. Even better, to keep CCC running, carpentry, electric, construction, retail, & office/computer skills are equally valuable contributions. Contact Cindy, or just drop in to CCC, and check out the operation for yourself.

Website: <http://www.communitycyclesca.org>

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Earth Day Ride 2021

April 22, 2021 was Earth Day 2021. Many Western Wheelers were champing at the bit to get outside cycling with a group. Jessica organized a B/1/24 ride that fit the bill for many riders. Most people riding in Western Wheelers had the COVID vaccination, but we still very carefully followed the protocols set forth by our very concerned Western Wheelers Board.

Everyone that rode made the extra effort to bike to the start (Sylvan Park, Mountain View) so there was no carbon footprint involved in the start. Then we ambled over to [Willowgate gardens](#), where fellow Western Wheeler Bettina just happened to be tending her very beautiful plot at the community garden. It had kale, chard, and several other vegetables intermingled with bright poppies. People with panniers were treated to freshly harvested leeks to take home. Bettina answered our many questions

about the ecosystem of the community garden (wait list of about 4 years!).

Many fun, food-related, sustainable conversations were had as we built our appetite approaching our lunch stop at Lakewood Park in Sunnyvale. We ate in the park under the trees and shared stories of our food in lieu of sharing the actual food! Peanut butter and jelly sandwiches (especially with home-made jelly) was a popular choice and a relatively low carbon option. Conversations ranged from the plight of a homeless man with an extensive setup in the corner of the park to thanks for the water fountains and toilets being maintained again.

Thanks to Jessica for a fun, thought-provoking ride!

submitted by Cheryl Smith, Club Member



*Bettina Vinsant
(garden and tour
guide),
Michael Khaw,
Cindy Cotton,
Pat Elson,
Jessica,
Cal,
Bert Nelson,
Pam Putman*

*Photo Credit:
Cheryl Smith*

Bike Skill Clinics

In August, Western Wheelers will get a chance to improve their cycling skills when Lorri Lee Lown presents two “Western Wheelers Only” sessions of her popular skills clinics.

Lorri, founder of Savvy Bike and Velo Girls, has coached for the NorCal High School Mountain Bike League, the Northern California Nevada Cycling Association (NCNCA) Early Bird Training Series, and for teams and clubs throughout California.

Sun Aug 15 2021 9 AM – 1PM – location Redwood City - Bike Skills 101 – Fundamental Bike Handling Skills

Savvy Bike’s description of the clinic: This is the clinic where we teach the old dogs new tricks and the newbies the fundamentals. You’ll learn about balance and weight distribution and how that affects your ability to ride your bike safely and confidently. We’ll learn skills like riding with no hands, emergency stops, and how to look behind you while holding your line, how to steer, and counter-steer. After just four hours, we guarantee you’ll be a better bike handler and have much more fun on the bike.

Sun Aug 22 2021 9 AM – 1PM – location Portola Valley - Bike Skills 201 – Climbing + Descending Skills

Savvy Bike’s description of the clinic: This clinic is a continuation of what you’ve learned in Bike Skills 101. What goes up must come down, right? In this 4-hour co-ed clinic, we’ll teach you how to climb like a pro – seated climbs, standing climbs, short climbs, steep climbs, extended climbs. And then, we’ll teach you how to come back down again, focusing on a fast straight descent, and then a technical switchbacky descent.

NOTE: Registration for clinics filled quickly so there is a waitlist. Additional future clinics may be scheduled due to high demand. Lorri's site [Savvy Bike](#) has more information about content and other clinics.

If anyone has any questions, please do not hesitate to contact me.

See you out there!

Bill Sherwin

Training/Skills Coordinator, Board Member

wbsherwin@gmail.com

Fall Fun Series 2021

The 2021 Fall Fun Series (FFS) begins on Saturday, September 18 and is scheduled to run through Saturday, November 6.

The FFS is designed primarily for C/D riders. This year, as in past years, the series will consist mostly of rides within an hour’s drive of Palo Alto/Redwood City. The FFS follows the same ride grouping format as the Long Distance Training (LDT) rides. The C ride is divided into “C-” and “C+” groups. The C- group is a social paced ride with frequent mandatory regroupings (riders in this group should be able to maintain a modest C pace). The C+ group has fewer/shorter regroupings and also moves at a slightly faster pace. Whichever option you choose, the FFS is a great way to explore the local area, sometimes following LDT routes and sometimes introducing other adventures.

RIDE SCHEDULE: A partial schedule for the FFS is posted below. One ride, Palomares/Norris Canyon, is still being reviewed, although we have done it in the past.

Bill Sherwin

2021 Fall Fun Series Coordinator, Board Member

Date	Ride
9/18/2021	Local Hills
9/25/2021	Moraga/Pinehurst
10/02/2021	Half Moon Bay
10/09/2021	Palomares Norris Canyon*
10/16/2021	Mines
10/23/2021	Mt. Tamalpais
10/30/2021	Morgan Hill/Henry Coe
11/06/2021	Mt. Hamilton

*subject to change as ride is being finalized

Eastern Sierra Escape

2021

Guy Shuman – Ride Chair



Join friends from Western Wheelers (and ACTC) who will gather in Mammoth Lakes, Bishop, and Lone Pine to explore riding in this great area of California. Most routes start in the wide open Owens Valley and climb to beautiful alpine meadows and forests with fabulous views. While the routes include some of the longest and steepest climbs anywhere in the world, there will also be shorter versions to allow those with less fitness/endurance to enjoy these treasures by starting above the valley floor. Note that while these climbs can be difficult due to extended stretches of climbing, there are few (if any) sections where the grade exceeds 10-12 percent. Most rides are “out-n-backs”, climbing during cooler morning hours from the valley up into the alpine forests then descending back to town during the heat of the day. E-bikes are welcome on this tour and ideal for the long climbs, but make sure you have a good understanding of your bike’s capabilities.

This is primarily a hotel/base camp trip. While there are campgrounds available, most participants stay in hotels. Afternoons in Owens Valley are often quite hot, so it is nice to come back to a hotel room and pool after your ride. Trip members usually get together at a common location for an optional happy hour and group dinner each evening. Over the 13 days of the trip there are 11 scheduled rides, with impromptu (or sometimes scheduled) group hikes on the 2 off days. Participants are always welcome to take a day off or do a different ride/hike than the one scheduled for that day. Some come for the whole adventure, but many participants join for just part of the trip, coming for 3–7 days. There are no group fees for this trip. Your expenses will be only for your transportation, accommodations and meals. Happy hours are “pot luck”. Rides are unsupported—no SAG. Some days have lunch purchase options and water availability, while on others you must carry your food and water.

See [WEBSITE](#) for REGISTRATION.

Questions: **Guy Shuman** shumansteiner@gmail.com

2021 SCHEDULE

SEE ONLINE RIDE SCHEDULE FOR DETAILED RIDE INFORMATION!

(NOTE – Schedule has been modified from recent years!)

Date	Ride	Hotel Location
Tues 9/7/201	Tioga Pass Option	Mammoth Lakes
	Lake Mary Warmup Option (2:30 pm)	
Weds 9/8/21	June Lake Out-n-Back	Mammoth Lakes
Thurs 9/9/21	Devils Postpile (+ Lake Mary Option)	Mammoth Lakes
Fri 9/10/21	Rock Creek/ Mosquito Flat	Bishop (Drive to start, then to Bishop after ride)
Sat 9/11/21	South Lake & Lake Sabrina	Bishop
Sun 9/12/21	Relax or hike South/Sabri na Lake	Bishop

Mon 9/13/21	Bristlecone Pine Forest	Bishop
Tues 9/14/21	Pine Creek	Bishop
Weds 9/15/21	Glacier Lodge (+ Waucoba Option)	Bishop
Thurs 9/16/21	Relax or hike at Glacier Lodge	Bishop
Fri 9/17/21	Onion Valley	Lone Pine (Drive to start, then to Lone Pine)
Sat 9/18/21	Horseshoe Meadows	Lone Pine
Sun 9/19/21	Whitney Portal	Lone Pine
Mon 9/20/21	Alabama Hills / Movius Arch Hike	Optional morning hike before departure



August Safety Tip - Point Out Hazards

On a club ride a while back, there was a rock in the bike lane on Foothill Expressway. Most people went around it, but a cyclist near the back of the group hit it directly, getting quite a jolt. Luckily, he managed to avoid a crash, but did get a pinch flat. On an LDT ride, a large pack of riders entered onto a bike path with a pole in the middle of the entrance. One cyclist later reported “this pole suddenly came at me and knocked me down.” Unfortunately, this cyclist sustained some minor injuries that kept him off the bike for a few weeks. Both of these incidents might have been averted with proper communication.

Communication is very important when bicycling in a group. When you see a hazard ahead or a car coming up behind (or in front on a narrow road), please communicate this to your riding partners. Usually a verbal signal is best such as "car up" or "rock" or "gravel." At other times pointing out a hazard with a hand signal is best (remember that when biking we always point at the hazard). The important thing is to COMMUNICATE!

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.

COVID Guidelines for joining Western Wheelers Club Rides - Updated July 8, 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. **Ride leaders can establish more restrictive requirements for their ride if desired.** Any such restrictions will be included in the online ride description.
5. Availability of water and restrooms may be limited so plan your intake and distances accordingly.

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	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 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.



August 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 morning coffee ride 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). There are no sweeps on this ride, so if you are unfamiliar with the routes, please use the links on the ride schedule and load them onto your GPS device (or print a route sheet) prior to the ride. 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) 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. Bring along a mask in case it's still required in the Peets. After purchasing our coffees we'll go to the park across the street to enjoy them. 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 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.