

A Turn at the Front

Western Wheelers
 Philanthropy

*David Schorow, Club
 President*



This year is a high-water mark for Western Wheelers charitable donations. We're donating more this year than in any of the years since 2018.

In late Spring, the board approved a \$500 donation to [Abundant Grace Coastsides Worker](#) to be a sponsor of the [2021 Bike Hut Classic](#), getting our WW logo on the event page and on the custom t-shirt given to participants. Abundant Grace does wonderful work with homeless people, attempting to transform lives through meaningful work, job-readiness training, and community engagement. They partner with Potrero Nuevo Farm (behind the Bike Hut) to plant and harvest over 20,000 pounds of fresh, organic produce that is then distributed to low-income families in the greater Half Moon Bay area. Abundant Grace workers also clean the nearby beaches and trails.

Many Western Wheelers registered and participated in the Bike Hut Classic, each contributing a \$75 registration fee towards Abundant Grace. Lisa



- Fall Club Calendar
- Ride Leaders' BBQ ~~Sept 25~~ **Sept 26th!**
- Bike Hut Classic Photos
- ~~Eastern Sierra Escape 2021~~
- Fall Fun Series
- September Safety Tip
- Club Ride Guidelines
- Repeating Rides Schedule
- Welcome New Members

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

Burque led a [large group of Wheelers](#) to the Bike Hut from Half Moon Bay to attend the reception and pick up their t-shirts.

As mentioned last month, the Sequoi-tual provided further funds for philanthropy. Actually, the net proceeds raised by the Sequoi-tual dwarfed the amounts donated in any of the past few years. The lion's share of these proceeds, \$13,700, was distributed among the coastal charities: [Puente](#) - advocate and community resource for the San Mateo County south coastal communities; [Abundant Grace Coastsides Worker](#) described above; and the [La Honda Fire Brigade](#) - a group of individuals organized to protect the lives, property, and environment in the La Honda community and surrounding areas. These donations provide needed resources and generate good will towards the cyclists who visit these beautiful areas.

The final set of Sequoi-tual proceeds, totaling \$3,000, is going to organizations more closely associated with bicycling. There are eight organizations falling into three groups: bicycle advocacy organizations at the state, county, and city level; bicycle repair and donation groups typically staffed by volunteers; and the Bike Hut. Here are the 2021 donations with the 2020 amounts listed for comparison.

Bike Organization	2020	2021
<i>Advocacy - State, County, City</i>		
CABO	\$200	\$400
SVBC	\$1,000	\$1,000
Walk Bike Cupertino	\$100	\$100
Great Streets MV	\$100	\$100
<i>Volunteer Bike Repair and Donation</i>		
Community Cycles of CA	\$100	\$500
SV Bike Exchange	\$400	\$400
Good Karma Bikes	\$1,000	\$400
<i>Other</i>		
The Bike Hut	\$100	\$100
Total	\$3,000	\$3,000

A couple of items are worth mentioning about the table. Because Good Karma experienced a major loss due to a burglary last year, we gave them extra funds. On the other hand, Community Cycles of CA was added to our donation list at a low donation amount after being suggested in our 2019 member survey. We increased our donation to them this year based on recommendations from several members (e.g. Curt Relick's article in last month's *Flat Tyre*). Plus, their co-founder & CEO Collin Bruce is a Western Wheelers member!

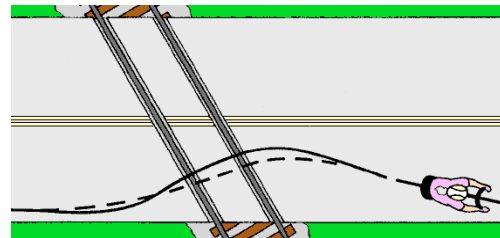
Western Wheelers is proud to donate to all of these worthwhile organizations.

September Safety Tip - Cross Train Tracks at 60° or More

Robin Davis recently crashed while crossing train tracks at too narrow an angle. The tracks caught her wheel and she went down hard, sustaining serious injuries. She suggested repeating the recommendation on how to cross railroad tracks. This danger is further demonstrated in this terrifying video showing over 50 cyclists crashing while crossing railroad tracks. Several of the cyclists look to be quite seriously hurt.

<https://youtu.be/YfeQvbIFBks>

Crossing a railroad track at a shallow angle runs the risk of your wheel catching on the metal rail or the gaps next to it. The danger is much greater when the tracks are wet or when braking during the crossing. The simple key conclusion from the study associated with the video is that the **crash rate is dramatically reduced when the crossing angle is greater than 30° and is eliminated at greater than 60°**.



I know of a couple of risky skewed track crossings in our riding area. One is north bound

on [Winchester Blvd near 85 in Los Gatos](#); the other is where [tracks cross Cox Ave](#). The key is to turn away from the tracks in advance, then veer back toward the tracks to cross them at a greater angle. Of course, if either turn puts you into the lane of traffic, you'll need to make sure it is safe to do so.

If you know of other dangerous train track crossings, please comment on this safety tip on the web site.

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.

BIG WHEELS 2021

President: David Schorow (408) 314-3769

President@westernwheelers.org

Secretary: Patty Koel

Secretary@westernwheelers.org

Treasurer: Mike Rissi (650) 851-2925

mrissi@sbcglobal.net

Chief Editor: Peggy George

peggyflute@gmail.com

Membership: Vern Tucker (408) 730-2548

VLTBIKE@yahoo.com

1350 Fisherhawk Dr Sunnyvale, CA 94087-3451

Ride Chair: Guy Shuman

shumansteiner@gmail.com

Event Chair: Fran Williams

events@westernwheelers.org

Sequoia Chair: Randall Braun (415) 265-4663

SequoiaChair@westernwheelers.org

Webmaster: Vito Mazzarino

Webmaster@westernwheelers.org

At Large Board Members:

Cindy Asrir casrir@gmail.com

Bill Sherwin wbsherwin@gmail.com

Cathy Switzer cbsbikes@mac.com

Advocacy Chair: John Langbein (650) 365-9462

john_langbein@yahoo.com

LAB Rep: Alan Wachtel (650) 494-1750

wachtel@aol.com

Statistician: Eric Greer (408) 257-5356

stats@westernwheelers.org

Historian: Dick Blaine (408) 257-6410

Ride Coordinators:

LDT Guy Shuman (650) 704-0895

shumansteiner@gmail.com

R&R Randall Braun (415) 265-4663

rgbraun@earthlink.net

Fall Fun Series Bill Sherwin

wbsherwin@gmail.com

Thursday am B rides: George Schuttinger

(650) 390-9296 gschuttinger@hotmail.com

To add a ride: addride@westernwheelers.org

Email List: Guy Shuman

listowner@westernwheelers.org

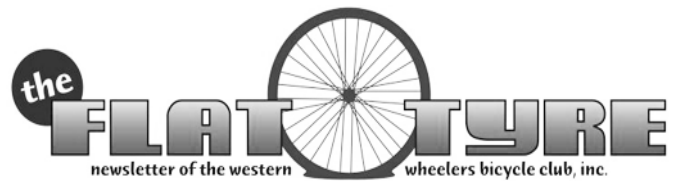
Club Jersey Sales: Christine Fawcett

(650) 949-4993

Social Network Editor: Ken Lee ken3le@gmail.com

Travel Case Custodian: VACANT

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



Fall 2021 Club Calendar

September

No Board Meeting

12	Sun.	Bike Skills 201
20	Mon.	Flat Tyre Deadline
26	Sun.	Ride Leaders' BBQ - 1pm PV
26	Sun.	Bike Skills 201

October

06	Wed.	Board Meeting - 7pm MV
10	Sun.	Oktoberfest - 1pm Cuesta Park
15	Fri.	Bike Movie Night - 7pm Zoom
20	Wed	Flat Tyre Deadline

November

10	Wed.	Board Meeting - 7pm Zoom
17	Wed.	Blood Drive
19	Fri.	Bike Movie Night - 7pm Zoom
20	Sat.	Flat Tyre Deadline

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

Next Board Meeting Date

-Patty Koel, Club Secretary



Date: **Wednesday, October 6, 2021**

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

Meeting: 7:00 pm

Location: **Mountain View Community Center**

There is no board meeting scheduled for September.
The August Draft Board Meeting minutes will appear in the October issue of the *Flat Tyre*.

Welcome New Members August 2021

*Vern Tucker,
Membership Chair*



Please welcome the following new members to the Western Wheelers:

Patricia Baenen	Portola Valley
Jennifer Beasley	San Carlos
Eduardo Colaco	Mountain View
Jill Jacovitz	Menlo Park
Timothy Hornik	Menlo Park
Derek Jensen	Saratoga
Ken Kershner	Menlo Park
James Lee	Unknown, CA
Haoyi Liang	Los Gatos
Elizabeth McDermott & Family	Los Altos
Steven Meyer	San Bruno
Jennifer Miller	Menlo Park
Paul Nguyen	San Jose
Mark Petrie	Santa Clara
Suryaa Kurmara Relan	Union City
Sergey Samusev	Palo Alto
Vijay Sondhi	San Francisco
Anthony Stone	Berkeley
Anton Travinsky	Mountain View
Christina Waitzman	San Carlos
Ying Yu	San Mateo



Ride Leaders BBQ

Sunday, September 26 at 1 pm

Ride Leaders Rock! Have you led a ride this year, served as a Big Wheel or organized a WWBC event? If so, you are invited to join us at Mike Rissi's house in Portola Valley on Sunday, September 26 at 1 pm for our annual Ride Leaders BBQ. Join us for some fun in the sun with your fellow cyclists!

The club will provide meat, vegan options, drinks and ice cream, but please bring a salad, side dish or dessert. And don't forget your swimsuit since Mike has a lovely pool!

Please [register](#) so we know how many people to expect. The address will be provided at registration. Please only attend if you are fully vaccinated.

Not a ride leader but want to attend and help out? We need people like you to make these events a success! Please contact Fran & Cindy at events@westernwheelers.org if you can help BBQ, shop, set up or clean up. Thank you!

Note: *If you haven't led a ride yet this year, there is still time! You can submit your ride by emailing addride@westernwheelers.org, by using our handy [ride listing assistant](#) or by visiting our handy [ride leader's guide](#) on our website.*



Bike Hut Classic 2021

The second annual Bike Hut Classic to benefit Abundant Grace Coastside Worker took place as a DIY ride July 9-27, with a Ride Reception on Saturday, July 31st. Members who went to pick up their T-shirts are below!

Back Row: Joe Wang, Eric DeBode, Howard Koel, Don Johann, Mike Adams

Middle Row: Ling Fan, Linda VanderHule, Kathryn Morton, Kent Smith, Gary Virshup, Patty Koel, David Schorow, Richard Exley

Front Row: Lisa Burque, Val Jones, Mona Schorow, Tina Pham, Maria Stevens, Jim Burque, Mabelle Vieux



David Schorow, President Western Wheelers, chatting with Eric DeBode, Executive Director Abundant Grace (right)

Nice chalk drawing of Club Logo (left)



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.

Bill Sherwin
2021 Fall Fun Series Coordinator, Board Member

2021 FALL FUN SERIES

Date	Ride	C	D
9/18/2021	Local Hills	35	43
9/25/2021	Moraga/Pinehurst	39	52
10/2/2021	Half Moon Bay	42	50
10/9/2021	Palomares	39	46
10/16/2021	Mines	43	59
10/23/2021	Mt Tamalpais	42	64
10/30/2021	Morgan Hill/Henry Coe	49	62
11/6/2021	Mt. Hamilton	47	59

SEPTEMBER 18 FFS RIDE: LOCAL HILLS C+/3/35; D/3/43

This ride is what it sounds like, a casual kickoff to the FFS that covers many of our favorite roads in Portola Valley before having lunch at the Golden Triangle and returning to Gunn. Rain cancels.

[Online route sheets/maps/GPS](#)

INFORMATION: Contact **Bill Sherwin** – wbsherwin@gmail.net or 650.888.6749 for more information.

MEETING TIME: 9:45 am for 10:00 start

MEETING LOCATION: Gunn High School (780 Arastradero Road, Palo Alto).

LEADERS: TBD

RIDE GROUPS: New riders or guests are encouraged to review our ride categorization system (A-E) on the club website. **The FFS IS DESIGNED FOR C/D RIDERS.**

INFO: **Bill Sherwin** (wbsherwin@gmail.com or 650.888.6749)

SEPTEMBER 25 FFS RIDE: MORAGA – PINEHURST C/3.5/39; D/4/52 (Easier Berkeley Hills)

This is a variant of the traditional Berkeley Hills ride, in a less challenging form. The route starts with the fabulous Pinehurst climb, instead of doing Pinehurst after lunch. The route starts from Moraga instead of Berkeley. Skyline and Grizzly Peak are still on the menu for all rides, while the D ride still climbs the "three bears", "Pig Farm Hill" and Reliez Valley Road. Several lunch options at the end, at the Rheem Valley Shopping Center. Rain cancels. [Online route sheets/maps/GPS](#).

INFORMATION: Contact **Bill Sherwin** – wbsherwin@gmail.net or 650.888.6749 for more information.

MEETING TIME: Meet at 9:45 AM for a 10:00 AM start

MEETING LOCATION: Meet on the Moraga side of the Rheem Valley Shopping Center (500 Moraga Road, Moraga, CA), by Starbucks and Burger King. From Eastbound 24, take the Oak Hill Rd exit. Right on Oak Hill, left for a short block on Mt Diablo and right on Moraga Road. The shopping center is 3 miles down Moraga Road, at the corner of Moraga and Rheem. Give yourself an extra 10 minutes, relative to the Broadway exit in Berkeley.

LEADERS: TBD

RIDE GROUPS: New riders or guests are encouraged to review our ride categorization system (A-E) on the club website. **The FFS IS DESIGNED FOR C/D RIDERS.**

OCTOBER 2**FFS RIDE: HALF MOON BAY
C/3/42; D/3/50**

We'll start in Half Moon Bay for this coastal excursion and work our way South via Higgins Canyon Road and Highway 1 to Pescadero for lunch. On our return we'll traverse Stage Road and explore Lobitas Cut-Off Road (the D's will climb Lobitos Creek Road). Rain cancels. [Online route sheets/maps/GPS.](#)

INFORMATION: Contact **Bill Sherwin** – wbsherwin@gmail.net or 650.888.6749 for more information.

MEETING TIME: 9:45 AM for a 10:00 AM start

MEETING LOCATION: Kelly & Purissima St (436 Purissima St) in downtown Half Moon Bay (12 hour street parking available on surrounding streets)

LEADERS: TBD

RIDE GROUPS: New riders or guests are encouraged to review our ride categorization system (A-E) on the club website. **The FFS IS DESIGNED FOR C/D RIDERS.**

OCTOBER 9**FFS RIDE: PALOMARES
C/3/39; D/3/46**

The Palomares ride is an old friend being reintroduced this year. We'll glide down to Palomares road, then it's a 5-mile climb with an overall average grade of 5% including a few short, steeper sections. Downhillers will enjoy the gradual 5-mile descent before we hit Crow Canyon Rd for a quick lunch in Castro Valley with the Ds. Following that is a steeper (up to 8%) but short (1.5-mile) climb up Norris Canyon Rd before looping back to the start via the San Ramon Valley Rd and Foothill Rd rollers. The D route adds a 3.5 mile, 3% average grade jaunt up Kilkare. Rain cancels.

[Online route sheets/maps/GPS](#)

INFORMATION: Contact **Bill Sherwin** – wbsherwin@gmail.net or 650.888.6749 for more information.

MEETING TIME: 9:45 AM for a 10:00 AM start

MEETING LOCATION: Meet at the easy to find historic railroad station on Main Street (at Kilkare) in Sunol. We are NOT meeting at the Sunol Elementary School as in the past.

LEADERS: TBD

RIDE GROUPS: New riders or guests are encouraged to review our ride categorization system (A-E) on the club website. **The FFS IS DESIGNED FOR C/D RIDERS.**

OCTOBER 16**FFS RIDE: MINES ROAD (THIS RIDE IS THE FIRST "EARLY START" IN THE FALL FUN SERIES)****C/2.5/43; D/3/59**

If you are not familiar with Mines Road, imagine a route profile in the shape of a barbell: A hill at each end and a beautiful flat road that follows the meanders of a creek, in the middle section. After a 5 mile warm up (3 turns to connect Livermore Park to Mines Road), the route climbs for 2.5 miles, followed by another 2.5 miles of fun rollers and an easy descent to the flat section. The D route turns around at the "Junction", a sandwich place that caters to cyclists and motorcyclists. Protein bars, Endurolytes and gel feature on one of the shelves. The C ride turns around earlier, at the county line, so bring ENOUGH WATER AND SNACKS to last 40 miles. No lunch stop on the C ride, but riders will gather after the ride at Round Table Pizza (4098 East Ave, Livermore) for lunch/drinks. Rain cancels. [Online route sheets/maps/GPS.](#)

INFORMATION: Contact **Bill Sherwin** – wbsherwin@comcast.net or 650.888.6749 for more information.

MEETING TIME: Meet at 9:15 AM for a 9:30 AM start

MEETING LOCATION: Robert Livermore Park (988 Loyola Way, Livermore, CA). Directions: Right on First St exit off 580, Left on North Mines Rd, Right on East Ave, Right on Loyola Way.

LEADERS: TBD

RIDE GROUPS: New riders or guests are encouraged to review our ride categorization system (A-E) on the club website. **The FFS IS DESIGNED FOR C/D RIDERS.**

OCTOBER 23**FFS RIDE: MT. TAMALPAIS
C/4(5400')/57; D/4(5900')/71**

Ride the varied terrain of southern Marin County. All routes approach Mt. Tamalpais from the northwest via Fairfax-Bolinas and Ridgecrest Blvd. The C, D, and E routes include a climb to the summit. B and C riders descend to lunch in Mill Valley then return via a loop on Point San Pedro Road past China Camp State Park. D and E riders loop west to Point Reyes Station for lunch then return via Nicasio Valley and Lucas Valley Rd. B and C routes have shortcut options (see route sheets online). Rain cancels. [Online route sheets/maps/GPS](#).

INFO: Bill Sherwin (wbsherwin@gmail.net or 650-888-6749). See Online Ride Schedule for leaders of each ride group.

MEETING TIME: Meet at 9:15 AM for a 9:30 AM start

MEETING LOCATION: Marin County Civic Center (Armory Drive, San Rafael, CA). From the Golden Gate Bridge take 101 north approximately 14 miles to North San Pedro Road. Exit eastbound, and turn left at Civic Center Drive (first stop light). Turn right onto Armory Drive which leads into the large parking lot.

LEADERS: TBD

RIDE GROUPS: New riders or guests are encouraged to review our ride categorization system (A-E) on the club website. **The FFS IS DESIGNED FOR C/D RIDERS.**

OCTOBER 30**FFS RIDE: HENRY COE/MORGAN HILL
C-/2(2000')/50; C+/4(4400')/49;
D/3.5(5100')/61**

C+ and D riders will climb to Henry Coe Park via East Dunne Road, a steady 7.5 mile climb with several steep pitches of 10-12 percent. Great views from the top of the climb from the Visitor Center! C- riders will follow the LDT Morgan Hill route east to the milder climb up Canada Road. Lunch at Erik's Deli in Morgan Hill. Rain cancels.

[Online route sheets/maps/GPS](#)

INFO: Bill Sherwin (wbsherwin@gmail.net or 650-888-6749). See Online Ride Schedule for leaders of each ride group.

MEETING TIME: Meet at 9:15 AM for a 9:30 AM start

MEETING LOCATION: Morgan Hill Caltrain/Park and Ride (17295 Butterfield Blvd., Morgan Hill, CA): take 101 to Morgan Hill, exit at E. Dunne Ave. Turn right on E. Dunne Ave, then right on Butterfield Blvd. Entrance on left.

LEADERS: TBD

RIDE GROUPS: New riders or guests are encouraged to review our ride categorization system (A-E) on the club website. **The FFS IS DESIGNED FOR C/D RIDERS.**

NOVEMBER 7**FFS RIDE: MT. HAMILTON
C/4(5200')/47; D/5(7200')/59;**

Mt Hamilton is a long, but not steep, climb with wonderful panoramic views and great spring wildflowers. All routes start with a loop through Alum Rock Park, then climb directly to the summit. All groups have lunch at the summit observatory, then descend back to the start. **PACK YOUR LUNCH – NO FOOD AVAILABLE.** (Cold soft drinks are available in vending machines.) Be prepared for warm temperatures on the way up and cold temperatures on the way down. Rain cancels.

[Online route sheets/maps/GPS](#).

INFORMATION: Bill Sherwin - wbsherwin@gmail.net or 650.888.6749 for more information.

MEETING TIME: 9:15 am for 9:30 start

MEETING LOCATION: Meet at NE corner of Cataldi Park (2920 Cataldi Drive, San Jose, CA). Directions: Hwy 237 east, I-880 south, Montague Expressway east, right on Morrill Ave., right on Cataldi Dr.

LEADERS: TBD

RIDE GROUPS: New riders or guests are encouraged to review our ride categorization system (A-E) on the club website. **The FFS IS DESIGNED FOR C/D RIDERS.**

Eastern Sierra Escape 2021



Guy Shuman – Ride Chair

As of today, August 30, 2021

Eastern Sierra Escape CANCELLED for 2021!

Unfortunately, the Eastern Sierra Escape Tour is cancelled for 2021. The US Forest Service announced today that ALL FORESTS in California, including Inyo NF will be closed until at least 9/17 due to statewide fire activity and fire risk. The closure means that all roads, trails, campgrounds, and other recreational facilities within the forests are closed. All the ESE bike routes go onto Inyo NF land and are therefore closed. While currently undetermined, it is also very likely that the closure will be extended beyond 9/17.

Count your blessings! While this is a hardship for us, we have to realize how very lucky we are as we watch the massive loss of forests, cabins, and homes throughout the Northern Sierra and South Lake Tahoe.

We'll try again next year!

Hope to see you all soon on the road,

Guy Shuman

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

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.



September 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 for 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 withgps 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 regroupings, 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).

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