

A Turn at the Front

Bicycle Stop-as-Yield Bill Passes

David Schorow, Club President



Great news for cyclists! On September 1st, the California Legislature passed [AB-122](#), which allows cyclists to treat a stop sign as a yield. California is finally poised to join many western states who already support this practice including Idaho, Washington, Oregon, Colorado, and Utah as well as the non-western states Delaware, Arkansas, and North Dakota. This common behavior practiced by nearly all Western Wheelers should soon become legal.

Many people call this law the “Idaho Stop” since Idaho was the first state to legalize this practice in 1982. But Idaho’s law also allows bicyclists to treat a red light as a stop sign when traveling through the intersection and as a yield sign if turning right, provisions not in the California bill. Delaware was the second state to address this issue in 2017, but only allows cyclists to treat stop signs as yields without changing the laws for red lights. This is dubbed the “Delaware Yield”, which is a more apt nickname for the California law. California Bicycle Coalition (CALBIKE), who played a significant role supporting the law, calls the bill the “Bicycle Safety Stop Law.”

Let’s be clear about this change: this law does NOT give cyclists carte blanche to roll through a stop sign or to have a higher priority than other vehicles at an intersection. A cyclist approaching an intersection with a stop sign must slow down and be prepared to stop to yield the right-of-way to any vehicle already stopped or in the intersection, to let pedestrians cross the street, or to let a vehicle arriving at the same time at a four-way stop sign coming from the right to proceed. In other words, the Safety Stop Law does not change the normal rules of yielding at an intersection; it only allows cyclists to proceed without stopping if they have the right-of-way **and** it is safe to do so (see this month’s safety tip).

These changes to the traffic code are not permanent. They are scheduled to sunset on January 1st, 2028, unless the Legislature acts to extend them. This is a five-year pilot program and requires the CHP to submit a report to the Legislature by January of 2027 detailing statewide injury and fatal traffic crash data and other related traffic safety issues emanating from the change. We may need to lobby again for making these changes permanent in 2027.

Does this change impact safety? That’s the million-dollar question and what the five-year pilot intends to find out. But some preliminary indications suggest it is quite safe. From the State Senate analysis: “Bike Delaware, a cycling advocacy group behind the Delaware Yield, collected data from the Delaware State Police both 30 months before and 30 months after the passage of the Delaware Yield. Both prior to and after the change, zero cyclists were involved in fatal crashes at a stop sign-controlled intersection. In addition, injury crashes involving cyclists at a stop sign-controlled intersection decreased by 23%, helping contribute to an 11% decrease overall for all crashes involving cyclists.”

Here is the status of the bill. It passed the State Legislature on September 1st, with a vote of 54 to 16 in the Assembly, and 49 to 19 in the Senate. It was formally presented to Governor Newsom on September 8th. At the time of this writing, it is awaiting his signature. Hopefully by the time this column is published, the bill will have been approved by the Governor and be put into law.

I want to thank Gary Virshup for informing the club via the email list about the bill and thank all the Western Wheelers members who contacted their state legislators in support of the bill. Every State Assemblymember and Senator from our area voted in favor of the bill, likely encouraged by the outpouring of support for the bill from cyclists like us.



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



Inside This Edition

[A Turn at the Front](#)

[October Safety Tip: Yield the Right of Way](#)

[August Board Minutes](#)

[Fall 2021 Club Calendar](#)

[Bike Movie Night: Rising from the Ashes](#)

[Oktoberfest](#)

[Fall Fun Series 2021](#)

[October New Members](#)

[Western Wheelers Blood Drive](#)

[Western Wheelers Ride Information](#)

Fall 2021 Club Calendar



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

October Safety Tip: Yield the Right of Way

David Schorow,
Club President



Riding bicycles will not only benefit the individuals doing it, but the world at large.

~ Udo E. Simonis

I am writing this column to describe a dangerous behavior I have observed in other riders and have sometimes fallen into myself.

While there are problem drivers, overall we are blessed with many courteous drivers. Often at intersections, drivers will wave cyclists through, even if the driver got there first or has the right of way. Unfortunately, this can lead to cyclists feeling privileged, assuming all motor vehicles will stop to let them through. One can get so used to drivers waving cyclists through, that when they come to a 4-way stop sign intersection that already has a car at one of the perpendicular streets, they'll assume the car will wait for them to proceed. This is wrong and can lead to disastrous consequences.

When you come to a 4-way stop that already has a vehicle waiting or a vehicle approaching the intersection before you, give them the opportunity to go first. If approaching at the same time, remember from your driver's training that the vehicle on the right has the right of way. If the driver stops and waves you through, by all means go ahead, while giving a friendly wave or saying thank you to the driver. But always give the vehicle that has the right of way the opportunity to take advantage of it. Don't assume that just because you can see that a driver notices you, you then have the right of way.

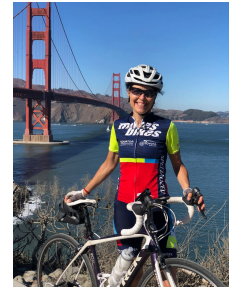
Note: The Safety Tips are published on the [Western Wheelers website](#) under menu SKILLS AND SAFETY. That page also supports commenting on the published tips.



Western Wheelers Board Minutes

August, 2021

Submitted by Cindy Asrir, filling in for Patty Koel, Secretary.



Date: Wednesday, August 11, 2021

Time: Dinner: 6:30 pm; Meeting: 7 pm

Location: Zoom

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

The meeting was called to order at 7:03 pm

Standing Items

- Date of next meeting: Wednesday, October 6, 6:30 dinner, 7 pm meeting
- Location of next meeting: Mountain View Community Center
- Food Wrangler: Cindy
- Approval of last month's minutes: the July minutes were unanimously approved

Area Lead Updates

- **Treasurer:** Mike reviewed the financials through August 11 and reported that finances are on track for the year. He also reported that the Sequoia income was \$200 higher than originally reported (\$16,700), due to a late check from Voler. There was a proposal and vote to donate the \$200 to charity.
- **Sequoia Chair:** Randall reported that the Sequoia planning committee is planning to have a ride to distribute the checks to the coastal charities on September 11, including a stop at the La Honda Fair to present the check to the La Honda Fire Brigade.
- **Ride Chair:** Guy reported that the Skyline Challenge last week was a success. He also reported that the Eastern Sierras are currently safe from fires, and the rides are planned to go forward as scheduled. He reported that the Napa

LDT ride is scheduled for the first weekend in October and the group campsite is full.

- **Events Chair:** Fran reported that the ice cream social was a big success, with about 150 people in attendance. She said that the Ride Leader's BBQ will be Sunday, September 26 at 1 pm at Mike Rissi's house in Portola Valley and the Oktoberfest picnic will be October 10 at Cuesta Park. She also reported that the holiday party is tentatively scheduled for December 5 at Michael's.
- **Movies:** Cindy reported that the next bike film is "American Flyers" on Friday, August 13 at 7:30 pm. She also reported that due to scheduling issues, there will not be a film in September, and the next film will be "Rising From Ashes" on October 15.
- **Flat Tyre:** Peggy reported the article written by a member last month will be reprinted by the featured cycling charity organization.
- **Membership:** Vern reported that we had 18 new members join in the past month, including 5 new members on Monday. As of August 11, the total number of club members is 1037.
- **Webmaster:** Vito reported that everything is going well with the website. He said that he is appreciative of the members who have helped with website housekeeping issues in the past couple of months.
- **Safety Chair:** Bill reported that he reached out to Tim Oey about teaching a safety cycling class in 2022. He also reported that the bike skills class with Lorri Lee Lown filled right away, and he is looking into scheduling more with her in the future. He suggested that the Safety Chair be made a permanent position on the board.

New Business

- **2022 Board candidacy update:** David surveyed the current board members to see who was planning to run next year. Everyone but Cindy said they are planning to run, and David reported that Patty (absent from the meeting) is a maybe. He said he is planning to use "Election Runner" for the online voting if there are contested positions, and is planning to send out an email in early October soliciting members to run, and then subsequent emails about voting. The new board will be announced on December 5.

- **Distribution of Sequoi-tual funds to Bicycle Orgs:** David proposed an allocation of the remaining \$3000 Sequoi-tual funds to local bicycle organizations. After some discussion, the board voted to distribute the funds as proposed:

Silicon Valley Bicycle Coalition (SVBC): \$1000
California Association of Bicycle Organizations (CABO): \$400

Walk Bike Cupertino: \$100

Great Streets Mountain View: \$100

Silicon Valley Bicycle Exchange: \$400

Good Karma Bikes: \$400

Community Cycles of California: \$500

The Bike Hut: \$100

Total: \$3000

- **Logo Design Update:** Cathy reported that she has been working with designer Patt Baenan of Scaled-Up Productions on a new logo design. She said she will have three logo proposals to present to the board for a vote in early October. She requested \$250 to pay the designer to finish the logo designs; the board approved.
- **President's updates:** David gave a presentation of the rider sign-up app that David Murphy has been working on, which can be used by ride leaders with Apple phones as an alternative to paper sign-ups.

The meeting adjourned at 9:09 pm.

This is why we ride. (Ice cream social picture by Cindy Asrir)



WWBC Bike Movie Night: Rising from Ashes

Friday, October 15 at 7:30 pm
Zoom link provided at registration

By Cindy Asrir, WWBC bike film organizer



Professional cyclist Jacques “Jock” Boyer moved to Rwanda in 2006 to help form a national cycling team composed of children left orphaned and traumatized by one of the world’s worst genocides a decade earlier. Over the course of the story, both Boyer and the team “rise from the ashes” of their pasts with the help of their new achievements—including representing their country in the 2012 Olympics.

“**Rising from Ashes** is joyous and uplifting, full of spirit, memorable athletes and remarkable achievements, both big and small,” wrote Joe Neumaier of the *New York Daily News*. And Daphne Howland of *The Village Voice* called **Rising From Ashes** “a remarkable documentary. It’s not just about a cycling team; it’s a testament to what happens when human beings care for one another.”

Rising from Ashes was released in 2012. It was written by Gregg Helvey and directed by T.C. Johnstone, with narration by Forest Whitaker. It has a running time of 82 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!



Oktoberfest Sunday, October 10, 1 pm Cuesta Park, Mountain View

Bring your appetites and join us for an old-fashioned Oktoberfest celebration as we enjoy a delicious selection of bratwurst (vegan options available), beer and salads at [Cuesta Park](#) in Mountain View. The picnic will be in the group picnic area off Cuesta Drive (opposite Nilda Ave) and is free for members and \$10 for guests. [Please RSVP](#) by Oct. 8 so we know how many to expect.

Members and guests must be fully vaccinated in order to attend this event.

Wanna earn your meal? Work up an appetite by joining one of the pre-party rides on our [ride calendar](#). **Also, we need volunteers to make this happen!** Contact Fran & Cindy at events@westernwheelers.org if you can help shop or with set up or clean up.

Danke Schön!

Pictures from the Ice Cream Social (by Cindy Asrir)



Fall Fun Series



The 2021 Fall Fun Series (FFS) began 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

Date	Ride	C mi.	D mi.
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

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

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 Lobitos Cut-Off Road (the D's will climb Lobitos Creek Road). Rain cancels.

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

INFORMATION: Contact **Bill Sherwin** – wbsherwin@gmail.com 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.com 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@gmail.com 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.com 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.com 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.com 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.**

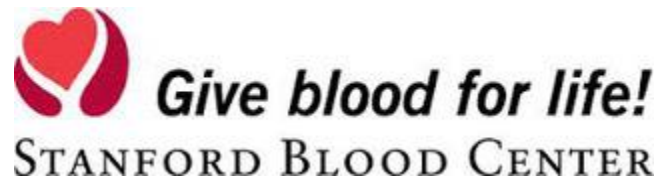
Welcome New Members October 2021



*Vern Tucker,
Membership Chair*

Please welcome the following new members to the Western Wheelers:

Karen Canzoneri	San Mateo
Roger Chen & Family	Mountain View
Cara de Urioste	Cupertino
Michael Grobler	Redwood City
David Larkin	Menlo Park
Michael John	Sunnyvale
Karen McCavitt	Redwood City
Jade Ng	San Leandro



Western Wheelers Blood Drive

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 November 17 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.

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 change 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.



October 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. Always carry a mask should you choose to go into Peets to purchase coffee. 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. Rain cancels.

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 ridewithgps 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

THE THURSDAY EVENING TOUR IS ON HIATUS FOR THE WINTER - RIDES WILL RESUME SPRING 2022.

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).

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