

## Turn at the Front

### Taking Care of Business

*David Schorow, President*

By the time you read this, the election will be in full swing. Hopefully, you've been receiving the election update emails and the invitation to vote so that you've already voted or are prepared to do so. If you would like to vote but haven't received an invitation to vote with your personal code, please contact Vern Tucker or myself (contact info is in the member directory).

If you haven't been receiving election update emails or any notices about club events, there could be a problem with the email setting in your membership record. When I use our web hosting system, Wild Apricot, to send emails to all club members (called "email blasts"), I am notified that 108 members are not contacted due to issues with their email. This could be because the member has not provided their email address or the member has opted out of receiving emails. In addition, after sending an email blast, a handful of the messages fail due to invalid recipient email addresses. So, if you haven't been receiving these emails, check your profile in the system to ensure your email address is there, it is a correct one, and that you haven't unsubscribed.

Note: if you prefer to keep your email address private, you can include your email in your profile, but configure it not to be shown publicly in the member directory.

While we're on the subject of emails, let me mention another problem that's been happening lately. Many of the messages sent to our distribution lists *wwbc-RIDES* and *wwbc* are going into people's SPAM or JUNK folders. This seems to be happening for messages sent from certain people like myself, Jim Takasugi, and a few others. Please check your Spam or Junk folders and if you see any messages sent to *wwbc-RIDES* or to *wwbc*, please mark them as not spam so that the mail system will be trained to recognize these messages as

legitimate. (For more information about this email distribution list including how to subscribe, see [WWBC E-mail Lists](#).)

Enough about email issues. I want to close by wishing all Western Wheelers a super Happy Holiday, and a great New Year. Enjoy your holiday feasts, delicious desserts, and all the holiday cookies that abound. I will see you again in this column in 2022 and we'll work on shedding that holiday weight with LDTs, MMMMs, HRUs, and all the other great club rides.

***Happy Holidays to All of the Western Wheelers Family***



*David Schorow, Club President, writes the monthly Turn at the Front column and Safety Tip located this month on page 14.*

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Featured stories this month are [Cycling the Pacific Coast](#), and [A Vintage Club Ride](#). Enjoy!

**\*December 1** Deadlines noted above for holiday party registration and Photo Contest Submissions.

## Bicycling Photography Contest Deadline

Send photos (be sure to read the [rules](#)) to: [vpelton@vertical-edge.com](mailto:vpelton@vertical-edge.com). Vicki will respond to every submission within 24 hours. If there is no response within that time, please re-submit.  
**Submissions due by 11 pm on 1 Dec 2021.**

## BIG WHEELS 2021

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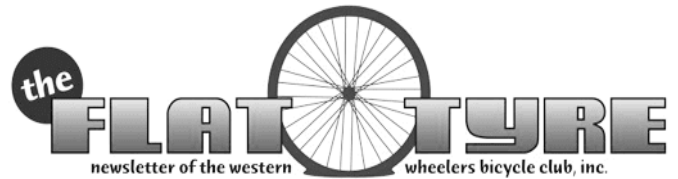
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Have space to store? Contact any Board member to volunteer for this position.



### Club Calendar December 2021

1	Tues	<b>Deadline</b> - Photo Contest
1	Tues	<b>Deadline</b> - Party Registration
5	Sun	Annual Club Meeting & Party
20	Mon	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](mailto:Editors@westernwheelers.org)

## Board Meeting Minutes

November 2021

(Minutes pending board approval)

**Date:** Wednesday, November 10

**Time:** Dinner/social: 6:30 pm Meeting: 7:00 pm

**Location:** Zoom Meeting

### Call to Order at 7:02 pm

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

### Standing Items

- Date of next board meeting - January 12, 2022
- Location of next board meeting - Mountain View Community Center if Randall can reserve the location
- Food Wrangler - Peggy George; Drinks - Guy Shuman
- The October 2021 minutes were unanimously approved.

**New Business:**

- **Holiday Social and General Meeting.** Fran reported on plans for the Holiday Social and General Meeting planned for this year. The board decided that the social event will be held outdoors on December 5 at the Village Hub in Woodside, following B, C and D rides that will start and end near the venue. Refreshments and warm drinks will be served from 1 to 3 pm, and the general meeting will begin at 2 pm. Coordination will continue to take place with regard to the photo contest and prizes for the winners.
- **Appreciation Awards.** The board agreed to give appreciation awards to five outstanding volunteers this year, and the winners will be announced at the General Meeting on December 5.

**Area Lead Updates:**

- **Movie Nights:** Cindy noted that the last movie of this year, *Island Etude*, will be shown on Friday, November 19. She also thanked Vito for running the movie last month.
- **Treasurer:** Mike presented the financial report through November 10. Our financial condition is healthy and as expected. Mike and Randall discussed and coordinated the delivery of final donation checks from proceeds of the Sequoi-tual.
- **Sequoia Chair:** Randall reported that Foothill College is available again for the Sequoia in 2022. Plans for a single day event on June 5 are being made, and registration should open by the first of February. Ideas are still being considered to streamline the one-day event and perhaps incorporate some aspects of last year's Sequoi-tual format that were positive and well received.

On November 6, Randall and three other Sequoi-tual team members attended an event at Abundant Grace Coastside Workers and to present the club's donation check. Abundant Grace leaders were touched by our donation. The other two fundraiser donations (to La Honda Fire Brigade and Puente de la Costa Sur) will be delivered by the end of November.

- **Ride Chair:** Guy updated the board on plans for 2022 Long Distance Training rides. Next year's LDT calendar has already been emailed to members and Vito will update the website. Next year, hotel recommendations will be offered for the Cazadero Ride rather than reserving a group campsite.

Bill Sherwin was recognized for running a very successful Fall Fun Series this year. Bill may consider some new routes for 2022.

- **Membership:** Vern reported that we had 14 new members join in the past month (since October 6, 2021), which brings the total number of members to 1,037.
- **Flat Tyre Editor:** Peggy briefly discussed the next issue of the Flat Tyre and an article that she is planning to run.
- **Webmaster:** Vito has been keeping the website up to date with monthly events and changes. Thanks to Michael Khaw and David Schorow, who recently updated the indexes to archive photos and winners in our annual photo contest on the website.
- **Board Elections for 2022:** David reported that we have candidates for all board positions, including 4 candidates for 3 positions for Member at Large. Michael Khaw will assist with online voting, which will run from November 21 to December 4, ending at 9 pm. Results will be tabulated and announced at the General Meeting on December 5.

- **Safety Chair:** Bill reported that Lorri Lee Lown of Savvy Bike contacted him and indicated that she is very much interested in offering more safety classes in 2022 for Western Wheelers.
- **Secretary** - Patty reported that everything is status quo.

The meeting adjourned at 8:55 pm.



*Board minutes were submitted by  
Patty Koel, Western Wheelers Club  
Secretary*



## Join us for our Holiday Social!

## Welcome New Members November 2021

Please welcome the following new members to the Western Wheelers:

Afshin Ahm	Sunnyvale
Steven Beckwith	Redwood City
Peter Cheuk	Daly City
Taraneh Farazi	San Jose
Jose Fernandez	Mountain View
Lee Hong	Los Altos
Chad & Cheryl Houston	Palo Alto
Rick Kitson	San Jose
Joe Kuspa	Redwood City
Emily Leslie	Pacifica
Weih & Eunice Liou	Sunnyvale
Tony Salazar	San Jose



*New members are reported  
by Vern Tucker  
Membership Chair*

**Sunday December 5, 1-3:30 pm**  
**Safely outdoors at the Village Hub**  
**3154 Woodside Road in Woodside**

Lunch  
Awards & Annual Meeting  
Social Time

Join us as we gather for a light lunch, holiday cookies and beverages, an awards presentation, and a fun time with our Western Wheelers friends. Free for Western Wheelers members but pre-registration is required.

Please only attend if you are fully vaccinated.

The brief annual club meeting will begin at 2 pm and will include the awards presentation and announcement of the 2022 board election results.

Parking available across the street at the Woodside Elementary School.

[Please register by December 1.](#)

**Happy Holidays and hope to see you there!**

## Bicycling Photography Contest

Send photos (be sure to read the rules below) to: [vpelton@vertical-edge.com](mailto:vpelton@vertical-edge.com) . Vicki Pelton will respond to every submission within 24 hours. If no response within that time, re-submit.

**Submissions due by 11 pm on 1 Dec 2021.**

### The Rules

- Must be taken between 30 Nov 2020 and 1 Dec 2021
- Must be related to biking in some way
- Limit of 2 photos per contestant
- Include your FULL name
- Include a 1-line caption with each photo
- Taken and submitted by a Western Wheelers member
- No professionals
- Each contestant may win only 1 prize
- Submissions must allow publication in *The Flat Tyre*, newspapers, websites



On Saturday, November 6, Sequoia Chair Randall Braun along with two other Club Board Members, Vito Mazzarino and Patty Koel, attended a ceremony in Half Moon Bay for Abundant Grace to present a club check donation from the Sequoia proceeds. Pictured above L-R: Russ Hull, Vito Mazzarino, Randall Braun, and Eric De Bode, Executive Director of the Abundant Grace Coastside Workers Program.

Photo Credit: Patty Koel

## 2022 Long Distance Training (LDT) Rides Information

The 2022 Long Distance Training (LDT) series begins on Sat., Jan. 8<sup>th</sup> . The series is a set of 21 weekly rides that include some of the most scenic and car-free destinations in our area, most within an hour's drive of Palo Alto. The rides generally increase in length and difficulty to help riders train for longer distance rides later in the year, but also are a great way for all members to sample the great rides that the Bay Area and Northern California offer! The series includes climbs of the three highest Bay Area peaks (Mt. Diablo, Mt. Tamalpais, and Mt. Hamilton) in May. The drives to Healdsburg, Pacific Grove, Paso Robles, and Cazadero are further (2 to 4 hours) and most riders plan for a 1-2 night stay. On the multi-day weekends we will always have a modest Friday afternoon ride that starts late enough to skip the worst of the morning commute traffic.

The LDT rides are for all levels of riders and each offers B, C, D, and E routes. We especially encourage B and C riders to come out and explore the beautiful areas we visit during the series! The large C group is separated into "C-" and "C+" groups. The C- group is a social paced ride with frequent regroupings (riders in this group should be able to maintain a modest C pace). The C+ group has fewer/shorter regroupings and also accommodates those who wish to ride the C route at their own pace (faster or slower).

Destinations for 2022 include 2-3 day weekends in scenic Healdsburg, Pacific Grove, Paso Robles, and Cazadero. For detailed information about accommodations/logistics for these weekends please see the online ride schedule (Saturday ride). We hope to have our usual group dinners and "wine & cheese" get togethers again this year – look for more detailed information in the new year.

*(LDT continues on next page)*

## Notes for 2022:

·We will return to a single group start time format this year, with a quick safety/logistics update followed by each group departing. At the start of the season all rides meet at 9:45 for a prompt 10:00 ride start.

·We'll follow WWBC COVID policy. Current policy is that vaccinated riders do not need to wear masks at the start, but all riders must carry masks to be worn where required by local government policy.

·ROUTE SHEETS will be available at start, but it always helps if you print your own at home!

·Make sure you "SIGN IN" at the start!

- Updated LDT news/weather/lodging information will be posted on the "wwbc-RIDES" club email list. We'll also post a weekly pre-ride introduction and safety message. You can subscribe to the email list or visit the list site to get updated. Full information on subscription options can be found at the club web site under the [EMAIL LISTS](#) menu item.

- The latest and most accurate ride information can always be found on the [Web Site Ride Schedule](#).

- **REGISTRATION:** Please REGISTER on the web site for our "2-3 day weekend" rides (Healdsburg, Pacific Grove, Paso Robles, and Cazadero), so we can plan better. To register just go to the SATURDAY ride description on the online ride schedule and click on the REGISTER button. (Registration is free and easy! Please feel free to decide at the last minute if necessary.)

- **ROUTE SHEETS/MAPS/GPS INFO:** There is a dedicated page on the website where you will find all the [LDT route sheets](#) for rides. This page also has links to Maps/GPS routes that you can examine or download to your GPS device. (Routes are sometimes altered before the ride, so please wait until the week of the ride to print your route sheet.)

## Contact me if you need additional information:

Guy Shuman  
LDT Coordinator  
([shumansteiner@gmail.com](mailto:shumansteiner@gmail.com) or 650-704-0895 Cell)



*Guy Shuman is the Club Ride Chair Board Member*

**2022 SCHEDULE:** (subject to change due to COVID restrictions)

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

8-Jan	Shoreline
15-Jan	Saratoga
22-Jan	Pulgas Water Temple
29-Jan	Morgan Hill
5-Feb	Seascape
12-Feb	Livermore
19-Feb	Calaveras
26-Feb	Hollister Hills
5-Mar	Pescadero
12-Mar	Marin Headlands
<b>19-Mar</b>	<b>Healdsburg (2-3 day)</b>
26-Mar	Berkeley Hills
<b>2-Apr</b>	<b>Pacific Grove (2-3 day)</b>
9-Apr	Petaluma
16-Apr	Mountain Charlie
23-Apr	Skyline
<b>30-Apr</b>	<b>Paso Robles (2-3 day)</b>
7-May	Mt. Diablo
<b>14-May</b>	<b>Cazadero (2-3 day)</b>
21-May	Mt. Tamalpais
30-May	Mt. Hamilton ( <b>Monday Memorial Day</b> )

## Cars, Cliffs and Magnificent Views — Cycling the Pacific Coast Highway

By Nancy Crowley

I have yearned for a great cycling adventure — a journey that will take me many miles through interesting towns with epic scenery. This fall, I got that experience cycling 220 miles over five days along the Pacific Coast. My dear husband cycled with me, overnighting in hotels along the way. For two people north of 60 with little self-supported cycle tour experience, we were venturing out of our comfort zone.

We started out on a warm, sunny Sunday at Gazos Creek State Beach tucked in next to the Pacific Coast Highway about 25 miles from Santa Cruz. The first day lived up to my dream -- a burst of cycling down one of the most scenic strips of coastal highway boasting gorgeous views of the blue Pacific and into Santa Cruz, one of my favorite beach towns.

We wound our way past the Santa Cruz Beach Boardwalk by the classic Giant Dipper wooden coaster as thrill seekers serenaded us with their chorus of screams. We crossed the San Lorenzo River bridge to East Cliff Drive and stopped to admire the surfers and stunning scenery at Opal Cliffs before reaching another quaint California beach town, Capitola, our final destination for the day. We landed at a big chain hotel where we could do the day's laundry, collect hotel points and rest on our laurels. 32 miles down, 190 to go. Piece of cake.

On Day 2, we got up before the sun and headed out at daybreak through significant, morning traffic on our way to Monterey. After several miles, the route led us through expansive agricultural fields where we got a close-up look at the area's commercial farms and the many migrant workers who pick crops for our table. We intersected with Highway 1 again near Pajaro

Dunes where we faced our first hiccup -- an unplanned detour.

Our GPS told us to go right on Highway 1 to Moss Landing, but the detour reversed our course, taking us a mile in the opposite direction to Salinas Road, which spilled onto Elkhorn, a windy, hilly, rural road. The detour added five difficult miles to our route in sweltering heat and some uncertainty since we could not access our GPS.

Once we descended Elkhorn, we reconnected with the Internet and relied on the Komoot app to get us back on track through Castroville, renowned as the artichoke center of the world, and onto the long, traffic-free Monterey Peninsula Recreation Trail. Seven miles later, the town of Marina emerged on the edge of Monterey Bay, breaking the monotony of the trail and signaling the start of the area's population center. Within an hour we arrived at our hotel in Monterey.

We lingered a little longer the morning of Day 3, thinking we could avoid the morning rush hour traffic to Carmel with only 32 miles of cycling to Big Sur Village planned for the day. Once we hit the road, most of the route from Monterey to the scenic 17-Mile Drive avoided traffic altogether so it hadn't been necessary to delay. We descended a portion of the 17-Mile Drive and out the Carmel gate up Ocean Avenue, the town's main commercial strip. We headed south past City Hall to the Carmel Mission and onto Highway 1 again, entering the fabled Big Sur region.

The Highway 1 coastline through Big Sur is considered one of the 20 most beautiful road trips in the world. The road construction backstory is as legendary as the scenery. Begun in 1922, Highway 1 through Big Sur was funded through an initial \$1.5 million construction bond passed by California voters. It took another 16 years to complete, relying on prisoners from San Quentin and Folsom state prisons who were paid 35 cents an hour for their labor.

The road project stopped for two years in 1926 when funding ran out. Thirty-one bridges were built between 1931 and 1938, most of which have been replaced. In

2017, CalTrans, which maintains state roads, reported that Big Sur's Highway 1 had closed and been repaired more than 55 times throughout its history due to mudslides, landslides, erosion and fire.

Although it was a Tuesday in late September, the bright sun brought out the tourists who flooded the road from Carmel Highlands past Big Sur's world-famous Bixby Creek Bridge. The scenery lived up to its billing, with rugged cliffs and crashing surf at every turn. At the Bixby Bridge, we encountered high winds and visitors



from Tennessee. I looked beyond the bridge and shuddered as I observed the daunting wedding cake mountain just ahead on our route.

Fortunately, the view was deceiving. I ascended the wedding cake pedal by pedal and made it to the top with a few breaks. The descent proved more problematic as I slowly cornered each turn, navigating persistent traffic in both directions with little or no shoulder. The remaining 10 miles skirted the coast over Little Sur River past Andrew Molera State Park into Pfeiffer Big Sur State Park and a towering Redwood forest.

In spite of the day's accomplishment, I wondered if I could continue, my nerves frayed by the relentless traffic. My husband reassured me, boosting my spirits while we celebrated the trip's mileage midpoint.

We began Day 4 navigating through Harry Potter-like opaque fog so thick that our high visibility jackets and flashing bike lights were undetectable from ten feet away. I fretted until I realized that the fog kept the tourists and traffic at bay. While the change in weather also obscured the breathtaking views, I conceded the trade-off and blasted down the highway with newfound confidence. After about 10 miles, the fog receded just enough that we could thrill to the coastline scenery from the seat of our bikes once again. For the

time being, the convertible car rentals crowding Big Sur remained grounded.

We picnicked with one of the cyclists we met on the road at Lucia, the site of a small motel and former store that had been recently lost to fire. The next 13 miles to the settlement of Gorda were pure heaven. We barreled down the Pitkins Curve Bridge and flew through the Rain Rocks Rock Shed in Limekiln State Park, marveling at the stunning engineering and infrastructure design completed in 2014 to address an unstable slope.

Reaching Gorda, we stopped for a break before ascending the last two steep climbs of the day. The sun had broken through the fog and traffic had resumed. Up, up, up we went into the heavens on a never-ending series of turns. We descended again, navigating myriad hairpin curves before climbing one final mountain for the day. The fog returned as we rounded the bend to Ragged Point, the last major landmark on the southbound Highway 1 Big Sur roller coaster.

On Day 5, we cycled out of Ragged Point down the mountain 15 miles to San Simeon, home to Hearst Castle, an extravagant estate formerly owned by the late newspaper publisher William Randolph Hearst and designed by famed architect Julia Morgan. The castle is temporarily closed due to storm damage, saving us an extra climb up the mountain to tour it.

We cycled along a relatively flat road to the town of Cambria where we stopped to enjoy a leisurely breakfast. We continued to San Luis Obispo (SLO), home to Cal Poly SLO and a vibrant community of some 22,000 students, cycling 62 miles for the day. After resting overnight, we hopped on the Pacific Surfliner Amtrak train with our bikes (reservations required) and concluded our adventure in Santa Barbara.

We have taken several supported bike tours and one semi-supported. This trip down the coast was the first on our own. We loved the ride, adventure and challenge, but it was not without stress, given the



route's technical and traffic demands. We cycled on our own bikes and felt reasonably secure knowing that services were never more than a half day away. My Surly Disc Trucker touring bike has been professionally fitted to me, which makes a huge difference in comfort and efficiency.

In addition to hotels and inns, there are hiker-biker campsites strategically located along the Pacific Coast Highway cycling route, which many cyclists avail themselves. The non-profit Adventure Cycling Association sells cycle touring maps that include a comprehensive directory of local service and hospitality resources.

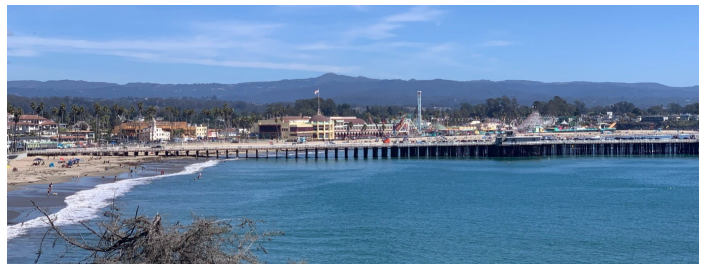
Will we do a self-supported cycling tour again? Definitely, but next time we'll cycle a road less travelled.



*Nancy Crowley and her husband, F.X. Crowley are recent WWBC members (joining just before COVID hit) Coincidentally, they cycled the same route in mid-September to San Luis Obispo as was done by other Western Wheelers featured in the last Flat Tyre!*

*Welcome to the club, Nancy and F.X.!*

*Attention Club members! Are you planning a tour? Completed a tour? Send your story or tour plan announcement to the Flat Tyre for publication.*  
[editors@westernwheelers.org](mailto:editors@westernwheelers.org)



## A Vintage Club Ride

*Many vintage bikes, one common theme: These bikes from another era are still cherished by their owners.*



*A brilliant morning greets the Monday Morning Mocha Moochers.*

Ranging from a whimsical '55 Schwinn, a '71 Raleigh commuter to a pristine 80's Colnago, an assortment of vintage bicycles turned out on this special Vintage Edition of the Western Wheelers' Monday Morning Mocha Moch.



*Michael Khaw's 90's to early 2000's Steve Rex*



*Greg Davis' '74 ? Schwinn Paramount*



*Jim Christol's '97 Bontrager Race Lite*



*Jeff Orum's custom-built '84 Dale Saso Touring Bike*

Each vintage bike comes bundled with stories to tell... here're a few...



*Pete Letchworth late'90's Griffen B4C "Classic"*

"I bought it from Outfitter when they first came out in the late 90's. It is composed of a mixture of boron carbide-reinforced aluminum Metal Matrix. This material was developed in the aerospace industry and was released to the public back then. It was called Metamic, or boron carbide metal matrix. The guy named Tony Free, who made the Griffen bikes, hired retirees from the Skunk Works who knew how to work with the material. He made several types of bikes from it, including tri, track, time trial, and regular ones like mine, hence the Classic". – Pete Letchworth



Roger Johnson's '55 Schwinn WASP comes with a whimsical front wheel-driven siren. Somewhat resembling a toilet float valve, the siren emits a shrieking, heart-stopping noise when activated via a chain mechanism. Roger says he only rides vintage bikes; all 12 of his bikes are vintage bikes. Photo ⇔





*Dale Gill is the original owner of a 1972 Schwinn Paramount*



*Andy Kirk's '88 all-carbon fiber Kestrel*

“My red Kestrel was the original model covered in a 1986 issue of Bicycling magazine. It may be the first carbon fiber bike made. I bought it in 1989 or 1990. It had Campy Chorus gruppo, but over time it was converted from a 12-speed freewheel to a 14-speed cassette. I rode it for 20 years and I think it has about 100 thousand miles on it. Retired it in Jan. 2011.” – Andy Kirk



*Chuck Garner's '81 Colnago Super*



*Yair Beja's '04 Novara Randonee*



Trading stories at Camp Fremont Coffee Stop ⇔

Judy Colwell's '71 English Raleigh Sports 3sp  
 "Mine is an old English Raleigh Sports 3sp, 1971. Her name is "Zelda, The Amazing Three Speed." In the beginning it carried two children to nursery school (both on the bike, one in front of me, one in back); it spent years commuting (with me in a dress and heels) to SRI and then to Stanford; now it is my around town commute bike and occasional trips up/back Alpine."  
 -Judy Colwell. ↓



The Monday Morning Mocha Mooch meets at 9:15 for a 9:30 am departure at the Lucky Supermarket parking lot (2175 Grant Road, Los Alto, CA). We'll stop for coffee at Peet's in Menlo Park before returning to the start. David Schorow and Jim Takasugi share ride leadership and welcome all bicyclists, vintage or not. Details at this [link](#). Another Vintage Edition of the MMMM is planned for the Spring.

Jim Takasugi, Club Member



and my '72 Mondia Special.

## December Safety Tip - Beware of Debris and Wet Leaves

*No hour of life is lost that is spent in the saddle.*  
~ **Winston Churchill**

This is my annual safety tip warning of the dangers during this time of year due to wet conditions or debris on the road.

While we tend not to ride on days when it is raining, we often ride shortly afterwards. During this season, there are frequent areas with wet leaves on the ground that are SLIPPERY. In 2018, a club member broke her hip after taking a fall caused by sliding out while running over a clump of wet leaves.

Stormy conditions also cause sticks and other debris to fall on the road, much of it ending up in the bike lanes. In the past few years, we've had incidents where we sadly lost two club members after fatal encounters with an errant stick in the bike lane going into their front wheel.

After a rainy or windy day or while riding through damp conditions, **be especially careful around wet leaves and keep a sharp eye out for dangerous sticks or other debris on the road.**

*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.*



*The monthly Safety Tip is submitted by David Schorow, Club President.*

## 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



# Western Wheelers

## Ride Information

**DETAILS OF RIDE CLASSIFICATION: The format of the ratings is:**

**PACE/HILLINESS (total climbing if known) /DISTANCE**

**PACE (A-F):** Indicates the average speed while riding, with A being the slowest and F being the fastest. Non-riding time is not counted, so rides with long stops may have the same average speed as rides with short stops

**HILLINESS (0–5):** Rates the terrain based on the average feet climbed per mile for the entire ride. This is the ratio of the total climb to the total distance, all divided by 25.

Hilliness Rating	0	1	2	3	4	5
Average Climb (Feet/Mile)	0	25	50	75	100	125

The longer, steeper and more frequent the hills, the higher the hilliness rating and the slower the average speed. However, a low hilliness rating does not guarantee that a ride contains no long or steep hills, because the rating could be diluted by flat stretches around the hills. If a ride contains an unusually challenging hill for its hilliness rating, an exclamation point (!) is appended to the hilliness rating. The ride description should provide more details. It is possible but rare to have a hilliness rating greater than 5.

**AVERAGE SPEEDS:** The average speeds (mph) for the different pace and hilliness ratings are:

HILLINESS RATING						
Pace Rating	0	1	2	3	4	5
Average OLH Time						
A	10	9	8	NA	NA	NA
B	12	11	10	9	8	7 43-54 min.
C	14	13	12	11	10	9 34-43 min.
D	16	15	14	13	12	11 27-34 min.
E	18	17	16	15	14	13 22-27 min.

If the pace rating letter has + or - appended to it, the average speed is changed by 1 mph.

**CHOOSING YOUR RIDE:** The speeds in the above table may seem low because you know you can ride faster at times. Remember, however, that the numbers represent the average speed for the entire ride. Don't attempt rides beyond your ability. If you are taking your first club ride, err on the conservative side. Novice cyclists are welcome on A rides. A, B, and C rides are typically more leisurely and have more regroupings than D, E, and F

rides, which are brisker-paced rides for more experienced and self-sufficient cyclists.

If you are unsure which group to go with on hilly rides, time yourself up Old La Honda road, and compare your time with the time ranges shown in the above table. If your time is within the range for a certain group, you can feel comfortable riding with that group on hilly rides. Note that the OLH time does not refer to your personal best time, but to the time in which you can comfortably climb Old La Honda, and perhaps not just once, but repeatedly, because that is the pace the group will be maintaining all day on multiple climbs.

If you choose to ride with a slower group, you should not expect them to speed up for you, and if you choose to ride with a faster group, you should not expect them to wait for you.

**RIDE RATING EXAMPLES:** "C+/2/40" indicates a 40-mile ride with about 2000 feet of climbing, ridden at an average speed of 12 mph. "E/4!(9700')/100" indicates a 100-mile ride with 9700 feet of climbing, some of it very steep, ridden at an average speed of 13 mph.

**WEATHER CONSIDERATIONS:** Rides may be canceled if rain seems likely during the ride. If in doubt, contact the ride leader.

**RECOMMENDED EQUIPMENT:** Please try to bring basic tools, sunglasses and sunscreen, water bottles, food or food money, a first-aid kit, phone 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.



## December 2021 Weekly and Repeating Club Rides

### *Every Monday*

**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.

**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.

**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](#)

### *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](#)



**THE TUESDAY EVENING RIDE IS ON HIATUS FOR THE WINTER - RIDES WILL RESUME SPRING 2022.**

**The Tuesday evening Virtual Ride will now be a weekly event:**

**CD/1-2/15-20 TUESDAY NIGHT ZWIFT RIDE.**

Meet [Aaron Solomon](#) at 5:50 PM at Zwift. We'll meet in Zwift at 5:50, and roll out at 6:00pm. To participate, follow me in Zwift, and send me a quick email so that I can add you to the Zwift Meet-up Event. I will email the current week's ride details to participants. If you have questions about this ride please contact the leader directly ([solomonaar@gmail.com](mailto:solomonaar@gmail.com)).

### *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/leader contact information.

**THE HUMP DAY WEDNESDAY EVENING RIDE IS ON HIATUS FOR THE WINTER - RIDES WILL RESUME SPRING 2022.**

### *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*

**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](mailto: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.