

## Turn at the Front

Happy New Year

*David Schorow, President*

The start of a new year is a time to look back on the past and look forward to what the new year will bring. That's the spirit motivating this month's column

I first want to commend Fran and Cindy for putting on such a great Holiday Social and General Meeting event. We were blessed with wonderful weather for a December afternoon. The setting, food, and drinks were great and conducive to socializing with the Western Wheeler family. I've received many compliments on how well the event went, how great it was for social mixing, and how it left a positive spirit within the attendees. One new member mentioned to me how corporations search for ways to create events for team building, but rarely succeed as well as we did with our Holiday Social event.

I'd like to again applaud the people receiving Appreciation Awards for their contribution to the club. All of the awardees this year were prolific ride leaders. But the awards were not only given for the quantity of the rides they led, but for the quality of their rides, the care and effort they made to ensure everyone on the ride felt welcome and had a good time.

- Sarah Coyle — Wednesday "Hump" ride leader
- Mark Mack — frequent B and C ride leader
- Pam Putman and Pat Elson — social A paced Monday coffee ride leaders
- Tom Schnurbusch — six day a week ride leader with 250 rides led as of Dec 6

I want to thank all of the members who sent in nominations for the appreciation awards. The awardees were each nominated by multiple people. We received other well-deserved nominations beyond this list, but they were for people who have received the award in past years. We generally don't give anyone more than one Appreciation Award, even as they continue their superb contributions to the club. You can see all of the past awardees on the [Appreciation Awards web page](#).



*A heartfelt of thanks in a fiery world, by Angela Cearns  
First Prize, 2021 Annual WWBC Photo Contest*

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At the General Meeting, I was honored to bestow the Ben Lefkowitz award to Randall Braun for his work benefitting the general cycling community, above and beyond the work he's done as the Sequoia organizer for the club. He has authored [bicycling guidebooks](#), runs a Route Arrow business for directing cyclists on public rides, works to improve the relationship of cyclists with the coastal community, and has donated his time and route expertise to various charity bike rides. You can get more info about the Ben Lefkowitz award and all of the awardees on the [Lefkowitz Award web page](#).

The 2022 Western Wheeler Board looks remarkably similar to the 2021 Board, with only a single change. We say a fond farewell to Cindy Asrir who is stepping back from the board after serving for seven years in a

variety of roles — Secretary, Events Chair, and Member-at-Large. We are grateful to Cindy for all she's done for the club, both on the board and outside of the board as C-Ride Coordinator, movie night organizer and so much more. I'm sure we'll continue to benefit from Cindy's many contributions to the club outside of participating on the board.

Taking Cindy's place, we welcome Jean Symons to the board as a Member-at-Large. Jean joined Western Wheelers in 2018 and has been upping her cycling game since then on a variety of WW rides, enjoying the social aspect of our rides. We look forward to Jean's contributions to the board for 2022.

I am grateful to the other eleven board members who have volunteered to continue contributing in their same roles for 2022. The [2022 Board of Directors](#) page contains the complete list of the board members. With Omicron and other issues on the horizon, I'm sure it will be another challenging year for the club, so it is wonderful to have this experienced group guiding the club.



*David Schorow, Club President, writes the monthly Turn at the Front column and Safety Tip located this month on page 9.*



*Lone Rider, by Lily Tan  
Committee's Choice, 2021 Annual WWBC Photo Contest*

## BIG WHEELS 2022

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



### Club Calendar January 2022

12	Wed	Board Meeting in Mountain View
20	Thur	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)

## December 2021 Western Wheelers Bicycle Club General Meeting Minutes

(Minutes pending board approval)

**Date:** Sunday, December 5

**Time:** Lunch/Social: 1:00 pm Meeting: 2:00 pm

**Location:** Village Hub, Woodside

David welcomed everyone to the Holiday social and general meeting, and thanked Fran and Cindy for organizing the event. He also showed everyone the colorful string bag they would receive as a party gift and encouraged everyone to pick one up on their way out.

**2022 Board of Directors Announced.** David thanked the members of the 2021 Board for their service and announced the results of the recently completed election for 2022. The results were: President: David Schorow, Secretary: Patty Koel, Treasurer: Mike Rissi, Flat Tyre Editor: Peggy George, Ride Chair: Guy Shuman, Events Chair: Fran Williams, Webmaster: Vito Mazzarino, Membership: Vern Tucker, Sequoia Chair: Randall Braun, and Members at Large: Cathy Switzer,

Bill Sherwin, and Jean Symons. David thanked everyone who ran for a position this year and was grateful for their willingness to serve.

**Appreciation for departing board member, Cindy Asrir.** David thanked Cindy for her key contributions during seven years of service on the board. Cindy has been club Secretary, Events Chair and Member at Large over the years. Most recently, Cindy kept us entertained with movie nights when we needed it most, i.e. when our Shelter in Place orders were in place, and beyond. David presented Cindy with a poster of an electronic card signed by multiple present and prior board members with their words of appreciation.

**Appreciation Awards.** Five appreciation awards were given this year:

- **Sarah Coyle:** Cindy presented an appreciation award to Sarah Coyle for being a great ride leader. Cindy noted that Sarah has been leading the Wednesday Evening Hump-Day ride for years. Sarah always makes new riders feel welcome and included and is known for making her rides fun.
- **Mark Mack:** Cindy presented an appreciation award to Mark Mack for consistently stepping up every weekend to lead cyclists on fun and challenging rides. Cindy noted that Mark is an exceptional ride leader and role model.
- **Pamela Putman:** Vito presented an appreciation award to Pamela Putman for leading the Socially Paced Monday Morning Coffee ride. Vito noted that she has just the right attitude to introduce new riders to the skills necessary to ride in a group.
- **Patricia Elson:** Vito announced that Patricia Elson had also earned an appreciation award, although she was not there in person to receive it. Patricia Elson is the co-leader of the Socially Paced Monday Morning Coffee ride. Together Pamela and Patricia ensure that all riders are welcomed and safe and that no one is dropped.

- **Tom Schnurbusch:** Patty presented an appreciation award to Tom Schnurbusch for his extraordinary commitment to lead a ride six days a week. Patty noted that Tom received multiple nominations, and that Tom has filled a unique role in the club by consistently leading rides that begin in the North Peninsula. He is known for being very welcoming to new riders, and having a friendly coffee stop along the way.
- **Honorary Lifetime Membership - Tom Schnurbusch:** Patty also noted that in 2020 Tom Schnurbusch earned the Honorary Lifetime Membership award for leading over 300 rides. The public announcement of his award was postponed to this year due to the pandemic.

**Lefkowitz Award - Randall Braun:** The Lefkowitz Award is given for achievements in the broad cycling community. David presented the Lefkowitz award to Randall Braun for his life-long contributions to bicycling community, which include building a positive rapport between cyclists and the Sequoia/Coastal Community, authoring books and guides to cycling, and supporting Sierra to the Sea, a scenic and challenging California bicycle and camping tour. Additionally, Randall's business, Route Arrows, has helped thousands of cyclists and others navigate safely on their routes.

**Thank you to our ride leaders.** David thanked everyone who led a ride in 2021, and encouraged all who had not yet led a ride to give it a try.

The meeting adjourned at 2:28 pm.



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

## Welcome New Members December 2021

Please welcome the following new members to the Western Wheelers:

Jasmin Aber	Mountain View
Jason Cha	Los Altos Hills
Deborah Giden	Mountain View
Dirk Haccou	Santa Clara
Garrett Roberts Kingman	Sunnyvale
Marc McKenna	Cupertino

We also thank Howard Shafer and Jacquette Ward for their generous donation to the Western Wheelers



*New members were reported by Vern Tucker, Western Wheelers Club Membership Chair*

## Bicycling Photography Contest

- 1st A heartfelt of thanks in a fiery world,  
**Angela Cearns**
- 2nd Sky is the limit!,  
**Weih Liou**
- 3rd Above the Clouds,  
**Aaron Solomon**
- CC Lone Rider,  
**Lily Tan**  
(Committee's Choice)

2021: 67 photos from 40 people; 165 people voted  
Level of participation was the highest number in all 3 categories (submissions, photographers, voters) since the beginning of the contest 16 years ago

2020: 54 photos from 33 people; 138 people voted

Amazon gift cards were awarded to the winners.

Committee: Vicki Pelton, Ron dell'Aquila





*Above the Clouds, by Aaron Solomon  
Third Prize, 2021 Annual WWBC Photo Contest*

## 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.

### 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 [WebSite Ride Schedule](#).

**REGISTRATION:** Please REGISTER on the website 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 and Long Distance Ride  
Series Coordinator (LDT)*

**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> )



*Sky is the limit!, by Weih Liou  
Second Place, 2021 WWBC Annual Photo Contest*

*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)*

## Vintage Cycling Corner

*A vintage cookie holiday tradition ~  
combining baking and bicycling.*

Over 30 riders enjoyed hot cider and delicious treats baked by Jani Roberts and Nancy Williams at the Holiday Cookie Ride this year.





A milestone birthday for Mindy Steiner was celebrated.



*Mindy and Nancy  
photo credit: Kai Wiedman*



A review of Flat Tyre newsletters gave us some history.

- \* In 2008 Nancy and Bob Williams led the predecessor cookie ride, called "Holiday Hills," as a B/3.5/24 and served treats afterwards
- \* In 2009 Nancy and Bob "roped" Jani into doing it with us (she is such a great baker!), called it "Post-Holiday Hills" (as it took place on Dec. 27)
- \* In 2010 apparently skipped a year
- \* In 2011, 2012, and 2013 Jani, Bob, and Nancy led a "Holiday Cookie Ride" that was shortened to B/3.5/20
- \* In 2014 was made an easier B/2/22
- \* In 2015 was listed on Christmas Eve and made it a B/2/18
- \* In 2016 and 2017 Jani and Nancy led it (Bob helped) and made it a B/1.5/20
- \* In 2018 Jani did it by herself as Bob and Nancy had a family out of town obligation.
- \* In 2019 it was on Dec. 14
- \* 2020 skipped due to COVID.

Sometimes it was started from Shoup Park, but in recent years from MacKenzie Park.



*December 20 Holiday Cookie Ride  
photos credit: Peggy George*





## Woodside Village Hub Annual Member Meeting and Holiday Social



*photos credit: Lily Tan*



## January Safety Tip — Care when Descending

*Melancholy is incompatible with bicycling.*

~ James E Starrs

1930–2021

Many of the great rides we have in our area travel hills and have long descents. There are some important considerations for safely handling descents. Begin at home the day before the ride by making sure your bicycle is in good condition. Make sure your tires and brakes are in good condition and tires are fully inflated. Inspect your wheels for any misalignment or looseness. During your ride when descending, move back in the saddle to prepare for emergency stops. Many experts recommend getting "in the drops", where you have full braking leverage. Take care when passing fellow cyclists, always passing to the left, and announcing yourself before you pass. But most of all, SLOW DOWN! This is not a race and our roads are not in perfect condition, especially in the winter months when rain, leaves, and other debris are frequently present. You will enjoy the ride more if you are relaxed and not pushing the limits of your bike, road conditions, or your own abilities.

*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 regroups 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.
- For insurance reasons, only Category 1 and 3 e-bikes are allowed on club rides. Category 2 bikes are not allowed.



## January 2022 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.**

**CD/1-2/15-20 TUESDAY/THURSDAY 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.

***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.**

**CD/1-2/15-20 TUESDAY/THURSDAY 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.

***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](#).

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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.

