

Turn at the Front

THE SEQUOIA 2022

Guest Contributor, Randall Braun, Sequoia Chair

Hello Western Wheelers!

The very good news is that The Sequoia is on for 2022!

Mark your calendar for Sunday June 5th, at Foothill College in Los Altos Hills.

Our *Challengingly Beautiful* cycling event continues with the simple goal to raise funds for local cycling-centric entities and the three Coastside organizations: Puente, Abundant Grace Coastside Worker, and the La Honda Volunteer Fire Brigade. Three members of the 2021 Sequoi-tual team delivered the third and final donation check for \$4,567 to the La Honda Fire Brigade this past Sunday! The Fire Captain, Treasurer and Board President were on hand and very appreciative of our generous support.

For this year's event, we have three beautiful route options which all go to the coast and back. The distances range are 57 miles and 6,400' of elevation gain, 68 miles and 7,800' and the iconic, signature route of 101 miles and over 10,000' of climbing!

And as with The 2021 Sequoi-tual, all paid registrations include a colorful custom Voler jersey!

The first half of 2022 is still uncertain. To play it safe, we've scaled back a bit, with fewer total riders and fewer rest stops. But we will have our *Challengingly Beautiful* well-supported routes, for a good cause,

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“Blood Shortage Closes Trauma Unit for Two Hours at UCLA”

Dear Wheelers, The headline above was reported this week by the New York Times. A critical blood shortage has impacted healthcare both nationwide and within California. You can learn more about giving blood [here](#) on page 9.



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and our fun colorful finish line with our famous ice-cold chocolate milk and a deliciously festive hot meal and ice-cream sundaes!

So, Wheelers—we need your help to take on a few key Team Captain positions! As a thank you, Team Captains will receive this year's custom Voler jersey! All the other hard-working and indispensable army of volunteers at the rest stops and Foothill, the SAG drivers, etc., will receive a fun and colorful one-of-a-kind T-shirt! This new thank-you policy will replace the recent program of giving out club memberships to Sequoia volunteers. The bottom line is that we really appreciate all the wonderful members who step up and give their time and energy to support this amazing annual event!

[The rider registration will be open on 2/2/22.](#)

We'll publish the list of needed volunteer positions (for rest stops, SAGs and Foothill, etc.) later in February, so keep an eye out for that.

Contact all your out-of-town cycling buddies and let them know The Sequoia 2022 is back and it's going to be great.

If you'd like to help out this year as a Team Captain, please contact me directly: rgbraun@earthlink.net !

All the best and thank you again!



Guest **Turn at the Front** columnist this month is Randall Braun, Sequoia Chair and Board Member.

Presentation to La Honda Volunteer Fire Brigade of Wheelers' Club Donation Check on January 16, 2022. Randall Braun, Ari Delay, LHFBS Assistant Fire Chief, Russell Hull, Julie LoCoco, LHFBS Treasurer, Vito Mazzarino (left to right)

Photo Credit: Pat O'Coffey, President, La Honda Fire Brigade.

February Safety Tip—Care when Stopping/Regrouping

When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking
~ **Arthur Conan Doyle**

Many WW routes have regroupings listed on the ride sheets (e.g. LDT, FFS). We try to place re-groups where there is room to get off the roadway, but use common sense and caution as well. Remember not to block traffic or hinder cars that are turning. It's safer and more courteous to pull well off the road. Even on individual rides, call out when stopping and pull as far off the road as possible so as not to block cars or other cyclists.

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.

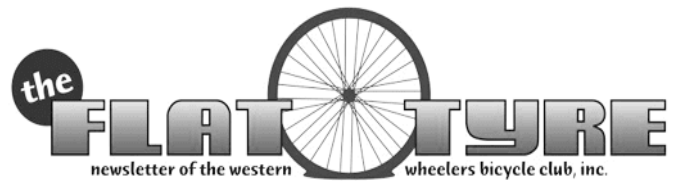


David Schorow, Club President, writes the monthly Turn at the Front column and Safety Tip.



BIG WHEELS 2022

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



Club Calendar February 2022

2	Wed	Sequoia Registration Opens
9	Wed	Club Blood Drive
9	Wed	Board Meeting Zoom
20	Sun	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

January 2022 Western Wheelers Bicycle Club Board Meeting Minutes

(Minutes pending Board approval)

Date: Wednesday, January 12

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

Location: Zoom Meeting

Call to Order at 7:00 pm

Present: David Schorow, Peggy George, Patty Koel, Guy Shuman, Vern Tucker, Fran Williams, Randall Braun, Mike Rissi, Jean Symons, and Vito Mazzarino. Cathy Switzer joined the meeting after it started and Bill Sherwin was absent.

Standing Items

- Date of next Board meeting — February 9, 2022
- Location of next Board meeting — Zoom
- Food Wrangler — N/A

- The November 2021 Board meeting minutes and December 2021 General meeting minutes were unanimously approved.

New Business:

- **Introduction of Jean Symons.** The Board welcomed Jean Symons and each Board member introduced themselves to her. Jean is new to the Board in 2022 and holds the position of Member at Large.
- **Randall — Sequoia Update.** Randall reviewed his plans for the 2022 Sequoia Century, which include a blend of elements of pre-covid Sequoia Centuries in the past and last year's Sequoi-tual:
 - One-day event on June 5 that starts and ends at Foothill College
 - Registration opens February 2, and is capped at 750 (vs. 1,000 in the past) new registrants
 - Three routes of 100, 68, and 57 miles - priced at \$150, \$140 and \$130.
 - Jerseys will be included in the price of all registrations. Matching socks will also be available as extras.
 - Rest Stops — Loma Mar Store and The Bike Hut will offer snacks. If possible a water stop will be available in the Woodside area, and a final party at Foothill College. The purchase and distribution of food is being streamlined.
 - Volunteer appreciation gifts for Team Captains will be a free jersey, as has been true in the past, and volunteer appreciation gifts for day-of volunteers will be socks, t-shirt or another gift that is still to be determined. Memberships will not be offered this year.
 - There are over 100 riders who signed up for the 2020 Sequoia Century who still have a credit with the club. Depending on the amount of their credit they will be offered a choice of either a free or a discounted registration in the 2022 Sequoia Century, or to donate their credit to charity. No refunds will be given.

Randall also announced that the final charitable donation from the proceeds of the 2021 Sequoi-tual will be presented to the La Honda Fire Brigade on January 16.

- **Mike — 2022 Budget Planning.** Mike presented a tentative budget for the year, and offered comments on how some of the figures were derived. With new information presented by Randall about the 2022 Sequoia, Mike will recalibrate the Sequoia revenue and expenses projections and will present a revised 2022 proposed budget at our next meeting.

The Board also discussed how net proceeds from the Sequoia would be used this year. It was determined that the 2022 budget would be revised as follows before it is submitted to the Board for approval: 75% of the 2022 Sequoia's net proceeds would be given to charitable donations and bicycling advocacy organizations (the exact split among those entities to be determined after the event), and the remaining 25% would be retained by the club.

Fran asked Mike to compare the cost of the 2021 Holiday party at the Village Hub to the cost of pre-COVID Holiday parties at Michaels. In prior years, attendees at the Holiday party at Michaels paid to attend, whereas the Holiday party at the Village was free to all attendees and it accommodated a larger group (200). Mike reported that the net cost of the two events was roughly the same.

- **Guy and David — Review of COVID policy.** David updated the Board on a situation in which a club member reported testing positive for COVID soon after attending a group bike ride. David shared a copy of the email he sent to those who were on the group bike ride with him. Suggestions were made for fine tuning that email to use as a template for next time.

David also presented a draft of a new policy for reporting positive covid tests for situations in which someone may have been unknowingly contagious with COVID when on a WWBC club ride. Discussion ensued and feedback was solicited. Guy and Cathy volunteered to assist in the final version of the policy.

In addition, David shared an email that he received from Jon Blum, a club member who is a recently-retired physician who specializes in infectious diseases. Jon offered recommendations about wearing masks (who, when, what type) at a group bike ride reflecting the current omicron surge. The Board agreed that David would send an email to the club, sharing Jon's professional background and his recommendations.

- **David — Calendar for 2022.** David reviewed the calendar for 2022. Several dates were added to the calendar and a few more events need to have exact dates pinned down.

Area Lead Updates:

- **Vern — Membership:** Vern reported that we had 27 new members join since November 10, 2021 (our last Board meeting), which brings the total number of members to 1,017. Vern called attention to feedback that he has heard about automatic membership renewal through PayPal. Vern and Vito agreed to work together to update the relevant language on the website, and revise any automated communication coming through Wild Apricot that may be confusing.
- **Vito — Webmaster:** Vito has been updating the website for changes resulting for a new year. He also thanked the Board members who assisted in his efforts to update Board members' website access permissions to match the scope of their jobs.

- **Cathy — Logo Design:** Cathy asked Board members to review the email she sent us with logo design updates, so that we can be prepared for next month's discussion.
- **Fran — Events:** Fran gave a short update on recent events including the Holiday Party and the Blood Drives. A brief discussion of planning for the Ice Cream Social for 2022 was included in the discussion about the Calendar for 2022.

There were no other updates by Board members.

The meeting adjourned at 9:18 pm.



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

Welcome New Members January 2022

Please welcome the following new members to the Western Wheelers:

Archana Dubey	Palo Alto
Reidar Bratvold	Stanford
David Cho	South San Francisco
Ian Colrain	Redwood City
Sarah Conover	Los Gatos
Don Kieffer	Burlingame
Robert Marks	Mountain View
Anjali Shastri	Los Altos Hills
Tim Sturtevant	Berkley
Chiraag Sumanth	Sunnyvale
Jim Tearse	Palo Alto
Sterling Watson	Palo Alto



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

LDT Corner

We've had great weather and turnout for the first few LDT rides! In these COVID-19 times, please remember to give other riders their personal space and do NOT attend rides if you are showing any covid/flu/cold symptoms!

In February we'll start to venture a bit further afield, beginning with the fabulous **Seascape LDT** on February 5th. This popular ride visits Gizdich Ranch for yummy pie ala mode along with lunch. Next we have an East Bay jaunt to **Livermore**. The ride offers some beautiful country rarely visited by Western Wheelers, as we cross over to the Central Valley and return. **Calaveras** is always a pleasant ride with abundant wildlife sightings – we've seen deer, pigs, eagles, wild bulls, and even rattlesnakes as we meander along the reservoir to the dam overlook. Our route doubles back to the beautiful climb of Felter Road (C/D/E riders), followed by lunch at the base of Sierra Road. After lunch all groups take various loops through Alum Rock Park and beyond. Our remote **Hollister Hills** ride follows, exploring the "cowboy" country south of Hollister.

Coming up in March, we will start our "LDT Weekend" excursions. On our LDT Weekends (to destinations that are a little farther away than most) we offer Friday afternoon, Saturday, and Sunday rides. Our plans for Saturday "group dinners" are in limbo at the moment with the Omicron surge – check website for updated information. Regardless, there are many outdoor opportunities in each location for safe dining. It is important to make hotel reservations early if planning to stay over – see online ride descriptions (Saturday listing) for information on lodging and registration. LDT Weekends this year are **Healdsburg** (3/18–3/20), **Pacific Grove** (4/1–4/3), **Paso Robles** (4/29–5/2), and **Cazadero** (5/13–5/15). Make your plans now to join in the fun!

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

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 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)

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

5–Feb	Seascape
12–Feb	Livermore
19–Feb	Calaveras
26–Feb	Hollister Hills
5–Mar	Pescadero
12–Mar	Marin Headlands
19–Mar	Healdsburg (2-3 day)
26–Mar	Berkeley Hills
2–Apr	Pacific Grove (2-3 day)
9–Apr	Petaluma
16–Apr	Mountain Charlie
23–Apr	Skyline
30–Apr	Paso Robles (2-3 day)
7–May	Mt. Diablo
14–May	Cazadero (2-3 day)
21–May	Mt. Tamalpais
30–May	Mt. Hamilton (Mon. Memorial Day)

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

Vintage Cycling Corner

My Wife and Her Bicycle, Touring then and now

On July 20, 2002, while bicycling over 9200-foot high Kaiser Pass in California, my wife Jacquette lost her brakes and crashed at 50 mph. When I reached her, she lay motionless, her bicycle crumpled, her belongings scattered. One foot dangled at an ugly angle, her tibia and fibula fractured above her right ankle. She fractured her right elbow too and broke ribs and wrenched her back where vertebrae had been fused since childhood, the treatment for severe scoliosis at that time. In the hospital, the doctor, frowning at her spine's x-ray image muttered, "She never should have been on a bike in the first place."

Little did he know.

I met Jacquette at the Western Wheelers' Christmas party in 1990. We became acquainted on a bicycle excursion from San Francisco to Los Angeles. 1995 we married, wobbling away from our wedding on a tandem bicycle.

We rode bicycles 460 miles on our honeymoon, bicycling against strong winds around Glacier National Park. We climbed Going-to-the-Sun Road to 6646-foot high Logan Pass, coasted down the other side, and were stunned by the vistas. We finally headed home to happy-ever-aftering, but bicycles remained an important part of our lives.

One summer we bicycled through Roosevelt National Park in North Dakota where a park ranger's pickup truck nudged aside a herd of bison to keep the bulls away from us.



Jacquette Conquers Washington Pass in the Washington Cascades in 2012.



Jacquette stares down bison in Roosevelt National Park in 2013.

Another time we bicycled through the Black Hills in South Dakota where "pigtail" loops on the Peter Norbeck Scenic Byway spiral back over themselves. On one remote road, we saw a beaver floating lazily in a pond. We browsed arts and crafts and bought a horse-hair pottery jar from a Sioux artist.

We have bicycled in West Virginia, Georgia, Louisiana (home of Jacquette's Cajun mother), Oregon, Washington, Utah, and western Canada. In British Columbia we encountered a pod of orcas swimming past us no more than fifty feet from the beach. In Colorado we climbed Trail Ridge Road in Rocky Mountain National Park to the Alpine Visitor Center located 11,796 feet high. We enjoy hills.



Jacquette loop- the-loop in the Black Hills where the road loops over itself in 2013.



Jacquette under the high, mile-long railroad bridge in Lethbridge, Alberta, Canada in 2018.

Ten weeks after her accident, Jacquette got out of her wheelchair and began riding a stationary bicycle. At fifteen weeks, she demanded I accompany her on a twelve-mile bike ride. Soon she was bicycling to work again, thirty miles round trip. That spring she bicycled 480 miles around San Francisco Bay. In 2008 we bicycled 520 miles down the California coast. In 2012 we bicycled in the Washington Cascades for a week. Since then we've done few epic rides, but here's a ride we did a year ago: [Antelope Island: A Californian's Utah Bicycle Adventure in the Time of COVID - Cycling West - Cycling Utah](#)

Perhaps the doctor was right, that she should never have been on a bicycle in the first place, but she was, and to this day, at 73, she still is.

Howard and Jacquette at Antelope Island State Park in Utah during the pandemic in 2019.



Submitted by Howard Shafer, Club Member. Howard and Jacquette frequently lead A-B rides for the WWBC.

To the Western Wheelers Bicycle Club I have a 1982 vintage Motobecane road bike in excellent condition that I am selling. Please email me if you or anyone you know would be interested in looking at this bike. I am located in the mid-Peninsula / Burlingame area. Thanks - [Jim MacGregor](#)

Vintage Men's Red Motobecane

\$250

Vintage men's red Motobecane (Model: Super Mirage) road bike purchased in December 1982 - one owner. 12 speed with 25 inch diameter wheels ... all original equipment, including Shimano derailleur, except for newer seat.

Excellent condition overall. Has not been used for 20+ years ... stored in garage.



Club Blood Drives 2022



Please consider joining us for our first Blood Drive Event of the year, on Wed, February 09, 2022

There will be four Blood Drives in 2022, in conjunction with the Stanford Blood Center:

Wednesday, Feb. 9	Wednesday, Apr. 27
Wednesday, Jul. 20	Wednesday, Nov.16

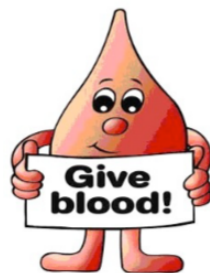
Blood centers remain open and donating blood is considered an "essential activity." New safety guidelines have been put in place in response to COVID-19 to ensure the safety of the donors and staff.

Three locations available: Choose the location that is most convenient for you and sign up on the corresponding link to make an appointment for the February 9 date.

1. Stanford Blood Center Menlo Park, 445 Burgess Drive. Hours: 7 am–3 pm [schedule Menlo Park appt](#)

2. Stanford Blood Center Mountain View, 515 South Dr Suite #2. Hours: 12 noon–7:30 pm [schedule Mountain View appt](#)

3. Stanford Blood Center South Bay in Campbell, 295 Hamilton Ave. Hours: 12 noon–7:30 pm [schedule Campbell appt](#)



This link contains the safety measures that the blood center has put in place in response to COVID-19: <https://stanfordbloodcenter.org/faq-on-novel-coronavirus-and-blood-donation/>

A summary of current policies at the donation sites:

- As always, all of our equipment during the donation process is sterilized, and most is single-use only.
- Hand sanitizers are placed next to all donation chairs and in each history booth.
- All donor areas, including the reception/waiting area, canteen, history booths and donation chairs are cleaned frequently.
- We have increased the spacing between donation chairs to approximately six feet apart or more (to the extent possible) so that there is more distance between donors during the donation process.
- SBC team members wear face masks and gloves while interacting with donors during the entire donation process.
- SBC is continuing to strictly enforce the policy that team members must NOT report to work if they are feeling unwell.

Blood centers remain open as hospital patients continue to require life-saving donations and there is a need now more than ever for community members to donate. Stanford Blood Center is honored that the Western Wheelers have supported local patients by giving blood as a group since 2012.

We are an important part of their life-saving team! Come out and join your fellow Wheelers. Make an appointment at the links above or call 888-723-7831, or [email](#)

Be sure to tell the receptionist when you check in that you are participating in the Western Wheelers blood drive.

Due to the 24-hour exercise restriction following blood donation, please plan on auto transportation to get home.

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.

Organized & submitted by David Trousdale, Club Member

Summary of 2021 Ride Statistics

Eric Greer, 2009–2021 Statistician

Total Number of rides	930
Total number of ride leaders	103
Average number of members on rides	11.0
Average number of guests on rides	0.3
Average number of all riders on rides	11.4
Average number of rides ridden by members	17.7
Median number of rides ridden by members	6.0
Average member miles ridden	631
Median member miles ridden	223
Average listed member feet climbed	39,566
Median listed member feet climbed	14,100
Total number of Members on all rides	10,266
Total number of Guests on all rides	293
Total number of Members and Guests on all rides	10,559
Total miles by all riders	375,946
Feet climbed by all riders on rides with climb listed	22,946,094

Top Ten Ride Leaders 2021	Rides Led	Rides Co-Led	Rides Led & Co-Led
Tom Schnurbusch	262	0	262
Vern Tucker	76	0	76
Mark Mack	46	0	46
Guy Shuman	41	2	43
David Schorow	21	18	39
Pamela Putman	37	0	37
Mindy Steiner	6	29	35
Richard Exley	31	0	31
Jim Takasugi	28	3	31
Cathy Switzer	28	1	29

Member Birthday News

Not a WW club ride, but the long-standing Thursday “elders” ride met at Shoup Park at 9:45 for a 10 am departure. The plan was to go via Robleda and Purissima to Arastradero, take Alpine to the bottom of Joaquin, turn around there and work our way to lunch at Lutticken’s and celebrate Dave’s birthday there. As we ran a bit late, we cut the Alpine section short and turned off at Willowbrook to go around the Portola Loop and got to Lutticken’s from Sand Hill via Sharon Park, Santa Rosa and Avy.

Dave Ziegler celebrated his 88th birthday with lunch in Menlo Park and about 15 riders who came to help celebrate. Dave was the previous Flat Tyre Chief Editor and served as a Board Member through 2018.



Dave and his cake! photo submitted by Judy Cowell

COVID Guidelines for joining Western Wheelers Club Rides

—Updated January 14, 2022

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

COVID-19 Notification Protocol:

With the Omicron variant spreading rapidly through California, it is inevitable that some of our members will contract or test positive for COVID-19 after participating in a WWBC ride. Our rides are currently fully permissible under county and state regulations.

If within 72 hours (3 days) of attending a club ride, a rider starts experiencing symptoms of COVID-19 or tests positive for COVID-19, they are asked to contact [David Schorow \(WWBC President\)](#) with that information. David will notify all ride participants of their possible exposure. The identity of the rider testing positive will be kept private unless they explicitly agree to let their identity be known to the other riders.

Everyone is requested to NOT attend a WWBC ride or event if they are showing any COVID-19, cold, or Flu symptoms (see [COVID Guidelines](#)), or have recently tested positive for COVID-19.

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.



February 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](#).

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.

