

THE SEQUOIA 2022

Challengingly Beautiful!

SUNDAY JUNE 5

Los Altos Hills, CA

Foothill College

6 to 8 am start

3 ROUTES:

57 mi / 6300 ft

68 mi / 7800 ft

101 mi / 10,000 ft

westernwheelers.org/sequoia

Includes a
Voler Jersey!



**A Fundraising Cycling Event
 Supporting Bicycling Orgs
 & The Coastside Community:
 Puente, La Honda Fire, Abundant Grace**

Inside This Edition

[LDT Corner](#)

[March Ride Safety Tip: Stay Hydrated](#)

[Welcome New Members](#)

[February Board Meeting Minutes](#)

[Club Year End Financial Report](#)

[COVID Club Rules](#)

[Club Ride Information](#)

[Regular and Repeating Rides Schedule](#)

[Vintage Corner: Out of a Rut and into a Ditch](#)

Turn at the Front

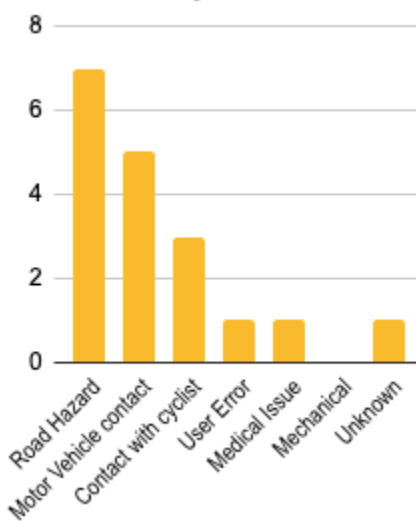
Why We Crash, 2021

David Schorow, President

Trigger Warning: you may want to avoid reading this article if you don't want to hear discussion of bicycling crashes that sometimes result in serious injuries or death.

In hopes of better understanding the causes of the crashes, and what, if anything, can be done to reduce them, I've been collecting data on crashes by club members since 2019. I publish an annual data analysis (see the [January 2020](#) and [February 2021](#) Flat Tyre issues). The data comes from Western Wheelers who experienced a significant crash regardless of whether it was on a club ride. A significant crash is one that involves some kind of injury to the rider or damage to the bike that prevents completing the ride or requires recovery after the ride. In total, I have reports of 18 crashes in 2021, compared to 21 in 2020 and 18 in 2019.

2021 Primary Crash Cause

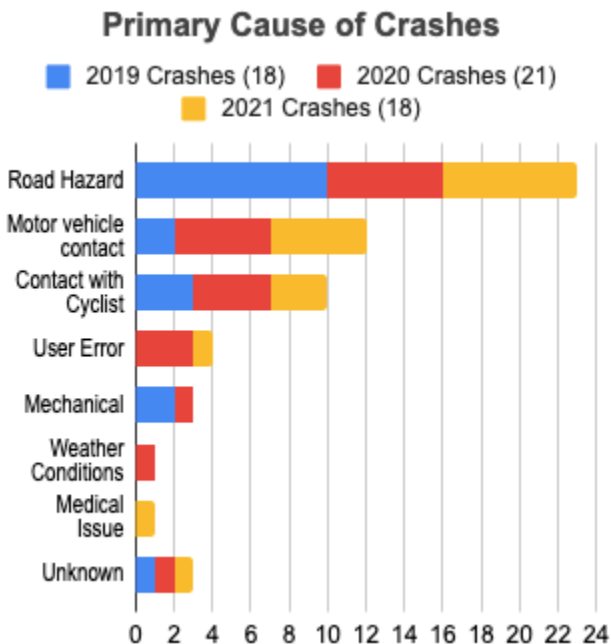


Once again, road hazards of one kind or another are the number one cause of crashes (7 crashes). Rather than being struck by a car, road hazards have been the top cause of cyclist crashes for each of the three years of data (see chart below). Speed seemed to be a

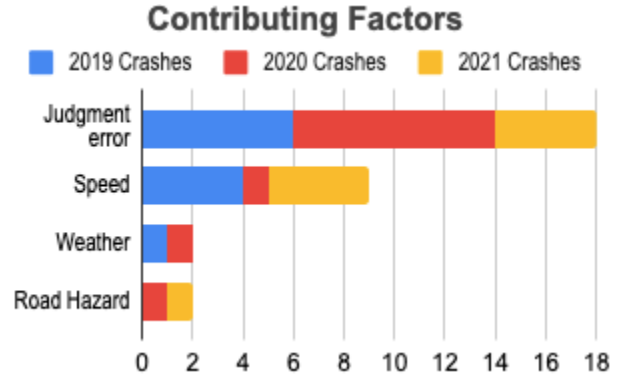
contributing factor in a couple of these crashes; some kind of user error was a factor in others. The potholes, speedbumps, obstacles, and train tracks are out there and we need to pay attention to avoid or handle them appropriately.

Contact with a motor vehicle (including a close call leading to a crash) ranks second as the cause of crashes at five crashes (compared to five in 2020 and only two in 2019). My analysis last year suggested that most of the vehicle contact crashes had a judgment error as a contributing factor, including not stopping at a stop sign or following too close behind a car. That was not the case this year when cyclists were hit by cars with little or no warning. Two were hit from behind while cycling near the edge of the road including one by a drunk driver on Christmas Eve. Three other crashes were caused by cars violating traffic rules: running a stop sign, making an inappropriate left turn, or driving across the center line. All of these crashes were the most disconcerting to hear about as they play into the worst fears about cycling.

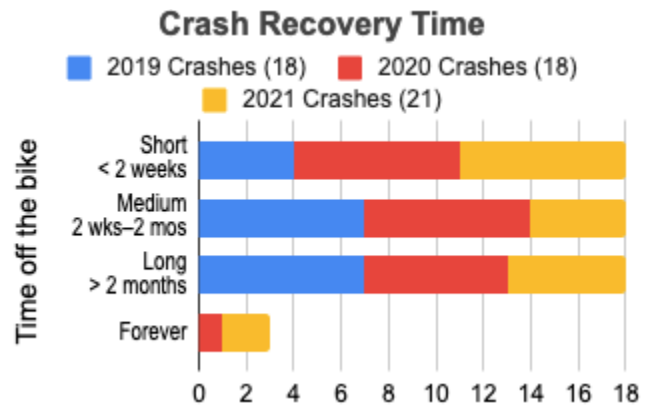
Contact with another cyclist came in third with three crashes, including one incident that caused two riders to crash. That incident was motivation to repeat the Safety Tip “[Communicate Your Intentions](#)”. The chart below contrasts the causes of crashes for the last three years and shows a fairly consistent pattern for the top three crash causes.



I also looked at factors contributing to crashes without being the primary cause. A crash may have zero, one, or more contributing factors. I’ve discussed many of these already. The conclusion is clear: we can reduce the number of crashes by being attentive, making smart decisions, and slowing down a bit.



While some of the crashes only involved road rash or minor injuries with quick recoveries, many of the crashes caused far more severe injuries like concussions and broken bones. One gauge of the severity is how long it took for the person to recover enough to ride again.



It’s been difficult hearing the heart-wrenching stories from the people who had particularly bad crashes and experienced severe injuries, ones that took months of recovery or even dissuaded them from any further riding. The 2021 injuries include four concussions, a fractured pelvis, two fractured hips (one of which required a hip replacement), a dislocated shoulder, two crashes with cracked or bruised ribs, a fractured vertebra, and many cases of road rash or severe cuts. One person decided to quit cycling after sustaining a bad concussion with no memory of the crash. Worst of all, we tragically lost club member [Jonathan Pharazyn](#) who sustained severe head injuries after losing control

of his bike while descending on Sand Hill Road near I-280.

I hope that by understanding what causes crashes we can strive to minimize them. Please take care while riding.

March Safety Tip — Stay Hydrated

*The bicycle is a curious vehicle.
Its passenger is its engine.*

~ **John Howard**

One of the crashes reported for 2021 occurred when a cyclist fainted while riding due to being unknowingly dehydrated. The cyclist sustained a concussion and spent a day in the hospital. During a previous year, another club member experienced a serious medical issue due to not drinking water during a long ride. Don't let this happen to you.

Good hydration is important all year long. On warm or hot days we perspire heavily and need to drink frequently to replace lost fluids and stay cool. On cool days when perspiration is not as obvious, it can be easy to forget to drink for long periods or even for an entire ride. Everyone has a different internal thermometer, but it's important to know your own needs and to tend to them in all weather conditions. Like several others, I have an alarm set on my cycle computer to remind me to drink at regular intervals. When there is a shortage of water sources on longer rides, riders should carry extra water—say two large water bottles and refill them at every opportunity.

All Safety Tips are published on the club website [Western Wheelers > SKILLS AND SAFETY > Safety Tips](#). Comments are welcome.



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 March 2022

1	Tues	Sequoia Volunteer Sign-ups Open
9	Wed	Board Meeting Mountain View
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. Submit articles for the *FLAT TYRE* by email to Editors@westernwheelers.org

February 2022 Western Wheelers Bicycle Club Board Meeting Minutes

(Minutes pending Board approval)

Date: Wednesday, February 9, 2022

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

Location: Zoom Meeting

Call to Order at 6:59 pm

Present: David Schorow, Peggy George, Patty Koel, Guy Shuman, Vern Tucker, Fran Williams, Randall Braun, Mike Rissi, Jean Symons, Vito Mazzarino, and Bill Sherwin. Cathy Switzer was absent. Russ Hull was present as a guest for part of the meeting.

Standing Items

- Date of next Board meeting — March 9, 2022
- Location of next Board meeting — Mountain View Community Center
- Food Wrangler — Peggy George
- The January 2022 Board meeting minutes were unanimously approved.

New Business:

- **Mike — 2022 Budget Planning.** Mike presented a proposed budget for 2022. After a discussion, a couple of budget expense accounts were adjusted. The Board approved the revised 2022 budget. Peggy will publish the 2021 financial report, and the 2022 approved budget in the Flat Tyre.

Our 2022 year-to-date financial results were included in Mike's report.

- **Patty — Appropriate Cash Reserves.** Patty presented a suggested framework for evaluating our cash reserves and a discussion followed. It was suggested that we revisit cash reserves periodically to make sure we are still on track.
- **Randall — Sequoia Update.** Randall reported that registration is open, and over 90 people have already signed up. Randall also updated the Board about key volunteer positions that are still open. Russ Hull, a member of the Sequoia team, presented a Google Docs folder to the Board that he, Randall and Vito have been working on. The Board was thankful for Russ' contribution to organize notes of the various leads and clarify the organizational structure of the volunteers. Other aspects of the logistics of this year's Sequoia were discussed.
- **Bill — Skills Class Survey.** Bill summarized the results of the member survey asking about what type of skills classes members would like to take. The Board approved a motion to authorize Bill to move forward in arranging bicycle skills courses with a cost to the club of up to \$4,000.
- **David — Posting other club's century rides on our website, e.g. events calendar.** The Board discussed where and how to share with club members information about other organization's biking events. It was decided that Vito would create a link at the bottom of our website's home page.
- **Member input about club donations.** An email that was written to the Board by a club member

expressing their opinion of where our club donations should be made was presented and discussed. After the Sequoia, usually in August, the Board determines how to split our donations among various entities. The Board agreed to revisit our process at that time.

Area Lead Updates:

- **Guy — Ride Chair.** LDT rides are going well, although there have been two minor accidents.
- **Fran — Events:** Our first blood drive was today, and three more have been scheduled for this year. The parks for the Spring Picnic, Oktoberfest, and the Ice Cream Social have been confirmed and permitted. Fran reported that Michael's at Shoreline has a \$300 deposit for us from the Holiday Party that was canceled in 2020. This year, Fran has scheduled our Holiday Party at Michael's at Shoreline for December 11. Randall also reported that he had reserved the park for the Sequoia's worker's ride on June 11.
- **Peggy — Flat Tyre:** Monthly newsletters are going well and Peggy receives positive feedback from members.
- **Vern — Membership:** Vern reported that we had 16 new members join since January 13, 2021 (our last board meeting), which brings the total number of members to 1,024.
- **Vito — Webmaster:** Vito has been doing the work for Sequoia as well as his regular monthly tasks.

There were no other updates by Board members.

The meeting adjourned at 9:00 pm.



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

Western Wheelers' Year-End Financial Report

Category	2021 Actual	2022 Budget
INCOME	58,246	110,100
Donations	555	200
Interest	0	200
Membership Dues	18,589	18,500
Merchandise Sales	216	200
Sequoia Income	38,886	91,000
EXPENSES	62,461	118,243
Board Meetings	271	500
Charitable Contributions	17,201	9,000
Club Meetings	288	500
Database Management	3,917	0
Dues Paid	140	200
Flat Tyre	322	150
Gifts & Awards	2,771	3,000
Insurance	5,393	7,640
Membership Support	177	4,000
Merchandise Exp	10	50
Overhead	85	200
Picnics-Parties	7,877	13,000
Rides	699	700
Sequoia Expense	23,311	79,253
Taxes	0	50
Profit (Loss)	(4,215)	(8,143)

Western Wheeler's Year-End Financial Report submitted by Mike Rissi, Club Treasurer

LDT Corner

March brings some LDT favorites to the schedule, as well as our first weekend trip! Our first March excursion is the popular **Pescadero** ride, which takes us through the redwoods of the Santa Cruz Mountains – note the multiple meeting locations for this ride. The **Marin Headlands** ride follows, always a favorite with the gorgeous climb of the headlands and scenic Golden Gate Bridge. We start in the Presidio to skip much of the city traffic and enjoy more time in scenic Marin.

The **Healdsburg Weekend** on 3/18–3/20 is our first “away” weekend of 2022. The Healdsburg rides visit some great remote wine country. We’ve added a modest Friday afternoon ride to all the “2–Day Weekend” trips, making them essentially “3–Day Weekends”. B/C- riders do an “out-n-back” route that starts in Healdsburg, simplifying logistics and allowing for easy bail-out options. D/E riders challenge the whole Geyserville Road Loop. C+ riders can choose to do the longer remote D route or shorter C route—see online ride listing for details. See online ride schedule for accommodation recommendations. **Due to current Covid-19 conditions, we probably won’t be able to have a group dinner inside, but we will have our traditional outdoor “Wine and Cheese” get together before dinner.** Healdsburg is full of great restaurants offering outdoor seating, so riders can enjoy a great dinner individually or gather in small groups.

Berkeley Hills, which is one of our hilliest rides, follows the next week. But none of the hills are particularly steep and when the weather is clear the San Francisco Bay views are fabulous! We can look forward to the first weekend of April, which will take us south to **Pacific Grove** on 4/1–4/3, one of our most scenic and popular weekends! The Friday afternoon ride begins near Watsonville and explores the area around Elkhorn Slough National Reserve.

Note that we ask riders to “register” for the 2–3 day weekend rides, even if just coming for the day. Registration is free and easy—just go to the **Saturday**

ride listing on the online ride schedule and click on the “Register” button.

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 also Club Ride Chair and Board Member

2022 SCHEDULE: (subject to change due to COVID)

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

From the June 1989 Flat Tyre, an introduction, followed by the quoted letter:

Vintage Cycling Corner

Out of a Rut and Into a Ditch

I often reminisce about the bicycle tour I took across the US in 1983, and my memory of it is aided by the following report that I wrote about it. I generally don't enjoy writing, but a friend had written to say that she was getting married in two weeks. "If you can't come," she said, "then don't send a present, send a letter." This was a very special event, so having just returned from my trip, I indeed wrote the letter. It then dawned on me that I ought to xerox it before I sent it. Although I was a member of Western Wheelers then, I didn't type it for the Flat Tyre until 1989. By the way, I still ride that bike (a Mercian) occasionally, mainly for errands. (Karen Davis, Club Member)

The Journey

I didn't do much advance planning. On March 1 of that year (my 34th birthday), I was informed, greatly to my surprise, that I was being laid off. That evening I bought a Utah map, the next day I got a storage locker, and six weeks later I was off to Utah. Once I got there, I thought, "Why stop now? This is my chance," and I continued on to the east coast. I wanted to go alone, but for safety, joined three others for the trip to Utah. From the Utah-Colorado border on, I traveled alone. I never stayed in a motel. My total lodging expenses (for campgrounds) were about \$50. I didn't take a stove and didn't eat in restaurants. I ate a lot of canned food.

"Where to start? I'll skip around. Whom did I go with? Started off from Santa Cruz with two women and one man, all of whom I'd just met a couple weeks earlier.

One woman rode for three days, then because of hurting ankle and knee took the bus to Zion Park. There, after we others arrived, she decided to go on alone. (She later wrote that it was because she didn't like the other woman she'd selected to go with us.)



The beginning: in Santa Cruz, CA

"The brother of the one with the bad knee lasted with the two others of us until Bakersfield. My bike broke down, he was ahead, and we didn't see him until Zion (where, as originally planned, he flew back.) It turned out, when we didn't catch up with him, he hitched into town and got a motel room. He had tent poles for my tarp (and had given my tent to his sister to take to Zion), so two of us spent the night in cold heavy rain in a makeshift shelter with a lone Joshua tree and tarp. We made no effort to catch up with someone like that (good thing - he cleared out of town hours before we got there).

"The other woman and I stayed together through Utah, until she decided to go off alone (with a man we met, I bet). So, on I went alone.

"What was the best part of the trip? Oh, that has several answers.

"Just bicycling, day in, day out, living a day at a time,

physically singing inside. And of course, new scenery. Utah was wonderful - gorgeous, spectacular scenery. Spent 2 1/2 weeks taking in parks and monuments - Zion, Bryce, Capitol Reef, Natural Bridges, Lake Powell, Canyonlands, Arches. A new treat around every corner and over every ridge. Reds, browns, stripes, badlands, canyons.



Makeshift shelter with lone Joshua tree and tarp

"My goal for the trip? Not so much Washington, DC. That was just the means to the end - to pedal out years of anguish. To let the dust settle. And such a successful trip! Feel like a human being again (after 7 years of not being so sure).

"Wanted to get out of the old rut, experience new things. And, did I! As I lay in a ditch along a county road in Kansas, wrapped in plastic, and watched the heavens split apart with an only-in-the-midwest thunderstorm, I reminded myself how I wanted new experiences. Weather! Remember this spring - rain, snow, slides, floods; it's tornado season, too. Let me tell you about people first. If I tell you about the weather first, you'll wonder why I ever kept going.

"In Utah the other folks we usually met were the retired-RV-set. They like spring, when the crowds

aren't around, and they're on the road several weeks or months at a time as we were. So we had a similar pace with many of them. In Zion: 'Didn't we just see you in Death Valley a few days ago?' In Bryce: 'Didn't we just see you a few days ago in Zion?' One set of 12 from Arizona we saw three times - not that I recognized their car, just their Arizona plates, their beeps, and their animated movements and waves from the car. Were given tea by others and hot chocolate by another.

"Truck drivers, construction apparently, in eastern Utah. We were apparently the subject of CB's and/or coffee breaks because they all tooted, waved, and one clasped his hands over his head.

"Yes, I did hitch, greatly against my grain, twice. At the urging of my companions, I succumbed to a 25-mile hitch east of Bakersfield to avoid a dangerous stretch of road. Three loaded bikes on the back of an open bed truck with cement-mixing gear. Two guys picked us up because one was a fighter and was in an important match that night in Tahoe and they figured a good deed would give them Karma.



Snow in Utah (find the two bikes)

"I succumbed to a ride again in Colorado - the blizzard showed no signs of letting up after 24 hours. My tent was barely surviving the wind. I was in a two-building town, in the middle of the Rockies, and the bad weather had been going on for a full week. So I accepted the offer from the family that invited me to their camper for brunch. Only took the ride to get out of the Rockies - 100 miles. (Though I ventured back the next day for a day. Got out just before two more

days of snow.) Avoided the rain in Colorado Springs at the apartment of a friend of a cyclist I'd met in Utah.



Bike in Utah

"Highlight 'people' experience was in Kansas. The Friday before Memorial Day weekend was crazy on the roads - people put their brains on hold. So I bought a novel, asked where I could sit out three days, and headed to Elk City State Park in southeastern Kansas.

"As I parked by this lake, this woman with a ponytail and braces came over with a beer in hand. Within minutes it seemed like we were old friends. She had a new windsurfer, she said, did I want to try? Well, I'd already noticed the thing and had thought, wouldn't it be nice, I've always wanted to try.

"So, we had a glorious three days, windsurfing, barbecuing and socializing with Gayle and her husband and their friends at the lake and at their home in Independence, Kansas. Saturday was quite a day. Not only did I cycle 40 miles, windsurf several hours

and socialize, but Gayle and I retrieved three men and their possessions from their swamped motor boat. Then, at the main intersection of Independence we watched a girl fall out of a car. Probably not hurt, but upsetting for her and her drunk teen-age companions. Yes, I even slept inside that weekend. Succumbed as I watched yet another thunderstorm headed my way. Amazing I didn't end up in Oz from Kansas.

"In Missouri I think I was like Sally Ride to a couple women I met at different times. They were so drawn to me and so awed. As one said, 'In a small town like this (population 400), things like this don't happen very often.' It was nice being 'rooted on' across the country. I felt I was embodying the dreams of some women, and I often wonder who of the people I met, did something different because of me.

"No sooner had I set up camp in one woman's yard in Kansas, she was on the phone saying to her friend, 'If she can cycle across the country, we can work on a cruise ship this summer.' Recently divorced after 20 years, and her kids with their father that summer, she was thinking of trying something different.

"Stayed with a woman in the Forest Service in Winona, Missouri. Saw Raiders of the Lost Ark at the drive-in, hillbilly style (lawn chairs). Ozarks, hillbilly country, though I didn't really see any hillbillies. Got chased by lots of expensive hunting hounds though.

"The Mississippi and Ohio Rivers were finally dropping back into their channels after flooding, so lucked out on that. Many ferries weren't running during floods, and ferries are better for bicycles than bridges. Southern Illinois was a surprise - more southern than the Midwest. Funny accents. Stayed with a woman who'd lived within 10 miles all her life. She emphasized getting a husband early, before all the men were taken.

"A treat was seeing an old high school friend in Tennessee. We'd been good buddies but hadn't kept up correspondence in 15 years. I called and said I was headed her way. Surprise! We felt like a chapter out of the book *Passages*. She lived in the woods near Great

Smoky Mountain National Park in Tennessee.

"I ended by riding up to the doorstep of John's mother in Arlington, Virginia (metropolitan Washington, DC). Met his sister and nephew. Felt like in-laws, part of the family. Visited with an old friend from Hawaii and Friday Harbor. Was a standard tourist (without bike) in Washington, great fun, never been there before. Loved Smithsonian museums and want to spend a lot more time there.



The end: in Arlington, VA

Reflections on The Journey

"Police were nice everywhere. I relied on their telling me where I could camp in small towns when there were no campgrounds (and there rarely were, across the midwest). Camped just outside police station in Fredonia, Kansas. That was fortunate, since they invited me in to sit out the tornado-producing thunderstorm. A funnel was headed our way, and they unlocked the courthouse for folks to use as a shelter (government buildings are, I guess, untouchable by natural forces), and the dispatcher answered call after call. Apparently the tornadoes touched down 30 miles away. Finding the police in a small town often consisted of asking a native, who then called or stopped by the policeman's house. Slept in the city council chambers in Providence, Kentucky. No, I didn't ever sleep in a jail.

"Realized about halfway along the trip my criteria

about socializing with men was only if he had a wife, plus either gray hair or a child. I think I hurt a couple people's feelings with that attitude.

"No, I didn't have problems with people. The worry about the possibility, however, was the main drain of the trip. Some might say my trip 'proves women can do it.' I don't think it proves anything. I had no significant concerns about keeping my bike, body, and motivation together for a long bike tour. But a woman traveling alone is definitely in danger, and my trip didn't change that.

"In small towns I was repeatedly told, in answer to my inquiries, 'Oh, we don't have any problems like that.' But again and again across the country I was asked if I had a gun. I didn't. And I certainly felt vulnerable, especially on isolated roads (best for bicycling), or when I felt I was seeing a particular car more than once, and because I usually didn't know where I would be staying each night.

"I was only in campgrounds for about a tenth of the ten-week trip. Much of the time I was off in the woods by the side of the road (after a rapid refugee dash so no one would see me). In the desert that meant an isolated tree; in Kansas there were no trees, and in Missouri, Kentucky, and Tennessee the poison ivy and ticks (in huge numbers) reduced the attractiveness of that.

"A special treat was Lazy Louie's bicycle camp in Missouri. There is a 'Trans-America bike route' across the US; however, most of the time I wasn't on it (because information is only obtainable from Montana, because I hadn't originally planned to go across the US, and because often the trail didn't go where I wanted to). Hadn't seen any bicycle tourists since Colorado when two hopped out of a van and said be sure to stop at Lazy Louie's up ahead. Lazy Louie's is on the TransAmerica trail. He's 70 and loves cyclists. It's a free camp.

"Weather. I got in that ditch in Kansas to avoid a possible tornado which never came, and to avoid the lightning. I had set up camp in the only clump of trees around. In almost every state I passed through,

California, Utah, Colorado, Kansas, Missouri, Virginia (and I'm sure it was likewise true in Kentucky and Tennessee) I was told they'd had an unusually cold and rainy spring.

"Headwinds and rain in California as we headed south. Snow and rain in Utah. 9 out of 12 days it rained or snowed in eastern Utah and Colorado (and it threatened two more). In the midwest and east I carried a thunderstorm novel. When the downpour arrived in the day, I sat under my plastic groundsheet and read. The only week of continual sun was in Kentucky and Tennessee. Sat out a horrendous hail storm in someone's garage (with a galvanized metal roof) in Missouri. The storm produced tornadoes elsewhere. Had four days of rain on the Blue Ridge Parkway in North Carolina and Virginia.

"The Parkway is a 469-mile road along the crest of the Appalachians. It is administered by the National Park Service and joins scenic roads in Great Smoky Mountain Park and Shenandoah National Park in Virginia. The ten days along all those roads were the toughest hills. They never quit. Kansas was actually the hardest cycling for me. Continual flatland riding was ruining my knees because it was so repetitious. But once I hit the hills of Missouri my knees were okay.

"Scenery was beautiful everywhere, though Kansas was monotonous. The people made up for it though. At least I had no 100-degree weather."

End of Letter to Friend

Addendum:

Looking back on this in 2022, I can see that "monotonous" and "repetitious" may not sound beautiful. Let's just say that "Beauty is in the eye of the Beholder." I was interested in seeing what was there. I love the outdoors, wide open spaces, and the colors of nature. And on my bike I love them even day after day.



Today: Karen and the now-vintage Mercian bike. Submitted by Karen Davis, Club Member. Karen thrives on exercise and the outdoors. She enjoys touring by bicycle, ski, foot, and kayak.

Welcome New Members February 2022

Please welcome the following new members to the Western Wheelers:

- | | |
|-------------------------|----------------|
| Susie Arshonsky | Redwood City |
| Rob Delfosse | Livermore |
| Brooks Esser | Menlo Park |
| Lawrence Gallagher | Mountain View |
| Bruce Garguilo | Fremont |
| Lawrence Guo & Family | San Jose |
| Gerald Hall | Fairfield |
| Christina Lonziser | Alameda |
| Sheila Quan | San Mateo |
| Simon Roy | Los Altos |
| Minnie & Richard Sarwal | Portola Valley |
| Bob Rubenstein | San Jose |
| Fiona Tang & Family | San Mateo |
| Chris Wee | Fremont |
| Betty Xu | San Francisco |



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

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.



March 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/1/26 JAVA JIVE DOUBLE EXPRESSO. Meet at 9:00 am and jump out of the starting blocks at 9:15 am with an express trip 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: [BO26 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 [blog](#) 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.

