

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

*Includes a
Voler Jersey!*

westernwheelers.org/sequoia



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

Inside This Edition

[LDT Corner](#)

[Registration for Sequoia Volunteers is Open!](#)

[Spring Picnic Cuesta Park](#)

[Vintage Corner: Destination Alaska via Zoom](#)

[A-Level National Pi Day Ride](#)

[Ride Safety Tip: Make Your Own Safety Choices](#)

[Club Blood Drive](#)

[Welcome New Members](#)

[March Board Meeting Minutes](#)

[April Weekly and Repeating Rides Schedule](#)

[Letters to the Editor **NEW !**](#)

Turn at the Front

Greetings from Healdsburg

David Schorow, President

I'm writing this month's column from Healdsburg on the first "Away LDT" of the season. Some sixty or so club members drove the two hours up here to participate in rides going through beautiful back roads of Sonoma County, past vineyards just starting to bud, and on wonderful rural roads with great views.

If you've never participated on an away LDT weekend, I heartily recommend giving them a try. Guy Shuman does a wonderful job organizing these Spring trips. There are four this year: Healdsburg, Pacific Grove, Paso Robles, and Cazadero. Details on each ride are on the [Ride Schedule](#).

These weekends typically include a modest, late morning starting ride on Friday for those who can take the day off, the main long ride on Saturday, and a medium length ride on Sunday, finishing early enough for people to get home that night. Guy recommends one or more modest motels in the area, making planning easy. Working people (as I was when I first started participating in these events) can leave after work on Friday and enjoy the weekend rides. The Paso Robles weekend breaks the pattern by adding an additional optional fourth ride on Monday.

It's great to ride in a completely different area, seeing scenery different from our home area. The Friday Healdsburg ride took us along vineyards and wineries, up to a lookout tower with views of Lake Sonoma and the Dry Creek Valley, across a bridge on the lake and back along West Dry Creek Road, one of the most scenic and lightly traveled roads in the area. The day was both sunny and cool — ideal conditions for riding.

Rain is sometimes a risk on the first away LDT weekend, and Guy had to scramble to modify the

(continued on next page)



On top of the tower overlooking Lake Sonoma



The C+ group crossing the bridge



The C- group on the bridge

(continued from previous page)

riding schedule for this weekend due to rain in the forecast for Saturday. He moved the long ride to Sunday, and substituted a short and [sweet](#) ride on Saturday for those willing to risk the rain (not me). The Saturday long ride, moved to Sunday, offered options of different lengths and difficulties for all riders from B to E. No matter which route people took, they were treated to great roads, little traffic, and beautiful views.

Our thanks to Guy Shuman for planning and organizing these weekend trips. They are a real treat for the participating club members. Give one a try if you haven't already done so.

April Safety Tip — Make Your Own Safety Choices

Life is like riding a bicycle: you don't fall off unless you stop pedaling.
~ Claude Pepper

On group rides, it is all too easy to just blindly follow the person in front of you as he or she goes through an intersection or crosses lanes. But what is right for that cyclist might not be right for you. Don't always follow what others are doing. Be sure that you make your own safety choices during a ride. Always **look, listen, and think** before proceeding. Just because the person in front of you goes through a stoplight, rolls through a stop sign, or changes lanes for a turn does not mean it's safe for you to do so. There have been many near accidents caused by riders blindly following the actions of a rider 10 or more feet in front of them. When going through an intersection or changing lanes, **look in all pertinent directions, use your own judgment, and stay safe!**

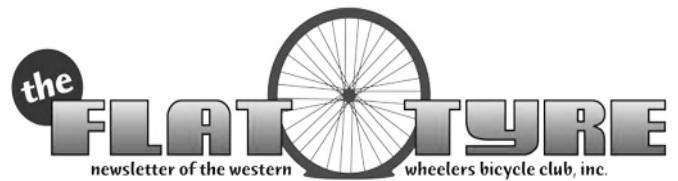
All Safety Tips are published on the club website [Western Wheelers > SKILLS AND SAFETY > Safety Tips](#). Comments are welcome.



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

BIG WHEELS 2022

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 volunteer for this position.



Club Calendar April 2022

1	Tues	Sequoia Volunteer Sign-ups Open
13	Wed	Board Meeting on Zoom
20	Sun	Flat Tyre Deadline
24	Sun	Club Spring Picnic Cuesta Park
27	Wed	Blood Drive

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

March 2022 Board Meeting Minutes

(Pending Board approval)

Date: Wednesday, March 9, 2022

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

Location: Mountain View Community Center, Willow Room

Call to Order at 7:01 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 present on Zoom.

Standing Items

- Date of next Board meeting — April 13, 2022
- Location of next Board meeting — Zoom
- Food Wrangler — N/A
- The February 2022 Board meeting minutes were unanimously approved.

New Business:

- **Mike — Financial Statement through March 6, 2022.** Mike presented an updated report of our financial condition. Some details related to the accounting for the Sequoia credits and the jersey cost being donated were reviewed.
- **Randall — Sequoia Update.** Randall reported that over 235 people have already signed up for our Sequoia this year. Randall continues to look for the best location for a water stop in Woodside with multiple locations being considered. Two team captains are still being sought: SAG captain and Workers' Party captain. Voler, our jersey supplier, has warned us that it may take longer to deliver the jerseys than in the past, due to their own staffing, manufacturing situation. The Board reviewed our language on our website with respect to jersey delivery that says participants completing registration before April 1, will receive their jersey directly from Voler before June 1. This estimation still appears to be accurate. Progress is being made with arranging for food vendors (Arcangeli Store, Blue House Farm and Pie Ranch) and bike mechanics (VeloFix and Bike Exchange).
- **Cathy — Club Logo.** Cathy thanked Board members for their previous feedback, and reported that she and her team will incorporate our feedback for another final presentation. The provisional plan is to make a final decision in June.
- **Bill — Skills Class Survey.** Bill is moving forward with scheduling bike skills and safety classes from Lorri Lee Lown of Savvy Bike. Dates are still being finalized.
- **David — Crash Data and Jersey.** The Board discussed David's report on member bike crashes. The importance of "taking or controlling the lane" was discussed, and Bill Sherwin agreed to provide an article for The

Flat Tyre. David showed the Board a promotional Jersey that he received from a vendor. The Board agreed that it preferred the quality of our current vendor, Voler.

Area Lead Updates:

- **Guy — Ride Chair.** With longer days and daylight saving time coming, evening rides will again be added to the calendar for Tuesday, Wednesday and Thursdays. LDTs are going well, and none have been canceled due to weather. The first away LDT series in Healdsburg is coming up. The large group dinners of prior years will not be feasible this year. Two or three restaurants will be suggested for smaller groups to enjoy a meal.
- **Fran — Events:** We had our first 2022 Blood Drive on February 9 and five people attended. A discussion ensued about how the Blood Drive was handled in the past, and previous year's attendance rates. The Board agreed to carry on with the Blood Drive dates that have already been arranged for this year, but may support Blood Drives in a different way next year. John Langbein has agreed to make a presentation of his bike trip to Alaska. The event will take place on May 6, 7:30 pm via Zoom for club members. Our plans for the Spring Picnic, on April 24, are moving forward. A \$10 fee will be collected for non-member guests.
- **Peggy — Flat Tyre:** Peggy has added a Vintage Cycling Corner to the newsletter, and will be adding a "Letters to the Editor" section in April. The Board reviewed the standing description of COVID protocol in the newsletter, and agreed that it was still up to date.
- **Vern — Membership:** Vern reported that we had 11 new members join since February 9, 2022 (our last board meeting), which brings the total number of members to 1027. Vern reports

that some members continue to receive an email saying that their PayPal auto renewal was processed successfully even though no money was received by the club. This is believed to be an issue with the interface of PayPal and Wild Apricot. Vern agreed to forward examples of these problematic emails to Vito and Mike, so that they can diagnose the problem with Wild Apricot and address the issues.

- **Vito— Webmaster:** Vito has been keeping up with the workflow. The Volunteer Signup for the Sequoia was published on the website on March 2. Russ Hull was acknowledged for providing the list of jobs to be filled. The total number of Sequoia jobs on the website is 175, of which 44 positions have already been filled. Vito also showed the Board the newly added website list of other biking events.

There were no other updates by Board members.

The meeting adjourned at 8:42 pm.



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



WWBC Spring Picnic

Sunday, April 24!

Feliz Primavera! Come enjoy great company and delicious food at the Western Wheelers' annual Spring Picnic. We will be at [Cuesta Park](#) in Mountain View, where the fiesta will begin at 1 pm in the large group picnic area off Cuesta Drive (opposite Nilda Avenue).

In our Cinco de Mayo tradition, we will have Mexican food from a local taqueria, as well as salads, dessert and refreshments. Please [register](#) so we have enough for all. There will be rides scheduled to cycle to the picnic to work up an appetite and start the party, so check out our [ride calendar](#) to find your ride.

Please Register by Thursday, April 22

(Each family member will register separately; non-member guests are \$10 each)

Volunteers ROCK! Can you help organize or set up, or clean up? If so, please contact [Fran](#).

Welcome New Members

March 2022

Please welcome the following new members to the Western Wheelers:

Teresa Boune	Sunnyvale
Nancy Granzella	Cupertino
Mani Harihara	Cupertino
Alison Kirk	San Francisco
Tim Oey	Sunnyvale
Elizabeth Rice	Vallejo
Aaron Rosenbaum	Hillsborough
Daniel Schrader	Sunnyvale
Jim Wiltens	Redwood City



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

LDT Corner

Safety is always our highest concern on WWBC rides! Unfortunately we had our first significant accident/injury on the Berkeley Hills Ride on March 26th, when a rider crashed and broke their clavicle and three ribs. While we can not pinpoint a definitive cause for the crash, I remind all riders to slow down and leave adequate room between you and riders around you. Make sure you are always communicating with fellow riders and remain attentive at all times! **Crashes almost always happen in a split second and without warning!**

After our extended weekend in **Pacific Grove** on 4/1–4/3, we'll continue with an excursion to the rolling hills of **Petaluma** on 4/9. We'll follow that with the **Mountain Charlie LDT** on 4/16, where we'll explore some challenging climbing in the redwoods deep in the Santa Cruz Mountains, our "backyard wilderness" beyond Los Gatos. Note that the Mountain Charlie routes were fully revised last year due to the closure of parking at Lexington Dam. The rides now start in Scotts Valley, doing the Mountain Charlie ascent early in the route, then descending to lunch in Soquel (see online listing for details). The **Skyline LDT** on 4/23 is another foray into the Santa Cruz Mountains. Our regular D/E routes through Big Basin State Park are still off limits due to fire damage, so we'll traverse the same alternate routes that we did last year.

Our **Paso Robles Weekend** follows on 4/29-5/2. This is always a popular weekend, riding through lovely wine country, and includes a Friday warmup ride as well as a Monday excursion from Cayucos into the coastal mountains for those who can stay an extra day. Note that this event usually alternates annually with the Placerville LDT, so Paso Robles will next occur in 2024.

While the rides generally get longer and more difficult as we continue with the LDT series, all the rides have routes suitable for B-E levels, so don't be shy about showing up for the first time in April or May!

Note that we ask riders to "register" for the 2–3 day weekend rides, even if just coming for the day.

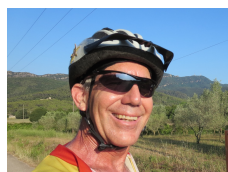
Registration is free and easy—just go to the **Saturday ride listing** on the online ride schedule and click on the "Register" button.

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)

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

New York to Alaska Tour— 50 years ago

Fifty years ago this summer, three guys cycled from New York to Alaska. Join John Langbein via Zoom for a slideshow and talk about that 2-month tour. A cross country route along the northern US and Canadian border before turning north in British Columbia and westward to Prince Rupert on British Columbia's coast. From there, the Alaska ferry to Haines, Alaska to follow the Alaska Highway to Anchorage, the final destination.

So come along for the ride and join us for John's presentation on **Friday, May 6 at 7:30 pm on Zoom.**

The event is free to Western Wheelers and their friends, but please [register here](#) for the Zoom link.

Hope to see you there!



THE SEQUOIA 2022

Have you [volunteered](#) to help out with the 2022 Sequoia event yet!?

Join the Sequoia team of fellow club members and friends to help make this year's Sequoia fundraiser a super fun and successful event! Volunteer positions are open for all club members and as of April 2, for non-club members (aka your friends) too!

A variety of volunteer jobs can be found on the open positions list, from day-before, to day-of and day-after tasks! The ride starts and finishes at Foothill College in Los Altos Hills and we have two rest-stops coastside and a water stop in Woodside. Sign up ASAP and you will receive a very cool and colorful t-shirt to clearly identify you as a 2022 Sequoia team member.

And as an additional thank you, volunteers can attend the Sequoia Workers' Ride and the delicious Catered Picnic at Huddart Park, held the following Saturday, June 11th!

Explore the available job options from our registration page and help make this year the best ever! If you have any questions, contact [Russ Hull](#), Volunteer Captain, or [Randall Braun](#), Sequoia Chair.

[Volunteer Openings](#)

Monday Morning A-level Coffee Riders Celebrate National Pi Day on 3.14!

When Pat Elson and I discovered that National Pi Day fell on a Monday this year, we decided that we just had to celebrate it with our Monday A-level riders. We decided to continue our return ride to Castro Street in Mountain View and have pizza pie at Blue Line Pizza. We had a total of 10 cyclists at our National Pi Day celebration, including Bert Nelson who is a B rider but jumped at the chance to join us for the pizza pie because we're such great company!



Clockwise: Tom Stephany, who designed the A-level Coffee ride route, Pete Smith, Marcia Furey, Pat Levinson, Susan Bremond and Daniel Bremond all enjoying our National Pi Day pizza pie!

Submitted by Pam Putnam, Club Member. Pam was one of the 2021 Club Appreciation Award Recipients and leads the “Socially paced Monday Morning Coffee Ride”.



Pam Putman wearing her National Pi Day t-shirt made by Life is Good T-shirts flanked by Pat Levinson on the left and Susan Bremond on the right.

Club Blood Drives 2022



Please consider joining us for our Blood Drive on Wed, April 27, 2022

Future Blood Drive dates:

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

Blood Centers remain open and donating blood is considered an "essential activity." 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 April 27 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.

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

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 e-bikes are not allowed.



April 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 [Grant Park](#)

[and Community Center](#) parking lot (Grant Park, 1575 Holt Ave, Los Altos, CA 94024). Restrooms available. 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 Espresso](#)

Every Tuesday

CD/2/30-35 SHAW-BLASBERG'S TUESDAY LOOP RIDE. Peter B. has now retired from leading this ride. In honor of his many years of dedicated service we have named the ride after him and Carol Shaw, who created this ride with him many years ago. The immortal words of his ride description will be retained here, mostly intact. So here we go: Retired, home executive, between jobs, playing hooky? We'd love to have you join us each Tuesday during the year, rain or shine, at the Starbucks parking lot in the Westmoor Shopping Center in Sunnyvale, corner of Fremont and Mary. The route is a variation of the Portola loop with lunch stops at various eating places in the Palo Alto area. There are hilly C and D routes as well as a flat route. All rides meet at 10:45 a start time of 11:00 am. The hilly route varies through the month. See the online Ride Calendar for links to routes in Excel and PDF formats. Leader: Vern Tucker, vltbike@yahoo.com, home 408-730-2548, cell 408-893-6008. GPS Files: [Tuesday Loop GPS Files](#)

C/3/15+; D/4/15+ TUESDAY EVENING RIDE. Join us after work every Tuesday evening for a backroads tour of Woodside and environs, including some moderate hills. Meet in the parking lot behind the Pioneer Saloon in downtown Woodside at 5:00 for a 5:15 PM departure. Ride leader and route sheet

vary from week to week. Measurable rain cancels. Please equip your bike with front and back lights for added safety in evening low light conditions. Exact ride details, including ride withgps routes, will be posted to the wwbcc-rides email list on the day before. Ride coordinator: [Richard Exley](#) (650-704-3801)

Every Tuesday through Saturday

BC/0/23 SEAL POINT/REDWOOD SHORES. Meet [Tom Schnurbusch](#) at the north end of Seal Point Park in San Mateo by the parking lot and bridge for a ride from Seal Point Park via bay trail and streets down to and through Redwood Shores. Regroup and coffee at the MarketPlace on Redwood Shores Parkway, taking the Electronic Arts cross-street exit to the MarketPlace. Continue down Redwood Shores Parkway to the end to return to Seal Point Park. This no-drop ride will take place daily from Tuesday through Saturday. Meet by 8:45 am and depart by 9:00 am. Rain cancels.

Every Wednesday

D/3-4/35-65 HILLS R US. This is a social-paced D ride with regroup; faster riders are welcome to form a D+/E group. The Route often includes Hwy 9, Page Mill, Old La Honda, Kings Mountain, West Alpine or Tunitas Creek. Always be prepared for variable weather on Skyline Blvd. 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.

CD/2-3/15-30 WEDNESDAY EVENING HUMP-DAY RIDE. Join Sarah for a fun ride of the Peninsula and Woodside lumps and bumps and get rid of your mid-week slumps!! We will meet at the Pioneer Hotel in Woodside at 5:00 PM and will roll out at 5:15 PM. Routes will change each week, but we will continue with our 3rd Wednesday of the month climb up Old La Honda and the last Wednesday of the month climb up Kings Mountain Road. We can break up into C and D groups to allow the faster riders to zoom ahead! Please join us for a great ride with lots of laughs and camaraderie! Front and back lights are strongly recommended during the winter/spring months since we may be returning around dusk. Please contact [Sarah Coyle](#) (650-454-5890) if you have any questions. Heavy rain cancels.

Every Thursday

CD/2-3/15-30 THE THURSDAY EVENING TOUR. This is a series of evening rides varying from 15 to 30 miles in Los Altos Hills, Portola Valley and Saratoga, sampling local hills and out-of-the-way roads. Meet at Shoup Park in Los Altos at 5:45 pm, for a 6:00 departure. The routes vary each week, to take advantage of the available daylight. Every effort will be made to get riders back before dark, but bring lights just in case. Leader: [Gary Goldman](#) (650-279-5315). See individual ride descriptions in the online ride calendar.

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.



think in general, if a cup doesn't say "compostable" on it, then it's not compostable.

Our Monday morning coffee rides continue to be very popular. But so many Wheelers buying coffee every week adds up to a huge number of single-use plastic-lined cups and lids. Let's do our part to keep our planet beautiful for biking and bring a reusable cup or thermos to the coffee rides.

Sincerely,

La Ciclista, Club Member

Feb 15, 2022

New Bike Shop on the SF Bay Trail

Support a new local bike shop in Burlingame called Ride by BikeHub. The address is 333 Airport Blvd., Burlingame, CA 94010. Closed on weekends. The store is open to the public. They currently service bikes and later plan to sell bikes once they settle in. Check them out and stop by Equator for coffee.



Regards,
Wayne Young

[Google Map](#)

Mar 9, 2022

Letters to the Editor may be edited for clarity.

Send to Editors@westernwheelers.org

Letters to the Editor

Bring a Coffee Mug on Mondays

Let's encourage Western Wheelers to bring their own cups to the coffee rides.

We need a healthy planet to have nice bike rides. I've asked at Peet's and Starbucks before, and both of them said that their coffee cups are not compostable or recyclable. (Maybe they've introduced different cups since then.) Philz cups are compostable and this is written on their cups. I