

# 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 Cycling Orgs  
& The Coastside Community:  
Puente, La Honda Fire, Abundant Grace**

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## Turn at the Front

I want a new Sport

*David Schorow, President*

*I want a new sport, one that won't cause me pain*

*One that helps me burn up fat*

*And encourages me to train*

*I want a new sport, one that won't hurt my head*

*One that requires learning new skills*

*And gets me out of bed*

**With apologies to [Huey Lewis & the News](#)**

At an age when I'm eligible for Medicare, instead of getting a rocking chair for the front porch or taking up [competitive sitting](#), I've added a new endurance sport to my repertoire — mountain bike riding. In addition to doing recreational road bike riding, many Western Wheelers are also avid mountain bike riders. Though still a newbie, I've joined those who believe "riding dirt" can be as much fun as riding on paved roads.

Mountain biking is not just a simple matter of putting on thicker tires and going off road. It requires learning many new techniques, like getting out of the saddle when going *downhill* and others too numerous to mention. In some ways I had to unlearn habits from road bike riding: gravel is *not* to be feared; you *can* ride over rocks; clipping into pedals is *not* mandatory; it is possible to make very tight turns (something with which I still struggle). There are even differences in the clothes typically worn while riding.

I'm also getting introduced to all sorts of bike technology that's new to me: disc brakes (my road bike doesn't have them), front and rear shock absorbers that can be quickly customized for conditions, 29-inch wheels, bells that ring on their own (the Timberbell), and dropper seat posts for adjusting one's saddle height on the fly without even getting off the bike.

*(continued on next page)*

(TATF continued from previous page)

So, armed with my new-to-me ten year old Scott Spark 29 bike and with ten dirt rides notched on my belt, I'm writing this column from Utah while preparing to go on an organized mountain bike tour of the Maze section of Canyonlands National Park. It's a five-day tour of the most rugged of the three districts of Canyonlands, accessible only by high clearance, four wheel drive vehicles, and one wheel drive mountain bikes.

I'm thankful to the people who helped me learn to ride dirt. Mark Lentfer introduced me to the sport, gave me my initial lessons, and even found a suitable bike for me at Community Cycles of California where he volunteers (a Western Wheelers supported charity). Bobbie Morrison and Dave Marancik introduced me to useful gear to use on the trip and took me on beginner-intermediate dirt trails to gain skill and confidence. Thanks also to the many other people who gave me various tips and lots of encouragement.

## Cycling Tour Talk

### *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!

## May Safety Tip — Be Careful When Passing

*Cyclers see considerably more of this beautiful world than any other class of citizens. A good bicycle, well applied, will cure most ills this flesh is heir to.*

~ Dr. K. K. Doty

One safety complaint I frequently hear is about riders being passed dangerously. Please **avoid passing on a rider's right side** whenever possible! Passing on the right side often startles a rider and most riders' first reaction when startled is to move right.

**Communication** is the key. Let the person in front of you know when you are passing, but especially in the rare instance when you must pass on their right.

When riding with a group, **position your bike directly beside or behind your companions.** Do not partially "overlap" your wheels because a sudden change of course would likely cause the trailing bike (and probably others) to crash. For a vivid example of what can happen, see this short YouTube video [The Danger of Overlapping Wheels](#).

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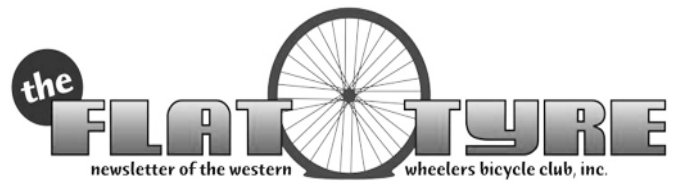
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Have space to store? Contact any Board member to volunteer for this position.



### Club Calendar May - June 2022

06	Fri	Alaska Trip - Zoom Presentation
11	Wed	Board Meeting in Mountain View
20	Sun	Flat Tyre Deadline
05	Sun	Sequoia
08	Wed	Board Meeting on Zoom
11	Sat	Workers' Ride - Huddart
15	Thurs	Flat Tyre Deadline July issue

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](mailto:Editors@westernwheelers.org)

## April 2022 Board Meeting Minutes

**Date:** Wednesday, April 13, 2022

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

**Location:** Zoom

### Call to Order at 7:03 pm

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

### Standing Items

- Date of next Board meeting — May 11, 2022
- Location of next Board meeting — Mountain View Community Center, 201 S. Rengstorff Ave. Randall agreed to reserve the space.
- Food Wrangler — Peggy George. Board members are encouraged to bring their own drinks.

- The March 2022 Board meeting minutes were unanimously approved.

#### **New Business and Area Lead Updates:**

- **Guy — Ride Chair.** Guy reported that there was a single rider who crashed on the Berkeley Hills LDT resulting in injury. Possible road conditions that may have contributed to the accident were discussed. On the Pacific Grove LDT we had 90 participants on Saturday. So far we have 30 sign ups for the Paso Robles ride.
- **Randall — Sequoia Update.** Randall reported that a good location for a Woodside water and rest stop has been secured. The San Gregorio Store has also agreed to welcome cyclists and to temporarily reposition their bike racks, trucks, and equipment for the day to make their space more accessible for Sequoia riders. Also, the permits for the use of the Foothill lots have been secured. Registration is proceeding with just under 400 registrants. Randall noted that the most effective advertising is word of mouth, and asked for assistance in spreading the word. Two Sequoia volunteers were specifically acknowledged for their efforts, Mona Schorow, and Russ Hull. We have 117 volunteers lined up for 171 positions. Several volunteer opportunities are still available to help out Sunday morning in the parking lot.
- **David — Sequoia Registration trajectory.** David presented a chart of Sequoia registrations. In prior years, the maximum allowed registrants was 1,000 while this year it's 750. It was noted that this year's registration opened later than prior years. Otherwise, this year's trajectory appears to be not far off prior years.
- **Fran — Events:** Fran and the Board reviewed the calendar for upcoming events. The Spring picnic is coming up on April 24. We've had 130 sign ups so far and attendance is capped at 200. Fran has received a great response to her call for help. Fran has arranged for a Palo Alto local taco vendor to cater our picnic this year. The Board asked a few questions about the vendor's menu and ability to serve a large crowd quickly. Fran thanked Guy for cleaning out our storage locker. Fran verified that David would be available to set up zoom for our May 6 presentation by John Langbein about a bike tour from New York to Alaska.
- **Peggy — Flat Tyre:** Peggy thanked David for writing the Turn at the Front articles and Cathy and Michael Khaw for proof-reading the newsletter. Peggy announced that the June deadline for submission to the July newsletter would be moved up from June 20 to June 15 in order to allow her to complete the July newsletter on time.
- **Vern — Membership:** Vern reported that we had 15 new members join since March 9, 2022 (our last board meeting), which brings the total number of members to 1047. Vern shared information about B ride leaders who are not currently leading rides anymore and requested that the website be updated. Vern has heard a few complaints about the new policy that free memberships are no longer being offered for key volunteer positions for the Sequoia. It was noted that in previous years, when free memberships were offered to Sequoia volunteers, there were still complaints about equity issues. The Board felt that the \$25 membership fee is a tremendous value, and noted that the membership fee has not been raised in about 15 years.
- **Vito — Webmaster:** Vito has been keeping up with the workflow. Vito reviewed the process for paying for the Sequoia with PayPal without registering for a PayPal account. This has been causing some confusion for people as they try to sign up for the Sequoia, and is requiring extra time from Vito to clarify and explain to help get people signed up. The Board reviewed the new Sequoia sock order form on the website. Socks will not be mailed to purchasers, but rather will be available for pick up at club events.
- **Mike — Financial Statement through April 11, 2022.** Mike presented an updated report of our financial condition. Membership revenue has been doing well. The Board considered the budget for Picnic-Parties and noted two

unexpected impacts to that budget category this year. Receipts for approximately \$900 were received early this year for two prior year’s purchase of ice cream for Ice Cream social events. It was also noted that with inflation, we expect the cost of food for our events to increase. The Board agreed to review the budget for Picnics & Parties and make adjustments as needed.

- **Bill — Skills Class Survey.** Bill reported that the Bike Skills 101 on May 7, 2022 was fully subscribed only three hours after registration opened. Additionally, 17 people were put on the waitlist. Due to the very high interests, Bill will look at adding more classes. The current budget appears to be adequate at this time. It was also noted that the Silicon Valley Bicycle Coalition offers Monthly Bike Education Classes that are free, thanks to funding from 2016 Measure B courtesy of VTA and Santa Clara County Public Health. These classes can be found on our Website under the heading Skills and Safety. Peggy offered to put something about the availability of these classes in the Flat Tyre.
- **Cathy — Club Logo.** Cathy reported that an update on our logo will be ready to review next month.
- **Patty — Secretary.** A brief discussion took place regarding the process by which Board members can request edits to the minutes. It was agreed that for consistency, the best place to make edits to the minutes was on the shared Google document, rather than directly in the Flat Tyre. Patty agreed to send a “last call” email to the Board members to remind them to complete their edits before the minutes are submitted to the Flat Tyre.

There were no other updates by Board members. The meeting adjourned at 8:38 pm.



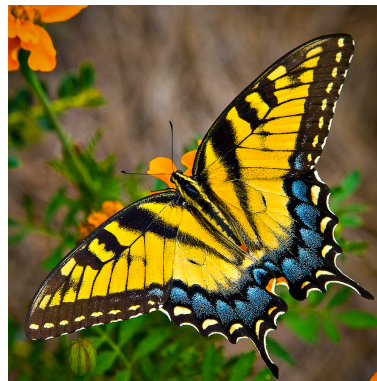
Board minutes were submitted by Patty Koel, Western Wheelers Club Secretary

## Welcome New Members April 2022

Please welcome the following new members to the Western Wheelers:

James Burke & Family	Los Altos
Irwin Chee	Santa Clara
Fay Chen	Sunnyvale
Linda Cicero	San Francisco
Dan Deweese	San Jose
Chris Gamino & Jenifer Gray	Pacifica
Rama K	Campbell
Carol Ann Parker	San Jose
Martin Potstada	Los Altos
Pamela Richard	Campbell
Ani Safavi	Burlingame
Jessica Stein	San Francisco
Steve Stephansen	Los Altos
Donald Wong	Brisbane
Benita Zimmerman	Burlingame

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



“Swallowtail hitching a ride up **Mt. Diablo**”

2021 Annual Photography Contest submission by Cynthia Hayes-Hupp



## LDT Corner

The 2022 Long Distance Training Series will conclude on Memorial Day, but there are still four fabulous weekends left so let's enjoy the sunny spring weather! We'll kick off our challenge of the three highest peaks of the Bay Area with the **Mt. Diablo LDT** on May 7<sup>th</sup>. All riders head for the summit, with variations available to skip the summit or to take the whole loop around the mountain via remote Morgan Territory Road.

The **Cazadero LDT Weekend** on May 13<sup>th</sup>–15<sup>th</sup> explores the wonderful Russian River region and challenging King Ridge Road. This weekend has been a camping excursion the last few years, but is now primarily a “hotel” trip based in Occidental, though the option remains for riders to camp if desired. See ride listing for details.

The LDT series then concludes with climbs of **Mt. Tamalpais** on 5/21 and **Mt. Hamilton** on Memorial Day (Monday). These rides all involve long climbs, but none are super steep and are suitable for B through E riders. They are beautiful rides with fantastic views of the Bay Area and Pacific Ocean...and sometimes the Sierra Nevada!

We've reserved our usual group campsite for the “**Fall Napa Valley LDT**” on September 30<sup>th</sup> to October 2<sup>nd</sup>. We'll explore the Napa Valley on this fun 3 day camping excursion. There are also local hotel options, but they can be pretty pricey in autumn. Save the dates on your calendar, and see the online [Ride Schedule](#) (September) for details.

Another upcoming club event is our annual **Eastern Sierra Escape** on September 6<sup>th</sup>–18<sup>th</sup>. This trip has been cancelled the last two years due to extreme fire conditions, but we're hoping “Three's the Charm” will get it this year! This challenging two week excursion is a fun and social early Fall trip – join for all or just a portion. Check the online schedule (September) for details/registration.

**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](mailto: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)

<b>30–Apr</b>	<b>Paso Robles (2–3 day)</b>
7–May	Mt. Diablo
<b>14–May</b>	<b>Cazadero (2–3 day)</b>
21–May	Mt. Tamalpais
30–May	Mt. Hamilton ( <b>Mon. Memorial Day</b> )



*“Summitting Mt. Diablo”  
2021 Annual  
Photography  
Contest submission  
by Cynthia  
Hayes-Hupp*

# THE SEQUOIA 2022

## Fast Forward to the Sequoia

Imagine this. You're at Foothill College on June 5th at 5 am in the morning. Drivers are beginning to circle around the campus. Riders follow the signs and the first riders – their excitement rising – are parking their cars and getting their bikes out. They're ready to ride the 48th Sequoia and you can feel their eagerness. It's almost time for the ride to begin.

At 5 am, the Sequoia volunteers are getting into place for the riders. You can feel the energy growing. Some of them welcome the cars as they enter the college, guide them to their parking, and direct them to the start of the ride. The organization is a well-oiled machine. This Sequoia will follow the grand tradition of the previous forty six Sequoias as being one of the best rides in Northern California.

\* \* \*

Return to today. There's only one challenge to this scenario. Volunteers to assist this early morning welcome are needed. The Sequoia engine is successfully running on all cylinders. But **we need a few more volunteers for the early morning shift to ensure a smooth start for all riders.**

### VOLUNTEER

You can make a difference here. Some of us are morning people. Some of us are willing to set their alarm clocks for a special event. Please consider doing this for the upcoming Sequoia. Bagels and hot coffee and animated, energized club members await you. Here are areas that especially need you. (There are other jobs too, but the 5 am shifts are most urgent.)

**SIGN SET-UP:** Signs are oh-so-important so drivers, riders, and volunteers know where to go. We have a wealth of signs for directions, safety, and hilarity.



*Funny signs add to the fun.*

### TRAFFIC AND PARKING

These helpers are the first friendly faces that the riders meet at The Sequoia and are indispensable for getting everyone on the right track. From beginning to end, The Sequoia is a wonderful ride.



*Riders can be warned of trickier sections on routes.*



## SAG

“Road Saviors” cruise in SAG (Support and Gear) vehicles, receiving instructions, and picking riders up. It’s fun to “save” riders; they are **very** grateful.



*Happy riders being saved*



*You don't HAVE to have a big SAG vehicle.*

## JOIN US!

This is the one day of the year that the Western Wheelers come out to work/play together. We host this ride so the community can ride and enjoy cycling like we do the rest of the year. Helping here is a good turn for your club and your community.

The energy level at Foothill College stays high. The anticipation of riders as they stream out of the college – plus the relief and exultation of riders as they return and celebrate their successful completion of the ride – keep the day hopping. The rainbow balloon arch. The chocolate milk. The Fiesta feast at the end. The “Selfie Area.” It’s fun for everyone. Don’t miss it.

[Join us.](#) Bring your family, your friends and your neighbors! The more the merrier!



*“Loma Mar Sequoi-tual Rest Stop 2021”  
2021 Annual Photography Contest submission by  
Mona Schorow*

*Article submitted by Mona Schorow, Volunteer Team Captain for the club 2022 Sequoia Century. Mona is on the right holding the cell phone in the photo.*





*“Into the Clouds of Mt. Tamalpais” 2021 Annual Photography Contest submission by Angela Cearns*

## Upcoming Bicycle Skills and Training Opportunities

There are many upcoming opportunities for everyone to learn more about how to improve their bicycling skills and knowledge.

First, the Silicon Valley Bicycle Coalition (SVBC) is offering an extensive (and free) Education Series—Monthly classes, Webinars and an Adult Education Series. Schedule and full course descriptions are available from [SVBC](#). As stated on the SVBC website, the classes exist “to empower people to become more safe and confident riders”.

- Biking Basics: One-hour biking workshops – for people who want a quick review of bicycle safety in a classroom setting
- Smart Cycling Part 1- Classroom: Comprehensive four-hour workshops to prepare you to bike safely on the road – for people who want to get into the details and learn how to choose a bike, how to ride safely, basic safety checks, and commuting tips..
- Smart Cycling Part 2- On-bike: On-bike workshops where you can practice biking on the street in small groups and with instructors – for people who want hands-on experience practicing skills.
- Bike maintenance workshops – for people who want to know how to change a tire, fix a flat, and basic maintenance

In addition, Western Wheelers will again be sponsoring members-only clinics presented by Lorri Lee Lown, owner and President of Savvy Bike.

**Bike Skills 101 - Fundamental Bike Handling Skills**  
Presented by [Savvy Bike](#), this clinic is the foundation of everything else you’ll learn on the bike. This is the clinic where we teach the old dogs new tricks and the newbies the fundamentals. You’ll learn about balance and weight distribution and how that affects your ability to ride your bike safely and confidently. We’ll learn skills like riding with no hands, emergency stops, and how to look behind you while holding your line, how to steer, and counter-steer. After just four hours, we guarantee you’ll be a better bike handler and have much more fun on the bike. **Two Sessions: Saturday May 7, 2022 (registration is closed, clinic is full) and Saturday July 9, 2022. Registration opens 6 PM, Friday, June 10, 2022**

### Bike Skills 201 - Climbing + Descending Skills

Presented by [Savvy Bike](#), this clinic is a continuation of what you’ve learned in Bike Skills 101. What goes up must come down, right? In this 4-hour co-ed clinic, we’ll teach you how to climb like a pro – seated climbs, standing climbs, short climbs, steep climbs, extended climbs. And then, we’ll teach you how to come back down again, focusing on a fast straight descent, and then a technical switchback descent. **One session: Sunday, May 15, 2022 (This clinic is full, additional sessions will be announced)**  
**Prerequisite: Bike Skills 101**

### Bike Skills 301 - Pacelines + Group Riding

Presented by [Savvy Bike](#), this clinic is a continuation of what you’ve learned in Bike Skills 101. Wheelsucking is an art! Whether you’re a racer or a recreational rider, group riding skills will help you ride longer, faster, and farther. We’ll learn draft theory and basic pacelines, beginning with partner work and progressing to more complex group riding skills and introductory racing techniques. **One session, Sunday June 12, 2022. Registration opens Friday, May 20 at 6 PM Prerequisite: Bike Skills 101.**

Questions about clinics? Contact [Bill Sherwin](#).

# 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.



“Atop Mt. Hamilton” 2021 Annual Photography Contest submission by Ron Dell’Aquila

# 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 NA
B	12	11	10	9	8	7 43-54 min.
C	14	13	12	11	10	9 34-43 min.
D	16	15	14	13	12	11 27-34 min.
E	18	17	16	15	14	13 22-27 min.

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

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

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

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

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

**RIDE RATING EXAMPLES:** "C+/2/40" indicates a 40-mile ride with about 2000 feet of climbing, ridden at an average speed of 12 mph.

"E/4!(9700')/100" indicates a 100-mile ride with 9700 feet of climbing, some of it very steep, ridden at an average speed of 13 mph.

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

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



## May 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 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](#), 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 wwbcr-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. 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](#) at (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 [Vern Tucker](#) (408-730-2548) every Friday at 10:00 AM at McKenzie Park for a 10:15 AM ride start. 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 third Sunday of every month*

**C-/0.5 (500')/39 LOVELY BAY GRAVEL RIDE.** Meet [Fredo Cirne](#) (408-931-4133) and [Eduardo Colaço](#) on the third Sunday of the month at 9:45 AM for a 10:00 departure at Burgess Park. This is a scenic gravel ride by the Bay, with few cars even when we are on paved roads. Starting from Burgess Park, we head towards the Bay and across 101 on the Menlo Park bike bridge. Return is inland via low traffic streets, avoiding the headwinds by the Bay. Leader recommends a gravel or city bike with 38mm tires or more.

### *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 regroupings, but faster riders will form a separate C+ group at the start. Meet at McKenzie Park in Los Altos at 10:00am for a 10:15am departure. Check ride calendar for leader information. Rain cancels. **Route sheets/Maps:** [4th Sunday C Ride](#).

Learn about [becoming a member](#)

Any Western Wheelers club member can propose a Ride by using the online Ride Listing Assistant on the Ride Leaders Resources page found [here](#) or by sending a ride description containing complete details to:

[addride@westernwheelers.org](mailto:addride@westernwheelers.org)

Be sure to include date, title, start time/place, distance, rating, lunch arrangements, and your phone/email contact information. The earlier you list your ride, the more participation you are likely to have. There is no strict deadline, but please try to submit your ride at least two days before the ride. Do NOT email your listing directly to the email list(s).

Go [here](#) to read/post/subscribe to our club email list for ride cancellations, road conditions, and miscellaneous club ride topics.



## Letters to the Editor

### New Bike Repair Spot in Stanford Research Park in Palo Alto

Hi Western Wheelers.

I just wanted you to know that there is a new repair spot in town.

Mike's Bikes has opened up a small (500 sq. ft) repair and commuter accessory location in the Stanford Research Park. The address is 3215 Porter Drive in Palo Alto and is just 0.25 miles off Foothill Expressway (near the VA hospital).

Need a spare tube? Replacement tire or chain? Derailleur adjustment? Stop on by. The hours are 9-5, Monday-Friday.

It might even be a good place to start or end a ride because the building also houses a Coupa Cafe that serves breakfast and lunch. Coffee, food and cycling. Is there a better combination (I know some of you would add beer to that list)?

Full disclosure, I'm the general manager of the new location. I hope you'll drop by and introduce yourself.

Ride on.

Russ Wood  
Mountain View

April 2022

Letters to the Editor may be edited for clarity.

Send correspondence to  
[Editors@westernwheelers.org](mailto:Editors@westernwheelers.org)