

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**

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Turn at the Front

Trip Report: Mountain Biking the Maze
District

David Schorow, President

Since my last column mentioned my preparation for a mountain bike tour of Maze District of Canyonlands National Park, I thought I should give a report this month on how it worked out. But first I want to summarize the [Fun Scale](#).

Type 1 Fun is simple fun. It's the fun you have when doing a nice bike ride with friends in pleasant weather, even if it's a challenging ride. It's fun while you're doing it and afterwards you are happy to have done it.

Type 2 Fun is more complicated. It's when an activity doesn't work out as expected and instead of enjoyment, there is a lot of suffering. It's that ride we've all done on a day that's too hot or too cold, that's too long or with too much climbing, or you've run out of water or food. While on the activity, you question why you even wanted to do it. But afterwards, upon reflection, perhaps over a beer chatting with the other participants, you think back fondly about the activity. You are happy to have accomplished the task. It's fun and rewarding in retrospect, if not fun while doing it. You'll likely plan to do a similar activity again.

Type 3 Fun is, well, just not fun. It's an activity with just too much suffering, or with a major mishap, with few redeeming qualities. It's not fun when you're doing it and it's not fun in hindsight. It's that ride where things get so bad, you cut it short because you are miserable or you have to get rescued and driven back to your car, or even worse, to the hospital.

In short, the mountain biking tour was Type 2 fun.

(TATF continues on page 7)

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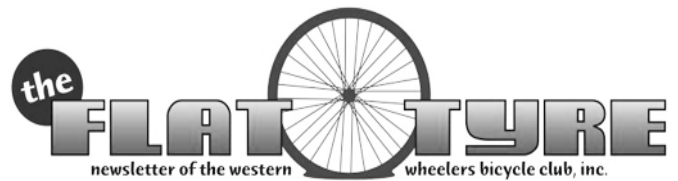
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Have space to store? Contact any Board member to volunteer for this position.



Club Calendar June 2022

05	Sun	Sequoia
08	Wed	Board Meeting on Zoom
11	Sat	Workers' Ride - Huddart
15	Wed	Flat Tyre Deadline for July*

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

May 2022 Board Meeting Minutes

(Pending Board approval)

Date: Wednesday, May 11, 2022

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

Location: Willow Room, Mountain View Community Center, 201 S. Rengstorff Avenue

Call to Order at 7:00 pm

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

Standing Items

- Date of next Board meeting — June 8, 2022
- Location of next Board meeting — Zoom
- Food Wrangler — N/A
- The April 2022 Board meeting minutes were unanimously approved.

(continued on next page)

New Business and Area Lead Updates:

- **Randall — Sequoia Update.** Randall updated the Board on the status of this year's Sequoia.
 - Registration: 521 riders have registered. David presented a chart of registration trajectory for this year and prior years, and Randall shared his estimates of total registration numbers.
 - Food: has been ordered for the two full Rest Stops from coastal vendors and arrangement for van rental to transport the food were discussed. San Gregorio Store and the Loma Mar Store are also providing some food to registered riders.
 - Volunteers: 151 out of 171 volunteer spots have been taken. Mona Schorrow was commended for her efforts to get volunteer spots filled. Worker tee-shirts have been ordered.
 - Sponsorship: Hammer Nutrition is our new sponsor for the Sequoia.

- **Guy — Ride Chair.** Guy reported that we had a large group at the Paso Robles LDT. Weeknight rides have resumed again. Plans for the Eastern Sierra Escape that will be held September 6-19 are on track, and ACTC members are invited to attend. Plans are being made for the Napa Campout on the weekend of September 30 to October 2. Bill Sherwin has agreed to lead the Fall Fun Series again this year. The Board reviewed the COVID precautions that are on our website and in our emails to members and agreed that they are still appropriate.

- **Fran — Events:** Fran reported on the Spring Picnic which was held on April 24, the April 27 Blood Drive, and the Bike Touring Presentation on May 6. All events went well, and Fran thanked the volunteers who helped. The annual budget for picnics and parties was reviewed. So far, \$9,644 has been spent (which included some expenses for prior year's events) on

picnics and parties out of an annual budget of \$13,000. The Board reviewed anticipated expenses for upcoming events, including the Ice Cream Social on July 24, the Ride Leader's picnic and BBQ on August 21, the Oktoberfest on October 9th, and the Holiday party on December 11. The Board then agreed to increase the annual budget for picnics and parties this year from \$13,000 to \$23,000.

Further discussion was held on how to sustainably balance our budget in light of the rising costs. It was noted that our parties typically serve high quality foods, including vegan and gluten free alternatives (which often cost more) and we often serve premium drinks. Cost saving options were suggested including serving less expensive food and drink and charging attendees more for our annual Holiday party. The Board agreed to continue discussing options including a potential increase of membership fees, which will be on the agenda for next month.

- **Peggy — Flat Tyre:** Peggy thanked everyone for being on time with their newsletter submission. Peggy also reminded the Board 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 12 new members join since April 13 (our last board meeting), which brings the total number of members to 1,053.

- **Vito — Webmaster:** Vito reported that keeping up with Sequoia registration continues to be a major activity. Vito is reaching out to anyone who initiates a registration but doesn't complete the process. The sock sales are proceeding with 59 pairs sold so far.

- **Mike — Financial Statement through May 10, 2022.** Mike presented an updated report of

our financial condition. Most financial activity has been from Sequoia expenses and income.

- **Bill — Skills Class.** Bill reported that the Bike Skills 101 (Fundamental Bike Handling Skills) was held on May 7, 2022 from Savvy Bike. Patty attended this class and shared very positive feedback about her experience. A few details with respect to working with Savvy Bike were discussed including insurance issues and cancellation policies.
- **Cathy — Club Logo.** Cathy reviewed the objectives and the status of the logo project. The Board reviewed the anticipated cost and volunteer time required to update our logo. The Board reviewed three logo options and the majority of Board members liked one of the newer designs. There was, however, a lengthy discussion about the colors used in the design. The Board asked Cathy to ask the graphic artist to modify the Board-preferred design with three different colors options for final review. The Board plans to choose a final logo from those alternatives at the next opportunity.
- **Patty — Support for the San Carlos Holly Street Bicyclist/Pedestrian Overpass.** Patty presented a request for a letter of support for a grant application by the City of San Carlos to construct a dedicated pedestrian and bicyclist over crossing at Holly Street. The Board voted unanimously to support the project, and Patty was tasked with drafting a letter of support to be submitted to the California Transportation Commission.
- **David — The Bike Hut Classic donation.** Review of Email Board Vote of April 26, 2022: The Board agreed via email to grant a \$500 sponsorship for this year's Bike Hut Classic and committed to becoming a Silver Sponsor. The Board agreed to discuss the details of whether the donation would come from Sequoia proceeds or general funds at the next board meeting.

New Discussion and Board Decision: After discussion, the Board agreed to increase our sponsorship from a \$500 Silver level to a \$1000 Gold level. Our increased sponsorship will further benefit the Abundant Grace Coastside Worker charity, and allow our club logo to be larger on the Bike Hut's promotional tee shirt and on their website. The Board further agreed \$500 of the funds would come from Sequoia proceeds and the source of the remainder to be determined later.

There were no other updates by Board members.

The meeting adjourned at 9:05 pm.



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

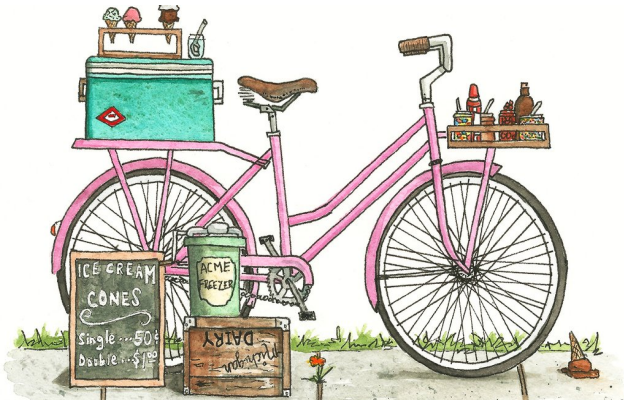
Welcome New Members May 2022

Please welcome the following new members to the Western Wheelers:

Hossein Attar & Family	Los Altos
Bill Francis	Watsonville
Ludwig Fries	Redwood City
Beverly Lowland	San Jose
Rowan McAllister	Los Altos
John Marold	Redwood City
Jon & Edie Mulberg	Saratoga
Mark Rowland	Palo Alto
Ellen Schneider	Stanford
Mark Verbeck	Menlo Park
John Young	San Mateo



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



SAVE THE DATES!

All Western Wheelers members are invited to the annual **Ice Cream Social at Shoup Park on Sunday, July 24, 2-4 pm.**

The club will provide ice cream, fruit, nuts and other toppings so you can build your own sundae. In addition to traditional ice cream, there will be low-fat, non-fat and non-dairy selections.

We will also be posting pre-party rides, to work up an appetite with your Western Wheeler friends, so you can enjoy sweet treats and good times at Shoup Park.

Stay tuned for more details and sign-ups coming soon!

Hope to see you there!

Third Annual Bike Hut Classic!

The Bike Hut, Abundant Grace Coastsider Worker, and Potrero Nuevo Farm partner together to host this fun do-it-yourself ride to raise funds for Abundant Grace Coastsider Worker.

This year the event will run from **July 8 to July 24** for riders to complete their self-timed ride to the top of Tunitas Creek Road. The ride reception will be held at the Farm on **Saturday, July 30.** *Read more about the ride and register at www.bikehutclassic.com. Join us!*

LDT Corner

We've completed the 2022 Long Distance Training Series with some sore legs and great memories! A few rides had to be pushed forward a day due to foul weather, but we got all the rides in. While COVID remains a scourge locally and nationally, we've had no impact on the LDT series and no known infections stemming from our rides or weekend outings. If you close your eyes and snap your fingers it will be January 2023 and we'll be ready to start it all over again!

We've reserved our usual group campsite for the **Napa Valley LDT Weekend** on September 30th to October 1st. 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. See online ride schedule (September) for full details.

Another upcoming club event is our annual **Eastern Sierra Escape** on September 6th – 19th. This challenging two week excursion is a fun and social early Fall trip – join for all or just a portion. We've had to cancel due to fire danger/closed public lands the last two years, but hope to be back on track this year! This is primarily a hotel trip, but there are also some camping options available.

Bill Sherwin will be organizing the Fall Fun Series which begins in mid September. During the summer months there is no organized ride series, so it's time for all of YOU to step up and lead a ride or two for YOUR bike club. Any member can lead a ride—see the **Ride Leaders Guide** for information on how to organize, list, and lead a ride!

The latest and most accurate ride information can always be found on the **Ride Schedule.**

Guy Shuman, LDT Coordinator
(shumansteiner@gmail.com or 650-704-0895 Cell)



Guy Shuman is also Club Ride Chair and Board Member



How Skillfully do YOU Ride?

Before you answer that question, tell me this. How do you even measure your skillfulness? Is there an app for that? Many cycling apps will track miles ridden and elevation gained, but how do you measure and track your skill level? The whole concept of cycling skillfully came more sharply into focus for me when I recently attended the **Bike Skills 101** class taught by Lorri Lee Lown and sponsored by the Western Wheelers. I consider the time I spent in the course a downpayment on my own desire to ride more skillfully.

Lorri's style was engaging and enthusiastic as she explained, demonstrated, ran practice drills and gave feedback. We performed balance drills, emergency stopping, cornering, counter-steering, proper hand positioning and so much more. To be totally honest, I found that some of the techniques Lorri asked us to try were a little scary (hello, emergency stops). But, I was willing to try the new techniques for two reasons. Lorri's explanations often referred to the laws of physics to explain "why" a certain technique was going to be more effective and stable on the bike and her explanations made perfect sense. Also watching Lorri's demonstrations convinced me that "her way" was 100% better and safer than my "old way". Lorri could, while going at speed, seemingly stop on a dime, and manage a turn with precision and control. It was obvious that "her way" was superior.

I wish I could report that in a four hour class I mastered everything Lorri taught us. I did not. But on each bike ride I've taken since, I practice more and more of the skills I learned in her class. Slowly and surely, I'm feeling more confident in my own skills and safer. I'd easily recommend the class to anyone who

rides a bike and is open to learning handling techniques that are perhaps new and definitely better.

~ submitted by Patty Koel, WWBC Board Secretary

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 FREE Bicycle classes to the public. Full course descriptions with links can also be found on the Skills and Training Page of the Western Wheelers website or through the [SVBC](#) links below. As stated on the SVBC website, the classes exist "to empower people to become more safe and confident riders"

SVBC offers an extensive Education Series—Monthly classes, Webinars and an Adult Education Series:

- **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. Classroom setting.
- **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. Prerequisite: Smart Cycling Part 2- Classroom
- **Bike maintenance workshops** – for people who want to know how to change a tire, fix a flat, and basic maintenance

[SVBC Bicycle Classes >](#)
[SVBC Calendar >](#)

In addition, Western Wheelers is again working with Lorri Lee Lown, owner and President of Savvy Bike, to present the following clinics in 2022. Depending on demand, additional sessions may be scheduled.

Classes and registration information follows each description and can also be found on the club website.

Bike Skills 101 - Fundamental Bike Handling Skills

Presented by [Savvy Bike](#), on behalf of Western Wheelers, this members-only 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.

New Session Added: Saturday July 9, 2022.

Registration opens 6 PM, Friday, June 10, 2022

Bike Skills 301 - Pacelines + Group Riding Updated April 3, 2022 |

Presented by [Savvy Bike](#), on behalf of Western Wheelers, this members-only 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. Prerequisite: Bike Skills 101.

Sunday June 12, 2022. Registration opened Friday, May 20 at 6 PM

Questions about Bicycle Skills/Training should be directed to Bill Sherwin.

THE SEQUOIA 2022

The team of 200 Sequoia volunteers is moving full steam ahead for Sunday, June 5th. Kudos to each and every one of these volunteers for helping the club, the community — and the sport of cycling.

[Here they are.](#)

(TATF Trip Report continues from page 1)

Turn at the Front

Trip Report: Mountain Biking the Maze District

Let me first describe the many great parts of the trip. The desert parks of Southern Utah have amazing scenery with beautiful and often unreal rock formations. The Maze District has plenty of this spectacular scenery. As the name implies, the Maze district contains a complex set of canyons that meander labyrinth-like down to the Colorado or Green Rivers. It is the most remote of the three districts comprising Canyonlands National Park. Touring this area on a mountain bike is the best way to immerse oneself into this beautiful and strange land.

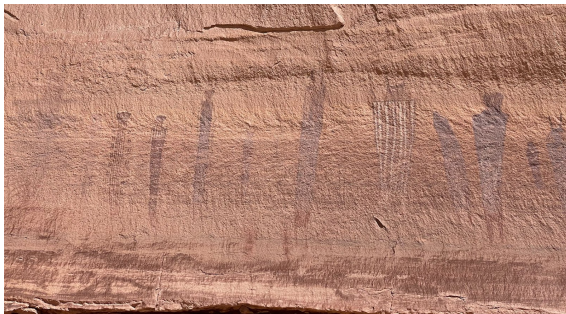


A Maze canyon

We even spent one day of the tour “hiking” down into a canyon, which highlighted its maze-like attributes. We explored a small portion of the canyon, finding arrowheads and viewing pictographs left by Pueblo natives centuries earlier. I put “hiking” in quotes as the descent and ascent involved stretches of Class 5. something rock climbing with scary drops. Unlike the other participants, I'm not a rock climber and the climbing made me anxious; however, I got a lot of support from the guides and my fellow participants.



Climbing down a tricky section



Pictographs in the canyon

Our tour company, [Rim Tours](#), was fabulous. I heartily recommend them for those seeking a mountain biking tour in the Southwest. There were two guides: one would drive the four-wheel drive high clearance truck carrying all our gear while the other would ride with us, and they would switch off halfway through a day's ride. Though we were camping, they prepared delicious meals (breakfasts and dinners), rivaling what one would get at a 4-star restaurant. While we had to set up and break down our own tents and camping gear, they did all the cooking, cleaning, and other setup so we could just relax and enjoy ourselves in camp.

During the five-day, four-night tour we used two camping spots, reducing the amount of camp setup required and giving us two layover days. The first was the hike described earlier, and the second contained an out-and-back bike ride that could be as long or short as each participant wanted. Along with three others, I took it easy, just doing a short ride to the "Mother and Child" rock formation, while the two others took on an ambitious ride out to a distant set of formations called

the Doll House. That left three point-to-point biking days.



Mother and Child rock formation

One of the best aspects of the trip was the camaraderie, bonding, and great laughs shared with the other participants. Three were fellow Western Wheelers: Bobbie Morrison, Dave Marancik, and Ethan Thorman. In addition, there was a couple from Los Angeles who were friends of Bobbie and Dave. The six of us had a great time chatting, joking, reviewing the day's activity, or commiserating about the challenges.



The trip participants: Bobbie, Ethan, Debra, Bret, Dave, David

So, you may be thinking, this sounds great, why isn't this a Type 1 Fun trip? There were a couple of factors demoting the trip to be Type 2 fun.

As I mentioned in my column last month, I'd just recently taken up mountain biking and was still learning. Many parts of the trip involved technically challenging rides over very rocky patches that were beyond my skill level. One mile-long portion involved a steep (greater than 13%) descent on a rocky road. In

places, one would have to go over a rock but could not see what lay just beyond the rock. I had to walk many such sections. In fact, everyone walked portions of the ride; I perhaps walked a bit more. Steep uphill with rocky sections also were challenging (to everyone) and frequently required walking the bike. We even saw high clearance jeeps struggling with the road.



Steep downhill switchbacks, cyclist at lower turn, truck above

In addition to the challenge of rocks, there was the challenge of soft sand. Often in such sections, one's front wheel would not go in the direction it was pointed. In sand, the front wheel acts more like a ski than a wheel with a delay in making a desired turn. Most of us had some [gentle sit-down falls](#) in such sections. But there was a spot on the morning of the third day where I went over a rock, hit some sand, lost control, and took a hard fall!

The other problem with the trip was the weather. After two days of near Goldilocks weather, a cold front came in. The third day started off chilly and windy, and it soon started raining alternating with periods of hail. When the rain or hail became too ferocious, our guides would have us take shelter under a rock overhang or in some trees (see this [video](#)). I did not initially dress adequately for the day's weather. When we first stopped to wait out a squall, I was shivering. I was able to add layers from my bag on the truck, but only

warmed up when riding again with a break in the weather. I was wearing layers I've never worn while bicycling, including a fleece vest (under a Gortex shell) and rain pants (over leg warmers). Even with those additional layers, on subsequent stops to wait out squalls, I would start shivering again.



*Escaping the rain under a tree
Since we're waiting out the rain, let's snack*

From the third day on, even though there were breaks in the rain during the mornings and evenings, it was very cold and windy. Everyone wore their thickest down jackets and warmest leg coverings in the mornings and evenings. We were very thankful the guides washed the dishes and did the cleanup because soon after dinner once it became dark, everyone scurried off to their tents to escape the cold. Even though we were in a gold-level dark sky area, no one wanted to hang out looking at the magnificent display of stars in the sky.

The last day was another one for the records. We had an early start after quickly breaking camp, unsuccessfully trying to beat a heavy, low cloud coming our way. It soon started raining and hailing. It even started snowing! My Garmin reported the temperature as 29°. As you might expect, the snow was not as bad as rain and it wasn't cold enough for it to stick on the ground where we were riding (it did higher up on the nearby hills). Having learned my lesson from the third day, I was prepared with all my layers that

day, so I stayed warm with one exception. Even though I was wearing full-fingered gloves, my hands were freezing until one of the guides lent me some thick, ski gloves to wear.

Luckily, halfway through that last day, we escaped out from under the clouds and into clear and sunny skies with temperatures in the low fifties. The last day ended positively with beautiful views of wide-open space containing magnificent rock formations under mild conditions.



View on way out of the park

The obvious question is “Would I do it again?” The answer is definitely yes, though with a few caveats. When I do my next trip, I’ll try to pick one that is a little less technically difficult, with fewer sections that require walking my bike. I’ll also hope my next trip will not have the rain, hail, and snow that we were unlucky to get on this trip, though if it does, I’ll be more prepared. But overall, the benefits of being out with friends and riding in beautiful surroundings outweighs the risks involved.

And oh, by the way, you know that hard fall I mentioned on the morning of the third day? I continued to feel some chest pain for the remainder of the trip, continuing even after the trip was over. X-rays taken after getting back home revealed I had a fractured rib. The doctor told me to lay off playing rugby or tackle football, but I could still ride my bike (I did all the Paso Robles LDT rides shortly afterwards). I’m actually kind of proud of having my first broken bone of my life during this trip and consider it my mountain biking badge of honor.

For more pictures, see this [Google photo album](#). For a full, day by day report from another’s perspective see [Ethan’s Blog](#).

June Safety Tip — Pay Attention!

Think of bicycles as rideable art that can just about save the world.

~ **Grant Peterson**

Riding a bicycle on roads with cars, trucks, potholes, bumps, animals, and other bikers requires constant attention. One of the most critical lessons for new cyclists is that they must learn to pay attention at all times. The one time that you space out for a few minutes is often when the unexpected occurs. This doesn't mean you can't relax — that's why we are out cycling! But it's very important that even when the scenery is incredible, the sunshine soothing, and the conversation invigorating, **you must pay attention** to the road and the surroundings.

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.

The Delta Century

Trip Report: Four Western Wheelers

The [Delta Century](#) in Lodi is advertised as one of the flattest and fastest supported local rides and is run by the Stockton Bike Club. Randall Braun suggested this ride as part of his series to ride other supported rides. When Pam Putman suggested riding one of the routes Pat Elson and Cheryl Smith jumped on board. Then the Bremonds also sent in their registrations for the 25-mile route. At the last-minute Daniel Bremond decided to skip the adventure. That left the "Fab four", as Susan Bremond nicknamed us, prepping for a getaway the last weekend of April.

The day of the ride, April 30, was a bright, pleasant day. In an environmental quest, we decided to ride the 5 miles from the Best Western to the start at Jessie Groves Winery. This winery is the oldest in the San Joaquin Valley. Pam described the route as "beautiful,

rural area and roads in good condition." The 26-mile route through the vineyards included a delicious rest stop supplied with snacks such as vine-ripened strawberries served by friendly volunteers.

At the end of the ride, the winery's huge oak trees created a lovely place to sit and enjoy lunch. A generous box lunch was served, and we also bumped into Randall and heard reports of other Western Wheelers riding the metric century and century. Henri Revet, Isa Yosoyesa, and Sharron Miller were all out enjoying the fresh air. The entry fee also helps some very good causes. Steve Neiner, the President of the Stockton Bike club, said "We will have about \$4,000 to donate this year. We will have to finalize the numbers and put together a donations committee." He mentioned that past contributions have included the Stockton Food Bank, Project Hero (a non-profit that gets wounded veterans into cycling), schools and local religious charities.

The ride really is a fun winding course that goes through farmland and vineyards, with the metric and century routes going along the river. The challenge comes from the wind, which Pat said was "as advertised"!



Lost in Lodi - "Cheryl using phone for bicycling directions and getting a response 'all about bison'".

In fact, Susan Bremonds had carefully placed her lunch box with a half-sandwich and a large chocolate

chip cookie in her pannier to enjoy later. The wind was so stiff on the ride back to the hotel that the food disappeared into the wind with no one noticing! Susan later said she had visions of the cookie making a dash for it like the Gingerbread man in the fairy tale.



The next day, Pat and Cheryl decided to have a bit of an adventure. The ride organizers had kindly suggested a route that included more of the century route, including a ride on the ferry. The [Steamboat Slough J-Mack](#) ferry takes you on a 3-minute ferry ride across the river. It is operated 24/7 by a ferry

operator. It is considered part of Highway 220 and is free. Before we started riding, we drove through the tiny town of [Locke](#), which is like passing through a 1930's Chinatown movie set (indeed, it has appeared in several movies).



Randall Braun on the Steamboat Slough J-Mack

Riding along the river also gave us a chance to admire the many birds enjoying springtime and nesting in the trees. A few hours in, after we crossed the ferry, we saw a detour sign and wondered aloud which way to turn and about where lunch might be. The disadvantages of unsupported rides! Then a stroke of

luck happened. Cheryl heard live music. Five minutes later we were clambering down a hill.

The [Grand Island Vineyards](#) generously let us use their sparkling restrooms, buy crackers, and cheese and listen to their live music. They even had a food truck that sold cupcakes and macaroons. We supported this small business too! The last 6 miles we flew home on the sugar high. The wind had finally completely died down for the last stretch.



“The Fab Four” Pat Elson, Pam Putnam, Susan Bremond, and Cheryl Smith

“The Delta Century Trip Report” was submitted by Cheryl Smith. Cheryl is a long time WWBC member who enjoys riding A/B rides and bike touring.

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Annual Silicon Valley Open Art Studio Ride

Adrienne Harber, longtime Western Wheeler member, led her one annual ride to a Silicon Valley Open Art Studio in Los Gatos on May 22. Here is her report:

Arriving at Shoup Park for the ride start, I was gratified to see 14 other cyclists. We wound our way through city streets without too much effort until we arrived in Los Gatos. But the one steep climb up Kimble to the artists’ location was worth the effort. We admired the work of four artists whose wares included jewelry, photographs, watercolors, and ceramic sculptures. We enjoyed not only the artwork but also the beautiful backyard garden and lemonade and snacks before gathering to leave. Our earlier uphill was rewarded as we rode a steep downhill back to the Los Gatos plaza, where we ate lunch and munched on caramel popcorn

that Diana bought at the Farmers Market. While riding back, we picked up a rider who had missed us at the start but then lost her when she had a flat tire. (Thanks to the two riders who stayed and helped.) I accompanied the group back to the Don Burnett Bridge, where Lisa took over while I departed for home. It was a fun group of people, and I was glad that so many joined me to support the artists, especially the jeweler, who is a friend and former colleague.

The photo at the entrance to the Don Burnett Bridge does not include the whole group, unfortunately. The earrings are ones that I bought from my friend, who has many more beautiful items at [accorintidesigns.com](#).

Until next year!

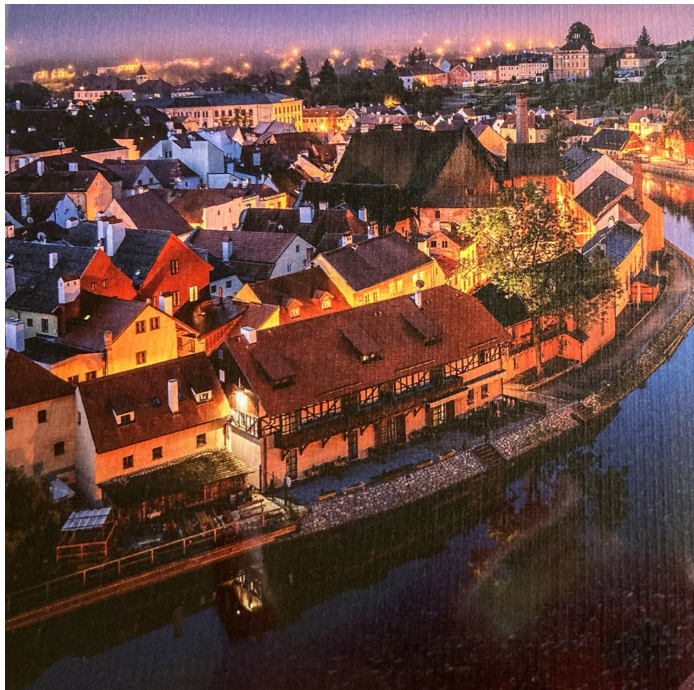
Adrienne H.



Lisa & Jim Burque, Carina Rossner, Amanda Archer, Bill Sherwin, and Diana and Rob Tashjian



Photo below is submitted by Lisa Burque as seen on the Art Tour Ride. Will the photo be reminiscent of a past cycling journey to somewhere? Can you identify this place? Send answers to editors@westernwheelers.org by June 12 and the results will be published next month.



Western Wheeler Pete Blasberg Celebrates a Century in Davis.

Last Saturday, May 21st, Pete's family hosted a 100th birthday fête at their home in Davis. Please head over to Google Drive and check out some of my pics of the event (link is below). If you encounter difficulty accessing the images, send me a message.

Joe Perfecto

[Pete Blasberg's 100th - Google Drive](#)

A few photos from the gallery are included here.





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 CPDH 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 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.



June 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 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. Foul weather in the hills keeps the ride in the valley. Rain cancels. See 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. **NOTE - SCHEDULE ALTERED FOR JUNE 2022 - SEE ONLINE SCHEDULE FOR DETAILS.**

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

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.

Planning a tour? Completed a great tour?
Celebrating a life event? Just had a fun or interesting ride and want to tell us about it? Have some photos to share? We are interested in your stories for publication in the Flat Tyre! Send correspondence to Editors@westernwheelers.org

