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Looking for new ways to volunteer?

David Trousdale organizes our [WWBC Blood Drives](#). Next one is **July 20, Wednesday** and the Club Blood Drive needs YOU! Meet and greet fellow club members for a valuable community cause! And it's Tee-Shirt Month! See cool model 2016 as modeled by David Trousdale. It's a design secret for 2022. Get your Groove On!



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. Western Wheelers is proud to be a Gold Level Sponsor for the 2022 Bike Hut Classic!

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!*

THE SEQUOIA 2022

Turn at the Front

David Schorow, President

The Sequoia is BACK.

After two years without a traditional Sequoia, the club put on a very successful Sequoia ride this year. Around 735 riders signed up for The Sequoia 2022. Most of them braved some rainy weather to ride the beautiful routes laid out this year. The riders were treated to rest stops stocked with delicious food (including local specialties like Arcangeli's artichoke bread), an additional mini water/bathroom rest stop, and the great finish line party with a meal, dessert, music, and great camaraderie with other riders. Many riders lingered at the finish line party, rejoicing in being able to participate in a supported ride once again.

Planning for a June Sequoia begins long in advance—in November/December of the previous year. At that time it was hard to predict the state of the COVID pandemic or whether we'd even be allowed to hold the event. A decision was made to scale back the event to reduce our exposure. So, this year the rider limit was 750 rather than 1,000, there were three routes instead of four, and only three rest stops rather than usual six or seven. Information was given to the riders on locations where they could purchase additional food and drinks or access restrooms. As a result, the event only needed a little over 200 volunteers, compared to around 350 volunteers in 2019.

Though the expenses are still being tallied, early indications suggest that the Sequoia was a resounding financial success. The revenue numbers broke records for a Sequoia event. When all the accounting is complete, we are likely to have enough for healthy donations to our supported organizations.

We are very grateful to our Sequoia captains and volunteers. Putting on the Sequoia requires a large organization working on a copious set of diverse tasks.

It is the volunteers, whether they worked a half day or dedicated many days, who are responsible for making the Sequoia a success. Special thanks go to the captains who spent much of the first half of the year planning how to execute their domain area, coordinating with the other captains, and managing their teams. For a list of the volunteers and captains, see [VOLUNTEER TEAM](#) web page.

A great deal of credit goes to Randall Braun, our Sequoia Chair, for driving this mammoth effort. Randall spent most of the past several months living and breathing the Sequoia. He did an amazing job planning and tracking the different threads of activities involved with the Sequoia and proactively resolving issues that might have caused serious problems on the day of the ride. Every year that he runs the Sequoia, he brings in some new features so that every year has something unique and special. This year's special treat included a newly designed starting gate and finish line arch.

July Safety Tip – Avoid Getting Doored

The sound of a car door opening in front of you is similar to the sound of a gun being cocked.
 ~ Amy Webster

Many years ago on his way to a clarinet lesson, my son was riding his bike in the bike lane north on Mary Avenue toward the Don Burnett Bridge when the driver of a van suddenly opened her door right in front of him, causing my son to crash. He ended up going to the hospital with a broken collarbone.

California Vehicle Code 22517 puts the fault of a dooring crash completely on the motorist opening the door. But that can be little consolation for the cyclist getting severely injured.

When there is a bike lane that goes along a row of parked cars, stay to the far left in the lane, or better yet, move left out of the bike lane altogether to give more room between you and the parked cars. As you ride, keep a watchful eye on the parked cars. If someone has just parked or if you see a car's brake lights, give the car a wide berth. But more generally, scan the cars to see if there are people in them and be very cautious when you see someone in a parked car.

For more info and tips, see the [article in Road Bike Rider](#) or see the article [California 'dooring' Law](#)

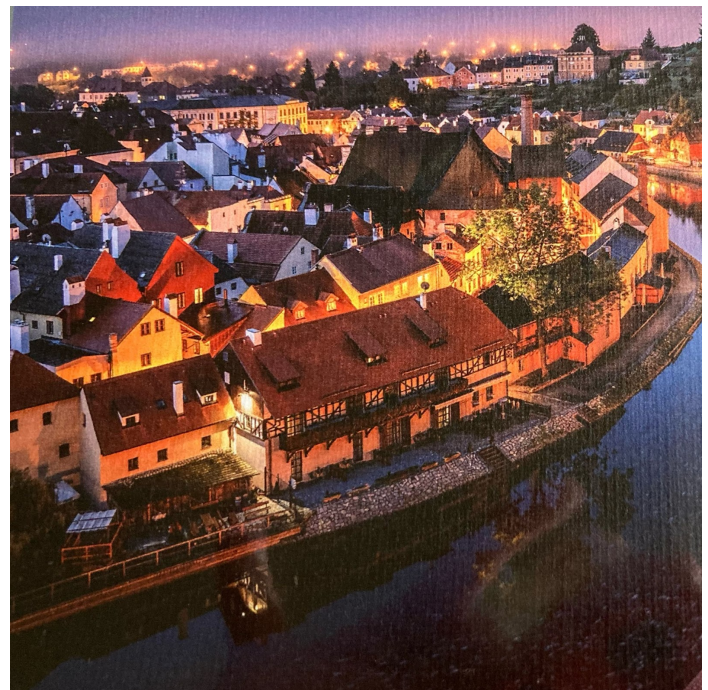
[Places Liability with Motorists](#) for more info on the legal aspects.

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.

Photo below was submitted by Lisa Burque last month as seen on the May Silicon Valley Art Tour Ride. Was the photo reminiscent of a past cycling journey? Was anyone able to identify this place?



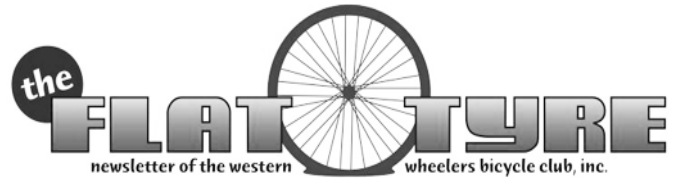
So although no one guessed it, Mindy Steiner gets bonus points for both mentioning the place* and spelling it correctly in her answer.

**The photo definitely has a Czech Republic feel to it. My first thought was Cesky Krumlov but the city looks too big for CK, so my guess is that it's along the Vltava River in Prague. —Mindy Steiner*

Have a great touring summer wherever you go. editors@westernwheelers.org

BIG WHEELS 2022

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Club Calendar July 2022

13	Wed	Board Meeting
20	Wed	WWBC Blood Drive
20	Wed	Flat Tyre Deadline
24	Sun	Ice Cream Sundae Ride

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

June 2022 Board Meeting Minutes

(Pending Board approval)

Date: Wednesday, June 8, 2022

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

Location: Zoom

Call to Order at 7:00 pm

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

Sequoia Team Captains Present: Mona Schorow (Volunteer Recruiting), Bert Nelson (Registration Onsite), Judy DeFranco (Foothill Parking & Traffic), Russ Hull (Foothill onsite manager), Paul Wendt (Bike Corral), Connie Jorgensen (Finish Area Festivities & Food), Brian Kaplan (Food Chairperson), Lisa & Jim Burque (Loma Mar Rest Stop), Daphne Cheng and Wasi Wahid (Bike Hut Rest Stop), Eban Haber (SAG), Bob DeFranco (HAM Radio).

Note that a few Team Captains were not able to attend and some Board members were also Team Captains.

The June Board meeting was entirely devoted to
(continued on next page)

receiving updates from Sequoia Team Captains. Many Team Captains submitted written reports before the meeting. The following notes are the highlights from both written and oral reports of those Team Captains who were present.

- **David—Overview.** David thanked the Sequoia Team Captains for the remarkable success of The Sequoia this year and for attending the Board meeting and presenting their reports. David presented the following statistics as an overview: 738 registered riders; 3 full Rest Stops and 1 water/bathroom stop; Staffing included 30 Volunteer Captains, and 182 Volunteers; 4 mailchimp mailings were sent to over 3,000 previous participants. We have received lots of positive feedback from riders. David will consolidate into a Google document the notes from oral and written reports from the Team Captains..
- **Randall Braun—Sequoia Chair.** Randall was pleased with the success of The Sequoia, and expressed his appreciation to the Team Captains.
- **Vito—Sequoia Website and Online Event Registration.** The Wild Apricot platform was successful in presenting The Sequoia and attracting riders. Wild Apricot and MailChimp were effective messaging tools. Mona did a great job filling volunteer positions. Vito recommended that we should start The Sequoia web work and open registration earlier.
- **Patty—Online Registration and Jerseys.** Patty thought that Voler was a great vendor to work with. Over 710 jerseys had been ordered, with one more order to come. Patty noted the very commendable work of Vito, and suggested a few ideas to distribute the workload more equitably and other topics to review for next year.
- **Mona—Volunteer Recruiting.** Mona reported that all jobs were filled, although a few were not filled until the week of the ride. Removing the free membership or ride discount for volunteer incentives was not a show stopper. Mona outlined a few best practices that included personal emails, Flat Tyre articles, webpage update of volunteer team names and email blasts to Western Wheeler members.
- **Bert—Registration Check-ins.** Bert reported that we had 100 no-shows, and 635 cyclists riding. 400 cyclists checked in on Saturday. Bert recommended that a large sign at Foothill be put up to show where the bathroom is located. Bert mentioned that there were technical issues with the check in process and recommended that the process be reviewed and improved for next year.
- **Judy—Foothill Parking & Traffic.** Judy reported that parking went very smoothly overall. Judy recommended improved signage in some locations.
- **Russ—Foothill Onsite Manager.** Russ reported that the new location for start and finish flowed well and that his group had the right number of volunteers. Russ identified additional equipment resources he would like to use next year.
- **Paul — Bike Corral.** Paul reported that mostly things went extremely well, and he complimented his diligent workers who did a great job. Paul’s recommendation for next year was that the bike corral be made large enough to house at least 15 bike racks.
- **Peggy—Chocolate Milk Distribution.** Peggy reported that people were very happy with the cold chocolate milk, and that her volunteers were very enthusiastic. Her recommendation for next year is to order more chocolate milk (perhaps as much as one chocolate milk for each checked in rider), because this year they ran out at 5pm.
- **Connie—Finish Area Festivities & Food.** Connie reported that we had really good vendors and that riders enjoyed and lingered around the finish line festivities. She heard positive comments about the DJ. Detailed notes were left on what items and food should be ordered in larger or smaller quantities. Overall, although we had enough food, she would recommend a larger safety margin.

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- Guy—Transportation and Distribution.** Friday’s van loading went well overall. Guy recommends that next time, someone inventories the supplies needed by rest stops. Guy rented a smaller truck (15’ bed) but recommends returning to the larger truck (24’ bed) next time. Sunday receipt of items from the rest stops and breakdown of equipment at Foothill went well. Monday’s job of restocking the Cupertino locker went well, but was complicated by Sunday’s weather - the canopies needed to be opened and dried out and re-packed.
- Brian—Food Chairperson.** Brian presented three top-line goals that were met: 1) develop deeper relationships with local vendors, 2) reduce logistics of managing numerous rest-stops, and 3) provide fresh and differentiated food choices to delight riders. While overall, the rest stops were overwhelmingly successful, a few suggestions were made.
- Lisa and Jim Burque—Loma Mar Rest Stop.** Lisa and Jim reported that overall the Loma Mar site and people were wonderful to work with. Recommendations for modifying the hours of operation and corresponding set up time were suggested. Lisa also noted additional equipment and signage needs.
- Daphne Cheng and Wasi Wahid—Bike Hut Rest Stop.** Daphne and Wasi reported that they had wonderful volunteers, and well received food offerings, and that they appreciated the support they received from Lisa and Jim. Notes were provided on which foods were the more and less popular.
- Eben Haber—SAG.** Eben reported that he had 14 SAG drivers, and at least 26 riders were transported by SAG. Suggestions were made with respect to increasing rider safety, handling volunteer signups, offering more water and a porta potty at Tunitas/Skyline, SAG signage, stocking SAG vehicles with inner tubes.
- Bob Defranco—HAM Radio.** Bob reported that radio operators were located at Foothill College, Loma Mar Store, Bike Hut, and

Woodside. Most of the radio communications were with SAG vehicles.

The meeting adjourned at 9:10 pm.

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



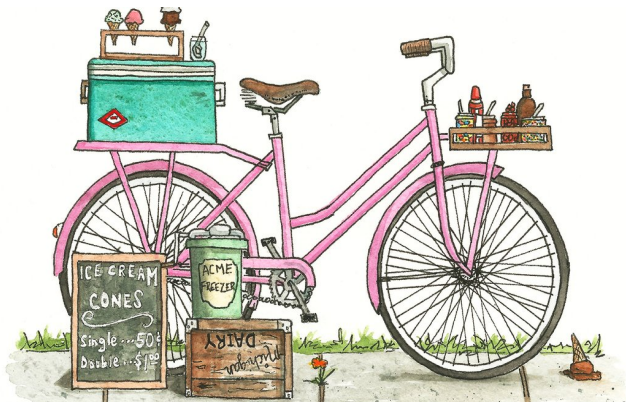
Welcome New Members June 2022

Please welcome the following new members to the Western Wheelers:

Karen Altridge	Belmont
Ben Chant	San Mateo
Joe Englert	Los Gatos
Donna Flowers	Los Gatos
Sampath & Aruna Gomatam	Cupertino
Yuting Hsu	Santa Clara
Ted Lawson	Los Altos
Karen Offril	South San Francisco
Craig Robertson	Los Altos
Thomas Savarino	San Jose
Nazli Taghi & Abu Zadeh	Palo Alto
Michael Tomz	Stanford
Oleksandr Zubenko	Los Altos



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



Ice Cream Social Ride

Here's the Scoop: all Western Wheelers members are invited to the annual Ice Cream Sundae Ride at Shoup Park on Sunday, July 24, 1-3 PM! [Register](#) so we have enough ice cream.

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.

Work up an appetite by joining one of our [pre-party rides](#) with your Western Wheeler friends, then enjoy sweet treats and good times at Shoup Park.

Able to lend a hand with set up or clean up? Email Fran and Jean at events@westernwheelers.org or check the volunteer box at registration.

Hope to see you there!



Sequoia Workers' Picnic at Huddart Park credit:Cindy Asrir

Vintage Corner

How the Western Wheelers' Ice Cream Sundae Social Came To Be

I find it interesting how these things evolve. A load of melted ice cream, which some people might have thought a misfortune, turned into my most favorite ride of the year. Maybe soon, you too can turn your "misfortune" ride into a yearly club event of grand proportions. The club is anxious to experience your creativity.

*Flat Tyre, August, 2009
Cathy McGowan, President*

The following story was written by Howard Shafer.

In June 1998, the *Flat Tyre* printed a description of a ride to be held on June 13. One of the last rides of that year's Long Distance Training Series, it marks the beginning of a club tradition. Note: LDT was LDTSG (Long Distance Training Support Group at that time).

B-C/2/5/32 TWENTY-FIRST LDTSG RIDE: PRACTICE TOURING RIDE AND PICNIC AT THE WATER TEMPLE. Load up your panniers for a practice ride to experience the pleasure (and potential mishaps) of traveling fully loaded. Find out what will work and what will not. Be ready for adventure and fun. Carry food for a picnic at the Pulgas Water Temple. Bring something for yourself and something to share. Meet Howard Shafer and Jacquette Ward at Gunn High School at 10 AM for this practice touring ride.

Unfortunately, few riders showed up. My bright idea had been to carry a cooler full of ice cream as my "load," but on arrival at the Water Temple, it was fast becoming soup. The ice cream was luke-warm, and so was the Western Wheelers response to any idea of a loaded LDT ride! I ended up begging anyone I could corner to take ice cream, even random children of picnicking families. I was convinced the ride had been a failure, but much to my surprise, one rider (Steve Kramer) said, "That was fun. Let's do it again." And so began the annual Western Wheelers Ice Cream Social.

The next Ice Cream Social of record was planned for August 26, 2000 by Jacquette Ward, Steve Kramer, Steve's girlfriend Linda Tudor, and myself. Steve and Linda loaded his van with ice cream and other goodies and drove it to the Water Temple. A, B, and C rides

converged at the Water Temple for the ice cream. The ride was so successful it was held again the following year. However, in 2002 the Water Temple was temporarily closed and a new site had to be found.

We chose Rainbow Park in San Jose. Once more, Steve Kramer, Linda Tudor, Jacquette and I hosted the event. We introduced brand-new A, B, C, and D routes. They were not easy. For instance the C route included Mt. Eden, Montalvo, Peach Hill, Canon, Lancaster, Matilija, Sobey, and Chester with 2500 feet of climbing in 40 miles. We left the location of the ice cream secret so no one could skip the ride. The turnout was great, and people loved it (the ice cream, not necessarily the routes).

Then, in 2003 disaster hit. Steve and Linda moved away, leaving just Jacquette and me to run the whole shebang. Fortunately we could use last year's routes. All Jacquette and I had to do was to arrive at Rainbow Park by 8 am to stake our claim to tables (the site could not be reserved), haul ice cream of every possible variety and description to the park and keep it frozen until noon (We laid down cardboard sheets, covered them with blocks of dry ice, put crumpled newspaper over the dry ice to insulate the ice cream from the dry ice (to keep the ice cream cold, but not too cold)), protect our claim to tables (Jacquette's job) while I drove to the Campbell Farmers' Market and returned with a station wagon full of strawberries and raspberries, set up the tables, set out every kind of condiment we could imagine (nuts, syrups, m&ms, *et cetera*—we had leftover bottles of Hershey's chocolate syrup in our garage for years), then collapse and wait. After the cyclists had arrived, had eaten themselves sick (or not), and ridden off again (because the ice cream was served in the middle of the rides, not at the end), we cleaned up and staggered home exhausted, but also elated, because the riders had clearly enjoyed it. We had fed over one hundred riders.

We could not keep this routine up forever. The next year we begged for help, and we got one volunteer. In 2006, Samantha Schoenfeld and Doug Stuart took over.

In 2009 the event was moved to Shoup Park with Paul Wendt leading the effort. It has remained at Shoup Park ever since, and seems to just keep growing in popularity. I guess everybody likes ice cream, especially after a good ride on a hot summer day.

The Monday "A" Coffee Ride Takes a Field Trip

On June 6th some Western Wheelers used their Monday morning coffee ride for recovery from the Sequoia Century the day before. The "A" group used their Monday morning coffee ride for discovery. In addition to their regular route they tagged on a visit to the Hua Kuang Chinese Reading Room at the Cubberley Center in Palo Alto. Hua Kuang is a nonprofit organization to promote Chinese culture, tradition, and history through classes, events, and its library. The library is a gathering place where everyone is welcome to read books and make friends.



Western Wheelers visit the Hua Kuang Chinese Reading Room (left to right): Karen Sundback, Pat Levinson, Lily Tan (library volunteer), Pete Smith, Pat Elson, Pam Putman, and Kelly Tsai (teacher of Citizenship and Conversational English, and President of the Hua Kuang nonprofit organization).



The library has over 15,000 donated books. Included in the collection are five books written by Western Wheelers member Lily Tan, who uses the pen name Lily K. Lee.

—submitted by Pat Elson. Club Member, 2021 Club Appreciation Award Winner

Tour de Coop

What do chicken coops and bikes have in common? Not much but, if you put them together, you get a fun and interesting day. On Saturday May 21, I led a WW ride in conjunction with Tour de Coop, tourdecoop.org, a day of free, self-guided bicycle tours of chicken coops, gardens, bee hives, and the coolest Silicon Valley urban homesteads. Did you even know that there were a lot of people in Silicon Valley with backyard chicken coops?



Not I. There are tour de coops in other cities too. Joining us on the ride was Scott Vanderlip, organizer for the Tour de Coop, who told me that chicken coops are the gateway drug to beehives.

We did the 12 mile ride around Palo Alto visiting 5 coops, including the Stanford Coup :-) (it was on the sign) and afterwards, stopped at The Sweet Shop in Los Altos for a panini and frozen yogurt. Most coops have decoy eggs made of wood or ceramic that look like the real thing to persuade the hens that laying eggs in a particular spot is a good idea. We're dealing with bird brains here. At one coop, all the hens slept on the highest rung of a wide 3 rung ladder. Another coop host would cook you a fresh, scrambled egg on an induction stove powered by his solar set-up. The Stanford Coup was designed by a Mechanical Engineering professor and is mobile. It had a mechanized door to the hen sleeping area that closed automatically at nightfall.

Young hens lay about an egg per day and when they get older and produce less, some folks keep them around—it's clucking love. Unfortunately, nearly all male chicks are terminated in the first few days after hatching. Sometimes one slips through and there will be a rooster in the flock. Every coop is different and I'm thankful for the coop owners letting us into their yards to see what they had going on. If I had the outdoor space, I would probably have a coop, a garden, then a beehive, then goats!

—submitted by Catherine McGowan, Club Member

Why I Became A Trekkie

When I reached 80, I began to think seriously of an e-bike. I liked my Bianchi, although the shifting was not as smooth as I liked and the Bay Area hills seemed to be getting steeper, bumpier and longer. My wife, Judy, was always planning rides and shaming me into going, and although I love cycling I found myself thinking, “How much longer ‘til we finish this damn ride, and have lunch?” Yes, I was wimping out. And the group we had started with was probably home and showering.

So in November of 2020 I ordered a Trek Domane+ from my local bike shop. They had never sold this



model before and I had never ridden one, but I watched the Trek website ad (“You can finally keep up with the faster riders [sic], etc”, and put down a deposit. When the bike came in, I loved the look—black and red, functional yet sexy. The Fazua battery was located under the down tube and came in and out by inserting a key.

But getting it out proved to be difficult and even in the shop they struggled with it. Nevertheless, I had bought it (6.5K\$ plus tax and extras) and loved the way it rode. With the power assist I felt as if I were 30 years younger.

Until the problems started. Removing the battery proved to be more tiring than the ride. And the battery performance was less than ideal. I had it in and out of my bike shop and then the Trek bike shops in Marin and San Francisco.

Meanwhile, we had planned a major ride in the Pacific NW with Bicycle Adventure Club and Judy purchased a Specialized e-bike for the trip (which she loves). Luckily, my bike worked OK throughout the hot, hilly trip, but when we returned the problems continued. So Trek ordered new parts and changed out the battery, but it was still difficult to remove and not working

properly. Through all of the repairs and maintenance and ordering of new parts, Trek had never charged me. So back to the Trek shop in SOMA I went. That day, an executive from Trek headquarters in Waterloo, WI happened to be visiting the shop. He asked me, “How do you like your e-bike?” “I love it when it works, but I’ve had trouble with it from the start” I answered. “What I’d really like is to have it replaced with a new bike.” He listened and replied, “I promise you we’ll make sure you’re happy with your bike.” It sounded good, but what did that mean?

We were in Atlanta visiting family when I got a call from Trek. “We found a new model bike for you in Southern California and we’re flying someone out to pick it up and drive it up to San Francisco for you.”

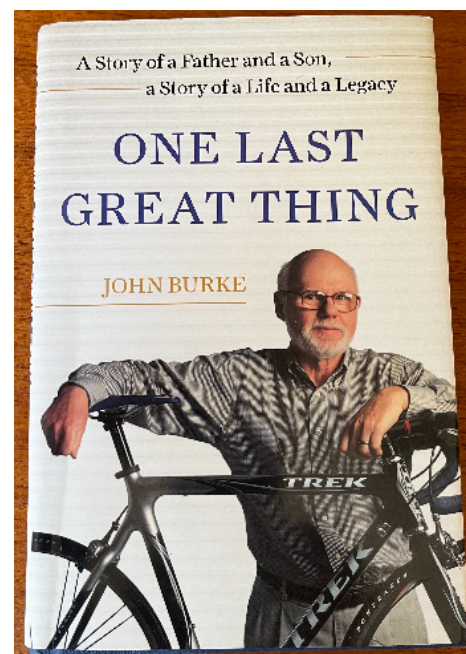


OMG, that’s fantastic, I thought. When we returned home, the bike was waiting in the shop; with all the parts from the former bike and ready to ride. It was a newer model, black matte with a Bosch battery that came out from the side—easily. It included a very nice computer and a front and back light which runs on the battery. And a kickstand, anathema to serious cyclists but a very handy and welcome addition for me. The advantage to removing the battery (the only way to recharge it) is it is easier to lift the bike onto our rear car rack. Judy’s smaller bike has the battery built in so it’s a bit heavier to lift but handier to charge.

We enjoyed the Western Wheelers ride in Pacific Grove and were leaving town when my e-bike, which I hadn’t secured tightly on the rack, came off (what an awful sound and feeling) and dragged on the road for a few yards until I could stop. The damage didn’t seem too bad, but when I took it into the shop I realized that the computer had fallen off, and I did have to buy a new one. The frame was fine and they did not charge me for any labor to rewrap the handlebars and tune it up.

So when I picked it up, I asked if they had the email of the president and the exec who I had met in the store and had arranged for my new bike. They did—they had business cards for both of them—unusual. I wrote to the President and CEO, John Burke, telling him what incredible customer service I had received from each Trek shop, and how I had received a new, more expensive and much better bike without having to fight with the company. The next day, I got an email from John (yes, we’re on a first name basis now) thanking me, and telling me how much he appreciated my letter. He also contacted all of the shops where I had received good service and let them know what I had said. And he asked for my address.

A few weeks later, I received a package and a handwritten note from John. It contained a book (*The Last Great Thing*) he had written about the history of the company and mostly about his father (*The Big Guy*) who had started Trek and was his mentor and hero. It chronicled the 88 days of his father’s illness and death and the love he and his family had for his father. It was an emotional story and made me



remember my dad and his buying me the huge, heavy, classic Schwinn bike (shock absorbers and a built in horn) that I was too small to manage at 10 years old. What a special and personal gesture from the president of the largest bike company in the world!

And that’s why I’m a Trekkie.

—submitted by Lary Schiller, Club Member

Western Wheelers' Blood Drive Centers July 20



Please consider joining us for our next WWBC Blood Drive on Wed, July 20, 2022

Next: Wednesday,
Jul. 20, 2022

Future: Wednesday,
Nov.16, 2022

Three locations available: Choose the location that is most convenient for you and sign up on the corresponding link to make an appointment for the July 20th date.

1. Stanford Blood Center Menlo Park, 445 Burgess Drive Menlo Park hours: 7am–3pm

[schedule Menlo Park appt](#)

2. Stanford Blood Center Mountain View,

515 South Dr Suite #2 Mountain View hours: noon–7pm

[schedule Mountain View appt](#)

3. Stanford Blood Center South Bay in Campbell, 295 Hamilton Ave Campbell hours: noon– 7:30 pm

[schedule Campbell appt](#)

This link contains some FAQs that the blood center has put in place: [Donation FAQs — Stanford Blood Center](#)

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

We are an important part of their life-saving team! Come out and join your fellow Wheelers. You can make an appointment at the links above or call 888-723-7831, or email at givebloodSBC@stanford.edu

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

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

If you are a regular donor, or are planning on donating soon, please be aware that donors need a minimum of 56 days between donations.



Thank you for supporting your club and your community.

—organized and submitted by David Trousdale, Club Member

Cindy Asrir and Alma Lalonde enjoy Sequoia workers' fiesta at Huddart Park on June 11.



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.



Volunteers gathered at Huddart Park to ride and celebrate the Sequoia the previous weekend.

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.



July 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 Colaco](#) 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

NOTE: No 4th Sunday Rides in July due to Ice Cream Social

The fourth Sunday rides (below) return in August

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.

Sequoia Finish Line 2022

Early morning volunteers getting the cowbells and chocolate milk, food and music, and bike parking ready for the first riders.



photo credit: Cathy Switzer

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

