

## Inside This Edition

Fall Fun Series in Full Swing for 2022  
Use Lights for Visibility Safety Tip  
Get Ready for the Annual Photography Contest  
Eastern Sierra Escape a Fun Success  
Welcome September New Members  
Celebrate Oktoberfest Sunday 9th in the Park



## A Turn at the Front

Scotland and Portugal by Bike

*David Schorow, President*

After two years of limited travel due to the pandemic and now fully vaccinated and double boosted, my wife, Mona, and I decided to risk a European cycling vacation. At the end of the summer we spent three weeks doing two very different bike tours: first in the Scotland Highlands and then in the Algarve region of Portugal.

### Scotland

Our Scotland tour was organized by fellow Western Wheeler and Scottish native Frank McConville. This was a home-based tour with two locations from which our rides originated: Oban on the coast North-West of Glasgow and Kelso on the South-East

side of Scotland, near the border with England. Frank had a van to transport our bikes, luggage, and us.



*David, Mona, Frank starting first ride in Oban*

Two of our rides out of Oban involved taking ferries to/from islands off the coast: one to the tiny Isle of Lismore and the other to the large Isle of Mull. Mull was especially scenic with lush green landscapes, a picturesque coastal village called Tobermory, and nice views along the coast. We were even treated to rainbows both at the beginning and at the end of our ride there.



*Tobermory*

Of course, the reason for those rainbows and lush green fields was frequent rain. Frank kept reminding us that “it’s not rain, it’s just showers!” While we managed to avoid riding in heavy downpours (skipping one day of riding on the rainiest day), we frequently had some drizzle or showers while riding. It wasn’t very cold, so with our Gore-Tex jackets and

a few warm layers, we stayed comfortable even while riding in the wet conditions.

The rides out of Kelso were typically on rolling farmlands, continuously climbing or descending gentle hills. We rode by a well-kept castle called the Floors Castle (built in the 1720s) one day, and by the dilapidated remains of the Cessford Castle (built in 1450) another day. We did a ride called the “Four Abbeys Ride”, going by the remains of four large abbeys with impressively large walls containing many arches. The abbeys and the Cessford Castle ruins were victims of the frequent wars between the Brits and the Scots.



*Riding to Cessford Castle*

The roads in Scotland were exceptionally nicely paved. We often biked on one-lane roads (one lane for both directions) with almost no cars and felt as if we were riding on well-maintained bike paths rather than on roads for cars. While riding on the left side of the road was unnerving at first, we quickly adapted but were careful to make a complete stop when turning at an intersection to remind ourselves to stay to the left.

### **Algarve Region of Portugal**

Our Algarve tour was a point to point self-guided tour, purchased through [BSpoke Tours](#), but run by their local affiliate [Algarve Bike Holidays](#). Our bags were transported for us between hotels. The tour went along the Southern coast of Portugal, starting next to the border with Spain and ending at Cape St Vincent, the most South-Western point of mainland Europe. Wheeler Tina Pham joined Frank, Mona, and me for this tour.

The rides typically involved going inland and up through some hills and then back out to the coast to

the day’s destination. Unlike the lush hills of Scotland, the Algarve hills were arid, somewhat similar to California Sierra foothills. The bleached white buildings and towns nestled in the hills were the main reminder that we were not in California.



*Village nestled in the hills*

What we lost in the scenic landscapes we had enjoyed in Scotland, we made up with the availability of towns exuding European charm along the way. The towns had enticing outdoor cafes and restaurants. We developed a pattern with an *elevenses* break at an outdoor cafe for coffee and pastries (we especially loved [pastel de nata](#), an egg custard pastry), then an early afternoon lunch stop at an outdoor restaurant. One of our rides took us to the top of Fóia, at 902 M the highest point in the Algarve, providing some breathtaking views out to the coast.



*On top of Fóia, highest point in the Algarve*

A great part of the Algarve tour was coming into a new town at the end of each day’s ride. All the Portugal towns have plazas and pedestrian-only streets that encourage relaxed exploration. Our second riding day ended in Faro, which has an old,

walled off section that was wonderful to walk around while imagining how life would have been like centuries ago. We had a layover/rest day in the beach resort town Armação de Pêra and spent a day relaxing on the beach under a rented umbrella, occasionally swimming in the ocean.



*Entrance to the walled section of Faro  
Complete with giant stork's nests*

Our last night in the Algarve was in Loulé, a city that rose to prominence under Muslim Moors in the eighth century and conquered by Christians in the thirteenth century. A restored Castle of Loulé is a testimony to the different influences. After our bike tour, we spent three days in Lisbon, another beautiful city worth visiting.

So that's two European countries providing two very different cycling experiences. Both were great for cycle touring, each because of its own unique terrain, history, culture, and customs. After two years of staying close to home, it felt great to be back exploring new and exciting areas.

*For more pictures, see the [Google photo album 2022-08 Scotland Portugal](#).*

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



*The Conjunction — Two Bikes, Jupiter and Saturn  
2021 Annual Photography Submission by Wasi Wahid*

## October Safety Tip - Use Lights for Visibility

[Bicycle Lawyer](#) Gary Brustin's presentation to the Western Wheelers a while back included a discussion of the most common bike-car accidents he sees in his practice. Many of the accidents he describes occur with the cyclist in plain sight of the driver. It's not that the driver intentionally hits the cyclist; rather, the driver fails to notice or pay sufficient attention to cyclists properly riding on the road.

The number of these accidents can be reduced when cyclists use lights to be more conspicuous. A rear blinking light will make you much more conspicuous as drivers approach you from behind. A front facing light will increase your frontal visibility, reducing incidents of Left Turn Accidents. Some club members further increase their safety by adding bio-motion into the effect, putting lights on their ankles, the up and down motion making them even more conspicuous. Gary and many other sources recommend the use of lights. For example, see the WSJ video [Simple Tips to Improve Cyclist Visibility](#). **[Safety](#). So, be safe and use lights when you ride.**

*Note: The Safety Tips are published on the [Western Wheelers website](#) under menu SKILLS AND SAFETY. That page also supports commenting on the published tips.*

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



### Club Calendar October 2022

03	Mon	RSVP Deadline for Oktoberfest
09	Sun	Oktoberfest
20	Thur	<b>Flat Tyre</b> Deadline for November

The **FLAT TYRE** is the monthly newsletter of the Western Wheelers Bicycle Club, Inc., P.O. Box 60367, Palo Alto, CA 94306. Submit articles for the **FLAT TYRE** by email to [Editors@westernwheelers.org](mailto:Editors@westernwheelers.org)

## Next 2022 Board Meeting

**Date:** Wednesday, November 2, 2022

**Time:** Social: 6:30 pm; Meeting: 7:00 pm

**Location:** Mountain View Community Center

The draft minutes for the September 28 Board Meeting will be published in the next issue of *The Flat Tyre*. No October Board Meeting.

## Annual Club Photography Contest 2022



Get ready for this year's bicycling photography contest. Last year's winners can be found in the January 2022 *Flat Tyre*. Look for more details in the next issue of the *Flat Tyre*.

*"Art and Exercise #2 in COVID Times" submitted by Julia Ma 2021 Annual Photography Contest*



## Oktoberfest

**Sunday, October 9, 1 pm**

Bring your appetites and join us for an Oktoberfest celebration as we enjoy a delicious selection of bratwurst (vegan options available), beer and salads at [Cuesta Park](#) in Mountain View.

The picnic will be in the group picnic area off Cuesta Drive (opposite Nilda Ave) and is free for members and \$10 for guests. [Please RSVP](#) by Monday, October 3, so we know how many to expect.

Want to earn your meal? Work up an appetite by joining one of the pre-party rides on our [ride calendar](#).

**Also, we will need volunteers to make this happen!**

Please contact Fran & Jean at [events@westernwheelers.org](mailto:events@westernwheelers.org) if you can help with shopping, grilling, set up or clean up.

Danke Schön!

## Welcome New Members

**August 2022**

Please welcome the following new members to the Western Wheelers:

Adrian Bennett                      Redwood City

Joel & Lorraine Brown              Palo Alto

Joshua Chang & Family              Foster City

Deirde Crommie                      Palo Alto

Fabio de Paula                      Los Altos

Offir Gutelzon                      Palo Alto

Drew Hoffman                      Los Altos

Saranya Krishnakumar              Sunnyvale

Ken Meisle                      San Francisco

Richard Riechers                      San Jose

Mark & Jill Bibo Sutherland      Los Altos

Evelyn Wester                      Campbell

Molly Wolfe                      San Jose

*Reported by Vern Tucker, Club Membership Chair*



## Menlo Velo is Closing

On Nextdoor, [Menlo Velo owner Rainer Zaechelein](#) writes: “It is with mixed emotions that we make this announcement. For 27 years it has been about the quality of the employees and the product that we produce which is exemplified by the Google and Yelp ratings that we have sustained. We have tried for the better part of a year to acquire more quality employees, unsuccessfully.

“The world is changing and our demographic is particularly challenging. We are not willing to compromise on quality. I would like to sincerely thank all of our loyal customers who have supported us throughout the years. It has always been my favorite part of the job interacting with you.

“Everything will be on sale beginning October 1 — bikes, equipment, fixtures, tools, everything. Come in for some great deals. Thank you for all the years of support. Rainer, Zoey, and the Menlo Velo team.”



“Late Fall Afternoon Ride on Skyline Boulevard after a Ride” submitted by Joe Wang 2021 Annual Photography Contest

## Fall Fun Series 2022

The 2022 Fall Fun Series (FFS) began on Saturday, September 24 and is scheduled through Saturday, November 6. The FFS is designed primarily for C/D riders. B riders are welcome to join the FFS on a week by week, ad hoc basis, but a separate route is not provided for the B group. If you are interested in leading a B group on any given week, please contact Bill Sherwin by the Tuesday prior to the ride.

This year, as in past years, the series will consist mostly of rides within an hour’s drive of Palo Alto/Redwood City. The FFS follows the same ride grouping format as the Long Distance Training (LDT) rides. The C ride is divided into “C-“ and “C+” groups. The C- group is a social paced ride with frequent mandatory regroup (riders in this group should be able to maintain a modest C pace). The C+ group has fewer/shorter regroup and also moves at a slightly faster pace. Whichever option you choose, the FFS is a great way to explore the local area, sometimes following LDT routes and sometimes introducing other adventures.

### Notes for 2022:

**GENERAL NEWS:** Updated FFS news/weather will be posted on the “wwbc-RIDES” club email list. You can subscribe to the email list or visit the list site to get updates. Full information on subscription options can be

found at the club web site under the EMAIL LISTS menu item.

[ROUTE SHEETS/MAPS/GPS INFO](#): This is a dedicated page on the web site (in the RIDE INFORMATION section) where you will find the route sheets for all - or almost all - of the rides in the Fall Fun Series. This page also has links to Maps/GPS routes where you can examine the map or download directions to your GPS device. (Routes are sometimes altered before the ride, so please wait until the week of the ride to print your route sheets.)

**RIDE SCHEDULE:** Below, **subject to change**, is the remaining schedule for FFS 2022.

Date	Ride
10/01/2022	Alameda Creek Trail/Niles and back*
10/08/2022	Half Moon Bay
10/15/2022	Mines
10/22/2022	Carquinez Straits*
10/29/2022	Skyline/Big Basin
11/05/2022	Morgan Hill/Henry Coe

\*New to the FFS in 2022

**MEALS:** Although the worst of the COVID crisis seems to be behind us, it may be that some favorite restaurants from the past may have closed, or that service may be slower than expected. If you prefer to linger at lunch the group may not wait for you. Riders are encouraged to prepare by bringing sufficient food/water to avoid unnecessary delays.

I look forward to seeing all of you at the FFS in 2022!

Bill Sherwin, *Board Member at Large*  
2022 Fall Fun Series Coordinator

Hello Members!

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 cycling stories to share?

Letters to the Editor? Send correspondence to:

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

Peggy George, *FT Editor*



## Fun in the Eastern Sierra

Our fun Eastern Sierra Escape excursion was attended by 38 people, most of which were WWBC members, with a few ACTC riders along for the fun. Most of the riders joined for 3-6 days, while special kudos go to Severine, David, Guy, and Mindy for riding all 11 rides over the entire 14 days!

Our group endured an extensive variation of weather during the fun two weeks across on the other side of the crest! The trip started during the intense heat of early September, but we narrowly avoided it by starting in Mammoth, where the cool mountain air kept temperatures ideal. The second part of the trip in Bishop had seen 100+ temperatures for several weeks but, after one hot day, the temperatures were delightful for the rest of our journey. However the cool temperatures also brought the threat of thunderstorms every day.

The most “exciting” day was when we climbed to South Lake and Lake Sabrina on 9/10. The remnants of Hurricane Kay rolled in and several groups got caught in very heavy rain/thunderstorms. It made for some fun storytelling at dinner, but everyone made it safely (albeit quite wet) home by various means. One small group sheltered in a lodge, while another was taken in by a local homeowner who served them great conversation and hot drinks while the storm passed!

Unlike the previous two years that were completely canceled by smoke and extreme fire danger, we only had one day where smoke drifted in from the Mosquito Fore

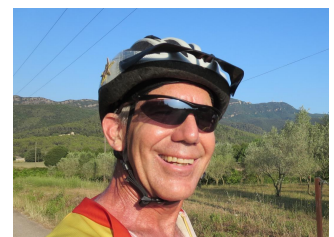
near Auburn. However, the incoming Hurricane Kay quickly pushed the smoke away and we had great views of the Sierra every subsequent day. Our final ride up to Whitney Portal served up some strong headwinds and crosswinds on the descent, gusting to about 25-30 mph and tossing us around a bit!



While most of these rides include some difficult climbing, we now have designated “short” and “long” routes to encourage more B + and C- riders to participate. Make your plans to join the fun next time we do this event, which will probably be in 2024 (every two years).



*Submitted by  
Guy Shuman  
Ride Chair Board  
Member, LDT  
Coordinator*





## Fun in the Eastern Sierra 2022





# Fun in the Eastern Sierra 2022

# 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.



## October 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

Learn about [becoming a member](#)

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

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

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

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

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 >](#)

### *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 5:15 for a 5:30 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 ridewithgps routes, will be posted to the wwbc-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/3-4/35-70 HILLS R US.** This is a social-paced D ride with regroupings; C+/D+/E riders are welcome to form separate groups. Route varies weekly and 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. Start Location, route, lunch stop (or lack thereof), weather forecast and leader(s) announced 1-2 days beforehand via the [HRU Blog](#). Download or print the route/cue sheet, Ride Leaders do not provide route sheets. Ride Leaders rotate weekly - Don Johann, Cathy Switzer, Jack Jones and Steve Rempel. Ride meets at 8:45 am for a 9:00 departure. Rain cancels.

#### **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 5:15 PM and will roll out at 5:30 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 5:15 pm for a 5:30 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 9:15 AM for a 9:30 departure at Burgess Park. We meet at the parking lot at Alma St and Burgess Dr. This is a scenic gravel ride by the Bay, with few cars even when we are on paved roads. Starting from Burgess Park, we head towards the Bay and across 101 on the Menlo Park bike bridge. Return is inland via low traffic streets, avoiding the headwinds by the Bay. Leader recommends a gravel or city bike with 38mm tires or more.

### *The fourth Sunday of every month*

**B/2.5/25 4th SUNDAY - SARATOGA.** Hello Social "B"s. Join us on a leisurely ride heading up Mt. Eden, then meandering through The Maze to downtown Saratoga where we will stop for a snack break in a local park (bring - no place to buy) before heading back via Seven Springs Parkway. Meet at McKenzie Park in Los Altos (near tennis courts) at 10am for 10:15 departure. Rain cancels. Check ride calendar for leader information. **Route sheet:** [4th Sunday B Ride \(Saratoga\)](#) or **GPS:** [Map/GPS File](#)

**C/3/35 4th SUNDAY - LOS GATOS.** Monthly ride to Los Gatos via Mt. Eden, Pierce, and Villa Montalvo. Lunch in the park in Los Gatos (bring or buy) and return through the Maze. This is a socially paced ride with mandatory regroup, but faster riders will form a separate C+ group at the start. Meet at McKenzie Park in Los Altos at 10:00am for a 10:15am

departure. Check ride calendar for leader information. Rain cancels. **Route sheets/Maps:** [4th Sunday C Ride](#).

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