

Inside This Edition

TATF Club News
Safety Tip: "Communicate Your Intentions"
2023 Long Distance Training Series
2022 Lefkowitz Award Winners
WWBC Board Meeting Minutes times 2
Welcome December New Members
January 2023 Repeating Rides Schedule
Cookie Ride Snaps
Holiday Party & Cyclist Poem
Sunday Single Cyclists Rides



2022 PHOTOGRAPHY CONTEST WINNERS

First Place Award, 3-way tie:

Frank Drobot: Grand Teton National Park (p.1)

Peter Grace: Cold Canada (p.2)

Jenny Warila: Rounding the Bend (p.1)

Committee's Choice Award:

Lily Tan: The Late Autumn Rider (p.3)

Congratulations!



First Place Award, 3-way tie: Jenny Warila: Rounding the Bend

A Turn at the Front

Club News

David Schorow, President

Here's a recap of recent noteworthy club news.

Western Wheelers New Logo

Our new club logo was revealed at the Holiday Party. This was the culmination of fourteen months of work that began in May, 2021 and included over 90 candidate logos and 7 board voting sessions. The design of the new logo replaces the single muscular male rider with two riders to signify our club's social DNA and gender diversity. The two background hill colors represent the Winter/Spring Green and the Summer Gold of our beautiful local landscapes. While fully updated, the new logo has clear continuity with our previous logo so is easily recognized as the club logo.

Many thanks to Cathy Switzer for persevering through all the updates and board's requests during the process and to the crew that aided her in the design: Michael Khaw, Linda Vanderhule, Patt Baenen, and Mindy Steiner.

Membership Dues Increase

The year was 2003. The Concorde supersonic passenger jet took its final flight. The last old-style Volkswagen Beetle was made. Lance Armstrong won his fifth Tour de France. A gallon of gas in California cost \$1.68 (compared to \$5 today), a median priced house in Santa Clara County cost \$565K (\$1.6 M today), and the Western Wheelers raised their membership dues to \$25 which went into effect starting in 2004.

It's 19 years later and our club membership dues have stayed the same. As anyone paying attention to the news knows, we are currently going through a period of high inflation. The consumer goods you could buy for that \$25 at the end of 2003 would cost you over \$40 today. Western Wheeler expenses are not immune from this inflation. We've seen big increases in the costs of food and drinks for events, the storage locker, insurance, and other items needed to run the club.

While the 2022 finances are not finalized, the current estimate suggests we will have a deficit for the year of around \$18,000. Now, the club is in strong financial shape so there's no danger of running out of money soon. But we know these deficits are not sustainable for the long term. We need to take steps to bring our revenue and expenses more in balance.

After reviewing detailed data about revenue and expenses, the board decided that an increase in dues was necessary. **The dues for individual memberships will increase to \$35/year and the dues for family memberships will increase to \$55/year** (from the current \$25/\$35 dues). **The new dues will be effective for all renewals after January 1, 2023.**

This increase in dues will go a long way toward closing our deficit spending but will not alone eliminate it. The board has already taken steps to reduce expenses for next year and will be looking at additional ways to bring the club's finances into balance.

The yearly financial report for 2022 will be published in the Flat Tyre in the next few months.

Board Makeup for 2023

The changes to the board for 2023 are summarized in the following table.

Position	2022	2023
Secretary	Patty Koel	Gloria Kreitman
Events	Fran	Jean Symons
At Large	Jean	Fran Williams
At Large	Bill Sherwin	Brian Kaplan

The full board composition is on our [website](#).

We welcome Gloria Kreitman and Brian Kaplan to the Western Wheeler board for 2023 and thank them for stepping up to help run our club. We bid farewell to Patty Koel and Bill Sherwin who served three and six years on the board respectively, and made great contributions during their tenures. Although he won't be on the board, Bill will continue to coordinate training classes for the club. Fran will continue to work with Jean on our events, from a different chair on the board.



First Place Award, 3-way tie: Peter Grace: Cold Canada

January Safety Tip – Communicate Your Intentions

The bicycle is the noblest invention of mankind
~ Lord Charles Beresford

When riding in groups, it is critically important to communicate intended actions that may impact cyclists riding behind you. Many club members have been in crashes caused by cyclists slowing down or making unexpected turns, forcing a cyclist behind them to either crash into them or crash while trying to avoid them. It is important to call out "Stopping" or "Slowing" when taking one of these actions and to call out or signal when turning. Sometimes a cyclist must slow or stop quickly due to

some issue ahead and it can be hard to think to call out, but it is something we all need to learn to do. At other times, a cyclist pulls over to take a picture or to make an adjustment on their bicycle not realizing their action may impact the rider behind them. The key is to **always communicate your intended actions** to the cyclists around you.

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.

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



Committee's Choice Award: Lily Tan: The Late Autumn Rider

BIG WHEELS 2022

President: David Schorow (408) 314-3769

President@westernwheelers.org

Secretary: Gloria Kreitman

Secretary@westernwheelers.org

Treasurer: Mike Rissi (650) 851-2925

mrisi@sbcglobal.net

Chief Editor: Peggy George

peggyflute@gmail.com

Membership: Vern Tucker (408) 730-2548

VLTBIKE@yahoo.com

1350 Fisherhawk Dr Sunnyvale, CA 94087-3451

Ride Chair: Guy Shuman

shumansteiner@gmail.com

Event Chair: Jean Symons

events@westernwheelers.org

Sequoia Chair: Randall Braun (415) 265-4663

SequoiaChair@westernwheelers.org

Webmaster: Vito Mazzarino

Webmaster@westernwheelers.org

At Large Board Members:

Brian Kaplan brian.kaplan@gmail.com

Cathy Switzer cbsbikes@mac.com

Fran Williams events@westernwheelers.org

Advocacy Chair: John Langbein (650) 365-9462

john_langbein@yahoo.com

LAB Rep: Alan Wachtel (650) 494-1750

wachtel@aol.com

Statistician: Eric Greer (408) 257-5356

stats@westernwheelers.org

Historian: Dick Blaine (408) 257-6410

Ride Coordinators:

LDT Guy Shuman (650) 704-0895

shumansteiner@gmail.com

R&R Randall Braun (415) 265-4663

rgbraun@earthlink.net

Fall Fun Series Bill Sherwin

wbsherwin@gmail.com

To add a ride: addride@westernwheelers.org

Email List: Guy Shuman

listowner@westernwheelers.org

Club Jersey Sales: Christine Fawcett

(650) 949-4993

Social Network Editor: Ken Lee

ken3le@gmail.com

Travel Case Custodian: VACANT

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



Club Calendar January 2023

11	Wed	Board Meeting
20	Fri	<i>Flat Tyre</i> Deadline

The *FLAT TYRE* is the monthly newsletter of the Western Wheelers Bicycle Club, Inc., P.O. Box 60367, Palo Alto, CA 94306. To submit articles for inclusion in the *FLAT TYRE*, please send to Editors@westernwheelers.org

November 2022 Board Meeting Minutes

(Pending Board approval)

-Submitted by Patty Koel, Club Secretary

Date: Wednesday, November 30, 2022

Time: Social: 5:30 pm; Meeting: 6:00 pm

Location: Zoom

Call to Order at 6:00 pm

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

Standing Items

- Date of next Board meeting—January 11, 2023
- Location of next Board meeting—Willow Room, Mountain View Community Center, 201 S. Rengstorff Avenue
- Food Wrangler—Peggy George
- The October 2022 Board meeting minutes from meeting held on November 2 were unanimously approved
- Date of next General meeting—December 11, 2022
- Location of next General meeting—Michael's at Shoreline, 2960 N Shoreline Blvd, Mountain View

New Business and Area Lead Updates:

- **Fran—Events.** Fran and Jean discussed final plans for the Holiday Party. Volunteers will check members in and a small number of volunteers will arrive early to help set up. Snacks will be made available and five cases of club purchased wine will be available from behind the bar for no charge. Arrangements were reviewed for the display of the photos from the photography contest and the presentation of our new club banner. It was also determined that the last day for refunds for the Holiday Party would be December 7. Fran also reported that the Blood drive on November 16 had 6 participants. Cathy will be coordinating the blood drive next year.
- **David—General Meeting Agenda.** David shared his draft of the agenda for the General meeting, and it was generally well received. A few minor modifications were made with respect to the order in which some awards would be presented and who would present each award.
- **David—Award Amounts - Appreciation, Lefkowitz, Photo contest winners.** David showed the Board members the plaques that had been ordered with the new club logo. The dollar amounts of the awards and Amazon gift cards were approved by the Board.
- **David—Election Planning.** No election is required this year, because there is only one candidate for each Board position. David will introduce the 2023 Board members at the General meeting and ask for a motion to approve the incoming Board members.
- **Vito, Mike, Vern and David—Lapsed Member Handling.** After a review and a discussion about Wild Apricot's handling of lapsed members, the Board decided to shorten the grace period for lapsed renewals from 60 days to 14 days. Going forward, email blasts that are intended for members only will only be sent to members who have not lapsed.
- **Guy—Ridechair.** Guy reported that the very popular "B" cookie ride will be held in December again this year and that the LDT rides will start

again on January 7. Currently, there are no plans for a Christmas Lights ride in December.

- **Cathy—Logo/Banner Update.** Cathy reported that our new banner is expected to be ready on December 6 or 7.
- **Vito—Webmaster.** Vito reported that he is working towards a goal of having the 2023 Sequoia up on our website by the first week of January. Additionally, the website is being prepared to display our new logo after it has been presented to the members at the General Meeting.
- **Vern—Membership.** Our membership total is at 1030, with 5 new members joining this past month. Sixty one members were overdue of which 19 are lapsed. Vern raised an issue that some members have experienced trying to renew their membership by paying with a credit card without using PayPal. Further discussion of this issue was postponed to a future meeting, allowing time for further investigation.
- **Bill—Skills and Training.** Bill noted that he is finalizing a questionnaire to be used to launch a survey of the membership during the first week of January.
- **Mike—Financials.** Mike presented and briefly renewed our financial statement as of November 29, 2022. As had been expected, our cash reserves have already been reduced by around \$10,000 so far this year, because our expenses have exceeded our income. After we pay the anticipated invoices for this year's Holiday Party, our cash reserves are expected to be reduced even more than originally budgeted.
- **David—Membership Dues Increase.** Mike and David presented an in-depth financial report that Mike had put together, in which our current income from membership fees was compared to our fixed and variable costs. Our current membership fee rates, \$25 for an individual and \$35 for a family, have not been increased in 19 years. At the same time, the amount of Sequoia proceeds kept by the club after charitable contributions has been decreasing. Finally, expenses have been increasing over the years. After a thorough discussion, the Board agreed to

increase the individual membership fee to \$35, and the family membership fee to \$55. The new membership prices will be effective on renewals on or after January 1, 2023, and David will send an email blast to club members announcing the increase in dues.

- **Patty—Secretary.** Patty noted that this was her last Board meeting, and thanked the other Board members for her very positive experience being on the Board. She also welcomed Gloria Kreitman and expressed her confidence in Gloria's abilities as the next club Secretary.

There were no other updates by Board members.

The meeting adjourned at 8:42



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

December 2022 Western Wheelers Bicycle Club General Meeting Minutes

(Pending Board approval)

-Submitted by Gloria Kreitman, Club Secretary Elect, and Patty Koel, Club Secretary

Date: Sunday, December 11, 2022

Time: Social/Dinner: 5:30 pm Meeting: 7:30 pm

Location: Michael's at Shoreline, 2960 N Shoreline Blvd, Mountain View

Call to Order at 7:31 pm

David welcomed everyone to the Holiday social and General meeting, and thanked Fran and Jean, and their team of volunteers, for organizing the event.

New Logo presentation. Cathy Switzer presented the new club logo that was approved by the Board. The new design is an evolution of the current logo to update and reflect the "social DNA" of Western Wheelers. The new logo will be

implemented on the website and other online applications over the next week.

2023 Board of Directors Announced. David thanked the members of the 2022 Board and introduced the new Board members for 2023. President: David Schorow, Secretary: Gloria Kreitman, Treasurer: Mike Rissi, Flat Tyre Editor: Peggy George, Ride Chair: Guy Shuman, Events Chair: Jean Symons, Webmaster: Vito Mazzarino, Membership: Vern Tucker, Sequoia Chair: Randall Braun, and Members at Large: Cathy Switzer, Fran Williams, and Brian Kaplan. Because there were no contested positions this year, an election was not held. A motion was made to approve the incoming Board and the motion passed.

Appreciation for departing Board members, Bill Sherwin and Patty Koel. David thanked Bill Sherwin for his many contributions during 6 years of service as Secretary, Member at Large, and Training/Safety Chair. David also recognized Patty Koel for serving three years on the Board as Secretary and Member at Large.

Thank you to our ride leaders. Guy Shuman thanked all of the 128 members who led or co-led a ride in 2022, and encouraged all who had not yet led a ride to give it a try. Guy also recognized the top 15 ride leaders in 2022.

Lefkowitz Award Recipients—Dave Fork and Jack Miller of the Silicon Valley Bicycle Exchange. The Lefkowitz Award is given for achievements in the broad cycling community. John Langbein, our Advocacy Chair, presented the Lefkowitz award to Dave Fork and Jack Miller of the Silicon Valley Bicycle Exchange. So far this year the Bicycle Exchange has donated 930 bicycles to those in need. Dave also recognized other Western Wheelers who have made significant contributions of their time and skills to the Silicon Valley Bicycle Exchange.

Appreciation Awards. Six appreciation awards were given this year:

- **Mindy Steiner:** Lisa Metzler Penn presented an appreciation award to Mindy Steiner for her numerous contributions to the club over the years. Mindy has served ten years on the Board and continues to lead and co-lead many rides. She always makes riders feel welcome, included and supported.
- **Jim Takasugi:** David Schorow presented an appreciation award to Jim Takasugi for his

contributions leading rides, submitting articles to *The Flat Tyre*, and supporting the development of the ride leader app. Jim took over and improved the Monday Morning Mocha Mooch ride by adding new routes and focusing on special themes such as vintage bikes and holidays.

- **Fran Williams:** Jean Symons presented an appreciation award to Fran Williams for her service as Events Chair. Fran has done an outstanding job coordinating volunteers and providing great experiences for members at our social events.
- **David Schorow:** Mindy Steiner presented an appreciation award to David Schorow for leading the club as President over the last four years and agreeing to serve another year. Mindy noted David's informative "A Turn at the Front" and "Safety Tips" articles in *The Flat Tyre* and recognized his stewardship during the pandemic to keep members informed and safe.
- **Vicki Pelton and Ron Dell'Aquila:** Guy Shuman presented appreciation awards to Vicki Pelton and Ron Dell'Aquila for their many contributions to the club over the past twenty years. Guy noted their service leading rides, originating the Singles Ride, creating and working together on the Photo Contest, and supporting the Sequoia Century.

2022 Photo Contest Winners. Vicki Pelton and Ron Dell'Aquila announced the results of this year's photo contest.

- First Place Award, 3-way tie:
Frank Drobot: Grand Teton National Park
Peter Grace: Cold Canada
Jenny Warila: Rounding the Bend
- Committee's Choice Award:
Lily Tan: The Late Autumn Rider

Closing Comments. David thanked everyone for attending the event. He encouraged members to pick up a water bottle with the new logo as their gift.

The meeting adjourned at 8:33 pm.

Welcome New Members

December 2022

Please welcome the following new members to the Western Wheelers:

Richard Barton	Foster City
Rich Boberg	Saratoga
Jim & Sue Bialson	San Jose
Ralph Lao	San Jose
Gary Schaps	Fremont
Molly Stamos & Family	San Carlos
Rebecca Tran	San Jose
Lori Walsh	San Jose



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

Lefkowitz Award — 2022

The Lefkowitz award is a legacy created by the late Ben Lefkowitz. Ben, formerly a very active member and president of Western Wheelers, was also a strong bicycle advocate. The city of Palo Alto named the former under-crossing and now, the new over-crossing of RT101 at Adobe Creek after him. Ben gave \$5,000 to the club in 1989 asking that proceeds from the funds be awarded each year to recognize service by an individual or organization which has benefitted cycling in the Bay Area. The Board makes the final selection.

The award this year goes to Dave Fork and Jack Miller of the Silicon Valley Bicycle Exchange or Bikex (bikex.org).

Appropriately, I should note that the Bikex workshop is located less than a ¼ mile from the new, Lefkowitz bike/ped overcrossing of RT101

The Bicycle Exchange started operations nearly 30 years ago to repair used bicycles to donate to needy individuals. Bikex was started by Dave Fork and

later, Jack Miller joined him as a director of this organization. Bikex repairs bikes for many reasons:

1. To promote the bicycle for everyday use – for school, work, errands, exercise, and fitness.
2. To reuse, recycle and conserve our material and energy resources.
3. So that children can experience the joy of bicycling even when their parents can't afford to buy them a bicycle.
4. To encourage young adults to adopt sustainable transportation choices.
5. To help stop and reverse the trend of increasing childhood obesity.
6. To provide bicycles to adults who need them to be able to get to work.
7. To teach and share bike repair skills through social work gatherings.

Since 2006, Bikex has donated approximately 8000 bikes or about 400 bikes/yr. This year, the goal is 1000 bikes, which happily, the Exchange exceeded! Normally, the repair sessions involve folks with little or no experience working with volunteer mentors who provide guidance to support the novice mechanics.

Both Dave and Jack provide oversight on the operations of Bikex, from administrative duties, fund-raising, leading repair sessions, and using their years of experience to make sure that each bike donated meets a high standard for safety and serviceability. However, just before the Pandemic, they got “wise” and hired two extremely capable folks that now cover a lot of bases including organizing volunteers, getting donations, and distributing refurbished bikes.

Note that many WW currently, or in the past, have contributed ‘sweat-shop’ labor to the goals of Bikex. And we will continue to volunteer at Bikex as we get satisfaction from educating others with hands-on mechanics and satisfaction from turning old bikes into bikes that are both serviceable and safe to use.

~submitted by John Langbein, Club Advocacy Chair



First Place Award, 3-way tie:

Frank Drobot: Grand Teton National Park

2023 Long Distance Training (LDT) Rides Information

The 2023 Long Distance Training (LDT) series begins on Sat., Jan. 7th. The series is a set of 21 weekly rides that include some of the most scenic and car-free destinations in our area, most within an hour's drive of Palo Alto. The rides generally increase in length and difficulty to help riders train for longer distance rides later in the year, but also are a great way for all members to sample the great rides that the Bay Area and Northern California offer! The series includes climbs of the three highest Bay Area peaks (Mt. Diablo, Mt. Tamalpais, and Mt. Hamilton) in May. The drives to Healdsburg, Pacific Grove, Placerville and Cazadero are further (2 to 4 hours) and most riders plan for a 1-2 night stay. **On the multi-day weekends we will always have a modest Friday afternoon ride that starts late enough to skip the worst of the morning commute traffic.**

The LDT rides are for all levels of riders and each offers B, C, D, and E routes. We especially encourage B and C riders to come out and explore the beautiful areas we visit during the series! The large C group is separated into "C-" and "C+" groups. The C- group is a social paced ride with frequent regroupings (riders in this group should be able to maintain a modest C pace). The C+ group has fewer/shorter regroupings and also accommodates those who wish to ride the C route at their own pace (faster or slower).

Destinations for 2023 include 2-3 day weekends in scenic Healdsburg, Pacific Grove, Placerville, and Cazadero. For detailed information about accommodations/logistics for these weekends please see the online ride schedule (Saturday ride).

Notes for 2023:

We have a single group start time, with a quick safety/logistics update followed by each group departing. At the start of the season all rides meet at 9:45 for a prompt 10:00 ride start. (Later in the season we start earlier due to length/difficulty of rides.)

ROUTE SHEETS will be available at start, but it always helps if you print your own at home!

Make sure you "**SIGN IN**" at the start!

Updated LDT news/weather/lodging information will be posted on the "wwbc-RIDES" club email list. We'll also post a weekly pre-ride introduction and safety message. You can subscribe to the email list or visit the list site to get updated. Full information on subscription options can be found at the club web site under the [EMAIL LISTS](#) menu item.

The latest and most accurate ride information can always be found on the [WebSite Ride Schedule](#).

- **REGISTRATION:** Please REGISTER on the web site for our "2-3 day weekend" rides (Healdsburg, Pacific Grove, Placerville, and Cazadero), so we can plan better. To register just go to the SATURDAY ride description on the online ride schedule and click on the REGISTER button. Registration is free and easy! **Only registered participants will receive detailed logistics updates.**

- **ROUTE SHEETS/MAPS/GPS INFO:** There is a dedicated page on the website where you will find all the [LDT route sheets](#) for rides. This page also has links to Maps/GPS routes that you can examine or download to your GPS device. (Routes are sometimes altered before the ride, so please wait until the week of the ride to print your route sheet.)

Contact if you need additional information:

(shumansteiner@gmail.com or 650-704-0895 Cell)

LDT 2023 SCHEDULE:

Details for each ride: [Web Site Ride Schedule.](#)

7-Jan	Shoreline
14-Jan	Saratoga
21-Jan	Pulgas Water Temple
28-Jan	Morgan Hill
4-Feb	Seascape
11-Feb	Livermore
18-Feb	Calaveras
25-Feb	Hollister Hills
4-Mar	Petaluma
11-Mar	Marin Headlands
18-Mar	Healdsburg (2-3 day)
25-Mar	Berkeley Hills
1-Apr	Pacific Grove (2-3 day)
8-Apr	Mountain Charlie
15-Apr	RAIN MAKEUP DATE
22-Apr	Placerville (2-3 day)
29-Apr	Skyline
6-May	Cazadero (2-3 day)
13-May	Mt. Diablo
20-May	Mt. Tamalpais
29-May	Mt. Hamilton (Monday - Memorial Day)

Guy Shuman is the Club Ride Chair Board Member and Long Distance Ride Series Coordinator (LDT)



Attention Club members! Are you planning a tour? Completed a tour? Send your story or tour plan announcement to the Flat Tyre for publication.

editors@westernwheelers.org

Holiday Cookie Ride

The traditional cookie ride took place again this year in December with several different rides coordinating to meet up with the generous organizers Jani Roberts and Nancy Williams. Pat Elsen was observed contributing delicious hot cider. A history of this tradition can be found in the December 2021 issue of the Flat Tyre when we decided to look back!

Pat Elson captured the event with a few photos and captions.



Mrs. Santa Claus (Mindy Steiner) speaks with Jani Richards at the annual Holiday Cookie Ride where everyone enjoys Jani's homemade treats. Nancy Williams missed the ride due to illness, but sent some goodies to help make the event even more caloric.

Image below: Besides providing most of the sweet treats Jani Richards set the mood with festive tablecloths, serving plates, and even bicycle napkins.



2022 Western Wheelers Holiday Banquet

Ron Dall'Aquila snapped some photos on December 11th at Michaels Shoreline. You can enjoy a [slideshow](#) of the presentations and party revelers.

The poem below captures the party spirit! Enjoy!

Western Wheelers 2022

They came out in all their finery
You'd think it was a winery
The way they swayed to and fro
It was as if they had to glow
On shoes and heels, glitter, tattoos
Jacket and tie, no wheels or Gu's
The rules were bent instead of round
Not on bikes but just around



~submitted by Lisa Meltzer Penn, WWBC Member

Discover more of Lisa's writings and [blog posts](#)



Outside, a storm
Inside the room, a microphone
Appreciation and a poem
On a screen, frozen stills of valleys and hills
But they knew inside who they really were

Wheeled bodies airborne
On a long mountain road
At one with the wind—heads, tails, or cross
A coin toss



Night or day, revealing their true forms
A peloton, a rave of scenes
More like birds than land-bound beings

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 change or cellphone, "layered" clothing, etc. Bright clothing recommended.

COMMON LOCATIONS – Please check ride listings for other locations

GUNN HIGH SCHOOL The main entrance is on Arastradero Rd. just east of Foothill Expressway in Palo Alto. Meet in the parking lot AWAY FROM BUILDINGS. Don't use this location when school is in session.

McKENZIE PARK Between Loyola Corners and Springer/Magdalena (Rancho Shopping Center) on Fremont Ave.

BURGESS PARK (Menlo REC. Center) is between Alma and Laurel Streets at Burgess Dr. (near Ravenswood Ave) in Menlo Park. Meet on the Alma side unless otherwise specified.

PEERS PARK in Palo Alto is on Park Blvd located just north of California Ave. Caltrain Station. Note: There is a car barrier just South of the park on Park Blvd.

SHOUP PARK is in Los Altos, on University Ave. near Main Street, off Foothill.

SUNNYVALE COMMUNITY CENTER is at Manet and Remington in Sunnyvale. Meet at the south side of the complex.

IMPORTANT

- Helmets and brakes are required on all rides
- Unsafe bicycles are not allowed.
- Earbuds and Headphones are not allowed.
- For insurance reasons, only club members may lead rides.
- For insurance reasons, only Category 1 and 3 e-bikes are allowed on club rides. Category 2 bikes are not allowed.



January 2023 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. Couple of sprint locations (bragging rights only, no medals!), no sweep; one 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. [BO28 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](#)

CD/1-2/15-20 TUESDAY/THURSDAY NIGHT ZWIFT RIDE. Join [Aaron Solomon](#) on Zwift to maintain and improve your riding fitness over these winter months. On Tuesdays and Thursdays, we will meet at 5:30 pm for a 5:45 pm roll-out.

Rides can be joined up to 30 minutes late. All levels are welcome to join. See online ride calendar for details on how to join. If you have questions about this ride please contact the leader directly, [Aaron Solomon](#).

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 regroup; 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.

Every Thursday

CD/1-2/15-20 TUESDAY/THURSDAY NIGHT ZWIFT RIDE. Join [Aaron Solomon](#) on Zwift to maintain and improve your riding fitness over these winter months. On Tuesdays and Thursdays, we will meet at 5:30 pm for a 5:45 pm roll-out. Rides can be joined up to 30 minutes late. All levels are welcome to join. See online ride calendar for details on how to join. If you have questions about this ride please contact the leader directly [Aaron Solomon](#).

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 first Sunday of every month

BCD/2-3/19-32 SINGLE CYCLISTS RIDES AND PIZZA PARTY. If you are single and want to mingle... join us for a fun social ride followed by a pizza party at Burgess Park in Menlo Park. We will have at least two different ride options for different skill/speed groups. All rides will begin and end at the same location, the Burgess Park parking lot next to Alma/train line. Please arrive before 9 and be ready to roll by 9:15. This time both ride options will stop for lunch around 11:30 at Robert's Market (the one on Alpine) and then return to Burgess afterwards. Pack a snack and water for the ride and either bring lunch or plan on buying some at Robert's Market. Leader: [Carina Rossner](#) (650-285-3475)

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 will 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 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 10:15 am 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.



Single Cyclists Rides

Thrilled to share that our single cyclists rides and pizza parties have been a great success. Not only have we had between a dozen and twenty riders each month, but I know of at least three dates that have happened as a result of those rides! Cycling Cupid in action :-)

We have had a good balance of men and women (though lately more women - so men take note and join us!) We have also had a good balance of rider levels with each month having at least a B/C level and a C/D level ride option. HUGE thanks to Richard Exley and Randall Braun for their work leading the rides and helping make sure our riders have food and drink at the end. Also huge thanks to Howard and Jacquette Shafer for creating and leading an A/B option for us (in honor of their meeting and subsequent marriage thanks to a Western Wheelers event.)

We have been advertising the rides to Western Wheelers, ACTC, SCCC and several riding meetups. Please help us spread the word to other cycling groups and encourage your single cycling friends to join the fun. And please let me know if you are interested in leading one of the rides - you can use one of our previous routes or make your own.

Our rides have been leaving from Burgess Park on the first Sunday morning of the month (except for the December rainout). In addition to the rides, we have had a number of purely social events that group members have shared with their fellow single cyclists - a Shakespeare in the Park play, a Halloween party and a planned New Year's Day party. While you can see our ride events posted in the Western Wheelers calendar, these other social invitations are through an email list that I manage. If you want to be added to the list, drop me a line at carinionuevo@gmail.com (means new love for those of you who don't speak Spanish) or join us at one of the rides and sign up there.

Hoping to meet the single cyclist of my dreams myself, Carina Rossner, WWBC Member

