

Inside This Edition

TATF State of the Club

Safety Tip: "Check your Tires"

Club Blood Drive Schedule New for 2023

Club Member Rider Stats for 2022

Club Annual Financial Report

2023 Long Distance Training Series

Vintage Corner—Valentine Story

WWBC Board Meeting Minutes

Welcome January New Members

February 2023 Repeating Rides Schedule

A Turn at the Front

State of the Club Address

David Schorow, President

This is the time of year when the President of our country delivers the State of the Union address. Four years ago, as a newly elected President, I gave my first State of the Western Wheelers Bicycle Club address. Here's an update.

COVID-19 put a huge crimp in the club's activities during 2020 and 2021. But even with the pandemic continuing, the club made a great comeback in 2022. We had a full schedule of club rides and events in 2022, the most important functions of the club. 2022 boasted 1,060 club rides, with 12,288 participants. That's about 10% more rides and nearly the same number of participants as I reported four years ago for 2018. (Kudos go to Eric Greer for these stats.)

To the delight of many members, Guy Shuman organized the full slate of "Away LDTs" in 2022, and is continuing to do so for 2023. He also organized a successful Eastern Sierra Escape after canceling the event the prior two years due to fires. These trips provide members a wonderful opportunity to ride in completely different areas with much different scenery. See my TATF column in the [April 2022 Flat Tyre](#) for a description of these great weekend trips.

Fran Williams first became our Events Chair in 2020 and had few events to manage her first two years. Things certainly picked up in 2022 with the full traditional slate of events, including the Spring Picnic, Ice Cream Social, Ride Leader's BBQ, Oktoberfest, and a wonderful Holiday Party at Michael's. It was great to be back socializing with Western Wheeler friends again. I'm happy to report that I know of no COVID transmissions during any of these events, not even the indoor Holiday Party (although I readily admit some might have occurred without my knowledge). The full complement of club events is planned again for 2023, with Jean Symons at the helm, assisted by Fran.

THE SEQUOIA 2023

Challengingly Beautiful!

SUNDAY JUNE 4

Los Altos Hills, CA

Foothill College

6 to 8 am start

3 ROUTES:

59 mi / 6670 ft

76 mi / 7950 ft

101 mi / 10,030 ft

westernwheelers.org/sequoia

*Custom Voler
Kit Available!*



**A Fundraising Cycling Event
Supporting Bicycling Orgs
& The Coastside Community:
Puente, La Honda Fire, Abundant Grace**

Last year saw the restart of the safety and skills training program. This relatively new feature of the club was initiated in 2019 by Bill Sherwin, offering classes to club members with the promise of improving their safety and cycling skills. The plans to expand the offerings the following year came to an abrupt end with the onset of the pandemic. Bill resumed and expanded the program in 2022 with 8 clinics taught to over 70 club member attendees. The recent survey on skills/training sent to club members will drive the focus of the clinics for 2023.

The club's big public event, The Sequoia, also made a comeback in 2022. Recall that due to COVID, The Sequoia was canceled in 2020, and a DIY version, with no formal rest stops or support, was offered in 2021. 2022 saw a return of the traditional Sequoia in somewhat reduced form with three routes, multiple rest stops, SAG support, a finish line meal, and other traditional features. Because we were still recovering from the pandemic, registration was at 735 riders, close to the reduced goal of 750 and much less than previous years. Randall Braun and his team of captains are actively planning and executing for this year's ride and hope to get back close to the pre-COVID number of just under a thousand registrants. Please see the recent club emails for how you can help achieve this goal.

In 2019 I reported our membership numbers to be in the range of a thousand members plus or minus 10%. Vern Tucker, our membership chair, reports that this continues to be the case, though lately the numbers have always been on the plus side, with current membership at 1,018. Note: we are not actively trying to grow our membership as many of our rides and events are already oversubscribed.

The board recently reduced the time members are kept in good standing after their membership expires, from 60 days to 14 days. People are not eligible to participate in club events or receive formal club emails once their membership has lapsed after that grace period, but can still readily renew their membership to participate.

Financially, the club continues to be on solid financial footing under Mike Rissi's management. While we did have a deficit of \$14,000 last year (a little less than what I projected in last month's column), the Board has taken steps to eliminate the deficit via a dues increase and cost-saving measures. Our operating budget for 2023 is very close to break-even. The club's ample bank balance provides flexibility for managing finances and can support a modest amount of deficit spending for years to come.

Let me conclude by paraphrasing what Presidents most often say, "The state of our club is strong!"

February Safety Tip—Check your Tires

*It is the unknown around the corner
that turns my wheels.*

~ **Heinz Stücker**

Long-distance touring cyclist

The recent deluge of storms has brought a significant increase in the amount of dangerous debris out on the roads. There's more than the usual amount of glass, nails, screws, and fine wires from steel belted tires. I've personally experienced two flat tires during the first two rides of the year, one of which was a front tire blow-out. It's a good time to aggressively replace tires that have a large number of miles on them, are showing wear, or are just plain old. So, check your tires and the records on the life of your tires (if you maintain that data) and replace tires that are nearing the end of their usable lifetime.

Note: Safety Tips are published on our [website](#). That page also supports commenting on the published tips.



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



Hard Evidence (Nailed It!) submitted by Jasmine Wu, Brian Feinberg, Lisa Penn, and Peter Grace. 2022 WWBC Photography Contest

BIG WHEELS 2022

President: David Schorow (408) 314-3769

President@westernwheelers.org

Secretary: Gloria Kreitman

Secretary@westernwheelers.org

Treasurer: Mike Rissi (650) 851-2925

mrissi@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

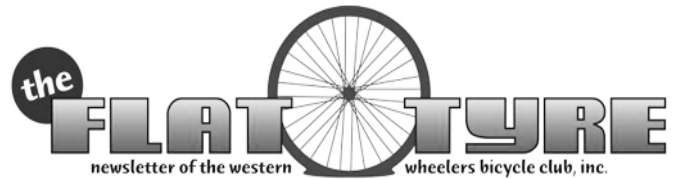
(650) 949-4993

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 February 2023

06	Mon	Club Drive@Stanford Blood Centers
08	Wed	Board Meeting—Zoom
20	Mon	Flat Tyre 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

DRAFT January 2023 Board Meeting Minutes

(Pending Board approval)

Date: Wednesday, January 11, 2023

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

Location: Round Table Pizza

1225 El Camino Real

Menlo Park, CA 94025

Food Wrangler: Peggy George

Call to Order at 7:01 pm

Present: Randall Braun, Peggy George, Brian Kaplan, Gloria Kreitman, Vito Mazzarino, Mike Rissi, David Schorow, Guy Shuman, Cathy Switzer, Jean Symons, Vern Tucker and Fran Williams

Standing Items

- Date of next Board meeting—February 8, 2023
- Location of next meeting—Zoom
- Food wrangler for next meeting—N/A
- The November 2022 Board meeting minutes and December 2022 General meeting minutes were unanimously approved

New Business and Area Lead Updates:

- **Introductions.** Each Board member introduced themselves and welcomed two new Board

members—Gloria Kreitman in the position of Secretary and Brian Kaplan in the position of Member at Large

- **David—Calendar for 2023.** David reviewed the calendar for 2023. Exact dates need to be pinned down for a few events
- **David—Feedback from dues increase.** David and Vern received only a few questions or comments about the dues increase and the budget deficit. Roughly 10 - 15 members renewed their membership at the lower rate before the end of 2022
- **Mike—2023 Budget Planning.** Mike presented the 2022 year end financial report and the proposed budget for 2023. Mike reviewed the actual income and expense variances to the 2022 plan. The Board discussed the changes in the proposed 2023 budget from the 2022 actuals, noting the following:
 - There will be no Sequoia deferrals in 2023 (i.e. donations) to offset general expenses
 - Schwab CDs are expected to yield higher interest rates in 2023
 - The membership dues increase that went into effect in Jan 2023 is forecasted to generate ~\$9000 additional income in 2023. The estimate takes into account a potential drop in membership due to the dues increase as well as continued growth from new members
 - Sequoia income is forecasted to be in alignment with pre-COVID Sequoia events
 - The club purchased socks last year, but there are no big merchandise purchases planned in 2023
 - The WildApricot 2-year database and website management contract is up for renewal in 2023
 - The Board agreed that the proposed reduction of \$1,788 for Picnics and Parties from last year's actual expense should be adequate for 2023 based on continued cost management

After the discussion, the Board unanimously approved the proposed 2023 budget.

- **Randall—Sequoia 2023 status.** Randall reviewed the plans for the Sequoia 2023. The Committee meets regularly and has finalized major aspects of the plan:

- One-day event on Sunday, June 4, 2023, that starts and ends at Foothill College
- The overview of the event and route descriptions are published on the Western Wheelers website
- Registration will open in the middle of January
- Three routes of 101, 76, and 59 miles are priced at \$125, \$110 and \$95, respectively.
- Participants will have the option to contribute additional funds for non-profit support when they register for the event. The contributions will go to the Coastside Charities fund
- The total capacity of riders will be increased this year
- Jerseys will not be included in the price of all registrations. Full clothing kits (jerseys, shorts, jackets, etc.), will be available to purchase directly from Voler. Jersey artwork will be similar to last year's design, with new colors
- Based on prior Sequoia participants' feedback, more rest stops are added to the 101 mile route for a total of 5 - Loma Mar Store, San Gregorio, The Bike Hut, Kings Mountain, and Portola Valley
- Recruiting is underway for 2 additional captains to lead the rest stops
- Marketing—The website messaging clearly communicates that this event has a philanthropic component. Posters and flyers will be produced and distributed to promote the event. Business cards will be available for club members to refer riders to the Sequoia. As an incentive, the registered referrals will be tracked and the club member with the most referrals will receive an appreciation gift (actual gift item still to be determined)
- Further discussion of the forecasted Sequoia expenses and distribution of the 2023 net proceeds to charitable donations and bicycling advocacy organizations will occur at a future Board meeting

- **David—Updates to Bylaws.** After review and discussion, the Board approved two changes to the Bylaws:
 - Section 2.11 Termination of Membership (a) Basis for Termination (ii) Nonpayment of Dues. The thirty day grace period for terminating members was eliminated. This change

- eliminates inconsistencies with the automated handling of overdue members through the WildApricot platform
- Section 4.6. Time and Manner of Notice of Meetings. Email was added as an alternative distribution channel to U.S. Mail
- **David—Skills Survey.** David shared an update from Bill Sherwin on the Skills/Training survey. The survey is ready to launch as soon as a few technical issues are resolved with WildApricot. The survey will close on January 31. Bill expects to have the results ready to report at the February 8 Board meeting
- **Area Lead Updates**
 - **Guy—Ride Chair:** Guy reported that the club had 1,060 rides in 2022, which is comparable to the pre-COVID numbers. The 2023 LDT series had a wet start and the first LDT ride was canceled due to rain. Zwift rides are going well. Unfortunately, Tom Schnurbusch is unable to lead rides at the present time. Bill Sherwin is leading the “Java Jive from San Mateo” ride and a search is underway to confirm a leader(s) for the Seal Point ride. New [accident/emergency](#) procedures for WWBC Ride Leaders are posted
 - **Jean—Event Chair:** Jean reported that planning is underway for the Spring Picnic. At a future Board meeting, the Board will discuss whether to charge attendance fees for some social events. The Board agreed to distribute extra giveaways such as water bottles from the Holiday Party and green string bags to active members of the club as appreciation gifts
 - **Vern—Membership Chair:** Vern reported that 17 new members joined since December 1, 2022, which brings the total number of members to 1,039. Vern called attention to feedback that he has received about membership renewal through PayPal. Checks are accepted for members who do not want to use PayPal (NOTE: Members do not have to have a PayPal account, WWBC utilizes the PayPal platform to process all credit card transactions)

- **Vito—Webmaster:** Vito reported that the website has been updated for 2023 and edited to reflect the new Board members. He asked all Board members to review their bios to validate accuracy and send any pages references that still have the old logo.

There were no other updates by Board members.

The meeting adjourned at 9:00 pm.



Board minutes were submitted by Gloria Kreitman, Western Wheelers Club Secretary

Welcome New Members January 2023

Please welcome the following new members to the Western Wheelers:

“T” aka T-bone Chilicas	Redwood City
Michael Fogelquist	San Jose
Yalin Huang	Campbell
Chris Madden	Mountain View
Joseph Mintz	Los Altos Hills
Mark Nakamura	San Jose
Stacey Neil	Aptos
Patricia Ponzini	San Jose
James Robinson	Mountain View
Tavin Skoff & Family	San Carlos
Todd Tracy	Redwood City

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



Summary of 2022 Ride Statistics

Total Number of rides	1,060
Total number of ride leaders	132
Average number of members on rides	9.3
Average number of guests on rides	0.3
Average number of all riders on rides	9.6
Average number of rides ridden by members	18.2
Median number of rides ridden by members	7.0
Average member miles ridden	662
Median member miles ridden	246
Average listed member feet climbed	41,127
Median listed member feet climbed	12,891
Total number of Members on all rides	11,685
Total number of Guests on all rides	603
Total number of Members and Guests on all rides	12,288
Total miles by all riders	446,613
Feet climbed by all riders on rides with climb listed	26,955,909

Top Ten Ride Leaders 2022	Rides Led	Rides Co-Led	Rides Led & Co-Led
Thomas (Tom) Schnurbusch	290	0	290
Vern Tucker	74	3	77
Guy Shuman	59	2	61
Pamela J. Putman	48	0	48
Kai Wiedman	39	2	41
Cathy Switzer	34	4	38
Mark Mack	30	2	32
Richard Exley	30	0	30
Gary Goldman	28	0	28
Lisa Burque	24	5	29

Reported by Eric Greer, 2009–2022 Club Statistician

WWBC 2022 Year End Financials

	Budget 2022	Actual 2022	Budget 2023
INCOME	\$110,100	\$133,888	\$113,100
Donations	\$200	\$9,100	\$100
Interest	\$200	\$157	\$3,000
Membership Dues	\$18,500	\$20,661	\$29,800
Merchandise Sales	\$200	\$305	\$200
Sequoia Income	\$91,000	\$103,665	\$80,000
EXPENSES	\$127,990	\$148,131	\$115,750
Board Meetings	\$500	\$675	\$900
Charitable Contributions	\$9,000	\$11,230	\$9,000
Club Meetings	\$500	\$0	\$1,000
Database Management	\$0	\$0	\$4,650
Dues Paid	\$200	\$250	\$200
Flat Tyre	\$150	\$0	\$200
Gifts & Awards	\$3,000	\$2,047	\$2,500
Insurance	\$7,640	\$7,640	\$8,500
Membership Support	\$4,000	\$4,400	\$4,000
Merchandise Exp	\$50	\$2,729	\$100
Overhead	\$200	\$523	\$500
Picnics-Parties	\$23,000	\$16,788	\$15,000
Rides	\$700	\$583	\$1,000
Sequoia Expense	\$79,000	\$101,266	\$68,000
Taxes	\$50	\$0	\$200
Net Income or Loss	-\$17,890	-\$14,243	-\$2,650

Budget and Year-End Financials submitted by Mike Rissi, Club Treasurer



*Climbing Through the Snow on a One Wheel Drive
submitted by James Porter. 2022 WWBC Photography
Contest (Mount Hamilton)*

2023 Long Distance Training (LDT) Rides Information

After a rainy start, we finally kicked off the LDT series on 1/21. We love the rain, but hopefully it will hold off on weekends for a while! We expect to have numerous re-routings due to road closures this winter—subscribe to “wwbc-RIDES” or check the online ride schedule for latest info.

In February we’ll start to venture a bit further afield, beginning with the fabulous **Seascape LDT** on February 4th. This popular ride visits Gizdich Ranch for yummy pie ala mode along with lunch. Next we have an East Bay jaunt to **Livermore**. The ride offers some beautiful country rarely visited by Western Wheelers, as we cross over to the Central Valley and return. **Calaveras** is always a pleasant ride with abundant wildlife sightings—we’ve seen deer, pigs, eagles, wild bulls, and even rattlesnakes, as we meander along the reservoir to the dam overlook. Our route doubles back to the beautiful climb of Felter Road (C/D/E riders), followed by lunch at the base of Sierra Road. After lunch all groups take various loops through Alum Rock Park and beyond. Our remote **Hollister Hills** ride follows, exploring the “cowboy” country south of Hollister.

Coming up in March, we will start our **LDT Weekend** excursions. On our LDT Weekends (to destinations that are a little farther away than most) we offer Friday

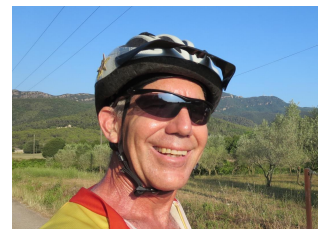
afternoon, Saturday, and Sunday rides. Riders often gather for a group dinner at local restaurants. It is important to make hotel reservations early if planning to stay over – see online ride descriptions (Saturday listing) for information on lodging and registration. LDT Weekends this year are **Healdsburg** (3/17–3/19), **Pacific Grove** (3/31–4/2), **Placerville** (4/2–4/23), and **Cazadero** (5/5–5/7). Make your plans now to join in the fun!

LDT 2023 SCHEDULE:

Visit the [Ride Schedule](#) for details.

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)*



STANFORD BLOOD CENTER



Please consider joining us for our first Blood Drive Event of the year, on Mon, February 6, 2022.

According to the Stanford Blood Center, someone in the U.S. needs blood every 2 seconds. That means, by the time you finish reading this article, at least **35 people** have needed blood.

A small percentage of all hospitalized patients (one in seven) receive blood transfusions. Leading users can include patients with cancer, heart disease, gastrointestinal disease, fractures and trauma, anemia, bone and joint abnormalities, organ transplants, and lung, liver and kidney disease.

You can make a difference by donating, and we've made it easier than ever to make donations a habit—schedule your donation every two months, and receive a \$10 Target virtual gift card when you donate on a Western Wheeler Monday!

Three locations available, [all have bicycle parking available](#):

- 1. Stanford Blood Center Menlo Park**, 445 Burgess Drive. Hours: 7 a.m.–3 p.m. [schedule your appointment >](#)
- 2. Stanford Blood Center Mountain View**, 515 South Dr Suite #2. Hours: 7 a.m.–3 p.m. [schedule your appointment >](#)
- 3. Stanford Blood Center South Bay in Campbell**, 295 Hamilton Ave. Hours: 12 noon–7:30 p.m. [schedule your appointment >](#)

Allow 1.5 hours for the full donation, that includes check in, actual donation, and post-donation process. What's the experience? Review [Preparing to Donate](#). When you arrive at the Donor Center, tell the receptionist that you are participating in the Western Wheelers blood drive. You'll complete a questionnaire, and have a private session for getting your medical history (blood pressure, pulse, temperature, and a drop of blood to test your hemoglobin

level). In the donor room, you'll put your feet up in a comfy lounge chair. A quick needle stick and you are donating! 10–15 minutes later, you are escorted to the Canteen for drinks (water, juice) and snacks (fresh fruit and veggies, Oreo cookies, [Pacific Cookie](#) cookies, and more). 15 minutes later, you're on your way home, to take care of yourself [after your donation](#).

Stanford has a 24-hour **vigorous** exercise restriction following blood donation, feel free to ride to/from your donation if it's an easy spin.

There are several [different types of donations and blood products](#). If you are a regular [Whole Blood](#) donor, or are planning on donating soon, please be aware that [Whole Blood](#) donors need a minimum of 56 days between donations.

Have extra time on Mondays? Consider an [Apheresis](#) donation!

Thanks for your time!

*Organized by Cathy Switzer, Board Member at Large.
Lifetime donations at Stanford - 228*

Western Wheelers' 2023 Donation Dates

Monday, Feb 6
Monday, Apr 10
Monday, Jun 5
Monday, Aug 7
Monday, Oct 2
Monday, Dec 4

Vintage Corner

TO MY WIFE

February 14, 2023

Our wedding rings are gold.
When new, their brightness dazzled me.
Now they're nicked and scratched, but still they grow in luster,
And the nicks are hard to find.

I take mine from my finger,
And on the inside surface read, "Benchmark 14k."
Most people know that fourteen-carat gold costs less than pure gold.
Few know it is harder and more durable.

My band sits coldly in my palm,
So I return it to the groove it's made around my finger.
Now, my finger warms the ring, and the ring warms my heart.
Our rings and our fingers are yin and yang.



I met Jacquette at the Western Wheeler's Christmas party in 1990. She was wearing a contraption on her arm that made her arm stand out from her body to keep it immobile while she recovered from a broken arm. We stood in line for food, one behind the other. She had a broad smile under twinkling eyes and rust-red hair. I was smitten, but I didn't see her again until we worked on the Sequoia together the following spring.

We married in 1995 and rode away from our home wedding on a tandem bicycle. We had only a full-size bed, the kind the Mexicans call "matrimonial," and we slept naked in a ball. When one of us rolled over, the other would follow. We did not allow space between us. We touched each other inappropriately and giggled.

Bicycles are not our life, but they are an important part of it. So is Western Wheelers, and we have never missed attending the club Christmas party in celebration of how we first met. Although we have held many positions in the club, leading bike rides is all we do now. It is our expression of gratitude to the club for introducing us to each other. I lead and Jacquette sweeps. She is the best sweep in the club.



For years we took turns planning bicycle trips for our anniversary vacation. I planned one year and she the next, planning in secret, and then on our anniversary, surprising our spouse. Our trips covered much of the United States and Canada.

We have been married now for almost 28 years. They have been good years for me, and I hope for her. Her eyes still twinkle above her wide smile, and her mellow voice is that of a twenty-five-year-old, but in her seventy-fifth year, her hair has turned silver. We sleep in the same bed. We sleep naked in a ball. When one of us rolls over, the other follows. We do not allow space between us. We touch each other inappropriately and giggle.

—Howard

submitted by Howard Shafer, Club Member.

I approve of this message.

—Jacquette

(photo: The 10,460 foot high Chessman Ridge Overlook is in Utah's Cedar Breaks National Monument.)

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.



February 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 [Bill Sherwin](#). 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. This ride is currently **SUSPENDED** - see ride schedule for updates.

Every Wednesday

D/3-4/35-70 HILLS R US. This is a social-paced D ride with regroups; 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. If you are single and want to mingle... join us for a fun social ride 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 9:00 and be ready to roll by 9:15. 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 regroups. 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 regroups, but faster riders are welcome to form a separate C+ group at the start. Meet at Burgess Park in Menlo Park at 10:00 AM for a 10:15 AM departure. Please ensure social distance at the ride start as the ride leader captures riders names and sends out groups of up to 15 riders each. Estimated return 2-2:30pm. **Leader:** [Howard Koel](#) (650-302-1053). Rain cancels. **Route sheets/Maps:** [Route/GPS](#)

The third Sunday of every month

C-/0.5 (500')/39 LOVELY BAY GRAVEL RIDE. Meet [Fredo Cirne](#) (408-931-4133) and [Eduardo Colaço](#) on the third Sunday of the month at 9:15 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](#).**

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

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.

