

Inside This Edition

TATF On the Road Repair

Safety Tip: "Get Your Bike Ready"

Sequoia "What's Your Story?" Contest

Next Club Blood Drive April 2023

Training and Skills Survey Results

Spring Picnic April 30 Volunteers Sign-up

2023 Long Distance Training Series

Paso Robles Mid-Week Trip in April

WWBC Board Meeting Minutes

Welcome February New Members

March 2023 Repeating Rides Schedule

A Turn at the Front

On the Road Repair

David Schorow, President

I'm taking a break from writing a column this month so I'm rerunning this informative column. I've made a few updates [in blue](#) since it last appeared in the July, 2021 Flat Tyre.

Quick, before reading any further, what are the three most common bicycle mechanical problems experienced while riding? Write down your guesses; then read on. The following are the problems that have happened to me or to others while riding.

1 - **Flat tires** - No points if you guessed this one, as that is obviously the most common problem. EVERYONE should know how to change a flat tire. If you don't know how or would like a refresher, there are many good YouTube videos like [this one on the GCN channel](#) (I recommend GCN for its many informative videos about cycling). Pay special attention to the bit about checking the tire for the cause of the flat. You should always cycle with tire levers, a spare inner tube, a patch kit, and a pump or cartridges. You'll need the patch kit if you get a second flat which is quite common.

Update: After fixing the flat one still needs to pump up the tire, which can take a long time with the small pumps one carries on a bike. Frank McConville during our Portugal trip introduced me to the CO2 tire inflator kit that can pump up a tire in about 30 seconds with no effort. The head unit itself weighs less than an ounce and each CO2 cartridge weighs about 2 ounces. I now carry the [BiskMore CO2 tire pump](#), but there are many other similar ones available.

I'd also recommend carrying a "boot" to patch a hole or slash in your outer tire. A dollar bill or a piece of Tyvek will do in a

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:
Puenta, La Honda Fire, Abundant Grace**

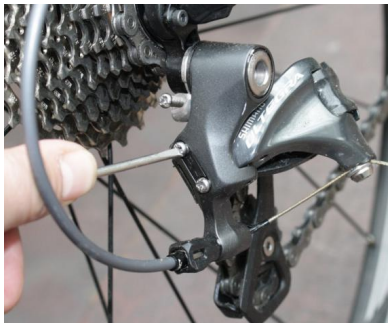


pinch, but keeping it in place can be tricky. The Park Tool Emergency Tire Boot is light, takes no room in a saddle bag, and can be easier to use as it sticks to the tire. But be warned - any boot is a temporary repair until you get home and can replace the tire with a new one.

2 - Frayed or broken derailleur cables - I've seen this happen frequently on rides. These cables typically break down in the brake lever shift mechanism as the cable constantly wraps and unwraps around a small cylinder. Fraying and breaking most commonly happen with rear derailleur cables but other cables are not immune. When you get a rear derailleur cable replaced, it's a good idea to replace the front one as well.

If you suddenly start having problems with your rear shifting such as not being able to shift into your smallest cogs, having the shifter not feel right, or not even clicking when shifting to the small cogs, it is likely due to your cable. Get it checked and repaired promptly.

A broken cable can not typically be fully repaired while on the road, especially on modern, internally cabled bikes. But you can get to a state that lets you limp home. When the rear derailleur cable breaks, the derailleur will go to the smallest cog (highest gear). A trick I learned from Chuck Garner is to tighten the high limit screw (usually marked with an "H") all the way to force the derailleur into the third or even fourth cog, giving you a middle gear to use to ride home. You'll need to push the derailleur inward to make it easier to tighten the limit screw. Of course, you or the bike shop will need to redo this adjustment once the cable is replaced.



3 - Broken wheel spokes - This is less common, but it's happened to me and to others. This is typically accompanied by your wheel going horribly out of true, severely rubbing against your rim brake pads (if you have them) or even against your frame. If the wheel is just rubbing against the brake, you may be able to address that by loosening the brake cam or undoing the brake itself. If you or someone in your riding group has a spoke wrench, you may be able to get the worst of the wobble out of the

tire by loosening the two adjacent spokes and tightening the next two spokes enough to eliminate the rubbing so you can limp home. Unfortunately, in some cases, a broken spoke will leave your bicycle unrideable, requiring a call to a friend or Uber to rescue you.

I mentioned three items, but here is a bonus 4th problem.

4 - Broken chains - While riding in the rain at the furthest point away from our hotel in Sicily, my wife's chain came apart. We spent over an hour shivering under an awning

waiting for a taxi to come get her and her bicycle. I've been on other rides where chains broke.



One could carry a full chain tool and a master pin, but a better suggestion comes from Mark Lentfer: bring along a master link (AKA quick-link or missing link). These can often be used to fix a broken chain without any tools. I now carry both 11-speed (for my bike) and 10-speed (for others) master links (pictured). These are tiny and weigh almost nothing, but can be a godsend if your chain breaks.

While these master links can be installed without tools, I've also started carrying an interesting multi-tool from Wolf Tooth, a [Master Link Combo Pliers](#). This lightweight tool provides a place to store two pairs of master links, can open and close master links, and has other useful functions. There are [similar tools](#) on Amazon that are much less expensive (I can't vouch for them).

[After running this article in 2021, several people suggested that one would still need a chain tool to remove the damaged link from the chain. I now also carry a small, light weight chain breaker tool: the \[Park Tool CT-5 Mini Chain Tool\]\(#\), weighing 77 grams or about 2.75 ounces..](#)

Okay, so how many of these mechanical problems did you guess? Drop me a message and let me know. Also, I'm far from being the best bike mechanic in the club, so, if you have other suggestions, corrections, or tips, let me know and I may use them in a future column.

David Schorow, Club President, writes the monthly Turn at the Front column and Safety Tip (page 5)



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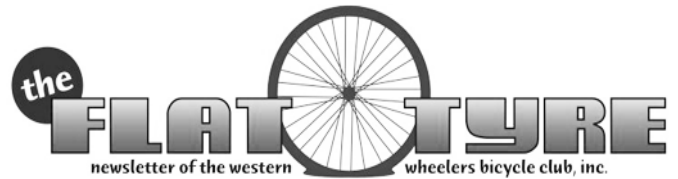
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Have space to store? Contact any Board member to volunteer for this position.



Club Calendar March 2023

08	Wed	Board Meeting—Guy Shuman Home
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 February 2023 Board Meeting Minutes

(Pending Board approval)

Date: Wednesday, Feb 8, 2023

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

Location: Zoom meeting

Call to Order at 7:02 pm

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

Absent: Brian Kaplan, Mike Rissi

Guest: Bill Sherwin

Standing Items

- Date of next meeting—March 8, 2023
- Location of next meeting—Guy and Mindy's home
- Next meeting Food Wranglers—Guy
- Approve the previous minutes—the January 2023 minutes were unanimously approved

New Business and Area Lead Updates:

- **Bill—Skills Class Survey.** Bill summarized the results of the survey to determine members' interest in additional Bike Skills (101: Fundamental Bike Handling Skills, 201: Climbing and Descending Skills, 301: Pacelines and Group Riding) and Bike Mechanics clinics.

219 members responded to the survey. Based on the results, there is strong demand for both skills and mechanics clinics in 2023. Bill proposed several options to address demand for Bike Skills within a \$4000 - \$5000 budget. The board unanimously approved a plan to offer 3 sessions of the 101 clinic, 5 sessions of the 201 clinic, and 1 session of the 301 clinic with a reduction in the subsidy provided by the club. Savvy Bikes will conduct the clinics with participants covering 60% of the cost and the club subsidizing 40%. On the topic of Bike Mechanics, the club will suggest some existing community-wide options in *The Flat Tyre* and on our website.

- **Randall—Sequoia 2023 Status.** Randall recognized the contributions of the Sequoia team and reported that another call-to-register email will be going out shortly. Five rest stops are all locked in. Sequoia team members are in the process of distributing posters, fliers, and cards at Bay Area bike shops. The Club Referral Contest is underway with results to be published shortly. Randall also reported that the 2023 Sequoia bike kit is now available directly from Voler. This includes shorts (regular and bib), jersey, wind vest, windbreaker, and a cap.

Stage Road is currently closed due to damage from the rains. If it doesn't open, the 100-mile riders will have to use Highway 1. That route change would still have 100 miles but would have less than 10,000 ft of climbing.

Vito reported that there are 147 registrants as of 2/8/2023. Most registrants have paid through PayPal processing on the registration site without any issues. We also accept payment by paper check via US Mail. Some registrants have also paid an additional \$25 Support that will go directly to the Coastside charities.

- **Area Lead Updates**

- **Guy—Ride Chair:** The LDT rides are well underway. Although two early rides were canceled due to inclement weather, 35 riders participated in the first February LDT at Seascape.
- **Jean—Event Chair:** Jean provided an update on the plans for the Spring Picnic on April 30 at Cuesta Park. She is exploring lower cost alternatives to

catering such as box lunches or sandwich platters. The Board agreed that this event will continue to be free to club members this year. The date for the Ice Cream Social at Shoup Park was moved to August 13 (to be confirmed when park permits are secured).

- **Peggy—Flat Tyre Editor:** Peggy reported that the club has received a \$500 donation from the Santa Rosa Cycling Club to thank Western Wheelers for our donation when their club had fire losses..
- **Vern—Membership Chair:** Vern reported that we had 12 new members join since January 1, 2023, which brings the total number of members to 1003. There were a number of outstanding renewals during Oct - Dec of last year that have lapsed. There may have been a glitch in notifications due to some website policy updates. Vern will contact those members individually about their renewals.
- **Vito—Webmaster:** The focus this month has been on The Sequoia website updates. Wild Apricot increased their security which temporarily created a service outage for the WWBC [Ride Listing Assistant](#) (which helps members submit rides for listing).

There were no other updates by Board members.

The meeting adjourned at 9:02 pm PST.



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

Welcome New Members February 2023

Please welcome the following new members to the Western Wheelers:

Nick Baker	Cupertino
Waheb Bishara	San Mateo
Po Chen	San Jose
Margaret Huang	Menlo Park
Kunal Kapur	San Carlos
Daniel Kim	Sunnyvale
Scott Kreider	Sunnyvale
Daniel Mak	San Francisco
Kushal Surymohan	Redwood City
Jing Wu	Los Altos
Chris Zemny	Corallites
Gioia Zucchero	East Palo Alto

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



WWBC Spring Picnic Sunday April 30

Spring is nature's way of saying, 'Let's Party!' Come and enjoy great company and delicious food at the



Western Wheelers' annual Spring Picnic at [Cuesta Park](#) in Mountain View! The party will begin at 1 pm in the large group picnic area off Cuesta Drive (opposite Nilda Avenue).

In the Western Wheeler's tradition, we will have good eats, as well as delicious cookies and bottomless refreshments. There will also be pre-picnic rides to work up an appetite and start the party. Registration and more details coming soon.

Volunteers ROCK! Can you help with set-up, clean-up or during the picnic? If so, please email the events team at events@westernwheelers.org.

March Safety Tip - Get Your Bike Ready

*Like dogs, bicycles are social catalysts
that attract a superior category of people.*
~ **Chip Brown, writer**

We are transitioning into the spring season that is optimal for long rides. Our club's great LTD rides are taking us further afield to ride scenic routes in remote areas. Don't let bike mechanical problems leave you stranded or unable to enjoy a great day of riding. Study your bike to determine if it is in good condition and ready to ride. If you have been putting off that tune-up or trying to stretch that worn tire just a few more miles, now is a good time to get these maintenance items done. How many miles are on those tires? When was the last time you had your shifting cables changed or checked your chain for stretch? Are your brake pads worn down? Have you cleaned off the grit on your bike acquired while riding on wet roads?

Most rides will not stop while you fix a flat nor is the ride leader expected to change your tire for you. Many of our organized rides are in remote areas without cellular reception where a mechanical issue may be quite problematic, so **be prepared and get your bike in top shape!**

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

Paso Robles Cycling Event Announcement

—submitted by Kai Wiedman, Club Member

There will not be a Paso Robles LTD this year, (This year it's Placerville) Therefore I'm organizing a mid-week cycling event in Paso Robles **April 11-14**. We will start with the C route from San Miguel on Tuesday afternoon April 11th. Thereafter one can ride any route they wish. We will form groups of like-minded riders doing routes of their choosing at a pace that's agreeable. We will also organize dinners out together.

I'm posting this now so that one can book a hotel before the prices go up. Contact me directly if you plan on coming along. kaiwiedman@gmail.com



THE SEQUOIA 2023

SUBJECT: What's Your Story?

We have our first batch of winners in the Sequoia Referral Club Contest!

NEW REFERRAL CONTEST

Congrats to **Cathy Switzer**, **Don DeFever**, and **Kunal Thakar** for making qualified referrals in January.

Each will receive their choice of a Western Wheeler water bottle, Sequoia pair of socks, or string bag backpack. In addition, each has one vote toward the grand prize drawing in June.

WHAT'S YOUR STORY?

We want to reward club members for sharing a good story about handing over a referral card. Send your "Hey, are you riding The Sequoia this year?" referral stories to marketing@westernwheelers.org

We will give out "story" prizes in early March for these submissions regardless of whether the person you talked to registers or not.

top left photo credit: Rounding the Bend, 2022 WWBC Photo Contest (1st place tied) by Jenny Warila

Referral stories should include the date and location where the conversation took place.

Example of a possible exchange.

"Hey, are you riding The Sequoia this year?"

"What's that?"

"It's this amazing ride in June put on by the Western Wheelers," as you hand over the card.

"It's a fully supported ride with five rest stops. There are three routes, the longest is 101 miles which all start from Foothills College and go to the Coast and back."

"Sounds cool."

"Also, The Sequoia ride raises money for three amazing Coastside charities. You should check out our website."

"That's really nice."

"Also, we are having a club contest. If you decide to ride, please enter my name when you register, it's on the card I handed you."

WHERE'S YOUR REFERRAL CARD?

Please continue to ask rider leaders or Board members for referral cards to carry with you when you ride. If you want some mailed to you, please email marketing@westernwheelers.org

WHY ARE WE DOING THIS?

We set an ambitious goal of 995 riders for this year's Sequoia. Increasing the number of riders will allow us to provide more support to the [Coastside charities](#).

WHAT'S NEXT?

On March 1st, we will announce "referral story" winners and successful February referrals winners.



Questions?

For questions about getting referral cards, or to send in your referral stories, please email marketing@westernwheelers.org

Contest story submitted by Brian Kaplan, Club Board Member-at-Large



photo credit: 2 cyclists—climbing, climbing and climbing, 2022
WWBC photo contest submission by Wasi Wahid

Training and Skills Survey Results

In January the club conducted a member survey to assess interest in continuing to offer training clinics to our members, and also to assess interest in bike mechanic classes.

The results are in! Thank you very much to the 219 members who responded.

Demand remains strong this year, and I am happy to confirm that in 2023 we will once again work with Lorri Lee Lown, Owner of Savvy Bike, as we have done in the past. More detailed descriptions of the Savvy Bike clinics are at the end of this article, or at [Savvy Bike](#).

Regarding creating training opportunities for people interested in improving their mechanical skills, interest was also quite strong, with 149 members describing themselves as having either a beginning or intermediate level of knowledge and expressing interest in improvement.

Next Steps:

For the Bike Skills series, the board has approved additional funds and we are in the process of finalizing the schedule with Savvy Bike. We expect to announce the clinics in a few weeks.

Regarding the mechanic training classes, the board made the decision that, due to the availability of low cost (or even free) opportunities for members to develop these skills, such as the Bike Exchange, Turning Wheels for

Kids, etc, no funds would be approved for such training. As one person said in the survey: “I get what I need from Youtube”.

We will announce the new schedule when it is confirmed with Savvy Bike.

Thanks again to everyone who participated in the survey.

Savvy Bike Clinic Descriptions:

Bike Skills 101 - Fundamental Bike Handling Skills

This clinic is the foundation of everything else you’ll learn on the bike. This is the clinic where we teach the old dogs new tricks and the newbies the fundamentals. You’ll learn about balance and weight distribution and how that affects your ability to ride your bike safely and confidently. We’ll learn skills like riding with no hands, emergency stops, and how to look behind you while holding your line, how to steer, and counter-steer. After just four hours, we guarantee you’ll be a better bike handler and have much more fun on the bike.

May 2022: Bike Skills 201 - Climbing + Descending Skills

This clinic is a continuation of what you’ve learned in Bike Skills 101. What goes up must come down, right? In this 4-hour co-ed clinic, we’ll teach you how to climb like a pro – seated climbs, standing climbs, short climbs, steep climbs, extended climbs. And then, we’ll teach you how to come back down again, focusing on a fast straight descent, and then a technical switchback descent. Prerequisite: Bike Skills 101.

Bike Skills 301 - Pacelines + Group Riding

This clinic is a continuation of what you’ve learned in Bike Skills 101. Wheelsucking is an art! Whether you’re a racer or a recreational rider, group riding skills will help you ride longer, faster, and farther. We’ll learn draft theory and basic pacelines, beginning with partner work and progressing to more complex group riding skills and introductory racing techniques. Prerequisite: Bike Skills 101.



Survey results submitted by Bill Sherwin, Club Training/Bike Skills Coordinator



Photo was submitted by Daphne Cheng. 2022 WWBC Photography Contest

2023 Long Distance Training (LDT) Rides Information

March brings some LDT favorites to the schedule, as well as our first weekend trip! Our first March excursion is the **Petaluma** ride, moved up in the schedule from its former April slot. This ride traverses some lovely rolling countryside north of the Golden Gate. The **Marin Headlands** ride follows, always a favorite with the gorgeous climb of the headlands and scenic Golden Gate Bridge. We start in the Presidio to skip much of the city traffic and enjoy more time in scenic Marin.

The **Healdsburg Weekend** on 3/17 - 3/19 is our first “away” weekend of 2023. The Healdsburg rides visit some great remote wine country. We’ve added a modest Friday afternoon ride to all the “2-Day Weekend” trips, making them essentially “3-Day Weekends”. B/C- riders do an “out-n-back“ route that starts in Healdsburg, simplifying

logistics and allowing for easy bail out options. C+/D/E riders challenge the whole remote Geyserville Road Loop. Most riders gather for a pre-dinner Wine and Cheese get together followed by dinner at local restaurants in smaller groups.

Berkeley Hills follows the next week, which is one of our hilliest rides. But none of the hills are particularly steep and when the weather is clear the San Francisco Bay views are fabulous! We can look forward to the first weekend of April, which will take us south to **Pacific Grove** on 3/31 – 4/2, one of our most scenic and popular weekends! The Friday afternoon ride begins near Watsonville and explores the area around Elkhorn Slough National Reserve.

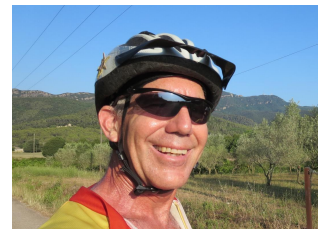
Note that we ask riders to “register” for the 2-3 day weekend rides, even if just coming for the day. Registration is free and easy - just go to the **Saturday ride listing** on the online ride schedule and click on the “Register” button.

LDT 2023 SCHEDULE:

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

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	Calaveras (rescheduled here)
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 second Blood Drive Event of the year, on Mon, April 10, 2023.

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

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.



March 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 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 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](#)

The **TUESDAY/THURSDAY NIGHT ZWIFT RIDE** is currently on hiatus. Check the online schedule for updates.

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.

Every Thursday

The **TUESDAY/THURSDAY NIGHT ZWIFT RIDE** is currently on hiatus. Check online schedule for updates.

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 regroupings. 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 regroupings, but faster riders are welcome to form a separate C+ group at the start. Meet at Burgess Park in Menlo Park at 10:00 AM for a 10:15 AM departure. Please ensure social distance at the ride start as the ride leader captures riders names and sends out groups of up to 15 riders each. Estimated return 2-2:30pm. Leader: [Howard Koel](#) (650-302-1053). Rain cancels. **Route sheets/Maps:** [Route/GPS](#)

The third Sunday of every month

C-/0.5 (500')/39 LOVELY BAY GRAVEL RIDE. Meet [Fredo Cirne](#) (408-931-4133) and [Eduardo Colaço](#) on the third Sunday of the month at 9:45 AM for a 10:00 departure at Burgess Park. 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.



*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*