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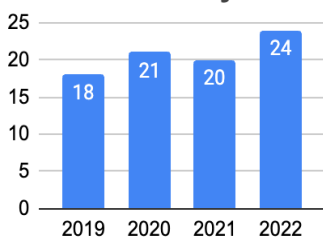
## A Turn at the Front

### 2022 Western Wheeler Crashes

*David Schorow, President*

This year marks the fourth year I've been collecting crash data by club members. The data comes from Western Wheelers who experienced a significant crash regardless of whether or not it was on a club ride. A significant crash is one that involves some kind of injury to the rider that prevents completing the ride or requires recovery after the ride.

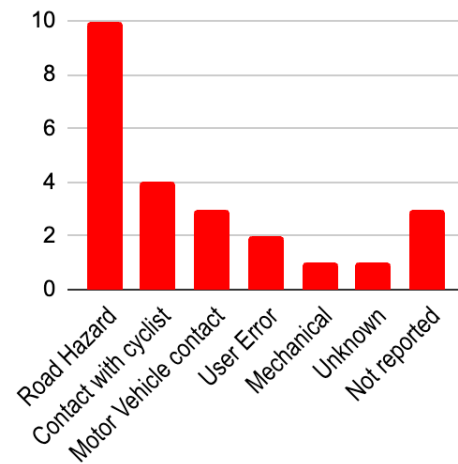
#### WW Crashes by Year



I'm sorry to report that 2022 saw an increase in crashes to 24, the highest total in the last four years. Included in that total are three crashes for which I was unable to get any crash details.

Consistent with previous years, the top three causes of crashes were road hazards, motor vehicle contact, and contact with another cyclist. Together, these totaled 17 of the 21 reported causes. In particular, road hazards continue to be the leading cause of crashes by a fairly wide margin.

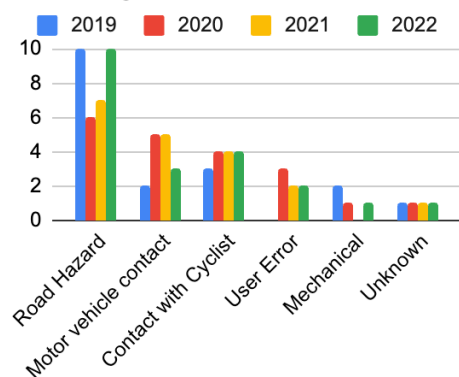
#### 2022 Primary Crash Causes



The crashes from road hazards include issues with the road itself, such as wet pavement, potholes, uneven pavement, speed bumps, and gravel. Two of the gravel crashes occurred near the edge of the pavement or on the road shoulder where gravel accumulated.

Several crashes were not on paved roads. One crash happened when the cyclist pulled off the road and unexpectedly hit a sandy spot causing the bike to come to a sudden stop. Two crashes occurred when riders tried to transition from a path to a road and hit an obstruction.

#### Primary Cause Comparison



This year contact with another cyclist was the second leading cause of crashes, ahead of motor vehicle contact. Two of these four crashes involved contact between people on the same ride. In these cases, one cyclist made an unexpected move like passing on the right or turning unexpectedly, knocking over another cyclist. The other two involved an unaffiliated cyclist coming from a different direction, doing something wrong, and knocking over the Western Wheeler. The first set seems avoidable with proper riding etiquette but there's not much to be done about the second set.

While there were only three crashes caused by motor vehicles this year, these were some of the most horrendous crashes, causing severe injuries. They were all results of errors by motorists. The crashes were the most common of this type – a right hook (right turn into a cyclist), a left hook (a left turn in front of a cyclist), and a car crossing over the centerline causing the downhill rider to take evasive maneuvers and crash. Two of these crashes caused severe injuries to the riders including concussions, broken shoulders, cracked vertebrae, and even broken teeth. Only the right hook victim managed to escape broken bones.

There were a few other crash causes beyond the top three. A couple were caused by a cyclist's errors during moments of being inattentive. One was unclear, but was possibly a mechanical issue. Speed played a contributing factor in some of these crashes.

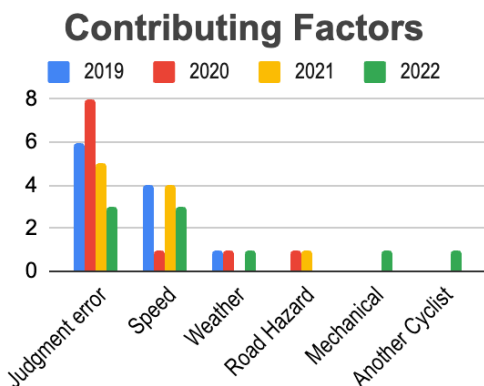
Finally, every year there's been one crash of unknown cause. This is when the cyclist has a gap in their memory as to what happened around the time of the crash and there are no witnesses. These all involve concussions. This year's crash was particularly severe, with the rider suffering a traumatic brain injury.

I also looked at factors contributing to crashes without being the primary cause. Some of these have been mentioned already. As is typical, the most common contributing factors were judgment errors and speed. Wet pavement, pothole, or gravel on the road may have been the primary cause, but the rider not noticing it or going too fast was a contributing factor. We can reduce the number of crashes by being attentive, making smart decisions, and slowing down a bit.

The hardest part of collecting this data is learning about the injuries sustained by club members. The 2022 injuries included six people with bruised or fractured ribs, at least four concussions, four damaged shoulders (three broken), three damaged hips (two broken), two broken collarbones, two broken wrists, a fractured pelvis, a fractured vertebrae, and lots of road rash. I wish all my injured Western Wheeler friends fast and full recoveries.

I hope that by understanding what causes crashes we can strive to minimize them. If you want to further enhance your riding safety, consider taking one or more of the skills clinics offered by the club. One starts by taking "Bike Skills 101 - Fundamental Bike Handling". This class offers a surprising number of new and useful skills that enhance safe riding even for veteran cyclists. After that you can take "201 - Climbing + Descending" or "301 - Group Riding + Pacelines" depending on your interest. Let's be proactive in reducing the number of crashes we experience in 2023 and beyond.

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



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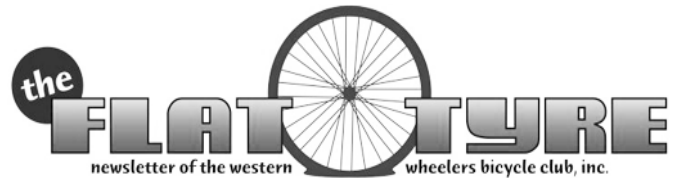
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### Club Calendar April 2023

10	Mon	Club Blood Drive
12	Wed	Board Meeting—Zoom
20	Thurs	<b>Flat Tyre</b> Deadline
30	Sun	Club Spring Picnic

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](mailto:Editors@westernwheelers.org)

## DRAFT March 2023 Board Meeting Minutes

(Pending Board approval)

-Submitted by Gloria Kreitman, WWBC Secretary

**Date:** Wednesday, March 8, 2023

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

**Location:** Greenmeadow Room at Palo Alto City Library, Mitchell Park Branch, 3700 Middlefield Road, Palo Alto and Zoom for remote attendees

**Food Wrangler:** Peggy

### Call to Order at 7:00 pm

**Present:** Randall Braun, Peggy George, Brian Kaplan, Vito Mazzarino, Mike Rissi, David Schorow, Cathy Switzer, Jean Symons, Vern Tucker

**Zoom:** Gloria Kreitman, Guy Shuman

**Absent:** Fran Williams

### Standing Items

- Date of next meeting—April 12, 2023
- Location of next meeting—Zoom
- Next mtg Food Wranglers—NA
- Approve the previous minutes—the February 2023 minutes were unanimously approved

## New Business and Area Lead Updates:

- **Review of Action Items from the February meeting:** David began the meeting by reviewing action items from the last meeting:
  - Vito reported that Sequoia non-member registrants are tracked in WildApricot as contacts (not as members). If the contact does not officially join Western Wheelers within the 30 period after The Sequoia, their contact record is archived by the Club Historian. As contacts, registrants do not receive club member email notifications, but do receive Sequoia specific notifications.
  - Vito verified with Voler Customer Service that the links for 2019 and 2022 Jerseys work and any interested person can still order the Jerseys. The links remain on our “Sequoia Jersey” webpage.
  - A generous gift was made to the Western Wheelers from the Santa Rosa Cycling Club. They gifted us back half of the \$1,000 we donated to them in 2017 when they suffered a major loss due to fire. The thank you card will appear in the next issue of *The Flat Tyre*. [April FT p.5]
  - Cathy reviewed the online payment flow on our website to confirm whether individuals must have a PayPal account in order to pay online with a credit card. There was discussion about the different flows for new members vs. renewing members and the interface between the PayPal portal and the WildApricot website. Vito and Mike will investigate potential solutions to enable renewal payments without a PayPal account.
- **Area Lead Updates**
  - **Randall—Sequoia Chair:** The rainy weather has created the potential for major impacts on the routes for the Sequoia, so the committee will continue to monitor the situation. So far, the only impact to the Sequoia routes is the closing of Stage Rd. To get around that, the 100 mile riders will be diverted to use Highway 1. We’re about halfway with Sequoia volunteers and expect to fill those tasks soon. Volunteers will receive a pair of Sequoia socks instead of a T-shirt as an appreciation gift. They can wear last

year’s orange t-shirt to clearly identify themselves as volunteers. Randall reported that local bike shops are helpful in rider recruitment and Sequoia posters are proving to be very effective also. The committee distributed Sequoia posters to over 100 bike shops from Santa Rosa south through Marin County, and throughout Santa Clara, San Francisco, San Mateo and Santa Cruz counties. Posters will also be distributed in Alameda, Contra Costa and east beyond the Sacramento area in the coming 2 weeks. The donation program for registrants to include \$25 Support for Coastside Charities is also going well with nearly 40% adding \$25 to their registration fee. Neighbors will be notified of the Sequoia event in advance to foster goodwill between the communities. The permit process is underway for the 4th “Top of Tunitas” rest stop as well as the Woodside and Portola Valley permits. The referral program is slowing down a bit. The first three winners have been named and will receive socks. Randall also showed a proof of the 2023 Sequoia jersey from Voler, and they will be distributed to the team captains in mid-April.

- **Guy—Ride Chair:** The LDT rides are getting a bit of rain. Daylight Saving Time is this weekend. Weeknight rides will start next week. The Saturday rides will shift a half hour earlier.
- **Jean—Event Chair:** Jean provided an update on the plans for the Spring Picnic on April 30 at Cuesta Park. She presented four options for sandwiches for the picnic and the board settled on the choice of Robert’s Market after some discussion. She noted that Fran Williams agreed to be the lead for this event as Jean will be traveling. Several volunteers have stepped forward to get items at Costco and as the event gets closer and more will be recruited to help with setup, serving and cleanup. An email about the picnic will be sent to active members in the next few weeks.

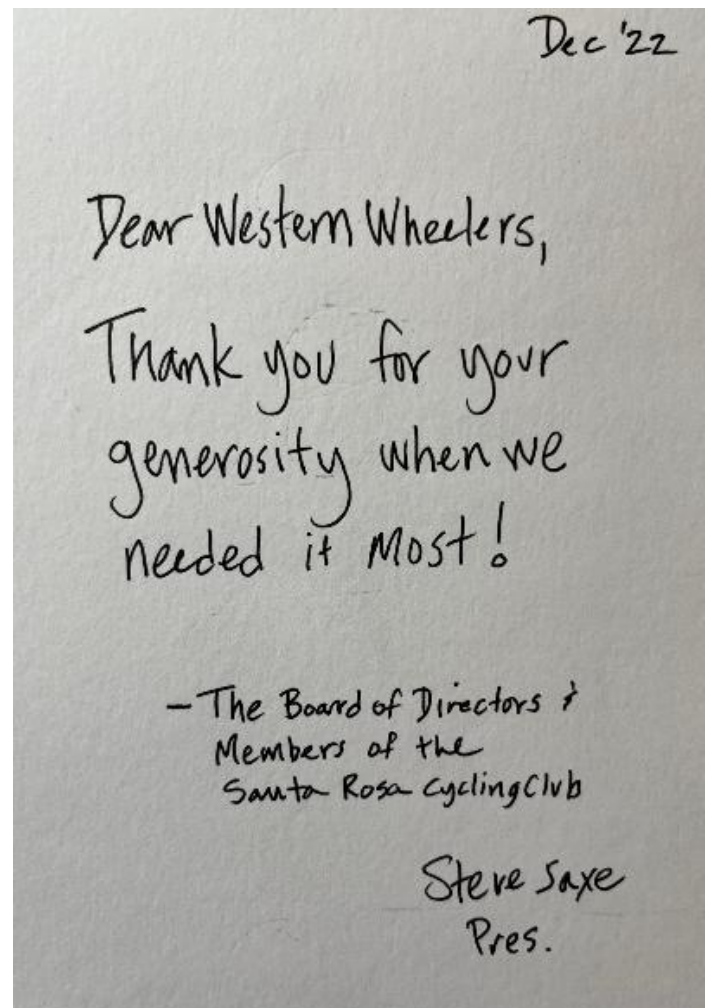
- **Vern—Membership Chair:** Vern reported that we had 10 new members join since February 8, which brings the total number of members to 994.
- **Vito—Webmaster:** Vito is continuing to monitor offline payments for the Sequoia. This year 12 people opted to pay by mailing in checks and 6 checks are still outstanding. Further discussion focused on some technical details to help manage club communications with the use of the various lists that appear in Wild Apricot. It was noted some of the lists are older, or the list names are not accurate as to their purpose. The use of filters to help make the distribution lists more accurate was suggested as a tool.
- **Mike—Finance Chair:** Mike reviewed the budget report for March 8. The agreement with Saavy Bikes for the 2023 Bike Skills Clinics is complete. The first payment is due in March.
- **Cathy—Member at Large:** Cathy reported that registration for the Bike Skills Clinics will open 30 days prior to each class. Completion of the 101 clinic anywhere in the past with Saavy Bikes qualifies as a prerequisite for taking either 201 or 301. The 201 and 301 classes do not need to be taken in order. The messaging for the 301 class has been revised to focus on riding in a group. A small design issue with the new logo has been corrected and new versions of the logo are available to use.

There were no other updates by Board members.

The meeting adjourned at 8:57 pm PST.



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



## Welcome New Members March 2023

Please welcome the following new members to the Western Wheelers:

Johane Amirault	Sunnyvale
Eric Hanson	Mountain View
Rose Mesterhazy	Palo Alto
Dede Moreno	Palo Alto

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

*[March has roared in like a Lion and taken its toll on the ride schedule! —editor comment]*



## 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 1pm in the large group picnic area off Cuesta Drive (opposite Nilda Avenue).



In the Western Wheelers’ 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, so check out our [ride calendar](#) to find your ride.

**Volunteers ROCK!** Can you help with set up, clean up or assistance during the picnic? If so, please email the events team at [events@westernwheelers.org](mailto:events@westernwheelers.org)  
⇒ Please RSVP [here](#) by Thursday, April 27

# 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

*Custom Voler  
Kit Available!*

westernwheelers.org/sequoia



With over a hundred volunteers, over half of the jobs are already filled. For more choices, look and sign up now. It’s a blast to work and hang with your fellow club members.

Some areas are particularly crucial on Sunday, June 4th. A lot of folks will be up and at ‘em at 4 am. Kudos to the captains and folks like Sandy Abbot, Ralph Lao, Judy Colwell, Joe Martina, Kathy Nelson, Jim Young, Christine Fawcett, Jeff Niles, John Seyfarth, Chris Mok and Duane Linden, who volunteered to start at “Zero Dark 30” — well before dawn. They’ll start early — and finish early. Some are registered to ride the 59 mile route afterwards. Some are signed up to work elsewhere.

Randall Braun, Russ Hull, Vito Mazzarino, and Brian Kaplan have been organizing since September and The Sequoia’s efficiency just keeps getting better. Jobs are more streamlined and focused.

We’re a pretty amazing group of people. And so are you. **Join us if you haven’t yet!** [Sign up here](#)

## Tales of a ‘C’ Rider

—submitted by Lisa Meltzer Penn, Club Member

*An earlier version of this article appeared in the August 2022 Flat Tyre. This update was recently published on [Lisa Melts Her Pen \(Lisa's blog\)](#) ... and reveals a dirty little secret! Subscribe to the blog [here](#) and find out more about Lisa's writing [here](#).*



In October 2020 when the local bike shop said it would cost more to repair my 25 year old mountain bike than it was worth, my husband Jon convinced me to trade it in for a sleek red Trek Domane road bike. Growing up, my dad had a bike store and I always rode a bike, but except for some short family jaunts when our own kids were little it had been a long hiatus.

Jon invited me to join the [Western Wheelers](#) bike club, and when their LDT (Long Distance Training) season began in January, we drove down to Morgan Hill for our first Saturday. Jon went off with the hard core ‘D’ riders, and with great trepidation I embarked on my fledgling LDT ‘B’ ride. With 37 miles and 1,500 vertical feet of hill climbing I was sure I would be left behind. I wasn’t, but I could barely move afterward and slept for 12 hours. I still maintain that it was the hardest ride I ever did.

Each of the following Saturdays until June we rode through a different beautiful Bay Area locale with our respective groups. As the rides increased in difficulty, I was constantly worried about being left behind, of getting lost, of my Garmin not working (It took a full year before I figured out how to load up my routes properly), of the

paper cue sheet snapping off into the wind. At times I had unbidden fantasies of losing control on the downhill and sailing over my handlebars onto the asphalt road. Every ride began with my stomach twisted in knots.



Eventually I grew to love the climbs, the burn in my thighs, the incredible views, and I started to make friends. My biggest cycling triumph in 2021 was summiting Mt. Diablo, and I achieved my distance and elevation goals. I named my bike “Miss Spoke.” A nice amalgam of my [writing](#) and riding lives.

When January 2022 came along, I leveled up from the ‘B’ to the ‘C’ group. Longer, higher, faster-paced. It was tough all over again as I scrambled to keep up with the group.



I proceeded to summit all three mountains in the series (Diablo plus Tamalpais and Hamilton, aka “Tam and Ham”) and in June rode the club’s annual [Sequoia Ride](#)

Green route (easiest of the three options at 59 miles and 6,600 feet of climbing) and other crazy hard rides I never thought I could do. I signed up for some bike skills classes and resolved to learn how to change a flat tire. By the end of 2022 I had ridden almost twice as many miles as the year before, and way more than doubled my feet of climbing. My husband told his friends I was a monster. I was so proud.



But about one thing I “misspoke”...one goal I failed to achieve... May this be the year I learn to change a flat!

## April Safety Tip - Point Out Hazards

*Riding bicycles will not only benefit the individual doing it, but the world at large.*

~ Udo E. Simonis

With all of the recent stormy weather, there are a lot of sticks and other debris on the sides of roads putting cyclists at risk. On a club ride a while back, there was a rock in the bike lane on Foothill Expressway. Most people went around it, but a cyclist near the back of the group hit it directly, getting quite a jolt. Luckily, he managed to avoid a crash, but did get a pinch flat. It is important to point out these obstacles to the cyclists behind you.

**Communication** is very important when bicycling in a group. When you see a hazard ahead or a car coming up behind (or in front on a narrow road), please communicate this to your riding partners. Usually a verbal signal is best such as "car up" or "rock" or "gravel." At other times pointing out a hazard with a hand signal is best (remember

that when biking we always point at the hazard). The important thing is to COMMUNICATE!

*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.*



## Join Bike to Wherever Days—May 18-20

To learn more about Bike to Wherever Days visit <https://bikesiliconvalley.org/btwd>



*When the Western Wheelers “A” Socially-paced Monday Morning Coffee Ride was rained out, we decided to meet in Mountain View at Le Boulanger. Attending were Pete Smith, Susan Bremond, Daniel Bremond, Pat Putman, David Hoffman, Pat Levinson, Vito Mazzarino, Jim Moore, Karen Sundback, and Pat Elson-(photographer not shown). All are members of Western Wheelers except David Hoffman, who works with Wider Circle - a neighborhood-based health organization that connects people of the same community to live happier, healthier lives.*





Photo submitted by Kent Smith, "On Top: Pacific Grove LDT".  
2022 WWBC Photography Contest

## 2023 Long Distance Training (LDT) Rides Information

We've been battling the (beautiful) rainy weather all winter—hopefully April will bring some respite and sunshine! Safety is always our highest concern on WWBC rides and so far we've only had a few minor incidents with no significant accidents during the LDT series, even with the cold weather and sometimes wet roads. I attribute that good safety record to a conscious effort on the part of all our riders to emphasize safety as our first priority. Keep up the good work!

After our extended weekend in **Pacific Grove** on 3/31–4/2, we'll challenge the **Mountain Charlie LDT** on 4/8, where we'll explore some arduous climbing in the redwoods deep in the Santa Cruz Mountains, our "backyard wilderness" beyond Los Gatos (winter storm damage permitting!) Note that the Mountain Charlie routes were fully revised last year due to the closure of parking at Lexington Dam. The rides now start in Scotts Valley, doing the Mountain Charlie ascent early in the route, then descending to lunch in Soquel (see online listing for details). On 4/15 we'll stay local with the **Calaveras LDT**, which was originally postponed in February due to closed roads. We should get to see a beautiful FULL Calaveras Reservoir this year!

Our **Placerville LDT Weekend** follows on 4/21-4/23. The way this winter is going, we may see some residual snow on our routes, but the Sierra Foothills in spring should be a lovely green hue. Note that this event alternates annually

with the Paso Robles LDT, so Placerville will next occur in 2025. The **Skyline LDT** on 4/29 is another foray into the Santa Cruz Mountains. Our D/E routes returned to Big Basin State Park last year and hopefully the roads will hold out through this winter's storms—check the online schedule for updates.

While the rides generally get longer and more difficult as we continue with the LDT series, all the rides have routes suitable for B-E levels, so don't be shy about showing up for the first time in April or May!

**Note that we ask riders to "register" for the 2-3 day weekend rides, even if just coming for the day.**

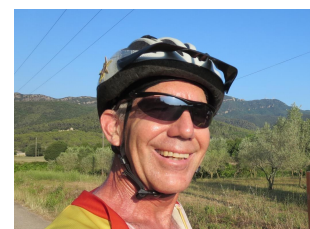
Registration is free and easy—just go to the **Saturday ride listing** on the online ride schedule and click on the "Register" button.

### LDT 2023 SCHEDULE:

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

1–Apr	<b>Pacific Grove (2–3 day)</b>
8–Apr	Mountain Charlie
15–Apr	Calaveras ( <b>rescheduled here</b> )
<b>22–Apr</b>	<b>Placerville (2–3 day)</b>
29–Apr	Skyline
<b>6–May</b>	<b>Cazadero (2–3 day)</b>
13–May	Mt. Diablo
20–May	Mt. Tamalpais
29–May	Mt. Hamilton ( <b>Monday - Memorial Day</b> )

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



## Paso Robles Cycling Event Announcement

—submitted by Kai Wiedman, Club Member

There will not be a Paso Robles LDT 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.

Contact me directly if you plan on coming along.  
[kaiwiedman@gmail.com](mailto:kaiwiedman@gmail.com)

## WWBC Blood Donation Drive

# 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 Wheelers 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 - 230*

### 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.



## April 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](#)

**C/3/15+; D/4/15+ TUESDAY EVENING RIDE.** Join us after work every Tuesday evening for a backroads tour of Woodside and environs, including some moderate hills. Meet in the parking lot behind the Pioneer Saloon in downtown Woodside at 5:00 for a 5:15 PM departure. Ride leader and route sheet vary from week to week. Measurable rain cancels. Please equip your bike with front and back lights for added safety in evening low light conditions. Exact ride details, including *RidewithGPS* routes, will be posted to the wwbc-rides email list on the day before. Ride coordinator: **Richard Exley** (650-704-3801).

### *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.

**CD/2-3/15-30 WEDNESDAY EVENING HUMP-DAY RIDE.** Join Sarah for a fun ride of the Peninsula and Woodside lumps and bumps and get rid of your mid-week slumps!! We will meet at the Pioneer Hotel in Woodside at 5:00 PM and will roll out at 5:15 PM. Routes will change each week, but we will continue with our 3rd Wednesday of the month climb up Old La Honda and the last Wednesday of the month climb up Kings Mountain Road. We can break up into C and D groups to allow the faster riders to zoom ahead! Please join us for a great ride with lots of laughs and camaraderie! Front and back lights are strongly recommended during the winter/spring months since we may be returning around dusk. Please contact **Sarah Coyle** at (650-454-5890) if you have any questions. Heavy rain cancels.

### *Every Thursday*

**CD/2-3/15-30 THE THURSDAY EVENING TOUR.** This is a series of evening rides varying from 15 to 30 miles in Los Altos Hills, Portola Valley and Saratoga, sampling local hills and out-of-the-way roads. Meet at Shoup Park in Los Altos at 5:45 pm, for a 6:00 departure. The routes vary each week, to take advantage of the available daylight. Every effort will be made

to get riders back before dark, but bring lights just in case. Leader: **Gary Goldman** (650-279-5315). See individual ride descriptions in the online ride calendar.

### *Every Friday*

**B/2/30-50 FRIDAY B RIDE** Meet [Vern Tucker](#) (408-730-2548) every Friday at 10:00 AM at McKenzie Park for a 10:15 AM ride start. Rides will be a mix of hills and flatter residential roads, with a lunch stop along the way. (Bring or buy)

### *The 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 regroup. Meet at Burgess Park in Menlo Park at 10:00 am, for a 10:15 departure. Estimated return 2-2:30pm. Leader: [Mike Jenkins](#) (408-239-6131). Rain cancels. **Route sheets/Maps: [Route/GPS](#)**

**C/2/27 2ND SUNDAY RWC CROSS.** Monthly ride to the Redwood City Cross via Tripp, Cañada and Godetia. Optional Huddart Park Loop and return via Alameda de las Pulgas. Bring snacks/lunch to enjoy at a regroup. This is a social-paced ride with regroup, but faster riders are welcome to form a separate C+ group at the start. Meet at Burgess Park in Menlo Park at 10:00 AM for a 10:15 AM departure. Please ensure social distance at the ride start as the ride leader captures riders names and sends out groups of up to 15 riders each. Estimated return 2-2:30pm. Leader: [Howard Koel](#) (650-302-1053). Rain cancels. **Route sheets/Maps: [Route/GPS](#)**

### *The third Sunday of every month*

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

## Training and Skills

### 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**

Whether you are a recreational rider, a randonneur, or a racer, group riding skills will help you ride longer, faster, and farther. This is for every A, B, C, D and E rider in the Club! We'll learn draft theory and basic pacelines, beginning with partner work and progressing to more complex group riding skills. Prerequisite: Bike Skills 101.

Learn about [becoming a member](#)

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

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

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

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



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

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