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THE SEQUOIA 2023
Challengingly Beautiful!
Canceled for 2023
SUNDAY JUNE 4
Los Altos Hills, CA
Foothill College
3 ROUTES!
59 mi / 6670 ft
101 mi / 10,030 ft
westernwheelers.org/sequoia
A Fundraising Cycling Event
Supporting Bicycling Orgs
& The Coastside Community:
Puente, La Honda Fire, Abundant Grace

**Thank you to all our
volunteers—we will see you
in 2024!**

A Turn at the Front

The Winter of our Discontent

David Schorow, President

Is anyone else ready for winter to be over? It's been the longest, coldest, wettest winter season in memory. I'm so tired of the rain and cold that either prevented riding or made it uncomfortable. I'm hoping by the time this column gets published we'll be having consistently glorious Bay Area Spring weather conducive for cycling.

Yes, we needed rain to recover from the three years of drought. It was a relief to get a healthy dose of precipitation, both here and in the mountains where it will be stored for use all summer long. But did we really need 31 atmospheric rivers to hit California, including six classified as strong and one as extreme? What about those bomb cyclones that caused so much destruction? Did we really need all of the storms that put California's snowpack at nearly 250% of normal for the year, threatening flooding later this Spring?

Of course, our problems with the weather pales in comparison to the devastating losses experienced by the people impacted by the storm induced floods. Our hearts go out to the residents of Pajaro, California and other areas that suffered loss of home and livelihood due to flooding.

The severe winter weather took its toll on our rides and routes. Five LDT rides were canceled due to rain as well as many other weekly rides. Many of the roads we often ride are closed due to landslides or other storm damage, notably West Old La Honda, Stage Rd, and Higgins Canyon Rd. For a dramatic view of roads closed in the Santa Cruz mountains by the end of January, see the [Tour de Disaster YouTube video](#).

As I write this, the long-term forecast does indeed look for warming weather, finally getting to be ideal for cycling. I hope to see you out on the roads soon, enjoying riding in the sunshine without jackets, arm warmers, or leg warmers.

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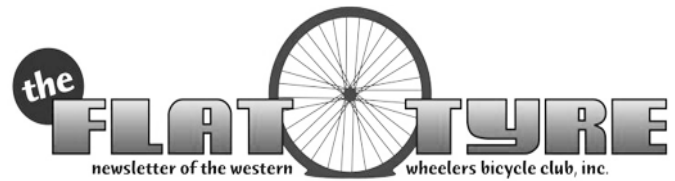
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Club Calendar May 2023

12 Wed Board Meeting—Zoom

20 Thurs *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 April 2023 Board Meeting Minutes

(Pending Board approval)

-Submitted by Gloria Kreitman, WWBC Secretary

Date: Wednesday, April, 12, 2023

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

Location: Zoom

Call to Order at 7:03 pm

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

Absent: Cathy Switzer, Jean Symons

Standing Items

- Date of next meeting—May 10, 2023
 - Location of next meeting—Mountain View Community Center
 - Food Wrangler—Peggy George
 - Notetaker—Mike Rissi
- Approve the previous minutes—the March 2023 minutes were unanimously approved

New Business and Area Lead Updates:

- The June Board meeting is moved to June 7 on Zoom.
- **Randall—Sequoia Chair:** Randall showed the new clothing kit from Voler for this year’s Sequoia event including the jersey, hat, vest, jacket, and socks. The 57 mile route is mostly intact, but the 73 and 101 mile routes have been re-routed due to road closures on Stage Road and Higgins Canyon Road. The cadence of Sequoia communications will increase over time. Within a week the team will publicly announce the final routes, remind participants of the deadline to order clothing, and call for additional volunteers. We need a captain for the new water stop at Windy Hill for the 101 mile ride. Volunteers are also needed at the top of the Tunitas rest stop and to deliver water. Vito reported that there are 322 registrants for the event—48% for the “Pink” longer route, 20% for the “Orange” medium route, and 31% for the shorter “Yellow” route. Approximately 37% of registrants have donated \$25 Support for Coastside Charities.
- **Guy—Ride Chair:** Guy reported that the club rides are going well since the weather has improved. LDT rides and the weekends away in Healdsburg and Pacific Grove were well attended. The Paso Robles LDT ride alternates every other year. This year Kai Wiedman is leading a trip to ride in Paso Robles. The club weeknight rides have started and are also going well.
- **Fran—Spring Picnic:** During Jean’s absence, Fran provided an update on the April 30 Spring Picnic. 156 people have registered to attend the event. Another email will be sent out this week for members to register and volunteer. We need 12 more volunteers at the event. The permits for the Ice Cream Social on August 13 are approved. The Ride Leaders BBQ event is moved to Sunday, August 27.
- **Vern—Membership Chair:** Vern contacted the members whose renewals were due in October and November of last year, but had not moved to lapsed since they were caught in the middle of our policy changes and may not have received all of the notifications about their membership expiring. He will mark any members as lapsed if they have not renewed their membership. Vern reported that we had 6 new members join since March 8, which brings the total number of members to 991. The declining membership over the last few months is due to the removal of lapsed members from our

records and the poor weather. The typical rate of new members is 15-18/month.

- **Vito—Webmaster:** Vito and Mike investigated the interface between PayPal and Wild Apricot to enable renewal payments online without a PayPal account. Wild Apricot is not able to provide a solution that would allow us to redirect the registration flow on the website. Mike and Vito will continue to investigate this with PayPal directly. Vito is continuing to monitor offline payments for the Sequoia. This year 13 people opted to pay by mailing in checks and 7 checks are still outstanding.
- **Mike—Treasurer:** Mike reviewed the budget report for April 9. Two payments to Saavy Bikes for the 2023 Bike Skills Clinics are complete. Donations include \$2900 from Sequoia registrants electing an additional \$25 donation.

There were no other updates by Board members.

The meeting adjourned at 8:25 pm.



Board minutes were submitted by Gloria Kreitman, Club Secretary

Welcome New Members April 2023

Please welcome the following new members to the Western Wheelers:

Katherine Glassey	Menlo Park
Russ & Kerri Gordon	Mountain View
Srinivas Krishnan	Sunnyvale
Iridia Mance	San Francisco
Sundaram Natarajan	Fremont
Thomas Wuttke	San Jose

New members were reported by Vern Tucker, Club Membership Chair



Spring Picnic at Cuesta Park

Volunteers make our club work! A few of our many volunteers include the clean-up crew. A large pinata was tackled at the end by a baseball bat with an overflow of treats.





A few out of town visitors were spotted at the party.



Volunteers include: Mike A, Patty K, Linda W, Michael K, Severine and David L, Tom S, Jon P, Ann M, Cindy C, Jon S, Kai W, Deirdre C, Gary V, Peter G, Marlin D, Jan S, Tatyana F, Dale G, Debbie E, Adrienne H, Alan R, Carina R. (brought the large pinata) and Board Members Jean, Fran, Randall, Brian, Guy, Peggy (photos). Ride Leaders Jim and Lisa, Howard and Jacquette are pictured here at the party.

The Story Corner

ADVENTURE ON COYOTE CREEK

Last Sunday (April 16), Jacquette and I biked the Coyote Creek trail to Morgan Hill starting from Yerba Buena and Grandbrook in San Jose, where the bike path drops under the Yerba Buena Street bridge. We anticipated an idyllic ride with beautiful vistas and abundant spring flowers.



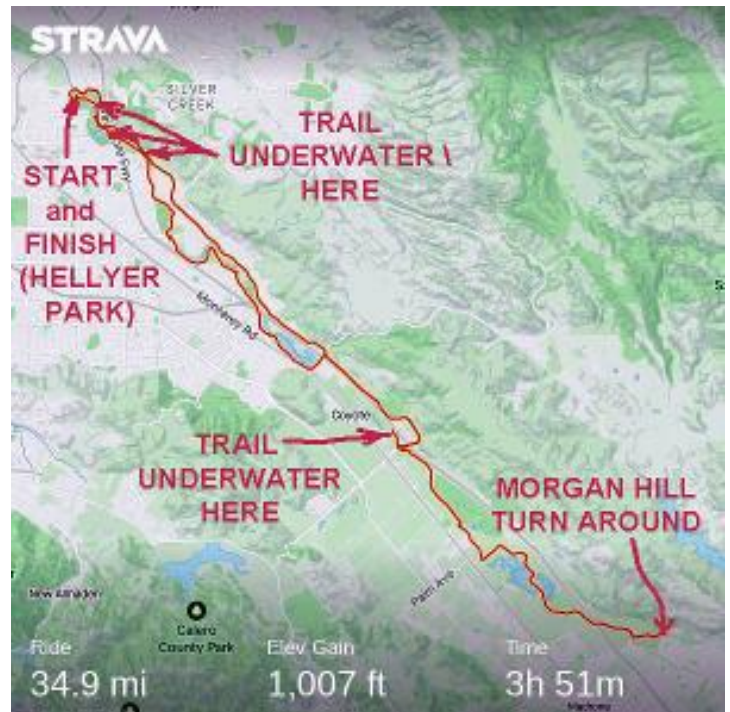
Unfortunately, after we passed the Hellyer Park velodrome, we discovered not a trail but about one hundred feet of raging water. Being of sound minds, we detoured down Yerba Buena and through a neighborhood on the other side of the creek to the park's dog park entrance.

Next we climbed Hellyer Avenue out of Hellyer Park and followed the high road to Bailey Avenue where we returned to the trail and arrived in Morgan Hill pleased by the vistas and flowers we had correctly anticipated.

Our intention was to return via the Coyote Creek Trail all the way back to Hellyer Park. However, just past Bailey Avenue the trail was totally submerged by swift water of unknown depth for over one hundred feet. So we returned to Bailey Avenue and followed the detour signs we had previously ignored to Malech Road and hence to Metcalf (exactly the way we had come) where we got back on the Coyote Creek Trail.

We were, we thought, home free, but soon we found the trail submerged again. We threw up rooster's tails behind our bikes as we sped through the first puddle and got thoroughly soaked feet. The second puddle we had to traverse was probably one-hundred feet wide, but thankfully, not so deep. And then, practically within sight of Hellyer Park, we came to the daddy of all puddles, two hundred feet wide and of unknown but definitely threatening depth. Refusing to backtrack, we searched for options. To our left were dense woods, to our right was an embankment twenty-feet high. The embankment appeared the only way out. I hefted my bike and scrambled for footholds terrified of slipping and tumbling down on top of (or under) my bike. Somehow I made it, set my bike down, and returned halfway down the cliff to help Jacquette. After she managed to get high enough that I could reach down and grab her front wheel, I hauled her bike up, and bike and I teetered precariously in the middle of the precipice, while she leap-frogged past me, stretched down, grabbed the front wheel, and pulled her bike to the top. Miraculously, we now had both bikes on top where we discovered a dirt trail past the swamp and back to the paved trail. We patted ourselves on our backs because we were still alive.

After that it was easy. Soon we were in our car and on our way home, sodden feet and all, and it became just another bike ride: 35 miles and 1000 feet of climbing.





Coyote Creek Velodrome Overflow



Coyote Creek Wildflowers

—submitted by Howard Shafer

Howard and Jacquette frequently lead A-B rides for WWBC.

Editor’s note: Learned on Earth Day the Coyote Valley is the link between the Santa Cruz Mountains and the Diablo Range and an important wildlife corridor.



Coyote Creek Hellyer Overflow

Join Bike to Wherever Days—May 18-20

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



Coyote Creek Bailey Creek Overflow



2023 Long Distance Training (LDT) Rides Information

The 2023 Long Distance Training Series will conclude on Memorial Day, but there are still four fabulous weekends left so let's enjoy the sunny spring weather!

The **Cazadero LDT Weekend** on May 5th - 7th explores the wonderful Russian River region and challenging King Ridge Road. This weekend is primarily a "hotel" trip based in Occidental, though the option remains for riders to camp if desired. See ride listing for details.

We'll kick off our challenge of the three highest peaks of the Bay Area with **Mt. Diablo LDT** on May 13th. All riders head for the summit, with variations available to skip the summit or to take the whole loop around the mountain via remote Morgan Territory Road. The LDT series then concludes with climbs of **Mt. Tamalpais** on 5/20 and **Mt. Hamilton** on Memorial Day (Monday 5/29). These rides all involve long climbs, but none are super steep and are suitable for B through E riders. They are beautiful rides with fantastic views of the Bay Area and Pacific Ocean... and sometimes the Sierras!

We've reserved our usual group campsite for the "**Fall Napa Valley LDT**" on September 29th to October 1st. We'll explore the Napa Valley on this fun 3 day camping excursion. There are also local hotel options, but they can be pretty pricey in autumn. Save the dates on your calendar, and see the **online ride schedule (September) for details. Registration opens on July 17th.**

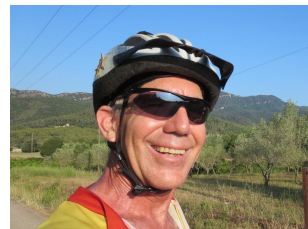
Note that we ask riders to "register" for the 2-3 day weekend rides, even if just coming for the day. Registration is free and easy—just go to the **Saturday ride listing** on the online ride schedule and click on the "Register" button.

LDT 2023 SCHEDULE:

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

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)



May Safety Tip - Yield the Right of Way

Riding a bicycle is the closest you can get to flying.
~ Robin Williams

I am writing this column to describe a dangerous behavior I have observed in other riders and have sometimes fallen into.

While there are problem drivers, overall we are blessed with many courteous drivers. Often at intersections, drivers will wave cyclists through, even if the driver got there first or has the right of way. Unfortunately, this can lead to cyclists feeling privileged, assuming all motor vehicles will stop to let them through. One can get so used to drivers waving cyclists through, that when they come to a 4-way stop sign intersection that already has a car at one of the perpendicular streets, they'll assume the car will wait for them to proceed. This is wrong and can lead to disastrous consequences.

When you come to a 4-way stop that already has a vehicle waiting or a vehicle approaching the intersection before you, give them the opportunity to go first. If approaching at the same time, remember from your driver's training that the vehicle on the right has the right of way. If the driver stops and waves you through, by all means go ahead, while giving a friendly wave or saying thank you to the driver. But always give the vehicle that has the right of way the opportunity to take advantage of it. Don't assume that just because you can see that a driver notices you, you then have the right of way.

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

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



WWBC Blood Donation Drive

STANFORD BLOOD CENTER



Please consider joining us for our third Blood Drive Event of the year, on Mon, June 5, 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, 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.



May 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 5:15 for a 5:30 PM departure. Ride leader and route sheet vary from week to week. Measurable rain cancels. Please equip your bike with front and back lights for added safety in evening low light conditions. Exact ride details, including ride with GPS routes, will be posted to the wwbcc-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

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