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Turn at the Front

The Joy of *Bike to Wherever Day* (BTWD)

David Schorow, President

I started participating in *Bike to Work Day* back in my early years as a working stiff and have done so most years since then. A few years back, the event morphed into *Bike to Wherever Day* and *Bike Month*. Every time I participate, I enjoy seeing all of the cyclists riding to work (or wherever) and feeling the camaraderie of the occasional and regular bike commuters.

In our area, the event is organized by Silicon Valley Bicycle Coalition, one of the nonprofits to which Western Wheelers donates. They encourage tech companies, bike shops, and other organizations to host energizer stations where participants can stop to get drinks, food, a commemorative bike bag, or other trinkets and socialize with their fellow bike commuters. The offerings at each station vary with the hosting organization. Bikers can plan their routes using the [online map](#) provided by SVBC showing the energizer station locations.

After retiring in 2017, my BTWD routes involved retracing my path to my last work location just off the end of the San Tomas Aquino Creek Trail near Highway 237 to which I added a few detours to nearby energizer stations. In 2019, [my ride](#) hit a record fourteen energizer stations! This year, with fewer energizer stations being hosted and a different route I visited seven:

1. Agilent
2. Intuitive Surgical
3. Silicon Valley Power (Santa Clara)
4. Marvel Technologies
5. Microsoft
6. Google
7. Silicon Valley Bicycle Exchange (BikeX)

After a disappointing start at Agilent (only water and snack bars), I went significantly out of my way to go to Intuitive Surgical's station, a new stop for me. I was delighted to find they offered hot coffee and muffins (and

THE SEQUOIA 2023
Challengingly Beautiful!
Cancelled for 2023
 SUNDAY JUNE 4
 Los Altos Hills, CA
 Foothill College
 3 ROUTES!
 59 mi / 6670 ft
 101 mi / 10,030 ft
 Custom Voler
Not Available
see you in 2024!
 A Fundraising Cycling Event
 Supporting Bicycling Orgs
 & The Coastside Community:
 Puente, La Honda Fire, Abundant Grace

other healthy food I ignored). Cyclists were enthusiastically greeted with ringing cowbells. Shortly after I arrived, another cyclist came and proudly showed off his 40-year-old vintage Schwinn bicycle. He pointed out his secondary brake levers that manufacturers called “safety levers” but which quickly earned the moniker “suicide brakes” for their inability to stop a bike.

After leaving Intuitive Surgical, I headed to the San Tomas Creek Trail and visited the station run by Silicon Valley Power, where I picked up my bike bag with a few tchotchkes. The next station, run by Marvel, offered the best food of the day. There I had a delicious hot breakfast burrito filled with egg and bacon. In addition to coffee they had green tea, my hot breakfast drink of choice. Marvel’s station has consistently offered the best food in the years I’ve been doing BTWD along that route.

While eating my burrito I had a discussion with an SVBC “Bike Ambassador” about the differences between utility bike riders (SVBC’s main focus) and recreational bike riders (like Western Wheelers). But I had to cut it short as it was after 9:00 and I wanted to hit a few more stations before they closed around 10:00.



From there I did a long stretch going North along the Bay Trail. The clouds were finally burning off making for a very pleasant ride, but I had to go eight whole miles without an energizer station before hitting the Microsoft station on the Stevens Creek trail. Microsoft neglected to have any company branding on their station. But they did have nice flavored athletic drinks and LÄRABARS, a higher caliber of bars than the other stations. I again chatted with the SVBC bike ambassador but quickly headed over to the Google station, which also lacked company branding. They only had a few meager bars but they did give me a pair of Google 2022 BTWD socks.

I had originally planned to make that my last stop, but since there was a little time left, I headed over to the station hosted by Bike Exchange, another nonprofit supported by Western Wheelers. I had a nice chat with Andrew Yee, the executive director there. We commiserated over the cancellation of the 2023 Sequoia, and I thanked him for their support the previous year. He took me inside where they proudly display the Lefkowitz award plaque given to the Bike Exchange founders and also a thank you memento from Randall for their work on the 2022 Sequoia.



It was great to do the BTWD ride, getting my fill at energizer stations, and then not have to go to work!

June Safety Tip - Yield to Pedestrians

*Life is like a 10-speed bicycle.
Most of us have gears we never use.*
~ Charles M. Schultz

This month’s safety tip expands upon last month’s tip to yield the right of way to motor vehicles when appropriate. Michael Khaw suggested also pointing out the need to yield to pedestrians. Pedestrians have the right of way over vehicles, INCLUDING BIKES, especially when the pedestrian is in a crosswalk. Too often cyclists see the relatively slow moving pedestrians and blow past them, antagonizing them and reinforcing the prejudices against cyclists. When you come to a crosswalk that a pedestrian has already started to cross or is about to cross, do as a car should do and stop to let them cross.

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.



BIG WHEELS 2023

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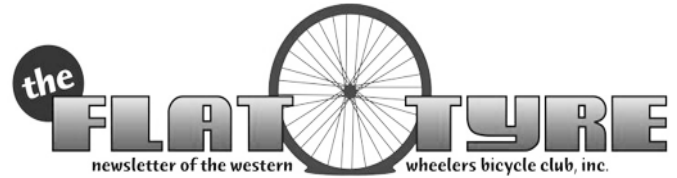
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Club Calendar June 2023

05	Mon	WWBC Blood Drive
07	Wed	Board Meeting—location pending
15*	Thurs	Flat Tyre Deadline for July issue*

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

*see Board Meeting Minutes, **Peggy—Flat Tyre Editor**

DRAFT May 2023 Board Meeting Minutes

(Pending Board approval)

-Submitted by Gloria Kreitman, WWBC Secretary and Mike Rissi, WWBC Treasurer

Date: Wednesday, May, 3, 2023

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

Location: Zoom meeting

Call to Order at 7:00 pm

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

Standing Items

- Date of next meeting—June 7, 2023
- Location of next meeting—Mountain View Community Center (pending availability)
- Food Wrangler—Fran (if meeting is held at the Mountain View Community Center)
- Approve the previous minutes—the April 2023 minutes were unanimously approved.

New Business and Area Lead Updates:

- **David—President** reviewed action items from last month. The Board discussed various payment options in addition to PayPal. Vito and Mike are investigating the use of Zelle, and the Board concurred to continue that investigation.
- **Randall—Sequoia Chair:** Randall led a discussion of the Sequoia cancellation. The proximate cause is Woodside suspending any permits for bike rides until Highway 84 is repaired and reopened. He explored other options, but all of the local mountain roads are experiencing increased traffic due to the closure. The committee determined it would be too unsafe to use these roads as alternates. The Board also discussed how to deal with the Sequoia registration refund process. The Board approved the plan presented by Brian for handling refunds and donations. Registrants will be given an option for a full, half or no refund of their fee. And the charitable amounts will be forwarded to the charities unless otherwise requested. There was a discussion of what to do with the socks and jerseys purchased for the Sequoia. The decision was made to keep them for next year's Sequoia.
- **Guy—Ride Chair:** Guy reported that the weather is currently looking good for the Cazadero LDT ride this weekend.
- **Jean—Event Chair:** Jean reviewed the Spring Picnic, which was well received and sold out at 205 attendees. The next event is the Ice Cream Social in August.
- **Peggy—Flat Tyre Editor:** The July deadline is June 15 because Peggy is traveling in late June.
- **Mike—Treasurer:** Mike reviewed the monthly financials and the Sequoia Expenses. We looked at various scenarios regarding the sunk costs on the Sequoia and what might be used for next year's Sequoia.
- **Cathy—Training and Skills:** Cathy reviewed the safety class schedule for the rest of the year with Lorri Lee Lown. The most recent two classes were both sold out.

There were no other updates by Board members.

The meeting adjourned at 8:35 pm.

Welcome New Members May 2023

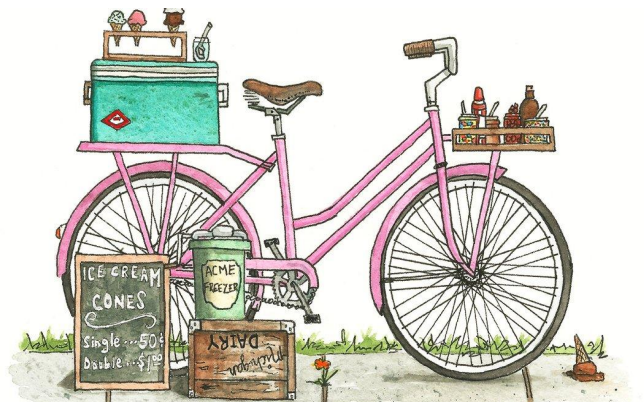
Please welcome the following new members to the Western Wheelers:

Toby Freedman	Portola Valley
LeeAnn Jarrell	Los Altos
Mark Langer	Sunnyvale
Jack Lund	Los Altos
John Mar	Los Altos
Eric Miller	Los Gatos
Yogesh Rami	Mountain View
Katina Yong	Saratoga

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



SAVE THE DATE!



All Western Wheelers members are invited to the annual **Ice Cream Social at Shoup Park on Sunday, August 13, 2023. Time to be determined at a later date.**

Stay tuned for more details and sign-ups coming soon!

Hope to see you there!



Annual Wheelers' Spring Picnic was at Cuesta Park April 2023

photo credits:

Ron Dell'Aquilla, top banner and below right top

Guy Shuman, left column and below right bottom

Thanks to Carina Rossner for the Piñata, which was a **big hit!**



Additional Bike Skills Clinics for 2023

—Bill Sherwin, WWBC Skills/Training Coordinator

To accommodate demand, we have scheduled additional bike skills clinics, presented by [Savvy Bike](#):

Bike Skills 201 - Climbing + Descending Skills. Two sessions, Sunday, July 9 and Sunday, August 20

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. One session, Sunday, August 6

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.

These clinics are approximately 4 hours in length. Visit the [WW Skills & Safety site](#) for registration information, and the [Savvy Bike](#) site for additional non-WWBC subsidized clinics.

*Please note: **Bike Skills 101 - Fundamental Bike Handling Skills** is the prerequisite for both Bike Skills 201 and 301.*

Western Wheelers Bicycle Club is subsidizing these clinics, the cost to Western Wheeler members is \$60 per person, a substantial discount from the normal tuition. Attendees must be Western Wheelers members in good standing, 18 years old or older. No guests, and registration is not refundable.

Sequoia Cancellation Update

When the Sequoia cancellation was sent, it was presented as a WW Board decision. While the board fully understood and supported the decision, the attempt to demonstrate a unified view failed to give proper credit to the individuals who researched and struggled with the problems facing the 2023 Sequoia leading to that difficult decision. I want to correct that.

First and foremost I want to give credit and thanks to Randall Braun for all of his work on the Sequoia 2023, but in particular his diligence on this issue. He assessed the issues and made the difficult but correct determination that we had to cancel the event. He got agreement on this difficult decision from the Sequoia steering committee (Brian Kaplan, Vito Mazzarino, and Russ Hull) and later from the board.

After the cancellation message was sent out, it was wonderful to receive so many club member emails thanking us for putting the safety of the riders first. It was nice getting that support from club members, but also made many of us feel a little guilty about receiving credit for Randall's work.

I want to thank Randall and the Sequoia steering committee for their diligence and work on this very difficult issue and recognizing the need to cancel the Sequoia this year. Putting the safety of riders first and not willing to sacrifice the quality of the event was a painful decision to make, but the correct one.

David Schorow
**Western Wheelers
 President**





photo credit:

“Riding through Mustard Flowers in the Hills above San Luis Obispo”

Annual Club Photography Contest 2016 submission by Bridget Bouyssounouse

Solvang Sojourn 2023

October 13-20, 2023

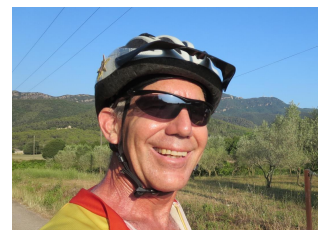
We will gather in Paso Robles and Solvang to explore riding in this great area of California, taking advantage of the (usually) mild fall weather to explore the California Central Coast. Rides are appropriate for B through D riders, with several routes offered on most days. E-bikes are welcome on this tour and ideal for the longer climbs, but make sure you have a good understanding of your bike’s capabilities. We’ll enjoy some rolling roads through open country as well as some impressive climbs iconic to the area. Our rides in the Paso Robles area will explore some rural territory that we don’t have time to explore on our regular LDT weekend that visits the area.

This is primarily a hotel/base camp trip similar to the Eastern Sierra Escape (ESE will return in September, 2024). There are no group fees for this trip. Your expenses will be only for your own transportation, accommodations and meals. Happy hours are “pot luck”. Meals are on your own, but riders usually gather in groups at local restaurants. Rides are unsupported - no SAG. Some days have lunch purchase options and water availability, while on others you must carry your food and water.

There are rides scheduled on each day (8 days), however Monday, 10/16 is a transfer day to Solvang and the ride is a short afternoon jaunt. Participants are always welcome to take a day off or do a different ride than the one scheduled for that day. Some will come for the whole adventure, but many participants join for just part of the trip, coming for 2-4 days. Contact [Guy Shuman](#) with any further questions.

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

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



Fall River Century

Saturday, July 15th

BCD/2/ 25-125 FALL RIVER CENTURY

July is almost upon us, which means it is time for the Fall River Century. Fall River Mills is nestled in a pristine northeastern California valley. The area offers many opportunities to ride in solitude with commanding views of two of California's famous volcanoes: Mt Shasta to the northwest and Lassen Peak to the south. Though it requires an easy five to six hour drive to get there, via I-5 and Hwy 299, it is well worth the trip. How often do we get to ride through communities that enjoy and appreciate our being there!

[Randall Braun](#) or 4152654663 and [Lisa Burque](#) or 6508236800 will “co-lead” this weekend event. Starting with a happy hour on Friday so the Wheelers can mix and mingle, we will have the opportunity to compare notes on who is doing what ride. The official event includes **four rides: 25 miles, Metric (65 miles), Century (100 miles) or Double Metric (128 miles)**. Or join Lisa, et al for a custom designed **80 mile option**. Before riding, you'll get to enjoy the pancake breakfast, which is included for registered riders. After the ride, dine on pasta for a main dish as well as side dishes and dessert.

Registration Info: [Fall River Century](#)

Ride Date: Saturday, July 15th

Ride Location: The Inter-Mountain Fairgrounds, located in McArthur, about four miles northeast of Fall River Mills.

Accommodations:

Glamping Option available Friday and Saturday evenings: Randall will arrive early on Friday to stake out our zone on the shady green lawn for your tents, just steps from restrooms and across the street from a shower room. \$5 per person for camping, payable when you register.

And if you want to register the old school way, with a mail-in form, (that gives them more \$ by avoiding the online reg bite) here is the link: [Registration-Waiver.pdf](#)

There will be local food/BBQ/music/drinks on Friday evening in the fairgrounds, for a small cost per plate, all in a very relaxed atmosphere!

The small town of McArthur also has a small convenience store, a pizza place and an actual restaurant too!

Hotel/Motel Option: Most wheelers opting for a hotel stay at the [Himont Motel](#) (530) 336-5541. Tell them you are there for the bike ride and you'll get a discount. Other hotel options are listed on the ride [website](#).

Please let Randall and Lisa know if you will be joining us so we can keep you informed of Wheelers' gatherings.



photo credit:

“Schoolhouse Port Angeles”

Annual Club Photography Contest 2016 submission by Ron Dell'Aquila

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

“101”

What do you think of when you see "101"...? For most of us around here, "101" brings to mind the state highway, or perhaps the airborne division (or, for those of my generation, a certain 1961 Disney film whose title included that number of Dalmatians). But last Sunday these digits applied in the ordinal sense at a Davis, CA event marking the start of club legend Pete Blasberg's 101st year on the planet.

Many may recall Pete's century celebration; the latest one was much the same, with Pete accompanying a band on jazz harmonica, and cupcakes in place of the traditional sheet cake. Attendance was a bit lower this year, and a number of club members I was heartened to see in 2022 after many years were unfortunately not in attendance this time around, but there was still a club presence.

I, of course, showed up with a few cameras hanging off me (while these are primarily intended to keep me on the ground in windy conditions—for which they are well-suited as they're heavy professional rigs—they do actually see occasional photographic application).

—Joe Perfecto

Photo credit:

Joe Perfecto

*Pictured in the bottom photo from l-r clockwise:
Paul Zander, Roy Jordan, Vern Tucker, Mindy Steiner,
Guy Shuman, Alan Wachtel, Holly Wong, Pete Blasberg*



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 - 232 !!*

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.



June 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 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 5:15 PM and will roll out at 5:30 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. RIDE LEADER WILL VARY DURING JUNE/JULY. 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 9:15 AM for a 9:30 departure at Burgess Park. We will meet at the parking lot at Alma St and Burgess Dr. This is a scenic gravel ride by the Bay, with few cars even when

we are on paved roads. Starting from Burgess Park, we head towards the Bay and across 101 on the Menlo Park bike bridge. Return is inland via low traffic streets, avoiding the headwinds by the Bay. Leader recommends a gravel or city bike with 38mm tires or more.

The fourth Sunday of every month

B/2.5/25 4th SUNDAY - SARATOGA. Hello Social "B"s. Join us on a leisurely ride heading up Mt. Eden, then meandering through The Maze to downtown Saratoga where we will stop for a snack break in a local park (bring - no place to buy) before heading back via Seven Springs Parkway. Meet at McKenzie Park in Los Altos (near tennis courts) at 10am for 10:15 departure. Rain cancels. Check ride calendar for leader information. **Route sheet:** [4th Sunday B Ride \(Saratoga\)](#) or **GPS:** [Map/GPS File](#)

C/3/35 4th SUNDAY - LOS GATOS. Monthly ride to Los Gatos via Mt. Eden, Pierce, and Villa Montalvo. Lunch in the park in Los Gatos (bring or buy) and return through the Maze. This is a socially paced ride with mandatory regroupings, but faster riders will form a separate C+ group at the start. Meet at McKenzie Park in Los Altos at 10:00am for a 10:15 am departure. Check ride calendar for leader information. Rain cancels. **Route sheets/Maps:** [4th Sunday C Ride](#).

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.

