



Have a Happy and Safe "4th of July" !

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Turn at the Front

Looking for a new President

David Schorow, President

I'll keep this brief since I'm currently on a bike tour in Scandinavia (I'll tell you about it next month). Western Wheelers needs someone to be President of the club in 2024. I will definitely be stepping down after finishing my term at the end of this year.

I wrote about the history of the position and some desirable attributes in a fall '22 column. Last year, I didn't find anyone to take over for me and was willing to do the job one more year, so I stayed on as President for 2023. But, five years are enough. The club needs a new person to take on this role.

Being President is a great way to get more involved with the club's functions and to engage with the other members who drive our club's activities. I hope to stay on the board in some capacity, so I can help the new person get acquainted with the job. If you have any potential interest in this position, feel free to contact me or any ex-President to learn more.

July Safety Tip - See and be Seen

*It doesn't matter whether it's raining or the sun is shining
or whatever: as long as I'm riding a bike,
I know I'm the luckiest guy in the world.*

~ **Mark Cavendish, British pro racer**

As we move into the summer touring season with members visiting beautiful places to ride, it is more important than ever to be very conspicuous by wearing bright colors and using lights. Many drivers are often not looking for cyclists and are more interested in the scenery than watching the road. Wearing bright clothing increases your visibility so drivers can't help but notice you from a distance or as soon as they round a curve. Bright colors or lights are especially effective on your ankles or feet as the up and down motion attracts further attention. Blinking lights, both rear and front, are sure ways to be very noticeable to drivers. Using a mirror lets you be much more aware of cars and bicycles approaching from the rear. The mirror can be attached to your helmet, to your sunglasses, or to your bike.

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

President: David Schorow (408) 314-3769

President@westernwheelers.org

Secretary: Gloria Kreitman

Secretary@westernwheelers.org

Treasurer: Mike Rissi (650) 851-2925

mrissi@sbcgl

Chief Editor: Peggy George

peggyflute@gmail.com

Membership: Vern Tucker (408) 730-2548

VLTBIKE@yahoo.com

1350 Fisherhawk Dr Sunnyvale, CA 94087-3451

Ride Chair: Guy Shuman

shumansteiner@gmail.com

Event Chair: Jean Symons

events@westernwheelers.org

Sequoia Chair: Randall Braun (415) 265-4663

SequoiaChair@westernwheelers.org

Webmaster: Vito Mazzarino

Webmaster@westernwheelers.org

At Large Board Members:

Brian Kaplan brian.kaplan@gmail.com

Cathy Switzer cbsbikes@mac.com

Fran Williams events@westernwheelers.org

Training/Skills Coordinator: Bill Sherwin

wbsherwin@gmail.com

Advocacy Chair: John Langbein (650) 365-9462

john_langbein@yahoo.com

LAB Rep: Alan Wachtel (650) 494-1750

wachtel@aol.com

Statistician: Eric Greer (408) 257-5356

stats@westernwheelers.org

Historian: Dick Blaine (408) 257-6410

Ride Coordinators:

LDT Guy Shuman (650) 704-0895

shumansteiner@gmail.com

R&R Randall Braun (415) 265-4663

rgbraun@earthlink.net

Fall Fun Series Bill Sherwin

wbsherwin@gmail.com

To add a ride: addride@westernwheelers.org

Email List: Guy Shuman

listowner@westernwheelers.org

Club Jersey Sales: Christine Fawcett

(650) 949-4993

Social Network Editor: Ken Lee

ken3le@gmail.com

Travel Case Custodian: Hal Nystrom **new!!**

(408) 718-2153 nystromhal@gmail.com



Club Calendar Summer 2023

July

9	Sun	Bike Skills Clinic 201
12	Wed	Board Meeting—Zoom Only
20	Thurs	Flat Tyre Deadline for August Issue

August

06	Sun	Bike Skills Clinic 301
07	Mon	Club Blood Drive
09	Wed	Board Meeting-Location TBD
13	Sun	Ice Cream Social
20	Sun	Bike Skills Clinic 201
20	Sun	Flat Tyre Deadline for Sept. Issue
27	Sun	Ride Leaders' BBQ

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 June 2023 Board Meeting Minutes

(Pending Board approval)

-Submitted by Gloria Kreitman, WWBC Secretary

Date: Wednesday, June 7, 2023

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

Location: Mountain View Community Center, 201 S. Rengstorff Avenue, Mountain View, CA and Zoom

Food wrangler: Fran Williams

Call to Order at 7:01 pm

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

Zoom: Peggy George and Brian Kaplan

Standing Items (continued next page)

- Date of next meeting—July 12, 2023
- Location of next meeting—Zoom only
- Approve the previous minutes—the May 2023 minutes were unanimously approved

New Business and Area Lead Updates:

- **Brian—Sequoia Committee:** Brian provided an update on the Sequoia registration refunds. Registrants were given several options on how they preferred we handle their registration fee:
 - Option 1) Allow WW to keep the entire amount to help defray the club's sunk costs
 - Option 2) Receive a 50% refund - getting money back but helping the club recover costs
 - Option 3) Receive a 100% refund
 At the time of the Sequoia cancellation there were 389 paid registrants. To date, 372 registrants provided input on their preferred option and 17 registrants have not responded. Overall, the feedback from registrants was positive. Even though the Sequoia was canceled, many riders expressed their appreciation that the decision to cancel was based on safety considerations.
- **Mike—Treasurer:** Mike reported on the financial impact of Sequoia cancellation and where the club's finances stand. The club incurred expenses for the Sequoia (advertising, insurance, credit card fees, socks and other assets, etc.) that have been offset by riders who contributed some or all of their registration fees. Mike pointed out that our budget assumed receiving \$3,000 from Sequoia proceeds which will not happen now.
- **Randall—Sequoia Chair:** The club received \$3600 from Sequoia registrants who contributed an additional \$25 to support the Coastside charities. Randall led a discussion on how to allocate the Sequoia registrants' \$25 donations. The Board approved distribution of the donations as follows:
 - \$1500 to Puente
 - \$1500 to Abundant Grace Coastside Worker
 - \$600 to La Honda Volunteer Fire Brigade
- **David—President:** David led a discussion on whether to sponsor the Bike Hut Classic as we have in prior years. The Bike Hut Classic is a fundraiser ride in support of Abundant Grace Coastside Worker. The Board did not approve using additional club funds to sponsor the Bike Hut Classic event this year. We will promote the event in the Flat Tyre to encourage club members to sign up. (Update after the Board meeting:

Abundant Grace decided to make Western Wheelers a gold sponsor of the Bike Hut Classic this year based on the donation of \$1500 from the Sequoia contributions.)

David reviewed a request from Eric Greer, club statistician, for improvements to our stats collecting process. David will get more input from Eric for further discussion.

• **Area Lead Updates**

- **Guy—Ride Chair:** Guy reported that the LDT Series ended well. There were no major accidents this year. There were 112 riders at the last LDT ride up Mount Hamilton. The Fall River Century is on July 15. Guy distributed an email to club members about upcoming rides including the Fall River Century on July 15, the Fall Fun Series, and the Solvang Sojourn in October.
- **Jean—Event Chair:** Jean reported that the Ice Cream Social will start at 2:00 pm on Sunday, August 13 at Shoup Park. Planning discussions are underway for Oktoberfest.
- **Peggy—Flat Tyre Editor:** Peggy reported that the deadline for the July Flat Tyre is June 15.
- **Vern—Membership Chair:** Vern reported that we had 13 new members join within the last two months, which brings the total number of members to 949. This is the lowest membership count in recent months and is down 111 from last year's June membership count. Vern speculates it could be because of increased dues or the coolish weather.
- **Vito—Webmaster:** This month the web activity was focused on Sequoia cleanup.
- **Cathy—Training and Skills:** Three clinics have been added to the schedule in July and August. Registration will open soon for the 201 clinic in July.

There were no other updates by Board members. The meeting adjourned at 9:05 pm.



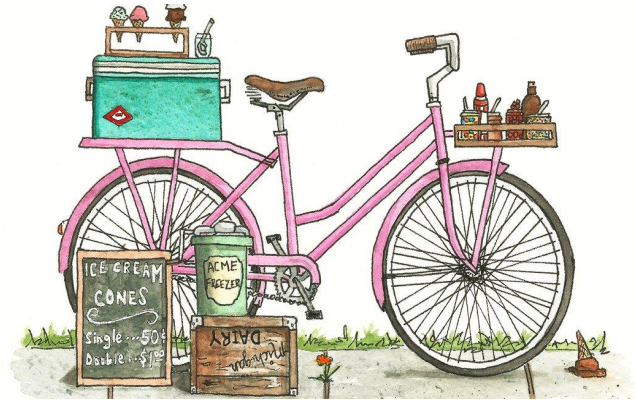
Board minutes were submitted by Gloria Kreitman, Club Secretary

Welcome New Members

June 2023

Please welcome the following new members to the Western Wheelers:

Peggy Cunningham	Los Altos
Sanjeev Kumar & Family	Palo Alto
Andrew Lee	Mountain View
Kaley McCumber	Cupertino
James Pflasterer	Palo Alto
Jakub Solovsky	East Palo Alto



The Pescadero Run Around Ride, June 1, 2023

-submitted by Mona Schorow, Club Member, The Sequoia 2023 Volunteers Recruiter

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



Ice Cream Social

All Western Wheelers members are invited to the annual **Ice Cream Social at Shoup Park on Sunday, August 13, 2023 at 2:00pm.**

The club will provide ice cream, fruit, nuts and other toppings so you can build your own sundae. In addition to traditional ice cream, there will be low-fat, non-fat and non-dairy selections. Also! This year we're also supplying Root Beer for Root Beer floats!

We will also be posting pre-party rides, to work up an appetite with your Western Wheeler friends, so you can enjoy sweet treats and good times at Shoup Park.

Volunteers ROCK! Can you help with setup, clean up or help during the Ice Cream Social? If so, please email the events team at events@westernwheelers.org

Hope to see you there!

To Lisa and Jim Burque, Captains of the Loma Mar Rest Stop, the cancellation of **The Sequoia 2023** meant June 4th would not be spent organizing, greeting and delighting cyclists at the Loma Mar store enclave nestled in towering redwoods. After speaking with Brian Kaplan, who wanted to thank the volunteers and recognize Randall for his work, they organized a ride from Pescadero with pretty parts of **The Sequoia** that avoided busy roads affected by closures. (Holding the ride on a weekend would have meant busier roads that were less safe.)



Everyone—Sequoia volunteers, riders, and well-wishers—enjoyed this social ride. With stunning views,

provocative hills, and great company, rides don't get much better.



The Highway 1, Pacific Coast views as the riders headed north to Pigeon Point were spectacular.

The Loma Mar store—or “Loma Mar-Tians” as they consider themselves—is an other-worldly oasis with exquisite food. Some dishes—like their duck tacos—sell out. Fortunately, all their dishes are delicious.

Randall Braun, who has led **The Sequoia** for the last eight years, spent much of the year preparing for this year's Sequoia. His cancellation of the ride was a painful decision agreed to by the Board. The riders at lunch enjoyed watching Randall receive a well-earned appreciation award from David Schorow and Brian Kaplan.



Puente is one of the organizations supported by **The Sequoia**. It bridges the migrant farm working community with the south San Mateo County coastal community. The ride swung by their Pescadero site and Alejandra Ortega, the Director of Fund Development, described their work to the riders. Puente encourages self-sufficiency in the community by utilizing local resources. They coordinate medical and dental assistance, childcare, tutoring, and educational resources. Two women volunteers there gave out vouchers for the needy to use at the local farmers market that day.



Everyone agreed the June 1st ride was “challengingly beautiful” and **The Sequoia's** community spirit was represented by the symbolic check presented to Puente. Puente will receive more than \$2000 this year made up of individual member donations and \$1,500 from the club.



photo credits: Cindy Asrir, Lisa Burque, Mona Schorow

Ukrainian Lunch Stop Ride

“A” Ride

-submitted by Cheryl Smith, Club Member

Sunday June 4th was a fun ride to support Ukraine and eat great food while doing it. Pamela Putman and Pat Elson took Jessica's notice of a Ukrainian Lunch Stop to heart and devised a flat, 13-mile ride starting from the Sunnyvale Community center. One friendly neighbor even invited us to eat at his backyard patio table. Between the seven riders (Ken, Po, Katina, Lily, Cheryl, Pat and Pam) we sampled a large assortment of authentic Ukrainian food prepared by members of the Bay Area Ukrainian community. This included layered cakes, artisan chocolate, chicken salad, meatballs and pastries (savory with cabbage, mushrooms and sweet with sesame seeds). Afterwards, we rode to the Apple Park Cafe on Tantau to enjoy coffee under the trees and enjoy the perfect weather. One of us even got an iPhone question answered at the same time! The group made good time on the way home with the added caffeine.



Photo credit: Cheryl Smith

Po deciding what to select for lunch (top)

Group shot: Cheryl, Pam, Po, Ken, Pat, Katina (above)

Lily with the Ukrainian flags (left)



Memorial Day Weekend Visit to the Rose Garden “B” Ride



This Memorial Day Weekend ride to San Jose was led by Rosemary Gill and Gloria Kreitman.

Singles Rides Report

Thanks to all of the fun singles that have been joining in our rides! We are done with the miserable winter rainy weather that canceled a couple of our rides, thank goodness. In May and June we had a strong and social group that enjoyed riding together. We had been having more women than men, but now the numbers are balancing out. Our June ride had 14 of us with ability levels ranging from solid to mountain goat (the latter folks went up Joaquin!). We had a tasty Mexican lunch where we got to talk and get to know each other about 2/3 of the way through the ride. Randall has come up with some great routes that take us off busy roads so everyone stays safe.

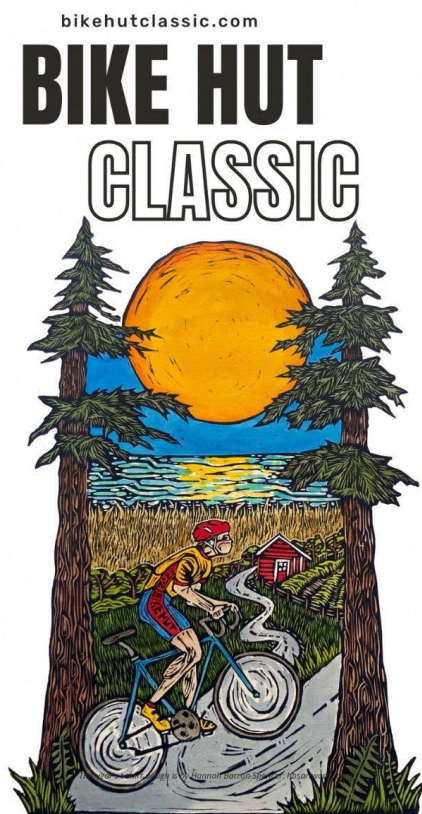
We will enjoy a block party this summer—[email](#) me to get on the singles cycling email list for updates on other fun events beyond our scheduled rides.

Next month's ride will be on Saturday July 8th and will likely be on a route through Stevens Creek canyon to stay in the shade. Keep an eye out on the ride calendar for more details.

Thanks! Carina Rossner. Club Member



Lunch at Amigos Grill and Cocina



Ride Reception Saturday, July 22nd at Potrero Nuevo Farm
(behind the Bike Hut) with food, music,
prizes and awards.



Abundant Grace
COASTSIDER WORKER

JULY 1-16

Register Now Online:
bikehutclassic.com

Register for the *Bike Hut Classic* and climb from the Bike Hut to Skyline on Tunitas Creek Road in Half Moon Bay while supporting Abundant Grace Coastsider Worker! This gorgeous and challenging DIY ride begins by rolling alongside Coastal farms and scenic countryside before starting the ascent through the Redwoods with switchbacks and stunning forest views. T-Shirt and raffle prize entry for all riders!



Read More About the Bike Hut Classic:

<https://www.bikehutclassic.org/>

Thursday, July 6th

C/3 (4600')/54 Bike Hut Classic

Join **Lisa and Jim Burque** for one of our favorite rides out of Half Moon Bay as we participate in the Bike Hut Classic. After warming up our legs on Hwy 1 and regrouping at the Bike Hut, we climb Tunitas when we are still fresh. We will then head along Skyline to 84 and descend to San Gregorio for a lunch/snack stop (bring or buy, limited selection). We'll return to the Bike Hut before taking Lobitos Creek Cutoff and heading back towards Half Moon Bay. Based on the weather, energy levels or general consensus, riders can head to Hwy 1 from the Bike Hut or head back via Hwy 1 after Lobitos cut-off or we can do our final climb up Purisima. Registration for the Bike Hut Classic is not required but it is encouraged as the ride is supporting a worthy cause. Meet at the corner of Kelly and Purissima

(one block west of MacDutra Park) at 9:15 for a 9:30am start. Contact burquejl@gmail.com or 650-823-6800.

Please download or print route sheet:

Route: <https://ridewithgps.com/routes/32751775>

Short Option (50 miles/3800 ft):

<https://ridewithgps.com/routes/36745524>

Route Sheet: [HMB to La Honda via Tunitas.pdf](#)

Saturday, July 22nd

C/3/27 HMB to Bike Hut Classic Celebration

For those who participated in the 2023 Bike Hut Classic, join Lisa and Jim Burque

on a short jaunt to the Bike Hut for our t-shirt pick up, ice cream sundaes and winner board celebration. We'll take Lobitos Cut-off over to the Bike Hut, spend enough time at the celebration to enjoy ice cream sundaes and then head back to Half Moon Bay via Lobitos Creek and Purisima. Optional lunch stop back in Half Moon Bay - Dad's Luncheonette at 225 Cabrillo Highway South at Kelly Ave.

Meet at Mac Dutra Park on the corner of Kelly and Main in Half Moon Bay at 9:15 for a 9:30am start. Be sure to park in a spot a couple of blocks off Main Street where parking is not limited to two hours. Again, this ride is only for those who registered for the Bike Hut Classic. Contact: burquejl@gmail.com or 650-823-6800.

Ride with GPS Route:

<https://ridewithgps.com/routes/36878794>

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

History Corner

A History of Hills R Us

Prolog

I'm likely the last remaining rider of Hills R Us who has some connection to its early days. As such, I thought it might perhaps prove useful to some future Hills R Us riders to have, for the record, what I know of its origin and leadership. Much of the early timeline information comes from back issues of the Flat Tyre, supplemented by the Hills R Us blog.

I leave it to succeeding leaders to update this history as appropriate.

—Michael Khaw, June 2023

Hills R Us was started in mid-1998 by Steve Kramer and Jim Halicho. It was a C/3-4/35-60 ride, and met every Wednesday at Shoup Park at 10 am. Steve moved away years ago and Jim took up photography in favor of cycling.

The 2nd generation of leaders—Roger Coombes and Jim Mills—led from August 2003 through August 2004. Roger moved away in 2020(?). Jim, sadly, died from a solo crash on a Hills R Us ride in August 2004. Roger kept leading through September 2004. Van Whitis and Roger Stenerson then took over for a transition month in October 2004. Then Van Whitis and Michael Khaw became the co-leaders in November 2004.

During Roger and Jim's tenure, the ride was co-listed with ACTC, and riders had no idea where the ride was going until they showed up at Shoup Park. Having observed that sometimes the route would turn out to go too far for some riders to get home when they needed to—obliging them to either break off early or else not do the ride at all—Van and Michael decided to publish the route a few days in advance (via email at the time). In March 2006 they revised the ride rating to C-D/3-4/35-65 to reflect that the ride during Roger and Jim's time had already gotten faster, and often in Daylight Saving Time would range farther

than 60 miles. It remained C-D through December 2009 and then became DE as of January 2010.

Van had to quit biking at the end of 2006. Michael became sole ride leader in 2007, with others filling in while he was away for work in the summer months: Roger Coombes, April–October 2007; Mike Harding and Steve Chapel May–October 2008 and again May–June 2009; Steve Chapel and Dave Fitch December 2011–January 2012.

Michael stepped down after January 2012. Steve, Dave, Paul Melville and Mike Harding took over. Mike Harding stepped down after March 2013, then Dave Fitch stepped down after August 2013, and Doug Hahn took his place through May 2019.

Meanwhile, in June 2012 Martha Landis, Gene Kiernan and Ed Wesley started the more relaxed-pace Social Climbers edition of Hills R Us, rated D instead of DE, and drew many women riders. Ed stepped down after May 2014. Martha and Gene continued through May 2017, after which Betty DeLuco and Dave Fitch stepped in. Betty stepped down at the end of 2018 and Don Johann joined Dave in January 2019. Cathy Switzer joined them in March 2019.

In 2020, because of dwindling ridership in the original Hills R Us, the ride leaders decided to merge it with Social Climbers and retitle the ride Hills R Us... just in time for the COVID-19 lockdown. Hills R Us resumed normal operation in February 2021, led by Don Johann, Cathy Switzer, Jack Jones, Steve Rempel... with Gary Virshup and Michael Khaw occasionally filling in as “guest leader”.

Due to a resurgence of faster riders joining the ride, the ride leaders decided to again split into a DE Hills R Us and a C+,D Hills R Us Social Climbers effective July 2023.

List of Hills R Us leaders

5/1998–7/2003 Steve Kramer and Jim Halicho
 8/2003–8/2004 Roger Coombes and Jim Mills (+ACTC)
 9/2004 Roger Coombes (+ACTC)
 10/2004 Van Whitis and Roger Stenerson
 11/2004– 12/2006 Van Whitis and Michael Khaw

1/2007–1/2012 Michael Khaw
 4/2007–10/2007 Roger Coombes
 5/2008–10/2008 Mike Harding, Steve Chapel
 5/2009– 6/2009 Mike Harding, Steve Chapel
 12/2011 Steve Chapel, Dave Fitch
 1/2012 Steve Chapel, Dave Fitch
 2/2012–3/2013 Steve Chapel, Dave Fitch, Paul Melville,
 Mike Harding (deceased 12/14/2013)
 4/2013–6/2013 Steve Chapel, Dave Fitch, Paul Melville
 7/2013 Steve Chapel, Paul Melville
 8/2013 Steve Chapel, Dave Fitch, Paul Melville
 9/2013–11/2013 Steve Chapel, Paul Melville
 12/2013 Steve Chapel, Paul Melville, Doug Hahn
 1/2014 Steve Chapel, Paul Melville
 2/2014–5/2019 Steve Chapel, Paul Melville, Doug Hahn
 6/2019–12/2019 Steve Chapel, Paul Melville
 2/2020 Steve Chapel, Paul Melville, Don Johann, Cathy
 Switzer (+Dave Fitch)
 3/2020 Paul Melville, Don Johann, Cathy Switzer, Jack
 Jones
 (COVID-19 SiP halt 4/2020–10/2020)
 11/2020 Paul Melville, Don Johann, Cathy Switzer, Jack
 Jones, Steve Rempel
 (COVID-19 halt 12/2020–1/2021)
 since 2/2021 Don Johann, Cathy Switzer, Jack Jones,
 Steve Rempel (+Gary Virshup, Michael Khaw)

List of Social Climbers leaders

6/2012–9/2013 Martha and Gene Kiernan, Ed Wesley
 10/2013 Martha and Gene Kiernan
 11/2012–3/2014 Martha and Gene Kiernan, Ed Wesley
 4/2014 Martha and Gene Kiernan
 5/2014 Martha and Gene Kiernan, Ed Wesley
 6/2014–5/2017 Martha and Gene Kiernan
 6/2017–12/2018 Betty DeLuco, Dave Fitch
 1/2019–2/2019 Dave Fitch, Don Johann
 3/2019–12/2019 Dave Fitch, Don Johann, Cathy Switzer
 1/2020 Steve Chapel, Paul Melville, Don Johann, Cathy
 Switzer (+Dave Fitch)



“The Great Horseshoe Meadows Adventure” submitted by Paige Tang for the 2022 Annual Club Photography Contest



“4th of July” submitted by Michael Khaw for the 2022 Annual Club Photography Contest

WWBC Blood Donation Drive

Please consider joining us for our fourth Blood Drive Event of the year, on Monday, August 7, 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.

STANFORD BLOOD CENTER

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, 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.



July 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. [Route/RWGPS file](#).

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 Meet at 8:45 AM for a 9:00 AM start. 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](#). Rain cancels. Ride Leaders rotate weekly [Don Johann](#), [Cathy Switzer](#), [Jack Jones](#) and [Steve Rempel](#).

NEW! C+D/3-4/35-70 SOCIAL CLIMBERS HILLS R US

If you can ride the hills but not at the DE pace, come join us, the C+D Social Climbers. We do the same ride as the DE group, meeting at 9:00 for a 9:15 Start. 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](#). Rain cancels. Ride Leaders rotate weekly [Don Johann](#), [Cathy Switzer](#), [Jack Jones](#) and [Steve Rempel](#).

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

JULY/AUG. 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 10:00 and be ready to roll by 10:15. 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](#).

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](#) 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.

