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Turn at the Front

Riding with the Vikings

David Schorow, President

I spent nearly three weeks in Vikings territory. No, not in Minnesota with the football team, but in Scandinavia on a two-week bike tour that went from Copenhagen, Denmark, through Sweden to Stockholm and ending in Helsinki, Finland.

The tour was run by [Czech Active Tours](#) (who are rebranding themselves as [Best European Bike Tours](#)). I previously did a fantastic tour with this company going from Prague to Budapest. This Scandinavia tour was another great experience. The company does a great job providing full-service tours. They plan the routes, reserve the lodging, arrange some of the dinners, provide water and snack stops, and plan interesting local tours in some of the cities along the way. We had two guides riding bikes with the group and two more driving vans for



shuttling the group and loaded with snack food, water, tools, and spare wheels. I wholeheartedly recommend Czech Active Tours and will likely do more of their tours in the future.

The tour had eighteen total participants. I was joined on the tour by five other Western Wheelers: my wife Mona,

Lisa and Jim Burke, Nancy Chan, and Tina Pham. The other twelve came from around the United States. Many of them knew each other from previous tours or were friends. Everyone was friendly, enjoyed being together, and were generally in our age demographic.

I find there are two top attractions to international tours. One is riding in terrain and scenery far different than our local territory. A second is learning about the history, geography, and culture of the countries, including sampling the local cuisines. This trip delivered on both counts.

The riding in these countries was flat or rolling with no long climbs. The scenery typically consisted of forests, rolling farmlands, or views of lakes and bays. The lack of big climbs also meant we rarely had large vista views. Most of the roads were smooth with little traffic. The flat to gentle rolling terrain lent itself to drafting. I spent much of the trip pacelining with riders whose speed matched mine or drafting behind a couple from Philadelphia who rode a tandem.

Besides traveling by bike or van, we took ferries to get from one country to the next. A short ferry ride took us to Sweden from Denmark on the first day of riding. After six riding days and one rest day in Sweden, we had a five-hour ferry ride on a cruise ship type of boat from Stockholm to the Åland Islands. After two days riding around the main Åland island, we took a similar boat for another five hours into Finland for our final two days of riding to Helsinki. Traveling on these large cruise ships with restaurants, bars, and dance clubs was a novel and fun experience itself.

It was fascinating to explore the three capital cities, all of which are dominated by water features. Copenhagen has extensive canals separating the land masses forming the city. The first day of the bike tour included a boat tour through the canals showcasing the different parts of the city and its historical buildings. There we were first introduced to Smørbrød, a common Scandinavian lunch food. It is an open sandwich on a dark, heavy slice of rye bread and generously topped with a choice of ingredients including cold cuts, pork, salmon, herring and garnished with sprouts, lettuce, or other toppings.

Stockholm is an archipelago, spreading over 14 islands interconnected with bridges and ferries. We stayed in Gamla stan, the original and most historic island. A walking tour organized by the tour company introduced us to the history and architecture of the city. We learned about the [Stockholm Bloodbath](#) where the Denmark king after being crowned king of Sweden killed many of the town's noblemen leading to his overthrow and Swedish independence from Denmark a short while later. It was great having a layover day in Stockholm allowing time to wander around the city, seeing the historic buildings, and stopping for a smørbrød lunch.

Helsinki is also an archipelago. Wikipedia claims it is spread over 315 islands, though just a few bridge-connected islands form its main core.



Unfortunately, I missed the last day of riding into Helsinki and the walking tour of the city due to contracting COVID, so I learned less about the city than the others. I recovered enough to have one day to wander around before going home.

We also had a couple of surprisingly interesting local tours in smaller cities. We visited the Matchstick Museum in Jönköping,

Sweden where the safety match was brought into mass production, toured the Swedish Air Force Museum in Linköping, and explored a preserved early 1900s commercial sailing ship at the Åland Maritime Museum. Also, on Åland we helped a village prepare its maypole decoration for its Midsummer Festival celebrating the summer solstice.

One thing that was common to all of the capital cities is their wonderful bicycling infrastructure and the large number of people cycling for their daily transportation, especially in Copenhagen and Stockholm. These cities typically have a street for cars, a curb separated lane for bicycles, and a separate sidewalk for pedestrians. One had to be careful not to inadvertently wander into the cycling

lanes. It was common to see a steady flow of riders in the bike lanes, typically riding cheap, 1-speed upright bikes, with no helmets and wearing street clothes. Most of these utility bikes have a built-in locking mechanism that locks the back wheel which prevents it from being ridden off but not from being carried away.



Copenhagen Bikes <https://youtu.be/JreaxmwT66A>

All in all, it was a very satisfying trip. To anyone interested in seeing this part of the world, I strongly recommend this tour or any trip offered by Best European Bike Tours.



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



August Safety Tip - Dangerous Behaviors on Group Rides

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

~ Udo E. Simonis

Okay, I admit it; I don't always come to a complete stop at stop signs. But there's a dangerous behavior at stop signs I've observed on some group rides. A group of riders stop at a stop sign, perhaps to let another driver through, to let pedestrians cross, or for some other reason when another rider comes from behind, passes the stopped riders, and goes through the intersection without stopping. This behavior endangers him or herself, breeds ill will toward cyclists, and aggravates the stopped riders. When you see cyclists stopped at an intersection, you should always assume there is a reason and come to a full stop.

There's a second dangerous behavior I've seen. Wheelers are typically quite good at calling "Car Back" when there is a car trying to pass a group of riders. But all too often, two or three people riding abreast fail to pull over into a single file formation to let the car pass. While there are times when taking over a lane is advisable, the default behavior should be to pause your conversation, pull to the right (of course, after checking there is room), and let the car pass.

These behaviors may both come from the same root cause. Don't let riding in a large group lull you into feeling cyclists own the road and can violate traffic rules or safe cycling practices. "Share the Road" works both ways, so even in a large group follow the same safe riding behavior as you would when riding by yourself or with one other person.

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

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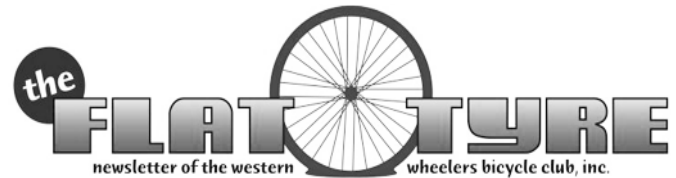
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Club Calendar August 2023

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 July 2023 Board Meeting Minutes

(Pending Board approval)

-Submitted by Gloria Kreitman, WWBC Secretary

Date: Wednesday, July 12, 2023

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

Location: Zoom only

Call to Order at 7:00 pm

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

Absent: Brian Kaplan

Standing Items

- Date of next meeting—August 9, 2023
- Location of next meeting—Mountain View Community Center (pending availability)
- Food Wrangler—Peggy George

- Approve the previous minutes—the June 2023 minutes were unanimously approved

New Business and Area Lead Updates

- **David—President:** David led a board discussion about charitable contributions for 2023. Last month the Board approved distribution of \$3600 to Coastside charities. These funds came directly from Sequoia registrants who contributed an additional \$25 when they signed up. David reviewed the amounts we have donated to specific organizations over the last 5 years. A discussion followed and the Board agreed to continue charitable giving this year at a reduced rate. The following allocation was approved unanimously:

<u>Organization</u>	<u>Amount</u>
Silicon Valley Bike Coalition	\$400
Walk-Bike Cupertino	\$100
Great Streets Mountain View	\$100
Silicon Valley Bike Exchange	\$250
Good Karma Bikes	\$250
Community Cycles of CA	\$250
<u>The Bike Hut</u>	<u>\$150</u>
Total	\$1500

David also provided an update on the Bike Hut Classic. Western Wheelers Bicycle Club is a Gold Sponsor of the Classic this year based on our contribution to Abundant Grace. Money from the Bike Hut Classic supports Abundant Grace Coastside Worker programs. Club members who register for the event can select the Western Wheelers Bicycle Club fundraiser (not just an association with Western Wheelers). Western Wheelers is currently in 2nd place for fundraising.

David announced that he is stepping down as Board President after he finishes his term at the end of this year. Western Wheelers needs someone to be President of the club in 2024. Anyone who is interested can contact David for more information about the position.

David updated the Board on a request from Eric Greer, club statistician, to reduce the amount of time required by streamlining the processes for collecting and reporting ride statistics. This requires someone who can review the current FileMaker Pro software scripts and make updates. The board discussed whether we need to continue to capture all of the data that Eric is

managing since many riders now track their own stats via online apps such as Strava and RWGPS. For insurance purposes and club awards, we need to continue to track the Ride Leader data. David will send a communication to club members for their feedback in order for the Board to decide next steps.

- **Area Lead Updates**

- **Mike—Treasurer:** Mike reviewed the July Pro Forma report on club finances. The full year forecast has not changed significantly from the June report. The financial impact of canceling the Sequoia this year was a loss of \$248 (donated registration fees + income - expenses) versus the budget of +\$3,000. The board discussed and agreed that the club’s bank balance is a comfortable margin to cover expenses.
- **Guy—Ride Chair:** Guy reported that there are a lot of rides this summer with a few new ride leaders as well. Bill Sherwin will lead the Fall Fun Series again this year. He plans an earlier start to the series on 9/16. Upcoming rides include the Ice Cream Social rides on 8/13, the LDT Napa Weekend on 9/29 -10/1 and the Solvang Sojourn from 10/13-10/20. David will be taking over the admin duties for the WW email lists while Guy is on vacation.
- **Randall—Sequoia Chair:** Randall reported that the committee is in early discussions about Sequoia 2024, which will be the 50th anniversary year. The team is focused on reducing risk to the club while maintaining a superior riding experience and expanding on the target demographics. Randall plans to present a preliminary plan for next year’s event at the next meeting.
- **Jean—Event Chair:** Jean reported that there are 78 people registered for the Ice Cream Social on 8/13. She will send an email to secure additional volunteers for the event, which will be held in Shoup Park in Los Altos. Planning discussions are on track for the Ride Leaders’ BBQ on 8/27 and the Oktoberfest event in Cuesta Park on 10/8. Jean drafted a process document on how to set up an event on our website. Vito and Fran will review the document and provide any comments.
- **Vern—Membership Chair:** Vern reported that we had 13 new members join since July 12, which brings the total number of members to 946. Vern will make David

Murphy a “freebee” member so that the iOS apps that use his membership ID will continue to work, but he will not be included in our membership stats.

- **Vito—Webmaster:** Website activity has been slow this month. Routine updates are being made for upcoming events.
- **Cathy—Training and Skills:** Cathy reported that registrations are down a bit for the clinics. The recent Bike Skills 201 clinic was combined with riders from Valley Spokesmen Bicycle Club. Registration is open for the Bike Skills 301 – Group Riding + Pacelines clinic on 8/6.

There were no other updates by Board members. The meeting adjourned at 8:55 pm.



Board minutes submitted by Gloria Kreitman, Club Secretary

Welcome New Members July 2023

Please welcome the following new members to the Western Wheelers:

Eric Bell	Sunnyvale
Stephen Crawford	Cupertino
Adam Garske	Palo Alto
Ralph Hipps	San Jose
Owen O’Malley	Sunnyvale
Nancy Shulman & Family	Palo Alto
Roger Strom	Los Altos
Gerard Vurens	Palo Alto



New members reported by Vern Tucker, Club Membership Chair

Ride Leaders BBQ is Sunday, August 27, 2023 at 1 pm

Ride Leaders Rock! Have you led a ride this year, served as a Big Wheel or organized a WWBC event? If so, you are invited to join us at Mike Rissi's house in Portola Valley on Sunday, August 27th at 1pm for our annual Ride Leaders BBQ. Join us for some fun in the sun with your fellow cyclists!

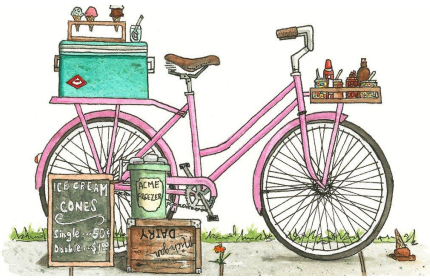


The club will provide meat, vegan options, and drinks, but please bring a salad, side dish or dessert. And don't forget your swimsuit since Mike has a lovely pool!

Please [register](#) so we know how many people to expect. The address will be provided at registration.

Not a ride leader but want to attend and help out? We need people like you to make these events a success! Please contact Jean & Fran at events@westernwheelers.org if you can help BBQ, shop, set up or clean up. Thank you!

Note: If you haven't led a ride yet this year, there is still time! You can submit your ride by emailing addride@westernwheelers.org, by using our handy [ride listing assistant](#) or by visiting our handy [ride leader's guide](#) on our website.



WWBC 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.**

[Please sign up here](#)

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. 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](#). Hope to see you there!

Bike Skills Classes Open

Bike Skills 201 – Climbing + Descending

Presented by Savvy Bike, on behalf of Western Wheelers, this members-only 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.

Bike Skills 201 Sun, August 20, 2023 at 8:45 AM.

[Register >](#)

Prerequisite: Bike Skills 101



Bike Skills 101 – Fundamental Bike Handling

I am happy to announce that we have scheduled one more Western Wheelers skills clinic for 2023:

Bike Skills 101 - Sunday, September 10, 2023

This members-only 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.

Please note, Bike Skills 101 is a prerequisite for both Bike Skills 201 and 301, advanced clinics in the Savvy Bike curriculum.

The Club is subsidizing the clinics, your Member cost is \$60 per person per clinic. Attendees must be Western Wheelers members in good standing, 18 years old or older. No guests, and registration is not refundable.

If anyone has any questions, please do not hesitate to contact me. See you out there!

Bill Sherwin

Western Wheelers Skills/Training Coordinator

Fall River Century 2023

-submitted by Lisa Burque, Club Member

Fall River Mills, nestled in a pristine northeastern California valley, provides commanding views of two of California's famous volcanoes: Mt Shasta to the northwest and Lassen Peak to the south. This annual ride takes us through communities that enjoy and appreciate our being there!



Prior to the forecast for a heat wave, twenty Wheelers were set to travel the five hours to enjoy this beautiful ride. When forecasts called for temperatures over 100 degrees, several people had second thoughts but fourteen Wheelers made the journey and had a fun weekend in the sun. We started with a social hour on Friday, where we had the opportunity to compare notes on who is doing what ride, and more importantly, review maps for shortcuts in case of heat exhaustion. We had riders who opted for the 25 mile ride, a 72 mile mile ride and full centuries. The riders planning on the double metric had second thoughts when the temperature hit the 90's by noon. Most of us partook in the pancake breakfast before the ride and then journeyed to the well-stocked rest stops. Many of us enjoyed a cool shower at the last rest stop of the day while rest stop staffers filled our bottles and offered a selection of goodies, including pickle juice, hard cooked eggs, pastries and homemade ice cream.



Picture of Shasta compliments of Yang Xiu

After the ride, most of the Wheelers got together to close out our weekend with Mexican food, drink and conversation. Some of us talked about what route or rest stops we would ride or go to next year.



Jim, Lisa, Bill and Amanda leaving last rest stop

Overall, a great time was had by all.

Club Ride Statistics

submitted by Eric Greer, Club Statistician

*Did you know the club keeps statistics for all members and leaders for rides led, mileage, elevation for each year?
Eric has been volunteering for this job for 15 years and now would like to pass the torch to the next member!*

If you have an interest in taking over this opportunity to support your club, please contact [Eric Greer](#).

Three rankings are : Individual Total Mileage, Individual Total Elevation, Leader Stats. This month individual total mileage greater than 500 is reported in the Flat Tyre. Next month Leader Stats will appear and a history of the club statisticians. The final results for the year appear in the February issue each year!

Club Stats January 1 - July 4, 2023

<i>Total # of Rides</i>	<i>Total # of Member-Rides</i>	<i>Total # of Guest-Rides</i>	<i>Total # of both Member-Guest</i>	<i>Total Miles by All Riders</i>	<i>Feet Climbed by All Riders</i>
466	5,115	284	5,399	201,984	12,834,080

Individual Club Members with total mileage 500 miles or greater (recorded through July 4,2023) are listed below:

<i>Rank,</i>	<i>Name,</i>	<i>Miles,</i>	<i># of rides,</i>	<i>ft. of climb,</i>	<i>Miles w/climb listed,</i>	<i>ft. of climb per mile</i>
1	Kai Wiedman	3396	80	211565	3372	63
2	Tom Schnurbusch	2894	98	22754	2775	8
3	Guy Shuman	2119	54	149152	2119	70
4	Gary Virshup	2110	44	166105	2110	79
5	HowardKoel	2015	57	95186	1802	53
6	Eric Greer	1945	34	180475	1945	93
7	Chris Atwood	1934	34	169548	1919	88
8	Lisa Burque	1926	48	133315	1926	69
9	JonathanPenn	1926	42	109532	1735	63
10	Tony Vecchiet	1870	50	119325	1870	64
11	Mindy Steiner	1870	49	129274	1870	69
12	David (Dave) Fitch	1786	55	100125	1786	56
13	Patty Koel	1786	50	91326	1551	59
14	Paul Breen	1785	72	2605	1645	2
15	Mike Gonzales	1739	35	107391	1504	71
16	Dale Gill	1694	54	111858	1670	67
17	Rob McEwen	1666	41	121290	1666	73
18	Bill Sherwin	1621	33	85735	1339	64
19	Joseph Kuspa	1606	38	77532	1371	57
20	Terria Brewer	1569	56	12572	1311	10
21	Jim Burque	1547	39	107014	1547	69
22	Kent Smith	1535	41	90938	1535	59
23	Jenny Warila	1533	34	121782	1533	79
24	ShawneryHardin	1519	25	145102	1519	96
25	Maria Stevens	1516	39	100256	1491	67
26	William Mueller	1507	43	102871	1507	68
27	Victor Dei Rossi	1435	32	49738	1200	41
28	Valerie Jones	1422	25	140927	1422	99
29	Randy Clark	1359	25	128401	1359	94

30	Lisa	Meltzer Penn	1352	40	67905	1230	55
31	Diana	Herrera	1352	25	119383	1352	88
32	Bert	Nelson	1322	43	54429	1298	42
33	Bonney	Ellestad	1312	38	76008	1312	58
34	Tom	Ockenden	1299	50	2069	1142	2
35	Mike	Adams	1258	22	121586	1258	97
36	Julie	Juracich	1252	35	92267	1252	74
37	Brian	Feinberg	1250	31	102679	1250	82
38	Henri	Revet	1219	31	88343	1219	72
39	Stuart	Smedley	1179	33	16914	827	20
40	Steve	Rempel	1174	21	113005	1174	96
41	Mike	Khaw	1170	35	72553	1170	62
42	Don	Johann	1159	21	111684	1159	96
43	Deirdre	Crommie	1155	24	100881	1155	87
44	Steve	Marra	1135	43	3055	1070	3
45	Gregory	Olsen	1130	33	62636	1130	55
46	John	Van Breemen	1127	28	89811	1112	81
47	Linda	Vanderhule	1121	26	84043	1121	75
48	Duane	Linden	1081	36	47158	1056	45
49	Bruce A.	Roberts	1075	18	109953	1075	102
50	Joe	Wang	1074	32	57945	1050	55
51	Nancy	Chan	1062	29	31137	732	43
52	Jack	Jones	1059	23	96861	1059	91
53	Bruce	Maule	1057	19	91331	1010	90
54	Chris	Mok	1054	33	48098	1030	47
55	Mark	Mack	1050	27	80203	1050	76
56	David	Schorow	1039	30	61806	1039	59
57	Len	Campagna-Pinto	1028	39	1440	797	2
58	Craig	Boyle	1008	34	49528	1008	49
59	David	Cho	985	18	71645	938	76
60	Mark	Huie	981	24	83790	981	85
61	Marcia	Furey	931	28	52240	906	58
62	Brian	Kaplan	922	22	64249	922	70
63	Marcello	Federico	902	24	73161	902	81
64	Jeff	Orum	899	30	44092	899	49
65	Jasmine	Wu	891	18	76728	876	88
66	Derek	Jensen	859	28	61600	844	73
67	Cindy	Asrir	856	24	64322	856	75
68	Gary	Goldman	837	28	67749	837	81
69	Paul	Melville	833	15	78690	833	94
70	Jon	Anderson	830	32	3923	770	5
71	Mike	Yadlowsky	824	23	69743	824	85
72	Vern	Tucker	822	25	42167	822	51
73	Tony	Jin	819	23	66311	819	81
74	Barry	Mann	795	19	61974	780.4	79
75	Cathy	Switzer	790	21	57536	790	73
76	Kristi	Williams	787	18	59490	787	76
77	Bob	Parker	783	24	32930	783	42
78	Shelli	Kramer	768	12	71055	768	93
79	Joice	White	764	20	57139	764	75
80	Jon	Silver	750	17	61900	750	83

81	Gilbert Sy	748	14	61800	748	83
82	Russell Hull	739	19	56112	739	76
83	Rosemary Gill	738	27	24070	714	34
84	Curt Relick	726	19	48539	726	67
85	Jim Takasugi	723	25	31109	699	45
86	Karen Langeman	722	16	38413	722	53
87	Stuart Kreitman	716	15	60331	716	84
88	Karen Canzoneri	714	13	49869	667	75
89	Jean Symons	683	18	47214	683	69
90	Don Lapin	682	17	62001	682	91
91	Daphne Cheng	681	13	61283	681	90
92	Mike Jenkins	675	22	39201	675	58
93	John Mar	675	19	46154	660	70
94	Ron Dell'Aquila	675	19	40946	675	61
95	Richard Exley	665	20	50691	620.4	82
96	Rupesh Kapoor	657	12	59648	657	91
97	Debra Paulsen	654	19	41015	654	63
98	Craig Robertson	649	22	33200	649	51
99	Sandy Abbott	644	19	39880	644	62
100	John Paine	640	20	27581	640	43
101	Ken Lum	638	27	3057	540	6
102	Wasi Wahid	628	12	57383	628	91
103	Dan Nevo	617	14	50477	617	82
104	Bob Lenox	614	21	30093	614	49
105	Marty Gothberg	600	11	58279	600	97
106	Brian Davis	598	17	36642	598	61
107	Amanda Archer	596	12	50207	596.4	84
108	Judy Kane	591	14	41300	591	70
109	Diana Tashjian	588	15	42570	588	72
110	Robert Tashjian	588	15	42570	588	72
111	Randy Heen	587	11	28097	540	52
112	Tom Scheuffele	585	10	50137	565	89
113	Hal Nystrom	583	18	33200	538	62
114	Vito Mazzarino	574	17	28790	574	50
115	Tom Driscoll	572	9	41220	572	72
116	Susann Novalis Burton	569	14	43856	569	77
117	David Liu	563	13	44411	563	79
118	Sunshine Valderrama	561	9	53200	561	95
119	Mona Schorow	560	18	29274	560	52
120	ZhiLing (Ling) Fan	556	12	43462	556	78
121	Ann Mangiaracina	553	11	42722	553	77
122	Brendan Conran	547	20	2084	500	4
123	Mike Munrow	541	9	58087	541	107
124	Robert Sandoval	534	11	42033	534	79
125	Bob Gerughty	532	21	3697	532	7
126	Susan Yeh	532	13	38757	532	73
127	Martin Macmillan	527	12	37225	527	71
128	John Fox	510	11	34008	510	67
129	Joe Martinka	504	12	37328	489	76
130	Craig Maxwell	500	18	3408	500	7

Bike Hut Classic 2023

-submitted by Lisa Burque, Club Member

Congrats to all 38 Western Wheelers who took part in the Bike Hut Classic. Through your registration fees, donations and the club donation, Western Wheelers ranked second among the bike clubs that participated in terms of fundraising...over \$5,000!!

The Bike Hut is in its 4th year of running this fundraiser to benefit [Abundant Grace Coastside Worker](#).

Abundant Grace hires people experiencing homelessness to work on Potrero Nuevo, a beautiful organic farm located just behind the Bike Hut, giving them purpose, community and a way to earn money.

And what did we need to do? Complete the epic climb from the Bike Hut to Skyline Blvd along beautiful Tunitas Creek Road. Many of us rode together in early July, making this ride even more special.



Those who chose to submit their ride times competed for a place on the leaderboard. Congrats to Mike Adams for placing first in his category!



Riders on top of Tunitas



Mike with Jay and Suzie, who run The Bike Hut

On Saturday, July 22nd, we got to revel in our glory as we rode to the Bike Hut to pick up our t-shirts and partake in celebratory ice cream sundaes. This ride brought together Wheelers and guests across multiple levels as we celebrated the success of the fundraiser.



Wheelers at celebration ride on July 22

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.o

Fall Fun Series 2023

The 2023 Fall Fun Series (FFS) begins on **Saturday, September 16, 2023 and is scheduled to run through Saturday, November 4, 2023.**

Please note that this schedule was prepared using knowledge available at the time about road closures, etc, and it is highly subject to change!

The FFS is designed primarily for C/D riders. B riders are welcome to join the FFS on a week by week, ad hoc basis, but a separate route is not provided for the B group. If you are interested in leading a B group on any given week, please contact Bill Sherwin by the Tuesday prior to the ride.

This year, as in past years, the series will consist mostly of rides within an hour's drive of Palo Alto/Redwood City. The FFS follows the same ride grouping format as the Long Distance Training (LDT) rides. The C ride is divided into "C-" and "C+" groups. The C- group is a social paced ride with frequent mandatory regroupings (riders in this group should be able to maintain a modest C pace). The C+ group has fewer/shorter regroupings and also moves at a slightly faster pace. Whichever option you choose, the FFS is a great way to explore the local area, sometimes following LDT routes and sometimes introducing other adventures.

Notes for 2023:

GENERAL NEWS: Updated FFS news/weather will be posted on the ["wwbc-RIDES" club email list](#). You can subscribe to the email list or visit the list site to get updated. Full information on email subscription options can be found at the club web site under the [EMAIL LISTS](#) menu item.

[ROUTE SHEETS/MAPS/GPS INFO:](#) This is a dedicated page on the web site (in the RIDE INFORMATION section) where you will find the route sheets for all - or almost all - of the rides in the Fall Fun Series. This page also has links to Maps/GPS routes where you can examine the map or download directions to your GPS device. (Routes are sometimes altered before the

ride, so please wait until the week of the ride to print your route sheets.)

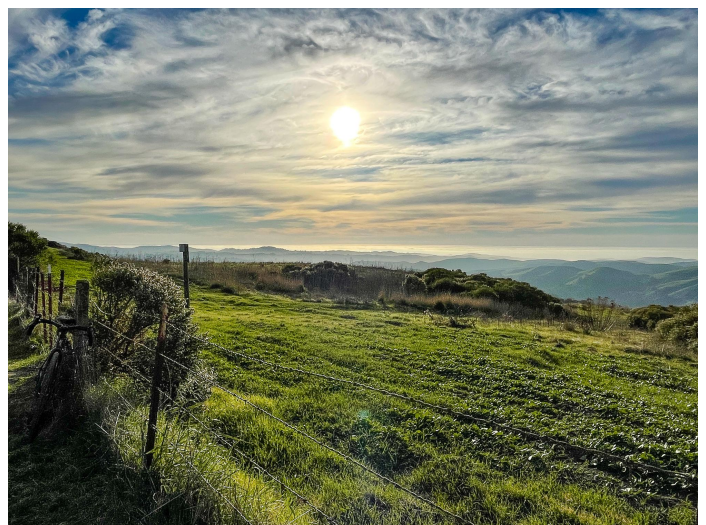
RIDE SCHEDULE: Below, subject to change, is the schedule for FFS 2023.

9/16/2023	Local Hills
9/23/2023	Moraga/Pinehurst
9/30/2023	NO FFS Ride Scheduled - Napa LDT
10/7/2023	Seascape
10/14/2023	Marin Headlands
10/21/2023	Mines Road
10/28/2023	Carquinez Straits
11/4/2023	Morgan Hill/Henry Coe

MEALS: Due to the changes we have been thru in the last few years, it may be that some favorite restaurants from the past may have closed, or that service may still be slower than would otherwise be the case. If you prefer to linger at lunch the group may not wait for you. Riders are encouraged to be prepared by bringing sufficient food and water to avoid unnecessary delays.

I look forward to seeing all of you at the FFS in 2023!

Bill Sherwin
2023 Fall Fun Series Coordinator



"Late fall afternoon on Skyline after a ride" submitted by Joe Wang for the 2021 Annual Club Photography Contest

Solvang Sojourn 2023

October 13-20, 2023

Submitted by Guy Shuman

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. [Check WW website/online ride schedule for ride details and registration information.](#) Contact [Guy Shuman](#) with any further questions.



Napa LDT Campout 2023

September 29 - October 1

Submitted by Guy Shuman

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. Our weekend begins with a Friday afternoon ride starting in the city of Napa and climbing Mt. Veeder Road. On Saturday we'll have various routes that start from our Bothe-Napa Valley State Park campsite and explore the hill country west of Lake Berryessa. Routes include Howell Mountain, Pope Valley, and Ink Grade Road. Sunday's rides venture west to Calistoga and beyond to Franz Valley School Road and return to Calistoga for lunch to finish out the weekend.

This is primarily a camping weekend, but there are also hotels in nearby Calistoga and St. Helena, but they can be pretty pricey in autumn. Cheaper accommodations can be found in the city of Napa (20 miles south) or Santa Rosa (20 miles west). **Registration is now open, with full details on logistics/cost on the online ride schedule (go to the [Saturday 9/30 ride listing](#)).**

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.



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.



August 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

C+D and DE/3-4/35-70 HILLS R US Meet at 8:45 AM for a 9:00 AM start. Two groups roll out and split along the way. 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 leaders 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](#) **NOTE - NO SECOND SUNDAY C RIDE IN AUGUST - SEE ALTERNATE RIDE LISTING.**

The third Sunday of every month

C-/0.5 (500')/39 LOVELY BAY GRAVEL RIDE Meet [Fredo Cirne](#) (408-931-4133) and [Eduardo Colaço](#) on the third Sunday of the month at 9:15 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](#). **NOTE - NO 4TH SUNDAY C RIDE IN AUGUST - SEE ALTERNATE SATURDAY RIDE LISTING.**

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.

