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(top photo: Olympic Peninsula Self-Guided Tour)

Turn at the Front

Gear I Use and Like

David Schorow, President

I'm using this month's column to list a few small items I've found useful while cycling. These are not major items like the bike I ride, Di2 electronic shifting, or a particular Garmin model. These are relatively inexpensive items that help my bicycling experience and may help yours.

Mirror Attached to Sunglasses

I recommend all cyclists use a mirror to easily track what's behind them. Mirrors for cycling come in many forms: attached to the helmet, on the bike's handlebar, extending out from sunglasses, attached to the sunglasses lens, or even worn on one's arm. Personally, I've not liked the ones that are attached to the bike as they require taking my eyes off the road to look down to view and the view is completely outside of my peripheral vision (ditto for the arm). I've used several that glue on to the helmet but all eventually fall off or have other problems. They are too fragile for travel.

What's been successful for me are the ones that clip onto the arms of my sunglasses. They only require a slight turn of the head to provide a good view of the road behind while not losing sight of the road ahead, they show things in my peripheral vision without blocking



the view ahead, and they readily detach and reattach for being transported. I use the [Take A Look Cyclist](#)

[Mirror](#), but there's also a [less expensive model](#) on Amazon.

I put a watch band fastener loop around where the mirror attaches to the sunglass arms. That way if it inadvertently comes off, it hangs down from the sunglasses and stays with me rather than falling to the ground. This has saved the mirror on numerous occasions such as when I've knocked it off while batting away a pesky gnat or fly.

Portable Master Link Tool

I first discussed this tool in the column [On the Road Repair](#) as useful for fixing broken chains. But it's been indispensable on several occasions when a chain drop caused a chain to get lodged where it shouldn't be, either between the rear cassette and the spokes, or inside of the small chain ring and underneath the chain catcher. On those occasions, no amount of pulling on the chain would free it. With this tool, I could easily open the chain at the master link, free the chain, and reconnect the master link after reinstalling the chain.



I carry the lightweight Wolf Tooth [Master Link Combo Pliers](#). It also provides a place to store two pairs of spare master links and can also serve as a tire lever. There are [similar tools](#) on Amazon that are less expensive (I can't vouch for them).

Hand Cleaning Wipes



Say that you've just freed your stuck chain with a master link tool as described above and have reinstalled it. It's likely your hands are now black with chain grease and dirt. That's where [Grease Monkey Degreaser Wipes](#) come to the rescue. I learned about these

from Bobbie Morrison. They do an amazing job at cleaning all the grease off your hands. A thin light packet can go in your under seat bag and not take up any room. You can go months without needing it, but when you do have to do that road-side repair of a drive train issue, it will be there to clean your hands afterwards.

CO2 Tire Inflator

Of course, the most common road-side repair is a flat tire. After spending more time than one would like to replace the inner tube and put the tire back on, one is faced with the daunting task of pumping it up with a frame-attached mini-pump. I find that after something like 500 pumps and my arms aching, I decide that 50 to 60 PSI is enough to continue the ride.

Recently I've converted to another strategy I learned from Frank McConville. I now carry a small CO2 inflator head and a CO2 cartridge. This setup will inflate a 700x28 tire to around 80 psi or more in a minute. There are several of these kinds of products. I'm using the [BriskMore CO2 inflator](#). It weighs a mere 20 grams, though the cartridges weigh 59 grams or about two ounces. It's well worth the weight to so quickly be fully inflated after a flat and ready to resume a ride. Note: the CO2 gas will slowly dissipate through an inner tube over time, so you need to re-inflate your tire with a pump at home before your next ride.



That's my short list of useful small items to bring on rides. What small items do you bring that other people might not know about? Let me know via email to "President at WesternWheelers.org".



David Schorow, Club President, writes the monthly Turn at the Front column and Safety Tip. (page 9 "Care When Descending")

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Club Calendar October 2023

02	Mon	Club Blood Drive 3 locations
08	Sun	OktoberFest at Cuesta Park, MV
11	Wed	Board Meeting on Zoom
20	Fri	<i>Flat Tyre</i> Deadline for Nov. Issue

The *FLAT TYRE* is the monthly newsletter of the Western Wheelers Bicycle Club, Inc., P.O. Box 60367, Palo Alto, CA 94306. To submit articles for inclusion in the *FLAT TYRE*, please send to Editors@westernwheelers.org

There was no Board Meeting in September

New Members September 2023

Please welcome the following new members to the Western Wheelers:

Vera Andreeva	Santa Clara
Sarah Beaver	Mountain View
Greg Frees	Los Altos
Jonathan Gold	Palo Alto
Allan Hirsch	Belmont
Che Ho	Santa Clara
Dan Hudgens & Family	San Mateo
Cynthia Rotwein & Craig Pappas	Santa Cruz
Allison ten Cate	Belmont
Zixiao Zhang	Atherton

New members reported by
Vern Tucker, Club Membership Chair





Oktoberfest

Sunday, October 8, 2023 at 1pm

Cuesta Park, Mountain View

Bring your appetites and join us for an old-fashioned Oktoberfest celebration as we enjoy a delicious selection of bratwurst (vegan options available), beer and salads at [Cuesta Park](#) in Mountain View.

The Oktoberfest picnic will be in the group picnic area off Cuesta Drive (opposite Nilda Ave) and is free for members and \$10 for guests. [Please RSVP](#) by **October 3rd**.

Want to earn your meal? Work up an appetite by joining one of the pre-party rides on our [ride calendar](#).

Also, we will need volunteers to make this happen! Please contact Jean & Fran at events@westernwheelers.org if you can help with shopping, grilling, set up or clean up.

Danke Schön!

WWBC Blood Donation Drive

Please consider joining us for our fifth Blood Drive Event of the year, on

Monday, October 2, 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 >](#)

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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.

Thanks for your time!

Organized by

Cathy Switzer, Board Member at Large.

Lifetime donations at Stanford - more than 232!

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.

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 registration information.** Contact [Guy Shuman](#) with any questions.

Tandem Transcontinental

And the Winners are ...

Linda Vanderhule and Fran Williams!!

Based on my propensity to document travels by collecting pictures of bikes in front of Post Offices, Gary Virshup coordinated a “Guess the Number of Post Offices” contest for my most recent trip. 20 entries with numbers ranging from 30 to 94, the final count was **51.5**. (Wait, what’s a HALF a Post Office? The Contest Judges determined that if a bike was not present in the picture (i.e. a “flyby picture”), the Post Office was only worth a half point)

And what was this trip? Transcontinental from Everett, WA to Rye Beach, NH, with fellow WW member Craig Robertson on his Habanero tandem. [PAC Tour](#) (owners are World Ultracycling Hall of Fame members [Lon Haldeman](#) and [Susan Notorangelo](#)) took care of all the details—routes, luggage, hotels, en route nutrition, encouragement, mechanical assistance. Great tour organizers, they even arranged for some wonderful tailwinds and an almost rain-free trip, with only about 12 miles of actual wet weather, spread out over 3 days.

This trip was no different than every tour any of us have been on. We enjoyed stunning views, lush forests, long ribbons of roads, farms of all sizes, various crops (corn in every state 🤪), stinky hot days, small road construction adventures, and of course, great camaraderie of a bunch riders supporting each other towards reaching the same goal - to finish upright!



Captain Craig Robertson with Stoker Cathy Switzer

Group challenges were limited to several Di2 battery issues (not charging, loose connections, mystery failures), miscellaneous flat tires (with a few tubeless on-the-road repairs taking much too long to fix), several days over 100°F and of course, some general fatigue. 3,700 or so miles later, we all finished. 22 riders, everyone stayed upright!

If you’d like to read more about the trip, visit [my blog >](#), and for even MORE pictures, view the [PAC Tour photo gallery >](#)

*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*



Olympic Peninsula Self-Guided Tour

submitted by Lisa Burke

The Olympic Peninsula in Washington State is the location of Olympic National Park, which spans nearly a million acres and encompasses three distinct ecosystems. It's such a diverse and unique place that it earned a natural UNESCO World Heritage Site and International Biosphere Reserve designations. The Olympic Peninsula has proven to be a premier destination for non-motorized touring. Specially designed for cyclists, the Olympic Discovery Trail (ODT) route winds through fields and farms, parks and towns; over creeks, rivers and ravines on restored railroad trestles; and past beaches and national recreation areas.

Sounds appealing? We thought so too, so we went online to research how to do a self-guided bike tour along the ODT. We found several companies that did guided bike tours along portions of the ODT

but no companies that provided support for those of us who wanted to set our own schedule but not carry our own luggage. With the help of the [Cascade Bicycle Club](#), we found Doc, the owner of Doc's Bike Repair shop in Port Townsend. Once Doc agreed to move luggage for us, we were ready to ride. (Spoiler Alert—at the end of the trip, he agreed to let us share his information with any Wheelers who want to enlist his services in the future).

Our tour started in Port Townsend, where we joined the Cascade Bicycle Club on their Tour Lite—three days of cycling in Port Townsend. It was a well-run tour with just over 75 cyclists hitting the quiet roads to various parks, beaches and forts. Each day, we had rest stops every ten miles with a variety of packaged snacks and a lunch stop each day with tasty sandwiches. Though most of the route was marked with paint, we were excited to see some Route Arrows™ along the way.

After the organized tour, seven intrepid riders drove to Port Angeles to start our self-guided tour. By driving to Port Angeles, we avoided the questionable stretch of road between Port Townsend and Blyn, while we still got to enjoy a forty mile ride that day. The first day took us to Sequim and back, a route with blackberries galore along the path and a lovely lavender farm.

The next day, we headed to Sol Duc Hot Springs, a stop recommended to us by Gary V. Our route had us detour off the ODT in order to stay on paved roads as we headed west. Once we reached the trailhead for Lake Crescent, we continued along the historical Spruce Railroad grade for six miles along the lake's spectacular north shore. This was definitely one of the highlights of the tour.

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We arrived at Sol Duc Hot Springs Resort in a light drizzle, which felt great after our last climb. After checking in to our cabins, many of us enjoyed the mineral hot springs soaking pools. We left Sol Duc the next morning feeling refreshed.

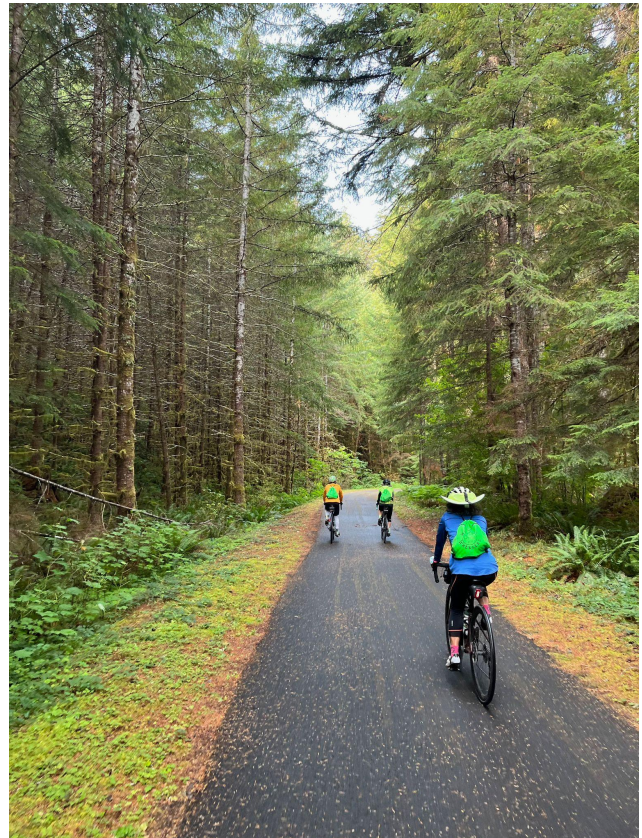
Next stop—Forks, a town best known for the *Twilight* series. Though we did not encounter any vampires or werewolves, we enjoyed several unique experiences. When we arrived, we dined on fry bread at the local Indigenous restaurant. Then we took a day off the bikes to explore the Hoh Rainforest. Hoh Rainforest is one of the largest temperate rainforests in the U.S. and is the wettest forest in the Contiguous US, receiving over 100 inches of rain per year. But we were fortunate in that we had a perfect day for a hike, with clear skies and no rain. After a day off the saddle and a happy hour back at the motel, we enjoyed our final dinner together.

The last day, half the group started on their drives home and half of us started our final 65-mile ride back to Port Angeles. We encountered Ian's Ride along the way. [Ian's Ride](#) aka Sea To Sound is a 74-mile, three-day, multi-modal group ride spanning the entire length of the Olympic Discovery Trail. Seeing so many cyclists in wheelchairs and other modalities was both humbling and inspiring.

We ended our cycling adventure in Port Angeles that afternoon after another spectacular day of riding. We encourage anyone who appreciates nature, nice roads, adventure and doesn't mind a few stretches on busy highways, to visit the Olympic Peninsula via the ODT. Our routes plus a few alternate routes are on the Western Wheelers website for your reference and use. If anyone wants Doc's contact information, please send me an

email. This was the first time he offered his services for luggage transport and does not have a ready-made package or pricing. He'll work it out with you based on your plans and needs.

Thanks to everyone who gave us suggestions for our routes and special thanks to our fellow riders for making the ODT tour a fantastic experience.





October Safety Tip — Care when Descending

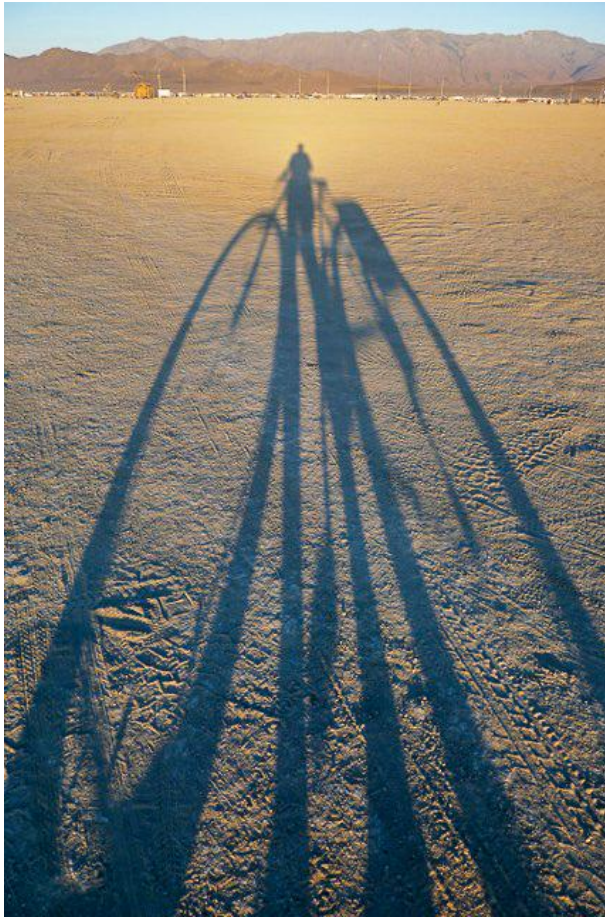
*Don't buy upgrades, ride up grades
~ Eddy Merckx*

Many of the great rides we have in our area travel hills and have long descents. There are some important considerations for safely handling descents. Begin at home the day before the ride by inspecting your bicycle.. Make sure your tires and brakes are in good condition and tires are fully inflated. Inspect your wheels for any misalignment or looseness.

During your ride when descending, move back in the saddle to prepare for emergency stops. Many experts recommend getting "in the drops" where you have full braking leverage and a lower center of gravity. Take care when passing fellow cyclists, always passing to the left, and announcing yourself before you pass. But most of all, **SLOW DOWN!** This is not a race and our roads are not in perfect condition, especially in the winter months when rain, leaves, and other debris are frequently present. You will enjoy the ride more if you are relaxed and not pushing the limits of your bike, road conditions, or your own abilities.

I want to especially note descending Page Mill as requiring extra care. In the Western Wheeler crash data I maintain, this is the one location that has seen multiple crashes. **Seven** Wheelers have crashed descending Page Mill in the past 4.5 years. Two involved some interaction with cars, but the other five were solo bike incidents, likely related to speed and road conditions (the exact cause of the crashes was not always known). So **please, use EXTRA CARE when descending Page Mill.**

*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.*



Fall Fun Series 2023

The 2023 Fall Fun Series (FFS) 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.

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.

10/7/2023	Mt. Diablo/Morgan Territory
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 through 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

(top left photo: “Burning Man Bicycle at Dawn” submitted by Judy Cowell for the 2022 Annual Club Photography Contest)

Western 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
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.



October 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. 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 with a lunch stop. 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 at Ladera then return to Burgess afterwards. Pack a snack and water for the ride and either bring lunch or plan on buying some. Leader: [Carina Rossner](#) (650-285-3475)

The second Sunday of every month

(NOTE: See ride schedule for changes to 2nd Sunday B Ride in October due to Oktoberfest Picnic on 10/8/23)
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](#)

(NOTE: No 2nd Sunday C Ride in October due to Oktoberfest Picnic on 10/8/23)

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

(NOTE: See ride schedule for temporary changes to this ride for October 15th ride)

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 regroup, 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](#).

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.



Learn about [becoming a member](#)