



-Upcoming Events

[Annual Holiday Party and Meeting](#)

-Announcements

[Welcome New Members](#)

[Bicycling Photography Contest](#)

[Board Nominees and Election](#)

-Resources

[Club Calendar](#)

[Wheelers' Ride Information](#)

-Upcoming Rides

[November 2023 Repeating Rides Schedule](#)

(left photo: "The Late Autumn" credit Lily Tan)

Turn at the Front

Touring the BAC Way

David Schorow, President

Mona and I recently completed a tour of the Berkshires in New England, hosted by the Bicycle Adventure Club (BAC). I had been hearing about

BAC tours for several years, but this was our first tour with them.

The [Bicycle Adventure Club](#) is a non-profit, bicycle touring club for serious cyclists with nearly two thousand members. Members volunteer to create and lead a variety of bicycle tours, both domestic and foreign



Inside This Edition

[TATF Touring the BAC way](#)

[Safety Tip: "Where to Ride in Traffic"](#)

-Member Ride News

[Bike Touring Pittsburgh to Washington DC via the GAP and C&O Trails](#)

for each other. Their motto is “Friends leading Friends on Rides”.

This tour, like many BAC tours, was structured as a point-to-point tour, with hotel stays reserved by the ride leaders, bags transported, and some meals provided. There were no tour provided rest stops nor SAG support, although in a pinch the car ferrying the luggage could have transported a few participants. In exchange for planning and organizing the tour, the tour leaders participated for free, and the other participants covered the tour costs. Our nine-day tour had an estimated cost of \$1,725 per person that was paid up front, but afterwards we received a \$273 refund from unspent money. That’s quite a bargain.

There were 23 participants on our tour, including the two ride leaders, Tom and Julie Leever. In addition to Mona and me, there were five other Western Wheelers on the tour: Bobbie Morrison, Dave Marancik, Anna Huynh, Jay Orbon, and Robin Davis (who currently lives in Connecticut near the start of



the tour). Our group did a short 21-mile shake-out ride on the day before the tour after assembling our bikes. Typical days had 45-50 miles of riding but on one day Mona and I rode 71 miles by combining two days of riding into one.

Here is a trip report written by Patricia Olson, one of the participants for this Berkshires tour (edited for brevity and clarity):

A sign of a great bike tour is when riders wish it would last just a few more days. This was certainly what happened with this scenic, green tour called The Berkshires.

BAC riders from the West Coast, Mtn West, Midwest and Eastern Seaboard all converged at Windsor Locks, CT (next to the Hartford Airport) where the tour began and finished. A half-dozen riders were newbies and given a hearty “Welcome Aboard!” on this budget-friendly tour.

The tour traversed Western Connecticut and Massachusetts with brief forays into New York and Vermont. Riders were given route options to ride longer/shorter distances, more/less climbing and included in the tour was an option to climb Mount Greylock, the highest point in Massachusetts. New England had record rainfall in 2023 and road closures for bridge repair resulted in some unexpected detours.

The scenery was everything one would expect of a New England ride: fieldstone fences in the Litchfield Hills, magnificent barns painted in dark tones of gray, taupe, or red, white-steeped churches, and lush vegetation with orange pumpkin stands punctuating the route. It was a treat to see the iconic New England village scene of Stockbridge MA as



immortalized in Norman Rockwell's famous work and containing a museum displaying his life's work.

Accommodations were all clean, comfortable, and easy to find with a mixture of business hotels and historic inns. Breakfasts at the hotels varied the most, from beautiful buffets with abundant choices to slim(mer) pickings eaten in our rooms. The five planned dinners were delicious and devoured.

The experienced leadership was apparent from start to finish. Most days had longer and shorter route options and everyone took advantage of the variety, sharing their highlights afterwards. Arranging for one- and two-night stays at locations allowed for rest, opting out of riding due to inclement weather, and exploration on foot.

All riders brought gear for wet riding conditions and were "rewarded" with opportunities to put them to use. The weather and the timing of our 2-night stay in Stockbridge allowed everyone a chance to visit the Norman Rockwell Museum. Another 2-night stay in Sharon also provided an option to avoid riding in the rain. [Our California group only rode in the rain for about an hour at the end of one day.]

A pre-dinner Happy Hour for both business and "bonding" was held every evening. It included a ride briefing and logistics and also time for ride leaders to make sure we all got to know our fellow riders.

All in all, this was an excellent tour of exceptional value providing miles of smiles and new friends made.

For more pictures, see the [Berkshires 2023 picture collage video](#) created by the ride leader.



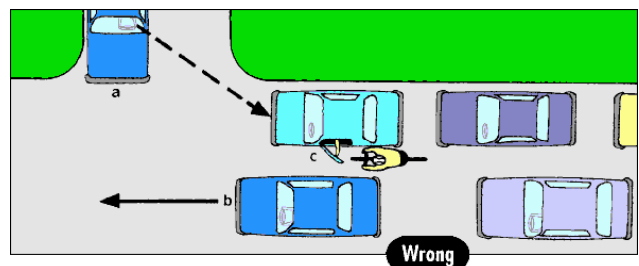
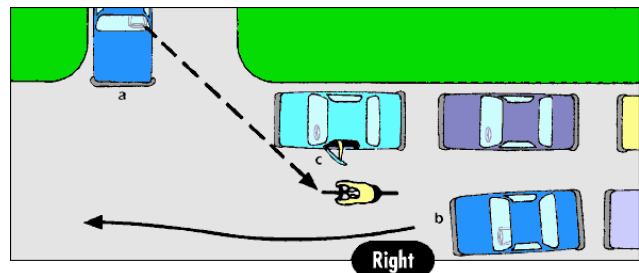
David Schorow, Club President, writes the monthly Turn at the Front column and Safety Tip.

October Safety Tip — Where to Ride in Traffic

You can't buy happiness, but you can buy a bicycle and that's pretty close.

~ Anonymous

Many cyclists believe they are safer and more comfortable riding as far to the right as possible. They fear being passed uncomfortably close by a motorist or they feel intimidated by impatient drivers. Riding too far to the right is very dangerous for several reasons: it puts the cyclist in the danger zone of poor sightlines and opening car doors; it invites motorists to attempt to pass too closely; and it takes away the cyclist's escape route to the right in the event of the unexpected. Take responsibility for your own safety and decide when to take the lane, even if other traffic must occasionally slowly follow you until there's an opportunity to pass by crossing over to the next lane.



For a more thorough discussion of how to position your bike when riding in traffic, see [Chapter 2 of *Bicycling Street Smarts*](#): Riding Confidently, Legally, and Safely, by John S. Allen.

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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Club Calendar November 2023

15	Wed	Board Meeting in MV
20	Mon	<i>Flat Tyre</i> Deadline for Dec. Issue
24	Fri	Board Candidate Nomination Deadline
26	Sun	Online Election Opens (if needed)
27	Mon	Photo Contest Deadline

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

DRAFT October 2023 Board Meeting Minutes

(Pending Board approval)

-Submitted by Gloria Kreitman, WWBC Secretary

Date: Wednesday, October 10, 2023

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

Location: Zoom

Call to Order at 7:03 pm

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

Absent: Mike Rissi

Guest: Jonathan Penn

Standing Items

- Date of next meeting—November 15 (not second Wednesday)
- Location of next meeting—Mtn View Community Center

- Food Wrangler—Gloria
- Approve the previous minutes—the August 2023 minutes were unanimously approved (no Board meeting in September)

New Business and Area Lead Updates:

- **Randall, Brian—Plans for 2024 Sequoia:** There have been discussions within the club whether a traditional ride event with paid registration can still be successful given recent experiences with the pandemic, demographic changes, rainy weather, and road closures. Some club members believe that it's time to move away from this format into something new. In September 2023 the Sequoia steering committee, consisting of Randall Braun, Russ Hull, Brian Kaplan, Gloria Kreitman, and Vito Mazzarino, met to discuss a new multi-day cycling celebration event as a possible alternative to the club's traditional one day Sequoia event. Though not unanimous, the steering committee recommended continuing with a traditional one-day event.

Prior to this month's Board meeting David surveyed local Bay Area bike clubs on how their annual ride events are doing based on: achieving the target number of paid registrants, generating expected income, and garnering support needed from club volunteers. The survey results are encouraging. After reviewing the findings and discussing the concerns, the Board accepted the Sequoia steering committee's recommendation to proceed with a traditional Sequoia on June 2, 2024. The Board asked the steering committee to consider ways to:

- mitigate risk (e.g. set pricing to encourage early registration, simplify the plan without significantly impacting rider experience, etc.)
- focus on marketing to attract paid participants (e.g. cross-promote the Sequoia with events from other clubs, etc.)
- explore ways to attract additional riders (e.g. add shorter/easier route)
- **David—Board Member Re-election Plans and Preliminary Election Planning:** The first election announcement email was distributed to

club members in early October. Vito reported that the candidate webpage is ready to go live before the end of the month. Responsibilities for the 2024 Sequoia will be managed collaboratively by the five member steering committee consisting of Russ Hull, Brian Kaplan, Gloria Kreitman, Vito Mazzarino, and Jenny Warila. The Board will not actively recruit to fill the position of Sequoia Chair in the upcoming Board election. David also reported that Tony Vecchiet will be taking on the role of Club Statistician from Eric Greer. Eric did a great job managing ride stats for the past 15 years.

Area Lead Updates

- **Guy—Ride Chair:** Guy reported that rides are going well. The Napa Valley LDT Weekend Trip was well attended. There are currently a total of 51 people signed up to attend some or all of the Solvang Sojourn this month. Our summer evening rides are coming to an end on 10/26.
- **Jean—Event Chair:** The Oktoberfest was a success again this year. Two hundred club members registered for the event. Guy managed a table to sell Sequoia/WWBC merchandise that we have on hand from prior years. Holiday Party menu planning is in progress. We plan to open registration in early November for the Holiday event which will be held at Michaels Restaurant at Shoreline. Jean requested Board feedback on the Holiday Party pricing prior to opening registration. She will email a summary of the costs and prices for this year compared with 2023 for the Board to review. Jean reported that she has successfully recruited a committee to support club events planning in 2024.
- **Peggy—Flat Tyre Editor:** Peggy reported that the publication of the Flat Tyre is running smoothly. She thanked Cathy Switzer and Mike Khaw for proofreading articles. The Board reviewed the current issue of the Flat Tyre during the meeting.
- **Vern—Membership Chair:** Vern reported that we had 22 new members join since August 9th, which brings the total number of members to 933.

Vern reported that the content on our membership pages needs to be reworded to clarify that PayPal is the processor for credit card payments.

- **Vito—Webmaster:** Vito contacted Vicki and Ron about managing the Photo Contest during the month of November. Winners are announced at the Annual Holiday Party and General Meeting. Vito is focused on the election and Sequoia sections of the website.
- **Cathy—Training and Skills:** Cathy reported that the Skills Clinic offerings are being re-evaluated and right-sized for 2024. The last 101 session of this year was full.

There were no other updates by Board members.

The meeting adjourned at 9:01 pm.



Board minutes submitted by Gloria Kreitman, Club Secretary

Welcome New Members October 2023

Please welcome the following new members to the Western Wheelers:

Joe DePrimo	Santa Clara
Roy Jordan	Sunnyvale
Jonathan Klein	Palo Alto
Candance Wilson & Family	Twain Harte

We also thank Bert and Mary Nelson for their generous donation to the Western Wheelers

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



*Join us for our annual
holiday party and meeting!*

Sunday December 10, 2023

5:30pm cocktails / 6:30pm dinner

7:30pm annual meeting & awards presentation

\$40 per member / \$55 per guest

Michael's at Shoreline

**2960 N Shoreline Blvd, Mountain View
Pre-registration required (Sorry, no walk-ins)**

This year's meal will be delicious as usual:

Rib Eye Steak with Mushroom Gravy, Salmon Fillet with Herb Butter Sauce, or Grilled Vegetable & Polenta Napoleon. Dinner Rolls, Salad, Two sides, wine and dessert are included.

The annual club meeting begins directly after dinner and is open to all members. The meeting includes the annual awards and results of the photo contest.

Please [Register](#) by Wednesday, December 6

Happy Holidays!



"The MMMM's Pop Up Halloween" submitted by Mona Schrow for 2022 Annual Club Photography Contest

Bicycling Photography Contest

Due to popular demand, the Western Wheelers Photo Contest is on again this year. The event will be virtual, with photos available for viewing on the web. Now is the time to submit your two favorite pictures for the contest. Voting and prize presentations will be at the Holiday Party.

Send photos (be sure to read the rules below) to: vpelton@vertical-edge.com. I will respond to every submission within 24 hours. If I don't respond within that time, please re-submit. Submissions due by **27 Nov 2023** (at 11 pm).

Here is the [archive](#) of the 2006–2022 contests

The Rules

- Must be taken between 1 Dec 2022 and 27 Nov 2023
- Must be related to biking in some way
- Limit of 2 photos per contestant
- Include your FULL name
- Include a 1-line caption with each photo
- Taken and submitted by a Western Wheeler's member
- No professionals

- Each contestant may win only 1 prize
- Submissions must allow publication in The Flat Tyre, newspapers, websites

--Vicki Pelton

vpelton@vertical-edge.com

Board Nominees and Election

- All 12 board positions are up for election.
- Any member in good standing can be nominated for any board position.
- Please send your nominations to the club secretary Gloria Kreitman and David Schorow.
- Nominations will be accepted until noon on Friday, November 24.
- The election will run online from November 26 until December 9 at 9pm.
- Results will be announced on December 10 at our Holiday Party and general meeting.
- If there is no contention for any position, no election will be held. Instead there will be an affirmation vote at the general meeting.

The current candidates are:

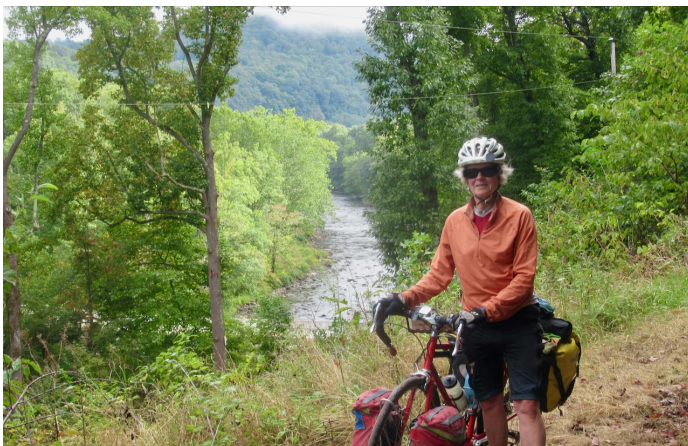
- President: Jonathan Penn
- Secretary: Gloria Kreitman
- Treasurer: Mike Rissi
- Ride Chair: Guy Shuman
- Events Chair: Jean Symons
- Membership Chair: Vern Tucker
- Sequoia Chair: Sequoia Steering Committee
- Flat Tyre Chief Editor: Peggy George
- Webmaster: David Schorow
- Members at Large (3): Brian Kaplan, Jenny Warila, Fran Williams

See [2024 Board of Directors Candidates](#)

Bike Tour — Pittsburgh to Washington DC via the GAP and C&O Trails

—submitted by John Langbein,
Club Member and Advocacy Chair

This past September, my wife (Karen Davis) and I traveled to the east coast to visit family and friends. We also took our bikes along to ride 350 miles from Pittsburgh to Washington D.C. The route is well-developed using the Great Allegheny Passage (GAP) trail, which is an abandoned railroad grade, and the towpath of the abandoned C&O (Chesapeake and Ohio) canal. The entire route is off-road with the exception of visiting towns along the way for food, accommodation, or sightseeing. In fact, I found the riding surface to be very nice as it is mostly finely crushed rock — except for the upper C&O trail, one isn't distracted looking where one's tires are going and, instead, one can view the surrounding countryside. But, given this is the east coast, one is riding through a green tunnel, usually adjacent to a river, or in the case of the canal, viewing the abandoned canal on one side and the Potomac River on the other side. There are great views from historic railroad trestles repurposed for hikers and bikers.



Along the GAP trail; a break in the trees to an overlook

Planning is made simple by going to the website

<https://thegreatalleghenypassage.com/> and/or purchasing a guidebook at <https://gaptrailstore.org> (\$10 plus \$7 shipping). Our logistics consisted of taking the train from DC to Pittsburgh (bikes with a bike reservation can ride without a box in the baggage car), spending the night in downtown Pittsburgh as the train arrives at midnight, then easily navigating to the confluence of the two rivers that form the Ohio River at mile 0 of the GAP. We followed the GAP trail all the way to Cumberland,



One of the longer, railroad trestles on the GAP trail

MD, where the GAP ends and the C&O starts. Leaving Pittsburgh, there are many signs (and rusting hulks) of the former coal mining and steel industry. Shortly, it becomes more rural as one follows the Youghiogheny River. It is a very gradual climb to the



The "continental" divide

Eastern Continental Divide (2400’).

The 1800-ft descent to Cumberland is a 2% railroad grade for about 15 to 20 miles. One quickly picks up the C&O trail adjacent to a National Parks Visitor Center and the railroad station for the Western Maryland railroad “tourist train” that runs next to the GAP trail for 15 miles to and from Frostburg, MD.



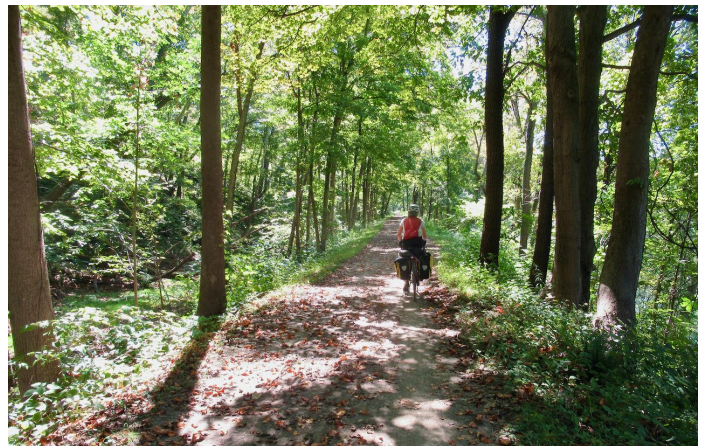
Bicycle themed, artwork at the entrance to Frostburg, MD

The C&O trail is a gradual descent of 600 feet over 180 miles. In reality, the descents are 8-foot “steps” at each of the 74 locks. The C&O canal trail is populated by a number of signs telling some Civil War history as the Potomac River was the boundary between the Union and Confederacy. We did a short ride to the Antietam Battlefield which coincided with the 161-year anniversary of this bloodbath.

We chose to camp each night. Only two campgrounds collected fees and the other five were ‘hiker-biker’ sites operated by the National Park Service or the GAP trail conservancy. However, indoor accommodations are always available — all

accommodations are listed (and advertised) in the guidebook. The two trails are popular for cyclists either riding for a day or on longer tours. The Amtrak train stops at several towns on both the GAP and C&O trails so that one can do a shorter tour if desired. For those who prefer the services from a guided tour, there are indeed a number of vendors available.

I think we had ideal conditions. We had arrived in DC where 90+ degree temperatures (and humidity) reigned, but during our first day of the tour, it cooled significantly such that during the mornings, we’d need to ride with long-sleeves. And, it appears that both paths are well maintained. We did have some rain. During the cooldown on the first day, we had an hour of heavy rain (we found a covered picnic area for part of the storm). This made the trail wet, but not muddy as the sandy base seemed to absorb the runoff. Later, on the C&O trail, we had a day of periodic rain, but the temperatures were high enough such that we didn’t get cold. Again, no mud (although there were probably other places on the C&O trail that did get muddy). Both of us used ‘touring bikes’ with either 32- or 35-mm tires. They were fine for the tour. I also recommend using fenders as it keeps a lot of the dirt from the trail off of you.



Along the towpath of the C&O trail

WWBC Blood Donation Drive

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

Monday, December 4, 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: 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.

Thanks for your time!

Cathy Switzer, Board Member at Large.

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

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 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.



November 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](#)

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](#).

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

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 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](#)

