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## Turn at the Front

Thanks for All the Fish

*David Schorow, President*

After almost five years, my time as Western Wheelers President is rapidly coming to a close. It is with mixed emotions that at the end of this month I will turn over the reins to the next member to lead the club.

I'm grateful for having had the opportunity to lead the club. I found it to be a rewarding experience. Being President gave me an opportunity to use the skills I developed during my career and to apply them in an area that had more direct personal meaning.

I'm thankful for the help and support I received from the board members and other "big wheels" during my tenure. They brought me up to speed on the workings of the club and kept me on track. I was lucky to have such a dedicated crew, for they are the people who actually run the club. I was just the one who tried to keep everyone on the same page and moving in the same direction. I'm also thankful for all of the sage guidance and moral support I got from Mindy Steiner based on her ten years on the board including three as President.

These past five years certainly had their turbulence calling to mind the Chinese curse "May you live in interesting times". Major upheavals included the COVID-19 pandemic, the changing county restrictions on the club's activities, two Sequoia cancellations, an elected Webmaster quitting a few months into her term, and resolving budgetary shortfalls for the club. There were other, less public issues that required careful handling. It was an

exciting time, but I'm also happy to have the next person take on these kinds of challenges.

We had many significant successes in the operation of the club during these past five years. During COVID, for example, Western Wheelers was one of the few cycling clubs able to continue offering rides to its members. Another was organizing debrief meetings that were held after each of the two traditional Sequoia events (2019 and 2022) to discuss and record lessons learned to help improve subsequent Sequoia events.

An activity I'm glad to have done as President, but also glad to be done with, is writing these monthly columns, a job well outside my comfort zone. I've tried to vary these columns among fun, fanciful, and informative. I hope you were entertained and learned a few things from my columns. I am also grateful for the positive feedback I got on several columns. It was good to know some members were reading and enjoying them.

And so, I will shortly peel off the front of the pack and let the next person take a turn at the front. It's been a great ride. I'll continue to enjoy the ride from further back in the pack.



*David Schorow, Club President, has written the monthly Turn at the Front column for the past four years.*

## *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)*

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

## *Happy Holidays!*



## BIG WHEELS 2023

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## Club Calendar December 2023

04	Mon	Blood Drive
06	Wed	Deadline for Holiday Party Sign-up
10	Sun	Annual Meeting and Holiday Party
18	Mon	<i>Flat Tyre</i> Deadline for Jan. 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](mailto:Editors@westernwheelers.org)

## DRAFT November 2023 Board Meeting Minutes

(Pending Board approval)

-Submitted by Gloria Kreitman, WWBC Secretary

**Date:** Wednesday, November 15, 2023

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

**Location:** Zoom and Maple Room, Mountain View Community Center

### Call to Order at 7:36 pm

**Present:** Gloria Kreitman, Vito Mazzarino, Mike Rissi (via Zoom), David Schorow, Guy Shuman, Cathy Switzer, Jean Symons, Vern Tucker and Fran Williams

**Absent:** Randall Braun, Peggy George, Brian Kaplan

### Standing Items

- Date of next meeting—Wednesday, January 10, 2024
- Location of next meeting—Mountain View Community Center
- Food Wrangler—Peggy (TBC)
- Approve the previous minutes—the October 2023 minutes were unanimously approved

- Date of next General meeting—December 10, 2023
- Location of next General meeting—Michael’s at Shoreline, 2960 N Shoreline Blvd, Mountain View

#### **New Business and Area Lead Updates:**

- **David—Appreciation Awards and Ben Lefkowitz Award.** The Board reviewed the nominations it received for Appreciation Awards and the Ben Lefkowitz Award. After discussion, the Board chose the winners and form of awards that would be presented at the Holiday Party.
- **David—Award Amounts - Appreciation, Lefkowitz, Photo contest winners.** The dollar amounts of the awards and Amazon gift cards were approved by the Board.
- **David—General Meeting Agenda.** David shared his draft of the agenda for the General meeting. The board discussed and agreed on presenters for each of the awards. The photo contest is in progress and submissions are coming in. Vito reported that online voting will be from Dec. 1 to Dec. 5 with winners announced at the Holiday Party.
- **David—Election Planning.** Currently, there is only one candidate for each Board position. David plans to send out a reminder email of the nomination deadline. If there are no contested positions, David will introduce the 2024 Board members at the General meeting and ask for a motion to approve the incoming Board members.
- **Jean—Holiday Party, General Meeting plan.** Jean and Fran discussed final plans for the Holiday Party. There are currently 68 registrants. Another email reminder will be sent to encourage more sign ups. Volunteers will check members in and a small number of volunteers will arrive early to help set up. Small cups of snacks will be made available and multiple cases of club purchased wine will be available for no extra charge. Guy will distribute the Holiday Party giveaway (socks) to everyone who attends.
- **Area Lead Updates**
  - **Guy—Ride Chair:** The 2024 LDT ("Long Distance Training") ride schedule was sent out to all members. LDT rides will begin on January 6, 2024.
  - **Vito/Gloria—Sequoia Committee:** Vito and Gloria provided an overview of the plans for the 2024 Sequoia on June 2. We are offering 4 well-supported route

options from a starter 37 miles, a 62 mile metric century, to a more vigorous 72 miles and the iconic 100 mile route with over 9,468 feet of elevation gain.

Registration on the website is targeted to open in early January. The committee is looking for additional marketing volunteers to help with promotional activities.

- **Vern—Membership Chair:** Vern reported that we had 5 new members (fewer than normal) join since October 11, which brings the total number of members to 911.
- **Vito—Webmaster:** Vito reported that Sequoia pages on the website are being updated for 2024 content. He is also focused on the Photo Contest pages for online voting prior to the Holiday Party. Michael Khaw converted our archive site to improve access and security by adding “HTTPS” encrypted communication support. David Schorow will be the backup for Vito while he is on vacation for several weeks.
- **Mike—Treasurer:** Mike briefly reviewed our financials for November. We received normal dues revenue and expenses for the Oktoberfest event. The sock and jersey sale at Oktoberfest netted \$2000.
- **Cathy—Training and Skills:** Cathy reported that the training proposal for 2024 is to offer one Bike Skills 101 - Fundamental Bike Handling Skills clinic and one Bike Skills 201 - Climbing + Descending Skills clinic. We will repeat the marketing survey of club members in January to validate the demand.

There were no other updates by Board members.

The meeting adjourned at 9:28 pm.



*Board minutes submitted by Gloria Kreitman, Club Secretary*

## Welcome New Members November 2023

Please welcome the following new members to the Western Wheelers:

Craig King                      Burlingame

Patti Scott-Baier              Sonoma

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



## 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.*

## December Safety Tip — Ride SMART

*Let's be careful out there.*  
~ Sgt. Phil Esterhaus, Hill  
Street Blues

I'm concluding my series of Safety tips with the [Ride SMART](#) guidance from the Cascade Bicycle Club based in Seattle, Washington. Many of the safety tips I've covered in this series are included in these recommendations, bringing them together in one cohesive format.

### Ride SMART

#### STAY ALERT

- Momentary inattention is the number one cause of incidents.
- Watch for vehicles, bicyclists, pedestrians and hazards (e.g. curbs, potholes, railroad tracks, glass, debris).
- Do not wear earbuds or use phones while riding.

#### MAINTAIN SPACE

- Move off the road or trail when stopped.
- Leave enough room in front of you to avoid other riders, vehicles and hazards.
- Ride at least four feet from parked cars, outside the door zone.

#### ACT SAFELY AND PREDICTABLY

- Wear a properly fitted helmet.
- Ride in a straight line.
- Stay right, pass left.
- See and be seen.
- Be courteous and a good bike ambassador.

#### RESPECT THE RULES OF THE ROAD

- Obey all traffic laws.
- Use hand signals when turning or stopping -- if it is safe to do so. Show everyone around you what you are going to do before you do it.
- Single file is safer. Bicyclists have the legal right to ride two abreast and to take the full lane when

necessary to give adequate space to ride safely. In most cases, riding single file is safer.

- Yield to pedestrians. They have the right of way.

#### THINK AHEAD AND TALK

- Scan ahead and anticipate what others will do.
- Tell others what you are going to do by saying: "Stopping", "Slowing", "Passing on your left". Announce "Broken" when the group becomes separated.
- Call out hazards such as: "Glass", "Sand", "Post". Use your outside voice.
- Do not yell "Clear" at intersections. Everyone should check for themselves.
- Cross railroad tracks at a right angle whenever possible. Warn other riders and plan your approach to ensure safe crossing.

David Schorow writes the monthly Safety Tips for the Flat Tyre

*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.*



*"Bike Racks of Long Beach, CA" submitted by Julie Ma for a past Annual Club Photo Contest*



“Silver Lake” submitted by Frank Drobot for a past Annual Club Photo Contest

## 2024 Long Distance Training (LDT) Rides Information

The 2024 Long Distance Training (LDT) series begins on Sat., Jan 6<sup>th</sup>. The series is a set of 21 weekly rides that include some of the most scenic and car-free destinations in our area, most within an hour’s drive of Palo Alto. The rides generally increase in length and difficulty to help riders train for longer distance rides later in the year, but also are a great way for all members to sample the great rides that the Bay Area and Northern California offer! The series includes climbs of the three highest Bay Area peaks (Mt. Diablo, Mt. Tamalpais, and Mt. Hamilton) in May. The drives to Healdsburg, Pacific Grove, Paso Robles and Cazadero are farther (2 to 4 hours) and most riders plan for a 1-2 night stay. **On the multi-day weekends we will always have a modest Friday afternoon ride that starts late enough to skip the worst of the morning commute traffic.**

The LDT rides are for all levels of riders and each offers B, C, D, and E routes. We especially encourage B and C riders to come out and explore the beautiful areas we visit during the series! The large C group is

separated into “C-“ and “C+” groups. The C- group is a social paced ride with frequent regroupings (riders in this group should be able to maintain a modest C pace). The C+ group has fewer/shorter regroupings and also accommodates those who wish to ride the C route at their own pace (faster or slower).

Destinations for 2024 include 2-3 day weekends in scenic Healdsburg, Pacific Grove, Paso Robles, and Cazadero. For detailed information about accommodations/logistics for these weekends please see the online ride schedule (Saturday ride).

### Notes for 2024:

**We have a single group start time format, with a quick safety/logistics update followed by each group departing. At the start of the season all rides meet at 9:45 for a prompt 10:00 ride start. (Later in the season we start earlier due to length/difficulty of rides.)**

**ROUTE SHEETS will be available at start, but it always helps if you print your own at home!**

**Make sure you “SIGN IN” at the start!**

**Updated LDT news/weather/lodging information will be posted on the “wwbc-RIDES” club email list. We’ll also post a weekly pre-ride introduction and safety message.** You can subscribe to the email list or visit the list site to get updated. Full information on subscription options can be found at the club web site under the [EMAIL LISTS](#) menu item.

**The latest and most accurate ride information can always be found on the [Ride Schedule](#).**

**REGISTRATION:** Please REGISTER on the web site for our "2-3 day weekend" rides (Healdsburg, Pacific Grove, Paso Robles, and Cazadero), so we can plan better. To register just go to the SATURDAY ride description on the online ride schedule and click

the REGISTER button. Registration is free and easy!  
**Only registered participants will receive detailed logistics updates.**

**ROUTE SHEETS/MAPS/GPS INFO:** Visit [LDT route sheets](#) for Maps and GPS files to review or download to your GPS device. Note! Wait until the week of the ride to print or download as routes are occasionally altered.

**Contact for additional information:**

Guy Shuman  
 LDT Coordinator  
[shumansteiner@gmail.com](mailto:shumansteiner@gmail.com) or 650-704-0895 Cell)

**2024 SCHEDULE:** (subject to change due to weather, pandemics, etc.)

**Details for each ride:** [Ride Schedule](#).

6-Jan	Shoreline
13-Jan	Saratoga
20-Jan	Pulgas Water Temple
27-Jan	Morgan Hill
3-Feb	Seascape
10-Feb	Livermore
17-Feb	Calaveras
24-Feb	Hollister Hills
2-Mar	Petaluma
9-Mar	Marin Headlands
<b>16-Mar</b>	<b>Healdsburg (2-3 day)</b>
23-Mar	Berkeley Hills
<b>30-Mar</b>	<b>Pacific Grove (2-3 day)</b>
6-Apr	Mountain Charlie
13-Apr	RAIN MAKEUP DATE
<b>20-Apr</b>	<b>Paso Robles (2-3 day)</b>
27-Apr	Skyline
<b>4-May</b>	<b>Cazadero (2-3 day)</b>
11-May	Mt. Diablo
18-May	Mt. Tamalpais
27-May	Mt. Hamilton (Mon. - Memorial Day)



“Riding to the new year” submitted by Li Xu for a past Annual Club Photo Contest



“Picture Perfect” submitted by William Eaglstein for a past Annual Club Photo Contest

Attention Club members! Are you planning a tour?  
 Completed a tour? Send your story or tour plan  
 announcement to the Flat Tyre for publication.

[editors@westernwheelers.org](mailto:editors@westernwheelers.org)



# 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.



## December 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](#), [Shawnery Hardin](#), [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 (600')/33 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](#).

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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](mailto: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](#)

