

## LDT Corner



“Solitary Highland Lass” 2nd Place Winner, 2023 Annual Photography Contest, by Wasi Wahid

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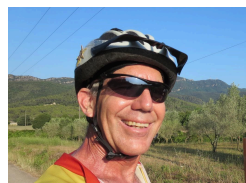
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After a rainy start, hopefully we'll get some sunny skies for our February adventures! We'll start to venture a bit further afield, beginning with the fabulous **Seascape LDT** on February 3<sup>rd</sup>. This popular ride visits Gizdich Ranch for yummy pie ala mode along with lunch. Next we have an East Bay jaunt to **Livermore**. The ride offers some beautiful country rarely visited by Western Wheelers, as we cross over to the Central Valley and return. **Calaveras** is always a pleasant ride with abundant wildlife sightings – we've seen deer, pigs, eagles, wild bulls, and even rattlesnakes as we meander along the reservoir to the dam overlook and on to lunch in Pleasanton. Our remote **Hollister Hills** ride follows, exploring the remote “cowboy” country south of Hollister.

Coming up in March, we will start our "LDT Weekend" excursions. On our LDT Weekends (to destinations that are a little farther away than most) we offer Friday afternoon, Saturday, and Sunday rides. Riders often gather for a group dinner at local restaurants. It is important to make hotel reservations early if planning to stay over – see online ride descriptions (Saturday listing) for information on lodging and registration. LDT Weekends this year are **Healdsburg** (3/15-3/17), **Pacific Grove** (3/29 – 3/31), **Paso Robles** (4/19 – 4/22), and **Cazadero** (5/3 - 5/5). Make your plans now to join in the fun!



Guy Shuman

LDT Coordinator

[shumansteiner@gmail.com](mailto:shumansteiner@gmail.com) or

650-704-0895 Cell

## LDT Upcoming Rides Schedule:

**2024 SCHEDULE:** (subject to change due to weather)

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

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 ( <b>Mon. - Memorial Day</b> )

## Welcome New Members January 2024

Please welcome the following new members:

Nick Brosnahan	Sunnyvale
Giuliano Carlini	Belmont
Toni Gregorio-Bunch	Campbell
Evon Ho & Family	Palo Alto
Art Khachaturian	San Jose
Kelly Liu	Saratoga
Ryan Olein	Santa Clara
Christopher Seidell	San Carlos
Ali Sheikh	Palo Alto

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

## WWBC Blood Donation Drive

Monday, Feb. 5, 2024.

STANFORD  
BLOOD CENTER 

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 on a Western Wheelers' Monday!

Three locations available, all have bicycle parking available:

### Stanford Blood Center Menlo Park

445 Burgess Drive.

Hours: 7 a.m.–4 p.m.

[Map / Directions](#)

[Schedule your appointment](#)

### Stanford Blood Center Mountain View

515 South Dr Suite #2.

Hours: 7 a.m.–4 p.m.

[Map / Directions](#)

[Schedule your appointment](#)

### Stanford Blood Center South Bay in Campbell

295 Hamilton Ave.

Hours: 10:30 a.m.–7:30 p.m.

[Map / Directions](#)

[Schedule your appointment](#)

Note: 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.

*coordinated by Cathy Switzer*

## BIG WHEELS 2024

President: [Jon Penn](#)  
 Secretary: [Gloria Kreitman](#)  
 Treasurer: [Mike Rissi](#) (650) 851-2925  
 Chief Editor: [Peggy George](#)  
 Event Chair: [Jean Symons](#)  
 Membership: [Vern Tucker](#) (408) 730-2548  
 1350 Fisherhawk Dr  
 Sunnyvale, CA 94087-3451  
 Ride Chair: [Guy Shuman](#)  
 Sequoia Chair: [Committee](#)  
 Webmaster: [David Schorow](#)  
 At Large Board Members:  
[Brian Kaplan](#)  
 Jenny Warila  
[Fran Williams](#)

Training/Skills Coordinator: [Bill Sherwin](#)

Advocacy Chair: [John Langbein](#)  
 (650) 365-9462

Historian: Dick Blaine (650) 282-5304

[League of American Bicyclists](#)  
 Rep: [Alan Wachtel](#) (650) 494-1750

Statistician: [Tony Vecchiet](#)

Ride Coordinators:  
 -Fall Fun Series (FFS)  
[Bill Sherwin](#)  
 -Long Distance Training (LDT)  
[Guy Shuman](#) (650) 704-0895  
 -R&R [Randall Braun](#) (415) 265-4663

Club Jersey Sales: Christine Fawcett  
 (650) 949-4993

Social Network Editor: [Ken Lee](#)

Travel Case Custodian: [Hal Nystrom](#)  
 (408) 718-2153

Use [add a ride](#) to post your ride to the club.  
 Email list [Moderator](#): Guy Shuman



## Club Calendar February 2024

05 Mon Club Blood Drive #1 for 2024  
 15 Thur Board Meeting on Zoom  
 20 Tues *Flat Tyre* Deadline for Mar. 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 January 2024 Western Wheelers Bicycle Meeting Minutes

(Pending Board approval)

-Submitted by Gloria Kreitman, WWBC Secretary

**Date:** Wednesday, January 10, 2024

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

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

### Call to Order at 7:01 pm

**Present:** Peggy George, Brian Kaplan, Gloria Kreitman, Jon Penn, Mike Rissi, David Schorow, Guy Shuman, Jean Symons, Vern Tucker, Jenny Warila and Fran Williams

**Guest:** Vito Mazzarino (Zoom)

### Standing Items

- Date of next meeting—February 15, 2024
- Location of next meeting—Zoom
- Approve the previous minutes—the December General Meeting 2023 minutes were approved

## New Business and Area Lead Updates:

- The Board welcomed our new members—Jon Penn, President and Jenny Warila, Member at Large. Both Jon and Jenny are excited to be on the Board and have the opportunity to give back to the organization.
  - **Jon—Google Nonprofit account.** Jon led a discussion about whether the club would consider moving from our current applications to a Google Nonprofit account for doc storage and video calls (replacing Zoom). Board members discussed our current usage and costs. A question was raised whether Western Wheelers as a 501c4 (not c3) would qualify. Jon will do more investigation into Google Nonprofit offerings and report on capabilities and cost at a future Board meeting.
  - **Area Lead Updates**
    - **Mike—Treasurer:** Mike reported on the 2023 Year End budget and the proposed budget for 2024. In 2023, the club received donations that covered all Sequoia expenses incurred before the event was canceled except \$500. The Events team did an outstanding job managing costs for the club's events in 2023 to keep the club's expenses within budget. After discussion about insurance costs, the Board unanimously approved the proposed 2024 budget.
    - **Guy—Ride Chair:** Guy provided an overview of rides in 2023 including his historical experience in the last 15 years of leading Long Distance Training series! LDT rides in 2023 went well with only 4 rides canceled due to rain. The 8-day Solvang Sojourn, Napa Campout, and Fall Fun Series were highlights of the year. Overall, there were 921 rides in 2023
- which was 10% fewer rides than the prior year. The Eastern Sierra Escape ride will be held this September. The Solvang and Eastern Sierra trips are held on alternate years.
- **Sequoia Committee:** This year's Sequoia is being led by a Steering Committee consisting of Russ Hull, Brian Kaplan, Gloria Kreitman, Vito Mazzarino, and Jenny Warila. The committee provided an update on the status of the Sequoia plan. Many elements from last year's canceled event are being leveraged for 2024. This year there are four paved routes to choose from including a new 38 mile Fun Ride with less climbing. The event details have been published on the Sequoia webpages. Registration was opened on January 8 and we have over 40 registrations already. Volunteers are in place for most of the Captain roles. The sign up request for additional volunteers will be published at the end of January.
  - **Jean—Event Chair:** The club holiday party was a success. Jean reported that Ann Mangiaracina, Paul Wendt and Sue Young have volunteered to be part of the Events team. The Board reviewed the 2024 events calendar and voted to hold the holiday party at Michael's again. We already have permits for the Spring Picnic and Oktoberfest events at Cuesta Park.
  - **Vern—Membership Chair:** Vern reported that we had 10 new members join since November 15, which brings the total number of members to 901.
  - **David—Webmaster:** David walked through the major updates on our club

website and explained how the Wild Apricot and Westernwheelers.org systems are utilized.

- **Jon—Training and Skills:** Jon provided an update from Bill Sherwin who is coordinating the skills clinics with Savvy Bikes. At the end of January, Bill will be sending a survey to club members to gauge the amount of interest in attending classes this year.

There were no other updates by Board members.

The meeting adjourned at 9:28 pm.



*Board minutes submitted by Gloria Kreitman, Club Secretary*

## Turning Wheels for Kids 2023

Russ Hull reported on this year's Turning Wheels for Kids (TWFK) Big Bike Build (BBB).

The BBB was smaller this year due to less funding, and was held on January 13, a month later, due to delay of the shipped bikes. It still went well and many bikes were built. Unfortunately, I was out sick and missed it, as did two other Wheelers, but we still had 10 Wheelers building and QCing the bikes.

Don DeFever covered for me and gathered the group at the event. He has worked the Big Bike Builds before. He said it went great. Not like years past when there were 2500 bikes and 5x bigger space. Maybe only 500 bikes this time because donations were low after the years of covid impacts. Our team

buddied up with ACTC and Silicon Valley Bike Coalition to make a larger group.”



Chris Atwood comments:

*“My first time -- and I lived to tell the tale! Lots of work, good tunes, and nice camaraderie with fellow wrenches! Well earned donuts, coffee, tacos, chocolates. 500 bikes was, I'm told, a small number compared to previous years, but we didn't finish until about 4pm. Snap below of the ACTC/WW corner, and Michael Khaw diligently working on one of many bikes.”*



## Summary of 2023 Ride Statistics

*Eric Greer, 2009-2023 Statistician\**

Total Number of rides	976
Total number of ride leaders	128
Average number of members on rides	12.1
Average number of guests on rides	0.7
Average number of all riders on rides	12.8
Average number of rides ridden by members	18.2
Median number of rides ridden by members	8.0
Average member miles ridden	634
Median member miles ridden	257
Average listed member feet climbed	39,387
Median listed member feet climbed	13,782
Total number of Members on all rides	10,521
Total number of Guests on all rides	656
Total number of Members and Guests on all rides	11,177
Total miles by all riders	401,281
Feet climbed by all riders on rides with climb listed	23,909,592

<b>Top Ten Ride Leaders 2023</b>	<b>Rides Led</b>	<b>Rides Co-Led</b>	<b>Rides Led &amp; Co-Led</b>
Thomas (Tom) Schnurbusch	240	0	240
Kai Wiedman	59	2	61
Guy Shuman	51	2	53
Vern Tucker	47	7	54
Lisa Burque	29	4	33
Cathy Switzer	29	3	32
Gary Goldman	29	0	29
Pamela J. Putman	24	0	24
Patricia Elson	23	24	47
David Schorow	23	11	34

\*Tony Vecchiet is the new Statistician for 2024.

For Ride Leaders, here is a link to the UPDATED "Ride Signup Sheet"

[Western Wheelers Bicycle Club - Ride Signup Sheet](#)

The email address for ride sheet submission is:

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

## In case you missed it...

About 25 Western Wheelers attended a VERY informative **bike maintenance training seminar** at Summit Bicycles in Palo Alto in January. We learned a ton about tubeless tires, tuning disk brakes and checking chains. Nick was incredibly generous with his time (and a 15% discount!) and has offered to host our group again. If you have topics you would like to see covered, please email [Carina Rossner](mailto:Carina.Rossner@summitbicycles.com) or drop by Summit located on California Avenue in Palo Alto.



## Sequoia 2024

### SUNDAY JUNE 2

Foothill College  
Los Altos Hills, CA  
6 to 8 am start

### 4 ROUTES

100 mi / 9521 ft  
72 mi / 8030 ft  
62 mi / 6391 ft  
38 mi / 2403 ft

*Challengingly Beautiful!*

westernwheelers.org/sequoia

**THE SEQUOIA 2024**

A Fundraising Cycling Event Supporting Bicycling Orgs & Coastside Communities:  
Puente de la Costa Sur, La Honda Volunteer Fire Brigade, Abundant Grace Coastside Worker

## Reserve the Date

Club members, be on the lookout for volunteer sign-ups to work your favorite job!

On the Saturday following the Sequoia the Worker's Picnic, for all volunteers, offers the chance to ride the Sequoia.

## Story Corner

# *Piano Lessons, Jonathan Livingston Seagull, and Biking*

*by Lisa Meltzer Penn*

*Originally published in a slightly different version  
on Lisa's blog January 17, 2024*

<https://lisameltzerpenn.com/2024/01/17/piano-lessons-jonathan-livingston-seagull-and-biking/>

*Visit the blog to subscribe to future posts!*



When I was eight years old, I set up a little card table on the front lawn to sell my drawings to the neighbors. I wanted to raise money to buy myself a piano. My grandmother played jaunty old-fashioned tunes on her piano, and I was fascinated with how her fingers flew over the keys. I was sure I could learn to do the same. It seemed to be about speed. As long as my fingers moved fast enough across the keys, I decided, the songs would come out.

But I only made a dollar fifty on the sale, and fifty cents of that was from one of my baby brother's cheaper scribble drawings he had contributed to the cause. I waited outside an extra hour for a neighbor who said he would be back with money for one of my more professional pictures priced at \$1.75 but never returned.

My grandmother took pity on me and shipped her piano across town to our house. She didn't even ask for one of my drawings in exchange.

And my mom enrolled me in lessons with Mrs. Johnson. Mrs. Johnson taught her students memorization, not how to read music. I learned some of the chords but suffice it to say I was not a precocious student of piano. When I managed to hit the right keys, I would do it a second time to get the most out of it. When I was practicing at home, desperately trying to remember the songs, my mother would call out from the next room, "Stop pounding on the piano!" I was still semi-hopeful that flying fingers would revive my grandmother's old songs and I could leave the beginner songbook behind.

But apparently playing a song required more than speed. This was a bit of a shock and not what I had imagined.

A few months later, my mother dropped off my sister with me at Mrs. Johnson's for lessons, and during my sister's half hour (it would turn out neither of us had any musical talent) I discovered a paperback copy of *Jonathan Livingston Seagull* by Richard Bach on the wooden coffee table.

I read that book every week thereafter. JLS is a slim novella, not even a hundred pages. I became so familiar with the text, I could speed read the whole thing during my sister's lesson. Her plunking and



Mrs. Johnson's instructions faded away in that time.

Neither of us stuck with piano much longer than that first year, but Jonathan stayed with me. Jonathan Livingston Seagull, with his rising above all the other seagulls was my new model for flying, even more impressive than my grandmother's jaunty tunes and flying fingers. That was what I got out of piano lessons, though the piano itself went unplayed in our house for years after. I felt a little guilty for taking it from my grandmother. Now when we visited her house she couldn't play for me.

I should mention that I was a very literal child. I had no concept of allegory or "new age" books and ideas. Jonathan Livingston Seagull was about a bird who loved to fly and stretched his limits and then taught others to reach for more for themselves.

*"Jonathan was different from other birds in his flock: For most gulls, it is not flying that matters, but eating."*

If I was not going to become a famous pianist or an artist, what would I be? I couldn't be a seagull like Jonathan, but could I, too, learn to fly? Well, I did have my trusty bike.

My favorite time to ride my bike was at dusk when most people were still in their houses eating dinner. I would eat quickly and ride the circles of our suburban neighborhood, reveling in the wind in my hair, the flying streamers from my banana bike handlebars, and the voices floating out of the houses, with just me inhabiting that magical liminal space of evening. Everything even and squared away, for that moment between breaths, between day and night.

*"Heaven is not a place, and it's not a time. Heaven is being perfect. He spoke of very simple things- that it is right for a gull to fly, that freedom is the very nature of his being, that whatever stands against that freedom must be set aside, be it ritual or superstition or limitation in any form."*

I rode a bike throughout my childhood. Along the Erie Canal, then in college, then New York City, and later in the San Francisco Bay Area, where I eventually married a man named Jonathan.

There are many ways to learn to fly. My bike was my first, and is still my favorite. My bike club friends understand this without explanation. For the rest, here's what you need to know.

Biking is exercise but it's also communing with nature.

Biking is hard. It involves climbing hills, battling headwinds, avoiding traffic, keeping your bike tuned up, staying hydrated, carrying snacks and supplies, keeping up with the group, etc. But after you climb those hills, you get to float and fly down the other side—effortless, your birthright, not just scrabbling to survive. That's the part I forget if I only do flat rides for a while and the hills seem daunting. It's the other side, the flying side. You have to climb up first. You have to leave the squabbling, unenlightened gulls behind and hope they will join you someday.

Biking is the flying of the fingers over the keys producing jaunty music.

Biking is art.

Biking is love.

It's nice to remember that, even on the days when I'm not feeling it. It's still there, just like Jonathan Livingston Seagull says.



Our cycling club recently lost a member in a bike accident. He slipped and fell on some railroad tracks on a rainy morning at the start of a 200K ride and the truck behind him couldn't stop in time. He died instantly. Peter Grace. We had been riding together just the week before on the Monday Morning Java Jive group ride, and talked mostly about safety, something he took very seriously. At one point a car was taking a fast corner and coming too close for comfort and he positioned himself on the outside to protect me. He checked that I was okay after the car went by.

On the [first Java Jive without him, a memorial ride with several groups coming together](#) for a break at our group's usual Starbucks, I felt Peter's presence soaring above us. I invited him to come along on the ride, and he did, all fifty miles of it. I thought of Jonathan Livingston Seagull, and how he transcended the boundaries of this earth. Peter, fly free.

Here's a [Neil Diamond song from the movie version of JLS](#) for your listening pleasure. But one of the many ways we humans can fly.

"Be"  
 Lost  
 On a painted sky  
 Where the clouds are hung  
 For the poet's eye  
 You may find him  
 If you may find you  
 There  
 On a distant shore  
 By the wings of dreams  
 Through an open door  
 You may know him  
 If you may be  
 As a page that aches for a word  
 Which speaks on a theme that is timeless  
 While the Sun God will make for your day  
 Sing  
 As a song in search of a voice that is silent  
 And the one God will make for your way

# Memorial Ride for Peter Grace on December 4, 2023



Peter rode with the Java Jive from San Mateo on Monday Mornings. All the Monday morning ride groups joined to meet in Menlo Park.. photos submitted by Mona Schorow

## Annual December Cookie Ride

*“It was a gorgeous day -- cold but sunny -- and the group of 36 (including us ride leaders) was congenial and energetic climbing around Los Altos Hills! Everyone happily consumed the variety of cookies and hot apple cider on offer.”*

~Nancy Williams (cycling baker)



~Jani Richards (cycling baker) is pictured above in the orange jersey & Nancy Williams (cycling baker) took the photos.



# 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 cancelled 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.



## February 2024 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*

**BE/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. Leaders: [Howard Koel](#) (650-302-1053) and [Hal Nystrom](#). 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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**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)

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](#)

