

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



Calling All Early Birds: Be a Sequoia Sunrise Greeter!

The Sequoia is known for its stunning scenery and challenging routes, but the magic truly begins before sunrise. That's when a dedicated crew of volunteers arrives at Foothill College at **4:45 am** to greet the first wave of riders.

We want to give a big shout-out to our current Sunrise Greeter crew, led by Sequoia legend Judy DeFranco! These amazing volunteers, including Bonney Ellestad, Denis & Mary Frances Lynch, Mary Arnone, Randi & Larry Bethel, Duane Linden, Jon Blum, Nancy Williams, and Mona Schorow, will be the first friendly faces riders see on ride day.

Want to join this special group and be part of the Sequoia spirit? We'd love your help! As a Sunrise Greeter, you'll:

- Welcome riders arriving at Foothill College
- Help direct them to parking areas
- Be a friendly face and a source of encouragement for cyclists embarking on their journey

And the perks? We'll fuel you up with breakfast treats at 4:45 am, and if you stick around until 11 am, you can enjoy a full lunch buffet with fellow volunteers and triumphant riders. Plus, you'll have the satisfaction of knowing you played a vital role in making The Sequoia a success.

Think you have what it takes to be a Sunrise Greeter? We do! Reply to [Mona Schorow](#) to secure your spot. The Sequoia will be an unforgettable experience!

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Volunteers are what make The Sequoia a great cycling event and the Western Wheelers a great club. It takes a village to provide a ride.

The Volunteer TEAM

Sunday SAG Start and end time worked out with Captain Eben Haber – 8 left

Email captain [Eben Haber](#) answering the following questions:

How early are you willing to start?

How late can you work?

How long are you willing to drive?

What kind of bike rack do you have, if any?

Sunday 4:45AM-9:00AM Foothill AM Parking and Traffic - Judy DeFranco Captain – 4 left

Sunday 2:00PM-6:00PM Bike check valet & teardown – 7 left

Sunday 5:00AM-9:30AM Foothill Set-up Banners, signs, and bike corral - Don DeFever Captain – 2 left

Sunday 6:30AM - 12:00PM Foothill College - Emergency Phone Contact, – 1 left

Register and find other open volunteer positions on the club [home page website](#) under The Sequoia 2024 /Volunteer Here.



Jon Blum (top) and Vito M. with clipboards signing up Sequoia workers at the Spring Picnic.

BIG WHEELS 2024

President: [Jon Penn](#)
 Secretary: [Gloria Kreitman](#)
 Treasurer: [Mike Rissi](#)
 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

Social Network Editor: [Ken Lee](#) *
***Position available**

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 May 2024

08 Wed Board Meeting MV Comm Ctr
 20 Mon *Flat Tyre* Deadline for June 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

DRAFT April 2024 Western Wheelers Bicycle Meeting Minutes

(Pending Board approval)

-Submitted by Gloria Kreitman, WWBC Secretary

Date: Wednesday, April 10, 2024

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

Location: Zoom

Call to Order at 7:02 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

Guests: Russ Hull and Bill Sherwin

Standing Items

- Date of next meeting—May 8, 2024
- Location of next meeting—Mountain View Community Center, Willow Room, 201 S Rengstorff Ave., Mountain View, CA 94040
- Food Wrangler for next meeting—Jon Penn
- Approve the previous minutes—the March 2024 minutes were unanimously approved

New Business Updates

- **Bike Hut porta-potty sponsorship—Jon:** Over the last few years, the Santa Cruz County Cycling Club (SCCCC) managed GoFundMe fundraising campaigns to cover the annual \$1620 rental and servicing cost for the Bike Hut porta-potty. Since SCCC club members don't ride Tunitas often, they are looking for another club to take on this activity. The board discussed the sponsorship and agreed that we can coordinate the fundraising campaigns starting in July when the current vendor contract ends. Jon contacted other local clubs who expressed their willingness to help drive fundraising with their members. Mike volunteered to manage the payments with the vendor and David agreed to set up a GoFundMe campaign. As a next step, Jon will contact Jay and Suzie Trexler, Farm Managers at the Potrero Nuevo Farm to discuss details such as onsite signage promoting WWBC sponsorship, Venmo payments for riders, and contract specifics.

Area Leads Updates

- **Ride Chair:** Guy reported that the Tuesday, Wednesday, and Thursday evening rides are going well. The Monday evening ride has been canceled due to low ridership. The LDT rides have had a few rain outs. The Pacific Grove LDT had about 40 riders on Sunday. Seven hardy members hiked on Friday and 13 hiked on Saturday in the rain. Rain appears likely for this coming Saturday for the Marin Headlands LDT. If so, the ride will move to Sunday. An email communication went out to club members about the Eastern Sierra Escape and the Napa Campout, which will both be held in September.

- **Sequoia Steering Committee:** Jenny provided the committee report on the 2024 Sequoia. With only 7 weeks until the event, rider registrations are strong. As of April 10, there are 568 riders signed up. This year we are promoting a RideWithGPS [Sequoia 2024 Training Challenge](#) for riders to prepare for the ride. We still need volunteers to fill more than 60 spots for the Sequoia. Another email will go out this week to club members to solicit volunteers. The Sequoia Volunteers Party will be held on Saturday, June 8 at Huddart Park, Zwierlein Picnic Area. The Workers Rides and Hike will be posted as soon as the routes and ride leaders are confirmed.
- **Event Chair:** Jean reported that preparations for the Spring Picnic on April 28 are going well. We have 157 registered attendees. The planning committee still needs more volunteers. Jean will be out of town on the day of the event, so Ann Mangiaracina and Fran will co-lead the event. Vern volunteered to fill orange water containers from our storage locker and deliver them to the event.
- **Membership Chair:** Vern reported that the club had 11 new members join in the past month (since March 13, 2024), bringing the total to 896.
- **Webmaster:** David reported that there were not many web updates this month. Copy edits were made for events listings.
- **Mike—Treasurer:** Mike presented the financial report through April 3. Mike reported that we paid \$1000 from the Sequoia donations for the 2024 Bike Hut Classic Gold Sponsorship approved last month by the board. Sequoia income on the report will be offset by expenses in May and June. Peggy will work with Mike to get a check ready for payment of the ice cream for The Sequoia.

- **Training and Skills:** Bill provided an update to the board on the Savvy Bike skills clinics that are planned with Lori Lee Lown for this year. The cost for each attendee is \$100 with 40% of the fee paid by the club and the student pays the balance. A communication will be sent to club members for them to sign up for the sessions. If the student cancels their registration close to the event, there will be no refund and the registration is not transferable.

Training dates will be:

- June 23rd — Bike Skills 101 (12 seats available)
- July 14th — Bike Skills 201 (8 seats available)
- August 11th — Bike Skills 201 (8 seats available)

There were no other updates by Board members. The meeting adjourned at 8:41pm.



-submitted by Gloria Kreitman, Club Secretary

Welcome New Members April 2024

Please welcome the following new members:

Linda Ambler	Campbell
Lori Englhardt & Family	Palo Alto
Jon Godby	Sunnyvale
Alex Striffier Hernandez	Menlo Park
Lynn McGuire	Martinez
Andrew Murphy & Family	Portola Valley
Zachery Slavin	Redwood City
Lisa Yonaka	Los Gatos

-reported by Vern Tucker, Club Membership Chair

WWBC Blood Donation Drive

Monday, June 3, 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

Western Wheelers Presents SavvyBike Bike Skills Clinics in 2024

In 2024 Western Wheelers will again be working with Lorri Lee Lown, President and Owner of SavvyBike, to present three bicycle skills clinics to our members at a greatly discounted rate.

Bike Skills 101 - Fundamental Bike Handling Skills – Sunday, June 23

This clinic is the foundation of everything else you'll learn on the bike. This is the clinic where we teach the old dogs new tricks and the newbies the fundamentals. You'll learn about balance and weight distribution and how that affects your ability to ride your bike safely and confidently. We'll learn skills like riding with no hands, emergency stops, and how to look behind you while holding your line, how to steer, and counter-steer. After just four hours, we guarantee you'll be a better bike handler and have much more fun on the bike.

Bike Skills 201 - Climbing + Descending Skills – Sunday, July 14 and August 11

This is a continuation of what you've learned in Bike Skills 101. What goes up must come down, right? In this 4-hour co-ed clinic, we'll teach you how to climb like a pro – seated climbs, standing climbs, short climbs, steep climbs, extended climbs. And then, we'll teach you how to come back down again, focusing on a fast straight descent, and then a technical switchback descent. *Prerequisite: Bike Skills 101.*

Bike Skills 301 - Pacelines + Group Riding - No WW-only clinics are scheduled this year. SavvyBike may offer a club discount for those who want to enroll in 301 via [SavvyBike](#). This is a continuation of what you've learned in Bike Skills 101. Whether you are a recreational rider, a randonneur, or a racer, **group riding skills will help you ride longer,**

faster, and farther. This is for every A, B, C, D and E rider in the Club! We'll learn draft theory and basic pacelines, beginning with partner work and progressing to more complex group riding skills. *Prerequisite: Bike Skills 101.*

As the Club is subsidizing the sessions, the cost to Western Wheeler members is \$60 per person. This is a substantial discount from the normal tuition.

Important:

- *An announcement will be sent to ClubMembers when registrations opens for each clinic.*
- *Students must be Western Wheelers members in good standing. Absolutely no guests.*
- *Students must enroll on the Western Wheelers' website. Note, if your schedule changes and you cannot attend for any reason, registration fees are not transferable or refundable.*
- *Bike Skills 101 "Fundamental Bike Handling Skills" clinic is the prerequisite for both Bike Skills 201 and 301.*
- *CHILDREN UNDER AGE 12 ARE NOT PERMITTED.*
- *In 2024 there are no WW-only Bike Skills 301 clinics scheduled. Visit [SavvyBike](#) for available clinics.*

Visit [SavvyBike](#) for more information about clinic content and other clinics.

Lorri Lee Lown is the founder of Savvy Bike and Velo Girls. Lorri has coached for the NorCal High School Mountain Bike League, the Northern California Nevada Cycling Association (NCNCA) Early Bird Training Series, and for individuals, teams and clubs throughout California.

Questions? Contact [Bill Sherwin](#).

Monday A-level Coffee Group enjoys the 2024 Eclipse

The Monday A-level Coffee Group came prepared on April 8th for eclipse viewing. Left to right: Pam Putman, Karen Sundback, Mary Arnone, Pete Smith, Pat Levinson and Po Chen.



Photograph by Owen O'Malley

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

Bike to Wherever Days, Thursday-Saturday May 16-18

Visit the [SVBC website](#) to learn ways to volunteer to support safer community cycling and to learn about the upcoming [Bike to Wherever Days](#) event.

Spring Picnic Volunteers!

The weather was beautiful for a maximum turnout for the annual club spring picnic at Cuesta Park in Mountain View on Sunday, April 28..

Jean Symons worked to arrange logistics for the picnic ahead of time with her team of Fran and Ann. The onsite team of volunteers were led by Fran Williams and Ann Mangiaracina.

Volunteers from setup to cleanup were:

Vern Tucker, Michael Khaw, Tom Schnurbusch, Taghi Saadati, Bob Gerughty, Bobbie Morrison, Dave Marancik, Sue Young, Peter Greene, Donna Flowers and Rick, James Takasugi, Susie Steinbrecher, Peggy Christiansen, Mark Huie, Toby Beth Freedman, Debra Powell, Deidre Crommie, John Godby, Paul Z., Karen Langeman, Jeff Niles, Jon Silver, Jim Cunningham, Emily Nishihira, Linda Vanderhule, Maureen Drobot, Erik Wessler, Gary Virshup, Severine and David Liu, Adrienne Harber, Ron dell'Aquila (photography)

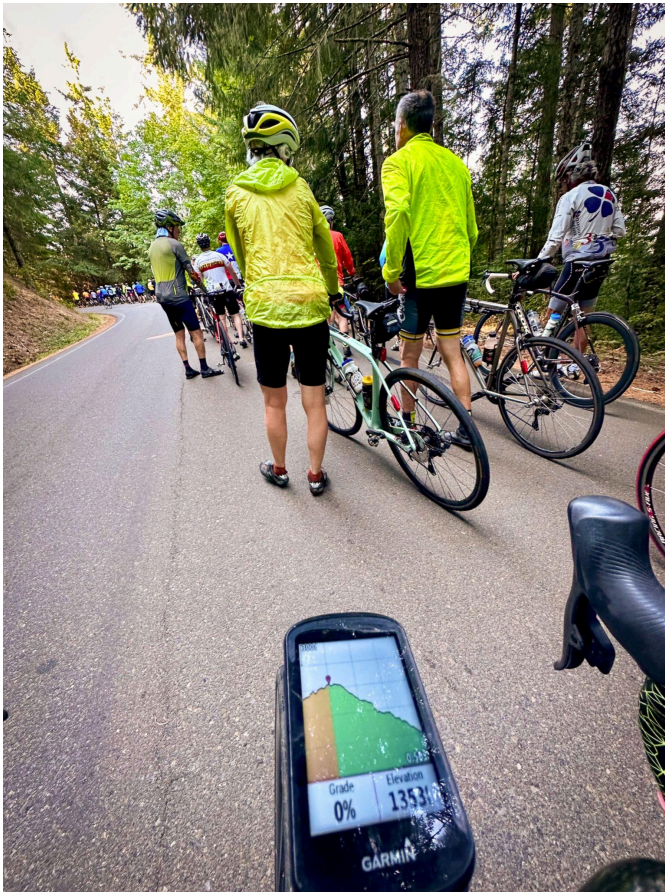






picnic photos credit: Ron Dell'Aquila

You can find [more photos here](#).



“Queuing Up for the Big Descent” photo credit: Ron Dell’Aquila, 2023 Annual Club Photography Contest Submission

LDT Corner

The 2024 Long Distance Training Series will conclude on Memorial Day, but there are still four fabulous weekends left so let’s enjoy the sunny spring weather!

The **Cazadero LDT Weekend** on May 3rd – 5th explores the wonderful Russian River region and challenging King Ridge Road. This weekend is primarily a “hotel” trip based in Occidental, though the option remains for riders to camp if desired. See [Ride Schedule](#) for details.

We’ll kick off our challenge of the three highest peaks of the Bay Area with **Mt. Diablo LDT** on May 11th. All riders head for the summit, with variations available to skip the summit or to take

the whole loop around the mountain via remote Morgan Territory Road. The LDT series then concludes with climbs of **Mt. Tamalpais** on 5/18 and **Mt. Hamilton** on Memorial Day (Monday 5/27). These rides all involve long climbs, but none are super steep and are suitable for B through E riders. They are beautiful rides with fantastic views of the Bay Area and Pacific Ocean... and sometimes the Sierras!

We’ve reserved our usual group campsite for the “**Fall Napa Valley LDT**” on September 27th to 29th. We’ll explore the Napa Valley on this fun 3 day camping excursion. There are also local hotel options, but they can be pretty pricey in autumn. Save the dates on your calendar, and [see the online Ride Schedule](#) (September 2024) for details. **Registration opens on July 15th.**

Guy Shuman, LDT Coordinator

shumansteiner@gmail.com 650-704-0895 Cell



“Hamming it up” photo credit: Shelli Kramer, 2023 Annual Club Photography Contest Submission

2024 SCHEDULE: (subject to change)

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

4-May	Cazadero (2-3 day)
11-May	Mt. Diablo
18-May	Mt. Tamalpais
27-May	Mt. Hamilton (Mon.Memorial Day)

Western Wheelers

Ride Information

DETAILS OF RIDE CLASSIFICATION: The format of the ratings is:

PACE/HILLINESS (total climbing if known) /DISTANCE

PACE (A-F): Indicates the average speed while riding, with A being the slowest and F being the fastest. Non-riding time is not counted, so rides with long stops may have the same average speed as rides with short stops

HILLINESS (0–5): Rates the terrain based on the average feet climbed per mile for the entire ride. This is the ratio of the total climb to the total distance, all divided by 25.

Hilliness Rating	0	1	2	3	4	5
Average Climb (Feet/Mile)	0	25	50	75	100	125

The longer, steeper and more frequent the hills, the higher the hilliness rating and the slower the average speed. However, a low hilliness rating does not guarantee that a ride contains no long or steep hills, because the rating could be diluted by flat stretches around the hills. If a ride contains an unusually challenging hill for its hilliness rating, an exclamation point (!) is appended to the hilliness rating. The ride description should provide more details. It is possible but rare to have a hilliness rating greater than 5.

AVERAGE SPEEDS: The average speeds (mph) for the different pace and hilliness ratings are:

HILLINESS RATING						
Pace Rating	0	1	2	3	4	5
Average OLH Time						
A	10	9	8	NA	NA	NA
B	12	11	10	9	8	7 43-54 min.
C	14	13	12	11	10	9 34-43 min.
D	16	15	14	13	12	11 27-34 min.
E	18	17	16	15	14	13 22-27 min.

If the pace rating letter has + or - appended to it, the average speed is changed by 1 mph.

CHOOSING YOUR RIDE: The speeds in the above table may seem low because you know you can ride faster at times. Remember, however, that the numbers represent the average speed for the entire ride. Don't attempt rides beyond your ability. If you are taking your first club ride, err on the conservative side. Novice cyclists are welcome on A rides. A, B, and C rides are typically more leisurely and have more regroupings than D, E, and F

rides, which are brisker-paced rides for more experienced and self-sufficient cyclists.

If you are unsure which group to go with on hilly rides, time yourself up Old La Honda road, and compare your time with the time ranges shown in the above table. If your time is within the range for a certain group, you can feel comfortable riding with that group on hilly rides. Note that the OLH time does not refer to your personal best time, but to the time in which you can comfortably climb Old La Honda, and perhaps not just once, but repeatedly, because that is the pace the group will be maintaining all day on multiple climbs.

If you choose to ride with a slower group, you should not expect them to speed up for you, and if you choose to ride with a faster group, you should not expect them to wait for you.

RIDE RATING EXAMPLES: "C+/2/40" indicates a 40-mile ride with about 2000 feet of climbing, ridden at an average speed of 12 mph. "E/4!(9700)/100" indicates a 100-mile ride with 9700 feet of climbing, some of it very steep, ridden at an average speed of 13 mph.

WEATHER CONSIDERATIONS: Rides may be canceled if rain seems likely during the ride. If in doubt, contact the ride leader.

RECOMMENDED EQUIPMENT: Please try to bring basic tools, sunglasses and sunscreen, water bottles, food or food money, a first-aid kit, cellphone, "layered" clothing, etc. Bright clothing recommended and helmets required.

COMMON LOCATIONS – Please check ride listings for other locations

GUNN HIGH SCHOOL in Palo Alto. Use the main entrance on Arastradero Rd. just east of Foothill Expressway. Meet in the parking lot AWAY FROM BUILDINGS. Don't use this location when school is in session.

BURGESS PARK in Menlo Park. Meet in the parking lot south of Rec Ctr off of Alma near Burgess Dr.

GRANT PARK in Los Altos. Meet in parking lot 1575 Holt Ave

LOS PRADOS PARK in Foster City

McKENZIE PARK in Los Altos. Between Loyola Corners and Springer/Magdalena (Rancho Shopping Center) on Fremont Ave.

SEAL POINT PARK in San Mateo by the parking lot and bridge

SHOUP PARK in Los Altos, on University Ave. near Main Street, off Foothill.

WESTMOOR SHOPPING CENTER in Sunnyvale, corner of Fremont and Mary

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.



May 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

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. Leaders: [Howard Koel \(650-302-1053\)](#) and [Hal Nystrom](#). GPS Files: [Tuesday Loop GPS Files](#)

C/3/15+; D/4/15+ TUESDAY EVENING RIDE Join us after work every Tuesday evening for a backroads tour of Woodside and environs, including some moderate hills. Meet in the parking lot behind the Pioneer Saloon in downtown Woodside at 5:15 for a 5:30 PM departure. Ride leader and route sheet vary from week to week. Measurable rain cancels. Please equip your bike with front and back lights for added safety in evening low light conditions. Exact ride details, including RidewithGPS routes, will be posted to the wwbc-rides email list on the day before. Ride coordinator: **Richard Exley** (650-704-3801).

Every Wednesday

C+D and DE/3-4/35-70 HILLS R US Meet at 8:45 AM for a 9:00 AM start. Two groups roll out and split along the way. Route varies weekly and often includes Hwy 9, Page Mill, Old La Honda, Kings Mountain, West Alpine or Tunitas Creek. Always be prepared for variable weather on Skyline. Foul weather in the hills keeps the ride in the valley. Start Location, route, lunch stop (or lack thereof), weather forecast and leaders announced 1-2 days beforehand via the [HRU Blog](#). Rain cancels. Ride Leaders rotate weekly [Don Johann](#), [Shawnerly Hardin](#), [Jack Jones](#) and [Steve Rempel](#).

CD/2-3/15-30 WEDNESDAY EVENING HUMP-DAY RIDE Join Sarah for a fun ride of the Peninsula and Woodside lumps and bumps and get rid of your mid-week slumps!! We will meet at the Pioneer Hotel in Woodside at 5:15 PM and will roll out at 5:30 PM. Routes will change each week, but we will continue with our 3rd Wednesday of the month climb up Old La Honda and the last Wednesday of the month climb up Kings Mountain Road. We can break up into C and D groups to allow the faster riders to zoom ahead! Please join us for a great ride with lots of laughs and camaraderie! Front and back lights are strongly recommended during the winter/spring months since we may be returning around dusk. Please contact **Sarah Coyle** at (650-454-5890) if you have any questions. Heavy rain cancels.

Every Thursday

CD/2-3/15-30 THE THURSDAY EVENING TOUR This is a series of evening rides varying from 15 to 30 miles in Los Altos Hills, Portola Valley and Saratoga, sampling local hills and out-of-the-way roads. Meet at Shoup Park in Los Altos at 5:45 pm, for a 6:00 departure. The routes vary each week, to take advantage of the available daylight. Every effort will be made to get riders back before dark, but bring lights just in case. Leader: **Gary Goldman** (650-279-5315). See individual ride descriptions in the online ride calendar.

Every Friday

B/2/30-50 FRIDAY B RIDE Meet [Vern Tucker](#) (408-730-2548) every Friday at 10:00 AM at McKenzie Park for a 10:15 AM ride start. Rides will be a mix of hills and flatter residential roads, with a lunch stop along the way. (Bring or buy)

The first Sunday of every month

BCD/2-3/19-32 SINGLE CYCLISTS RIDES If you are single and want to mingle... join us for a fun social ride with a lunch stop. We will have at least two different ride options for different skill/speed groups. All rides will begin and end at the same location, the Burgess Park parking lot next to Alma/train line. Please arrive before 10:00 and be ready to roll by 10:15. Both ride options will stop for lunch at Ladera then return to Burgess afterwards. Pack a snack and water for the ride and either bring lunch or plan on buying some. Leader: [Carina Rossner](#) (650-285-3475)

The second Sunday of every month

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](#).

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](#)