

A Turn at the Front

Robert Sexton, President



Ride Safety Matters

Earlier this fall, Bill Sherwin started work on a program to improve club riding safety. Last month, the board appointed him to be our club's first safety director so that he could implement his plan. Please take a moment to thank Bill for his leadership on this issue!

The cornerstone of this effort is education. As part of that education effort, we'll be distributing safety materials to new members and existing members. The safety director will also be collecting confidential incident reports and using that information to improve club ride safety.

This spring, the club will offer its first League of American Bicyclists smart cycling class to our members. This weekend workshop is widely taught across the US and is a great way to develop road skills and reduce the likelihood of crashes for all of our riders. The club has several newly-trained, LAB-certified instructors who have agreed to teach for the club, and we'll be looking for new members to join our cadre of in-house instructors in the coming years. The Santa Cruz County Cycling Club has shown that this approach can work.

This is an important job with many different aspects and challenges. We're seeking club members with relevant training or experience to help out. If you are interested in doing so, please contact Bill or myself.

Election Update: The club leadership elections are underway. More details, including officer bios are available on the club website. **If you didn't receive your ballot by email on Sunday, Nov. 25, search your email for a message from Ballotbin.**

If it's not there, contact Howard Shafer at jhshafer@sbcglobal.net or 408-712-4573 for a ballot. See page 5.



Our annual holiday celebration and meeting!
Sunday, December 9 • Michaels at Shoreline
2960 N Shoreline Blvd., Mountain View

5:30 pm Cocktails • 6:30 pm Dinner
7:30 pm Annual Meeting and Awards

\$25 per member / \$35 per guest

Please register under your own login
to get member's price

[https://westernwheelersbicycleclub.wildapricot.org/
event-3121843](https://westernwheelersbicycleclub.wildapricot.org/event-3121843)

Pre-registration required and space is limited
(Sorry, no walk-ins)

This year's meal will be delicious as usual!
Salmon piccata, chicken marsala or eggplant parmesan torte served with salad, pasta, roasted potatoes and seasonal vegetables. ***Wine and dessert included.***

The annual club meeting begins directly after dinner and is open to all members at no cost. The meeting includes the annual awards and results of the photo contest.

Join Us!

The Flat Tyre is the monthly newsletter of the Western Wheelers Bicycle Club, Inc. P.O. Box 60367, Palo Alto, CA 94306. Do not send material for the newsletter to the club post office box; the editor might not get it in time. Material for the newsletter should be sent to editors@westernwheelers.org.



BIG WHEELS FOR 2018

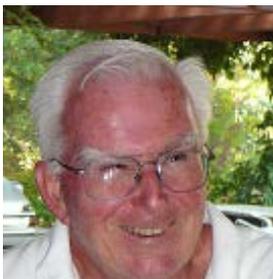
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See Westernwheelers.org to read/post/subscribe to club forums for ride cancellations and other Club Ride topics.

Log in to westernwheelers.org to read/post/subscribe to club emails for ride cancelations, road conditions and miscellaneous club ride topics.

December Calendar

- Sunday, Dec. 9** **Holiday Party, Michaels at Shoreline**
- Sunday, Dec.16** **Holiday Lights ride/walk/potluck**
- Saturday, Dec. 22** **Deadline for changes to recurring Weekly Rides to Ride Chair, Mindy Steiner mindysteiner1@gmail.com**
- Monday, Dec. 23** **Flat Tyre Deadline**
ALL material for January due to editors@westernwheelers.org



Welcome New Members

Vern Tucker, Membership

November 2018
Please welcome the following new members to Western Wheelers:

- | | |
|----------------------------|-------------|
| Lynn Chuu | Santa Cara |
| Lisa Norris | Sunnyvale |
| Kevin Rea | Menlo Park |
| Robert and Diana Tashjian | Fremont |
| Ricardo Jamin | Santa Clara |
| Mark and Caroline Bauhaus | San Carlos |
| Curt Wohlgenuth and Family | Santa Clara |
| Jak and Karen Vannada | Los Gatos |
| Susan Neva | Campbell |
| Craig Boyle | Los Altos |
| Dawn Freeman | Belmont |
| Eric Landtbom | Belmont |



Editor's Note
Ricki McGlashan
After more than 20 years of being enthusiastic Flat Tyre editors, Dave Ziegler and I are happy to put away our keyboards and pass the job along to Peggy George and her crew. Editors or not, we both look forward to seeing you on the road—rain or smoke or shine . . .

Email for listing a ride:
addride@westernwheelers.org

WW Board Meeting Minutes Wednesday November 14, 2018

Bill Sherwin, Secretary

Los Altos Hills Parks and Rec Center, 26379 Fremont Road, Los Altos Hills

Present: Cindy Asrir, Randall Braun, Christine Fawcett, Mike Grobler, Adrienne Harber, Robert Sexton, Mona Schorow, Bill Sherwin, Guy Shuman, Mindy Steiner, Dave Ziegler.

Absent: Mike Rissi, Vern Tucker

Guests: David Schorow

Treasurer

Mike was absent but submitted his report ahead of time. He reported that there are no major concerns.

Membership

Vern stated in his email to the board that we have a total of 982 members. Of these, 34 are overdue in their membership renewals with no lapsed members.

Events Chair

Cindy reported that she has received requests to extend the Holiday Party at Michaels to include dancing and music afterward. She asked for help designing the party favors and Randall offered to assist.

Cindy announced that there will also be a holiday lights walk and potluck at Dale and Rosemary Gill's house in Palo Alto on Sunday, Dec. 16 (ride options will also be available). Details will be send out in an email blast and posted to the website.

Awards

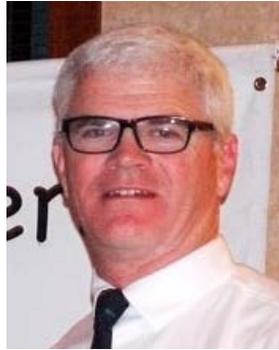
Candidates for the Lefkowitz Award and Club Appreciation Award were discussed.

Sequoia

After a brief introduction, Randall led a discussion about the future of the Sequoia. He has talked to 22 of the 35 captains to evaluate their interest in participating in 2019. He feels there is still plenty of internal support for the event. Randall intends to return as Sequoia Chair.

Safety

Bill reported on activity thus far. He said that the intent is to develop a safety program based on the League of American Bicyclists (LAB) system, which relies on certified instructors to develop other instructors within the club. Actual proposals have yet to be received. Robert made the following motion.



Proposed Board resolution

The board shall appoint a Safety chair to serve at the pleasure of the board. The responsibilities of the safety chair are as follows:

- *Organize one or more annual accredited safety classes for the members of the club. Classes shall be made available to members for a minimal fee.*
- *Collect safety and incident reports and make them available for analysis, subject to appropriate confidentiality measures.*
- *Select and recommend club members to the board for sponsorship to become accredited safety instructors.*
- *Perform other duties as may be determined by the chair or the board.*

Guy motioned acceptance of the proposal and that Bill should be appointed Safety Chair. The motion carried.

Election

Nominations close on November 23. Robert reviewed the people who are running for various positions (see <https://westernwheelersbicycleclub.wildapricot.org/page-1863782>)

Western Wheelers Safety

Western Wheelers is looking for members to serve on a Safety Committee and help with the development of a club safety program. At the October 2018 board meeting, Bill Sherwin volunteered to solicit input from the club about how to most effectively implement a safety program for the club. The overwhelming response on this indicated that a good start would be to sponsor bicycling skills classes similar to the the well-established "Bike Driving Academy" of ACTC, our sister club. After further exploring this with the Santa Cruz Cycling Club, we are now soliciting bids from LAB (League of American Bicyclists) certified instructors to conduct clinics for Western Wheelers sometime in the Spring. Our club has three certified League Certified Instructors who we are hoping will assist in such instruction. Stand by for news on that in early 2019.

In November, the Board created the position of Safety Chair and appointed Bill Sherwin to fill the role. See "A Turn At The Front" in this issue. The Safety Chair will also select/recommend club members to the board for sponsorship to become accredited safety instructors. As the role develops the Chair may take on additional duties. With the initial request for bids in the works, Bill is now looking for help with developing the rest of the program. If you are interested in serving on the safety committee, please contact Bill directly at wbsherwin@comcast.net or by calling him at 650.888.6749.

Western Wheelers Election for 2019 Board Members!

If you didn't receive your ballot by email on Sunday, Nov. 25, search your email for a message from Ballotbin.

If it's not there, contact Howard Shafer at jhshafer@sbcglobal.net or 408-712-4573 for a ballot. This is what the message said:

"This is a message from Polling Admin from Western Wheelers Bicycle Club, who is using Ballotbin.com to run the survey/election

Dear Western Wheelers member, Here's your personalized email to vote for the 2019 Board of Directors. Be sure to vote before Saturday, December 8 at 9:00 pm. The final results will be announced at the Holiday Party and posted on the website on December 9.

<https://westernwheelersbicycleclub.wildapricot.org/page-1863782>



Join WESTERN WHEELERS

Membership signup is now online. Go to [Join Today](#), and follow instructions. Payment can be by credit card or check. If you don't wish to do this online or have questions, contact Membership Chair, Vern Tucker at (408) 730-2548 VLTNVT1@comcast.net. An individual membership is \$25 per year. Family membership is \$35 per year. Renewal notices will be sent by email also, and renewals can be done online.

westernwheelers.org



WWBC Holiday Lights Walk, Ride and Party!

We are excited to announce that the annual Holiday Lights party has a new location and new format. We are going back to Palo Alto, and there will be both walk and ride options.

**Sunday, December 16
Dale and Rosemary Gill
2783 South Court, Palo Alto**

Walkers and more social-paced riders will meet at 5:15 pm for a 5:30 ride; faster riders will meet at 4:15 pm for a 4:30 departure. All rides and walks will depart from the corner of South Court and El Dorado, so don your most festive apparel, dress warmly, bring lights or light up your bike, and get into the holiday spirit with us!

The potluck will start at 7 pm. Bring your favorite dish—the club will provide beverages both hot and cold to quench your thirst and keep you warm through the wintry night.

If you plan to attend, please sign up and let us know how many people and what kind of food contribution you plan to bring. <https://westernwheelersbicycleclub.wildapricot.org/event-3140525> The party is limited to the first 75 people who sign up. If your plans change, please update your attendance status.

Volunteers: If you'd like to make Santa's "good list" and can help clean up during or after the party, contact Cindy at casrir@gmail.com or Emily at 82sunshine82@gmail.com.



LDT CORNER

Guy Shuman, LDT Coordinator



2019 Information

The 2019 Long Distance Training (LDT) series begins on Sat., Jan. 5. 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 drives to Healdsburg, Pacific Grove, and Cazadero are further (2 to 4 hours), and most riders plan for an overnight stay. On those weekends, a Saturday night group dinner and Sunday ride are also planned. 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 mandatory 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 2019 include 2-3 day weekends in scenic Healdsburg, Pacific Grove, and Cazadero. The series again concludes with successive climbs of the three highest Bay Area peaks (Mt. Diablo, Mt. Tamalpais, and Mt. Hamilton) in May. All rides through March 9 meet at 9:45 for a 10 am start. Starting March 16, all rides meet at 9:15 am for a 9:30 start.

Notes for 2019

- Updated LDT news/weather/lodging information will be posted on the "wwbc-RIDES" club email list. We 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 Web Site Ride Schedule.
- Please **REGISTER** on the web site for our "2-day weekend" rides (Healdsburg, Pacific Grove, and

Cazadero) so we can plan better. To register, just go to the SATURDAY ride description on the online ride schedule and click on the REGISTER button. (Registration is free and easy! Please feel free to decide at the last minute if necessary.)

ROUTE SHEETS/MAPS/GPS

There is a dedicated page on the web site where you will find all the LDT route sheets for rides. This page also has links to Maps/GPS routes that you can examine or download to your GPS device. (Routes are sometimes altered before the ride, so please wait until the week of the ride to print your route sheet.)

Questions: *Guy Shuman, LDT Coordinator* (shumansteiner@gmail.com or 650-704-0895 (cell))

2019 SCHEDULE

Note: See the Web Site Ride Schedule for detailed information, last minute changes, updated leader information, accommodation information and route sheets.

5-Jan	Shoreline
12-Jan	Saratoga
19-Jan	Pulgas Water Temple
26-Jan	Morgan Hill
2-Feb	Seascape
9-Feb	Livermore
16-Feb	Calaveras
23-Feb	Hollister Hills (formerly San Juan Bautista)
2-Mar	Pescadero
9-Mar	Marin Headlands
16-Mar	Healdsburg (2-3 day) (formerly Geyserville)
23-Mar	Berkeley Hills
30-Mar	Pacific Grove (2-3 day)
6-Apr	Petaluma
13-Apr	TBD - Rain Date
20-Apr	Mountain Charlie
27-Apr	Skyline
4-May	Cazadero (2-3 day)
11-May	Mt. Diablo
18-May	Mt. Tamalpais
27-May	Mt. Hamilton (Monday)

Western Wheelers December 2018 Weekly and Repeating Rides

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. Nonriding 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	0	25	50	75	100	125 (Feet/Mile)

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:

Pace Rating	HILLINESS RATING						Average OLH Time
	0	1	2	3	4	5	
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, call 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 charge or cellphone, "layered" clothing, etc. Bright clothing recommended.

LOCATIONS

GUNN HIGH SCHOOL main entrance is on Arastradero Rd. just east of Foothill Expressway in Palo Alto. Meet in parking lot AWAY FROM BUILDINGS. Don't use 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 Alma side unless otherwise specified.

PEERS PARK in Palo Alto is on Park Blvd. North of the California Ave. train 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.

WOODSIDE GRADE SCHOOL (the ex-Town Hall) is on the south side of Hwy 84 (Woodside Rd), about 1/4 mile west of Cañada Rd. in Woodside. (NOT to be confused with NEW Woodside Town Hall about 1/8 mile east of Cañada Rd). Park in lot at Whiskey Hill and Woodside Road—behind the Pioneer Hotel—when school is in session.

HELMETS ARE REQUIRED ON ALL RIDES!
UNSAFE BICYCLES ARE NOT ALLOWED.
EARBUDS AND HEADPHONES ARE NOT APPROPRIATE ON GROUP RIDES.
FOR INSURANCE REASONS, ONLY MEMBERS MAY LEAD RIDES.

The complete Ride Schedule is available only online.
westernwheelers.org

Every Monday

A/0/15 SOCIAL 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 **Tom Stephany** (650-483-4273 day of ride only) at Rengstorff Community Center 201 S. Rengstorff Avenue, Mountain View. Due to remodeling, the regular parking lot is closed, and we've had to change our meeting area. Meet in the parking lot near the corner where Rengstorff and the train tracks meet. From Rengstorff Drive going East, turn on Crisanto Ave. just before reaching the train tracks. Parking lot is 400 feet on the right. We'll meet at 8:45 for a 9 am departure for Cafe Borrone in Menlo Park. Very flat, and we'll travel at a mild, social, and comfortable "A" pace. Nobody left behind, we are in this together.

BC/1/24 MONDAY MORNING MOCHA MOOCH. Start your week with a fast or easy ride (you decide) to Cafe Borrone in Menlo Park. Reflect upon the past weekend with old and new friends. Return at a social pace through quiet residential streets. Meet at 9:15 for a 9:30 am departure at the Lucky Supermarket parking lot (2175 Grant Road, Los Altos) Cross streets are Foothill Expressway and Arboretum. **Pete Letchworth** (pete@lethworths.com or 408-257-7626) and **Allen Cymrot** (cymrealadv@gmail.com) share leadership on this ride.

BCD/1/26 JAVA JIVE FROM SAN MATEO. The Monday morning ride for bicyclists who live in the northern cities of the Peninsula is growing in numbers. It is a flat (except overpasses) route to Cafe Borrone in Menlo Park for coffee and/or breakfast. We return at a social pace through the quiet, residential streets in Menlo Park, Atherton, Redwood City, San Carlos, and Belmont. The Hill Climbers' Option

Rain Cancels unless otherwise noted!

adds 12 to 16 miles to the ride. Meet at Los Prados Park at 8:30 am for a departure at 8:45. 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, call **Tom Prager** (650-219-9206, trprager1200@gmail.com). Rain/muddy conditions cancel.

DE/1/28 JAVA JIVE DOUBLE EXPRESSO. Jump out of the starting blocks at 9:15 with a fast pace-line to Cafe Borrone in Menlo Park. We will work our way back along the foothills after coffee. 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 Expressway. Leader: **Dave Fitch**, davidfitch@prodigy.net.

Every Tuesday

B/B+/2/30 RIDE FROM SHARON PARK. Rides and ride leader will vary each week but you can count on a ride from Sharon Park Safeway Lot in Menlo Park every Tuesday. Meet either **Ken Lum** (lum40@comcast.net or 650-832-8133) for a SHARON PARK TO SHORELINE B ride or **Jim Burke** (408-656-4645, jburque54@gmail.com) for a B+ ride. See online ride schedule for specific details for each ride. Meet at 9:50 am for a 10:05 departure at 325 S. Sharon Park Drive, Menlo Park.

CD/2/30-35 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 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 Starbucks in the Westmoor Shopping Center in Sunnyvale, corner of Fremont and Mary, at a later, civilized hour. 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 for a prompt 11:00 am departure. The hilly route varies through the month. See the online Events Calendar for links to routes in Excel and PDF formats. Everyone assembles together at regroups and for lunch. Many stop for coffee near the end of the ride. Leader: **Vern L. Tucker**, vltbike@yahoo.com, home 408-730-2548, cell 408-893-6008. Bring lunch or buy. GPS Files: Tuesday Loop GPS Files

DE/4/20 TUESDAY POWER LUNCH. Join **Robert Sexton** (robert@kudra.com, 408.218.8466) and **Mark Bagnola** (mbagnola@mac.com) for a fast lunchtime ride from Cupertino into the hills around Stevens Creek Reservoir. Typical routes include one of: Montebello, Redwood Gulch, or Villa Montalvo/Peach, and are finalized at the ride meet to be about 90 minutes long with a brief regroup at the top

of the hill(s) of choice. Meet behind the Cupertino Target (intersection of Alves Drive and Saich Way) by noon for a 12:05 sharp departure.

Every Wednesday

DE/3-4/35-65 HILLS-R-US. Winter start times begin this month! Gather at Shoup Park, 400 University Ave., Los Altos at 10 am; ride departs at 10:15. Pace and regroups accommodate all D and E riders so that no one feels they're making the others wait for them. Rides vary weekly, but often include Hwy 9, Page Mill, Old La Honda, Kings Mountain, West Alpine or Tunitas. Be prepared for variable weather on Skyline. Foul weather in the hills keeps the ride in the valley. Route, including lunch stop or lack of one, and leader(s) announced 1-2 days beforehand via the WWBC webpage under Ride Information/Hills R Us at: <https://westernwheelersbicycleclub.wildapricot.org/page-1111752> Leaders: **Steve Chapel** (650 823-7982, schapel2@gmail.com) **Paul Melville** (408 257-3626, melvillepaul@hotmail.com) and **Doug Hahn** (650 279-0357, dhahn11@yahoo.com)

D/3-4/35-65 HILLS-R-US, SOCIAL CLIMBERS D

VERSION. Winter start times begin this month! If you can ride the hills but not at the fast D/E pace, come join us, the D Social Climbers. We do the same ride as the D/E's, meeting at Shoup Park at 9:45 for a 10 am departure. These rides vary weekly, but often include Hwy 9, Page Mill, Old La Honda, Kings Mountain, West Alpine or Tunitas. Always be prepared for variable weather on Skyline. Foul weather in the hills keeps the ride in the valley. Ride leaders are **Betty DeLuco** (beedeebikes@yahoo.com) and **Dave Fitch** (davidfitch@prodigy.net or 408-406-2048). The route sheet is on

Reminder from the Ride Chair

Mindy Steiner

Any Western Wheelers club member can propose a ride by using the online Ride Listing Composer on the Ride Leaders Resources page at https://westernwheelersbicycleclub.wildapricot.org/ride_leaders_guide 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).



the WWBC webpage under Ride Information/Hills R Us at: <http://westernwheelersbicycleclub.memberlodge.com/page-1111752> Please print out a copy as the ride leader doesn't provide route sheets.

Every Thursday

B & C THURSDAY MORNING RIDES. B and C groups meet every Thursday morning at various places, usually at 10 am. See online schedule for specific dates and details.

The Second Sunday of every month rides

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 and return via Alameda de las Pulgas. Social pace with regroup. Meet at Burgess Park in Menlo Park at 10 am for 10:15 departure. Leader: Dave Ziegler (dave@maczieg.com). Route sheets/Maps: <http://westernwheelersbicycleclub.memberlodge.com/page-1863579>.

C/2/27 2ND SUNDAY–RWC CROSS. Monthly ride to the Redwood City Cross via Tripp, Cañada and Godetia. Optional Huddart Park Loop. Lunch at Sancho's Taqueria and return via Alameda de las Pulgas. This is a social-paced ride with mandatory regroup, but faster riders are welcome to form a separate C+ group at the start. Meet at Burgess Park in Menlo Park at 10 am for 10:15 departure. Leader: **Bettina Vinsant** (650-450-1104 or bettina.vinsant@gmail.com). Route sheets/Maps: <http://westernwheelersbicycleclub.memberlodge.com/page-1863579>.

Every Friday

B/2/30-50 FRIDAY B RIDE. Meet **Louis Rustenburg** (408-420-0443, louisngisele@gmail.com) every 1st and 3rd Friday and **Vern Tucker** (408-730-2548, vltmvt1@comcast.net) every 2nd and 4th Friday at 10 am at McKenzie Park for a 10:15 start. Rides will be a mix of hills and flatter residential roads, with a lunch stop along the way.

The Fourth Sunday of every month rides

B/2.5/25 4th SUNDAY–SARATOGA. Hello Social Bs. Join **Emily** (82sunshine82@gmail.com) on a leisurely ride heading up Mt. Eden, then meandering through The Maze to downtown Saratoga where there are a couple lunch options (bring or buy) before heading back via Seven Springs Parkway. Meet at McKenzie Park in Los Altos (near tennis courts) at 10 am for 10:15 departure. Rain 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 Los Gatos and return through the Maze. This is a social paced ride with mandatory regroup, but faster riders are welcome to form a separate C+ group at the start. Meet at McKenzie Park in Los Altos at 10 am for 10:15 departure. Leader: **Frank McConville** (650-450-2325 or frank_mcconville@hotmail.com). Route sheets/Maps: <http://westernwheelersbicycleclub.memberlodge.com/page-1863579>.

Rain Cancels unless otherwise noted!

CYCLOTOON

