Club Advocacy Update #1

David Schorow, Club President

One way Western Wheelers works for the cycling community is by donating money to organizations advocating for cyclists. Two of our largest such donations go to Silicon Valley Bicycle Coalition (SVBC) and Walk-Bike Cupertino (WBC). I recently had the opportunity to meet with Shiloh Ballard, Executive Director of SVBC and Larry Dean, head of Walk-Bike Cupertino, and to learn more about these groups.

Shiloh provided interesting information about SVBC. Its mission is two fold:

1. Sponsoring classes and other forms of safety training targeting kids and adults;
2. Advocacy – working with cities and other agencies to lobby for road work that makes cycling safer, thus encouraging people to use bikes instead of cars for commuting, errands, etc.

Cycling safety is key to their overarching goal to have 10% of all trips be taken by bike by 2025. They have an initiative called Vision Zero whose goal is to have zero deaths or life-altering injuries due to roadway design or user error in San Mateo and Santa Clara Counties (also the Western Wheelers territory). SVBC staff members Emma Shlaes and John Cordes respectively, focus on each county.

Proper road design is paramount for improving cycling safety. Shiloh prefers not to call bike crashes “accidents,” as that suggests they are random acts rather than being preventable with proper design and education.

SVBC works with CalTrans, other transportation agencies, and BPACs (Bicycling and Pedestrian Advisory Committees) to insure the interests of bicyclists are considered, and to recommend bicycle infrastructure improvements. Much of their focus is on improving the routes that connect our communities and making freeway crossings safer. Current campaigns include:

- El Camino Real Bikeways - making the most direct North-South corridor bike friendly;
- East Palo Alto Highway 101/University bicycle and pedestrian bridge;
- Page Mill/Highway 280 bike friendly intersection redesign;
- Redwood City Woodside/101 interchange;

Inside this Edition - March Flat Tyre

Long Distance Training Corner
- Guy Shuman

WWBC Bicycle Handling Skills Course
- Bill Sherwin

"Does it Get Any Better Than This?"
- Lisa Burque

Posture on the Bike
- Shoshana Mueller

March Safety Tip – Point Out Hazards
- David Schorow

Adventure Cycling Association April 12
- Cindy Asrir

2018 Budget Report
- Mike Rissi
Dumbarton Rail Corridor trail - ensure bicycle capability in the Dumbarton corridor;

Santa Clara San Tomas Creek Trail at Levi’s Stadium gameday access.

One of their past successful campaigns familiar to WW members addressed the dangerous Alpine Road underpass under 280, once the location of a fatal cyclist - truck collision. They successfully worked to get the bike lanes clearly marked with bright green dye and outlined with striped white buffers, which established clear and safe routes for cyclists and motorists through the underpass.

By comparison, Walk-Bike Cupertino’s focus is much more narrowly defined, both geographically and in scope. Their mission is to identify and support safe and easy bicycling and walking routes for the community of Cupertino. Much of the motivation for their work is to have safe bike and pedestrian routes for kids to get to school.

Larry Dean was instrumental in founding Walk-Bike Cupertino (WBC) and continues to lead much of their work. Larry was the 2018 recipient of the the Western Wheelers Lefkowitz award. The Lefkowitz award is a yearly award established to recognize service by an individual or organization benefiting cycling in the Bay Area.

A key project for Larry and WBC is the Regnart Creek trail. This proposed one mile walk/bike path follows Regnart Creek, from Creekside Park in Cupertino, past the Civic Center and library, and out to Torre Avenue. This route is useful for many kids to get to/from local schools and provides a pleasant way for locals to walk to Wilson or Creekside parks. While most of the community strongly supports the plan, some vocal opposition comes from a small set of homeowners whose properties back up to the trail. I urge all Cupertino WW residents to support this project.

More generally, WBC works with Cupertino to increase the budget for Bike/Ped projects. Prior to WBC founding in 2014, Cupertino’s budget was $0 for Bike/Ped projects. With WBC encouragement, Bike/Ped projects budget grew steadily, starting from $250 thousand in 2014-2015 and reaching $12 million in fiscal 2018-19. Other projects promoted by WBC include:

- New signage and sharrows on McLelland Road from MVHS to Foothill;
- Green bike lanes on Stevens Creek Boulevard from DeAnza to Foothill;
- Collaboration with Cupertino Rotary to fund a bike repair station at DeAnza College;
- Improved green bike lanes and intersection at Stelling/McClellan Road;
- Class IV separated bike paths on McClellan Road (work starting May 2019);
- Feasibility studies for the DeAnza Trail along the Union Pacific rail line and the Junipero Serra Trail along 280 from the Don Burnett Bridge to near the new Apple Campus 2.

A simple way for Western Wheelers to get involved is by reporting on road problems they encounter. It’s easy to just grumble about a problem every time you ride by it, but with a bit more effort, you can report it to the appropriate agency. SVBC has a Report a Hazard page giving phone numbers and online locations for the government agencies (cities, counties, Caltrans) to report such problems.

Ample opportunities abound for deeper involvement with cycling issues through participation in BPACs and other advocacy mechanisms. If you are involved in some ongoing issue or advocacy effort, please let me know (email is preferred). I will use a future column to report on advocacy efforts done directly by club members, including that of John Langbein, our club Advocacy Chair.

continues with March Safety Tip - Point Out Hazards page 9
Club Calendar
March 13
Board Meeting
Flat Tyre Deadline*
March 20
*to submit articles for inclusion in the FLAT TYRE.
please send to Editors@westernwheelers.org

Western Wheelers Board Meeting
Minutes
Bill Sherwin, Club Secretary
Date: Wednesday, Feb 13th, 2019
Time: Dinner: 6:30 pm Mtg: 7 pm
Location: Round Table Pizza, 1225 El Camino Real, Menlo Park 94025
Attendance:
Present: Cindy Asrir, Randall Braun, Lisa Burque, Peggy George, Mike Rissi, David Schorow, Bill Sherwin, Guy Shuman, Mindy Steiner, Vern Tucker
Absent: Robin Davis, Emily Nishihira
Call to Order: President David Schorow called the meeting to order at 7pm

Standing Items:
• Date of next meeting - March 13
• Location of next meeting – Cindy said that she is going to look into Woodside Church meeting room options. Lisa said that another option might be the Hub in RWC and she will check it out. Lisa offered her home as a third option if the first two do not work out.
• Food Wranglers: Lisa and Cindy

Agenda Items:
Secretary - nothing to report
Ride Chair –Mindy said that she is working on evening rides for posting in the Flat Tyre, and that she is awaiting confirmation for some of the
evening rides. She also announced that the club is looking for a 4th Sunday B ride leader.

**Sequoia Chair** – Randall reported that all is well so far with the Sequoia, that registration is moving along nicely, at approx 1% per day and we hope for a full event. He reported that REI is fully committed to support The Sequoia by providing mechanics and a finish line presence. He said that posters and flyers are being distributed and that volunteer recruitment is already underway. The Sequoia Jersey is available from Voler, and The Sequoia socks are also available for sale.

Randall also announced that the Worker’s ride will again be called the “Sequoia Fiesta” ride and it’s scheduled for Saturday, June 8th. He said that some of the rides will start at Huddart Park at a group site called Zwierlein and that the club will cover the parking per car costs for the riders who drive to the Fiesta. He said that he has several options for routes both to and from the Fiesta.

**Event Chair** - Cindy reviewed the calendar for the year. She reminded everyone that the Spring picnic is coming up on April 28th at Cuesta Park and that the whole picnic area is reserved. Guy confirmed that he is working on routes for the picnic rides. Cindy announced the Ice Cream Social is July 28. There was discussion around participation in Viva Calle, a bicycling trade show and Adventure Cycling, a bicycling event to be held at REI. The board determined that Viva Calle was probably aimed at a different market than our club membership, but agreed to supporting Adventure Cycling. Cindy said that she will write a promotional piece for Adventure Cycling for the Flat Tyre.

**Flat Tyre Editor** - Peggy requested that for ease of format issues, all submissions for the Flat Tyre be sent to her as Google documents.

**Membership** – Vern reviewed the numbers of his report, which was submitted to the board ahead of time via email. Current membership is at 1028 with 22 new members since January 9.

**Webmaster** - Emily was not present, so there was no report.

**Treasurer** - Mike provided a budget update for review and the proposed 2019 budget was passed unanimously.

**Safety Chair** - Bill reviewed a proposal from the Smart Cycling Sub Committee for conducting our first safety classes. There was discussion and concern over the cost of $1050. The board approved a motion to conduct the first class but to limit club outlay to no more than $1000. The motion contained a requirement that participants would pay for their materials ($13.50 each) + $25 each to offset the cost. The motion passed. Bill promised to write an article for the Flat Tyre after the subcommittee meets again on Tuesday 2/19. The date for this is still to be finalized but the goal is by the end of March.

**Special Project – Increasing involvement of club membership** - Lisa led a general discussion around how to get people more involved in the club. The board agreed that there has to be a general strategy for doing this, that members can’t just be told to “lead a ride”. Lisa said that she will write an article with ideas on this topic for the Flat Tyre.

**President’s Topics.**

David discussed his concern over the spam attacks being perpetrated in his name.

David also reported that a bench to honor the memory of Troy Folkner is to be installed near the site of Troy’s crash in Saratoga.

David reported on a meeting with Silicon Valley Bicycle Coalition and Walk Bike Cupertino leadership.

David brought to the board’s attention some minor inconsistencies in the Bylaws that need to be amended, and Guy said that he will take a look at this for the next meeting.

The discussion over guidelines for disbursement of Sequoia proceeds was postponed until next month.

Adjourn 8:50

End minutes
Welcome to Our New Members
February 2019

Vern Tucker, Membership

Please welcome the following new members to the Western Wheelers:

Dietrich & Mary Schultz  
Foster City

Charles Hinkle  
San Jose

Deborah Bennett  
Palo Alto

Ray Tan  
Mountain View

Lisa Koza  
San Jose

Laura King Hahn  
Campbell

David Sausjord  
Campbell

Kishor Bhat  
Mountain View

Patrick North  
Sunnyvale

Stuart Kreitman  
Palo Alto

David MacAfee  
San Jose

Smitha Yellarmraju  
Palo Alto

Cyna Alderman  
Palo Alto

Eider Oliveira  
San Jose

Yang Xia  
San Jose

Gary Nelson  
Aptos

Roque Matagulay  
Redding

Guido Cugi  
Sunnyvale

Tammy Walters  
Mountain View

Alex Collins  
Santa Clara

Steve Rempel  
Los Altos

- Mike Rissi, Club Treasurer
Does It Get Any Better Than This?

Western Wheelers has something for everyone:

- Free during the day? We have rides every day of the week.
- Working full-time? Join us for weekend and weeknight rides.
- Enjoy predictability and knowing the routes? Join the repeating weekly or monthly rides.
- Want to build up riding distance and elevation over time? Join the popular Long Distance Training (LDT) series.
- Want to explore areas farther away or spend a weekend on 2 wheels? Try the Fall Fun series or LDT.
- Like to mix it up? Look for all the rides added on a weekly basis!

But there is always room for enhancing the Western Wheelers experience…

Do you have an idea of a new ride or event? Send it in to the newly created suggestions@westernwheelers.org. If you have a great idea for a ride but are reluctant to lead, we can pair you with a seasoned leader. If you have a great idea but do not want to lead or co-lead a ride, we’ll share it with others who may be willing to post and lead your desired ride.

If you have a suggestion for how the club can better serve the needs of members, send in your comments to suggestions@westernwheelers.org for consideration. Please include your contact information so we can get back in touch with you with any questions or to discuss your ideas.

What if you have an idea for an event? Send it in! Your idea will be shared with the WW Event Chairperson, for consideration.

Mythbusters:

Myth 1 - to lead a ride, you have to commit a month ahead of time.

You can post a ride just a day or two ahead of time with a simple email. The process has gotten easier and easier over the years. Simply send your ride description to the addride@westernwheelers.org. Be sure to include date, title, start time/place, distance, rating, lunch arrangements, and your phone/email contact information. We encourage leaders to use the convenient and easy to use Ride Listing Assistant to make sure all the necessary information is included.

Myth 2 - if a ride is already posted for any given day, I shouldn’t compete by posting another ride.

We not only allow but we encourage people to post different types of rides on the same day that other rides may already be posted. With approximately 1,000 members, there are always members looking for something closer or farther; shorter or longer; hillier or flatter. Have a ride in mind? Post it and they will come!

We value your input. Share your ideas. suggestions@westernwheelers.org

Lisa Burque, Wheelers At-Large Board Member
LDT - Long Distance Training Corner

Guy Shuman, LDT Coordinator

The weather gods were not kind to the LDT series in February, but hopefully March will bring better fortunes! March brings some LDT favorites to the schedule, as well as our first weekend trips! Our first March excursion is the popular Pescadero ride on 3/2, as we traverse redwood forests and coastal views to lunch in Pescadero. The Marin Headlands ride on 3/9 is always a favorite with the gorgeous climb of the headlands and scenic Golden Gate Bridge. We start in the Presidio to skip much of the city traffic and enjoy more time in scenic Marin.

Our Healdsburg Weekend (formerly known as “Geyserville”) follows on 3/15 - 3/17. We’ve added a modest Friday afternoon ride to all the “2-Day Weekend” trips, making them essentially “3-Day Weekends”. The Healdsburg ride visits some great remote wine country. B/C riders do an “out-n-back” route that starts in Healdsburg, simplifying logistics and allowing for easy bail out options. D/E riders challenge the whole Geyserville Road Loop. The Saturday night group dinner will be in Healdsburg and there are plenty of hotel options in the area - see online ride schedule for recommendations. As with all winter weekends, be cautious about booking rooms without a cancellation option, as rain has caused us to alter or cancel this ride in the past. Let’s hope for sunny weather this year! Berkeley Hills follows the next week, which is one of our hilliest rides. But none of the hills are particularly steep and when the weather is clear the San Francisco Bay views are fabulous!

The final weekend of March will take us South to Pacific Grove on 3/29 – 3/31, one of our most scenic and popular weekends! The Friday afternoon ride will begin near Watsonville and explore the area around Elkhorn Slough Refuge.

Note that we are asking riders to “register” for the 2-day weekend rides, even if just coming for the day. This allows us to better plan for the Saturday evening group dinners and any other weekend activities. Registration is quick and easy - just go to the Saturday ride listing on the online ride schedule and click on the “Register” button. Registration is not a strict requirement, so feel free to decide to come at the last minute.

What are you waiting for? Join the LDT party this week!

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

Inspiration. Empowerment. Connection. The power of bicycle travel. Come find all of these at a special regional gathering of people interested in bicycle travel hosted by Adventure Cycling Association at the REI San Carlos store on Friday, April 12 from 6:30 PM to 8:30 PM (program starts at 7:00 PM). Western Wheelers is co-sponsoring this event.

Adventure Cycling’s Executive Director Jim Sayer will be on hand for the gathering, which is open to members and nonmembers who have an interest in bicycle travel or just want to learn more. Enjoy refreshments and a chance to socialize with many other folks in your area who are interested in bike travel.

There will also be gatherings in Saratoga and Santa Cruz on other dates. More info can be found at the Adventure Cycling Association website.

When: Friday, April 12 from 6:30 PM to 8:30 PM. Mingling starts at 6:30 PM, and the program starts promptly at 7:00 PM.

Please RSVP for the gathering at info@adventurecycling.org or 406.532.2751 by April 10.

-Cindy Asrir, Events Chair

WWBC Bicycle Handling Skills Course

A dedicated group of volunteers is working on our first Western Wheelers bicycle handling skills course. Details are still to be finalized but the class will be taught by a League of American Bicyclists (LAB) Coach and it will be held at the Sports Basement in Mountain View.

Cost to members will be $25. Registration will be limited to 15 people and participants will be asked to bring their own lunch. Additionally, Sports Basement will be offering a 20% discount (28% to Basementeer members) to everyone who attends the event.

The day will include classroom and road work and is designed for all riders wishing to improve their bicycle handling skills. At a summary level, topics include: Bicycling Basics, Survival Skills, Principles of Traffic Law, Bike Handling Skills, Equipment, and Road Riding Skills.

Registration is not yet open but if you have questions about the course, please contact Bill Sherwin, Safety Chair, at wbsherwin@comcast.net. Cell: 650.888.6749
March Safety Tip - Point Out Hazards

On a recent WW group ride, there was a rock in the bike lane on foothill. Most people went around it, but a cyclist near the back of the group hit it directly, getting quite a jolt. Luckily, he managed to not crash, but did get a pinch flat. On a LDT ride a while back, a large pack of riders were entering onto a bike path, with a pole in the middle of the entrance. One cyclist later reported “this pole suddenly came at me and knocked me down.” Unfortunately, this cyclist sustained some minor injuries that kept him off the bike for a few weeks. Both of these incidents might have been averted with proper communication.

Communication is very important when bicycling in a group. When you see a hazard ahead or a car coming up behind (or in front on a narrow road) please communicate that to your riding partners. Usually a verbal signal is best such as "car up" or "rock" or "gravel." At other times pointing out a hazard with a hand signal is best (remember that when biking we always point at the hazard). The important thing is COMMUNICATE!

-David Schorow, Club President

Bike Posture

Are you Having Pain on the Bike?

Are you having neck pain when you ride? If so, the first place to focus your attention is on your posture on the bike as well when sitting at home and work. The body benefits by movement of positions.

To stay in one position for long periods can create imbalances. The main posture to come back to as often as possible is neutral position.

Neutral posture aligns the spine so it is stacked up in a strong position through the weight bearing area of the vertebrae. It also allows the core muscles to contract simultaneously to create a natural bracing system and distracts each vertebrae by unloading them a bit while the core fires. The benefit of achieving this ideal position is that the least amount of stress is placed on the body. Good posture optimizes breathing and affects the circulation of bodily fluids. Each person has a different neutral position. Strengthening the back, the core, and hip muscles is important off the bike to help maintain neutral position.

If you have any questions, please contact the author Shoshana Mueller MPT shoshana@thepainwhisperer.site.

Road Hazard on OLH reported this week by Rao.
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 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:

<table>
<thead>
<tr>
<th>HILLINESS RATING</th>
<th>Pace</th>
<th>Average</th>
<th>OLH Time</th>
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<tbody>
<tr>
<td>Rating</td>
<td>0</td>
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<td>2</td>
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<td>A</td>
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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 regroups 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/1/(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 change 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.

IMPORTANT

☑ Helmets and brakes 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 online westernwheelers.org
New this month from the Ride Chair:

Evening Rides are starting up in March. Beginning the week of March 11 we will have evening rides on Mondays, Tuesdays, Wednesdays and Thursdays.

The Wednesday morning Hill R Us rides are going back to their early start times. Regular HillsRUs meet at 9am for a 9:15 start and the Social climbers meet at 8:45am for a 9:00 start.

I am looking for a leader to take over the 4th Sunday B ride. Please let Mindy mindysteiner1@gmail.com know if you are interested in leading this once a month ride.

March 2019 Weekly and Repeating Rides

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 9:00 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. Rain cancels.

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 Alto, CA) Cross streets are Foothill Expressway and Arboretum. Pete Letchworth (pete@letchworths.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 adds 12 to 16 miles to the ride. Meet at Los Prados Park at 8:30 am for a 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, 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.

CD/2-3.5/15-30 MONDAY “MIDPEN” EVENING RIDE. Beginning on Monday March 11, 2019. Join us on Monday’s at the REI store in San Carlos. The ride starts at 5:15 pm for a 5:30 departure from the store (located at 1119 Industrial Road, San Carlos). Weekly routes will vary, however our proximity to Woodside, Emerald Hills, San Carlos and Belmont gives us tremendous route flexibility. There will be two groups this year. Each group will form based on the skills of the riders that show up (recovery riders and beginners welcome). REI will provide us dedicated techs for minor adjustments or repairs from 5:00PM-5:30PM. C riders will stop for regroups, D riders will not. Rain cancels. For more information, please contact: Frank Houghton at fphoughton@yahoo.com or Tom Ockenden at tomaockenden@comcast.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 Burque (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 am 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 Chris Napoli (cnapoli@gmail.com (919) 260-0509) 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.

C-/3/15; D/4/15 TUESDAY EVENING RIDE. Beginning on Tuesday March 12, join us after work every Tuesday evening for a backroads tour of Woodside and environs, including some moderate hills. Note, the new C- option this year. Meet in the parking lot behind the Pioneer Saloon in downtown Woodside at 5:15 pm for a 5:30 departure (Note early start time for early season). 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 (therexley@gmail.com 650-704-3801).

Every Wednesday

DE/3-4/35-65 HILLS-R-US. Gather at Shoup Garden Park, 400 University Ave., Los Altos at 9 am, ride departs at 9:15. 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. Rain cancels. 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.memberlodge.com/page-1111752. Leaders: Dave Fitch (davdfitch@prodigy.net or 408-406-2048), Don Johann (don_johann@sbcglobal.net ) and Cathy Switzer (cbsbikes@mac.com). The route sheet is on 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.

D/3-4/35-65 HILLS-R-US, SOCIAL CLIMBERS D VERSION. 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/Es, meeting at Shoup Park at 8:45 am for a 9 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. Rain cancels. Ride leaders are Dave Fitch (davdfitch@prodigy.net or 408-406-2048), Don Johann (don_johann@sbcglobal.net ) and Cathy Switzer (cbsbikes@mac.com). The route sheet is on 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.

CD/2-3/15-30 WEDNESDAY EVENING “HUMP-DAY RIDE” Beginning on Wednesday March 13, 2019. Join Caitlin and 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 Canada and 92 at 5:15 pm and will roll out at 5:30. Routes will change each week. We can break up into C and D groups but will still try to include regroups so that we can all ride together. We also plan to incorporate some hill repeats into our repertoire - so be prepared to get pumped up!! Front and back lights are strongly recommended during the winter/spring months since we may be returning around dusk. Please contact Sarah Coyle at scoyle908@gmail.com 650-454-5890 if you have any questions. Heavy rain cancels.

Every Thursday

B & C THURSDAY MORNING RIDES. B and C groups meet every Thursday morning at various places, usually at 10 am. See online ride schedule for specific dates and details.
CD/2-3/15-30 THE THURSDAY EVENING TOURS. Beginning on Thursday March 14th. 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 6:00 pm, for a 6:10 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. Many of the riders go out to dinner afterwards at a variety of local restaurants. Leader: **Gary Goldman** (gary_goldman@yahoo.com, 650-279-5315). See individual ride descriptions on the online ride calendar.

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, vltntvl1@comcast.net) every 2nd and 4th Friday at 10 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.

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 regroups. Meet at Burgess Park in Menlo Park at 10:00 AM for 10:15 AM departure. Leader: **Dave Ziegler** (dave@maczieg.com). Rain cancels. Route sheets/Maps: http://westernwheelersbicycleclub.memberlodge.com/page-1863579.

**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 regroups, but faster riders are welcome to form a separate C+ group at the start. Meet at McKenzie Park in Los Altos (near tennis courts) at 10am for 10:15 departure. Rain cancels. Route sheet: 4th Sunday B Ride (Saratoga) or GPS: Map/GPS File

The fourth Sunday of every month rides:

B/2.5/25 4th SUNDAY - SARATOGA. Hello Social "B"s. We are looking for a new leader to take over this ride. Please contact **Mindy Steiner** (mindysteiner1@gmail.com) if you are interested in leading this ride. Join us 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 10am for 10:15 departure. Rain cancels. Route sheet: Map/GPS File

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 regroups, 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 10:15 AM departure. Leader: **Howard Koel** (Howard@koel.me). Rain cancels. Route sheets/Maps: http://westernwheelersbicycleclub.memberlodge.com/page-1863579.