A Turn at the Front

Recent Advocacy Issues

David Schorow, President

Two ongoing developments may have serious consequences for the places many of us frequently ride. Our involvement can ensure that the decisions in these developments properly consider the impact on bicyclists using the affected roads.

Pierce Road and Mountain Winery Plans

Many of our Western Wheelers rides go up and over Pierce Rd (e.g. the 4th Sunday Ride), passing by the Mountain Winery at the top of the hill. Pierce Road provides a nice connection for cyclists riding around Steven Creek Reservoir to get over to Highway 9. Although it is narrow with lots of curves and no shoulder, it currently has few cars other than during evening concerts at Mountain Winery and provides an enjoyable climb (oxymoron?).

The Mountain Winery is currently in unincorporated Santa Clara County, but the city of Saratoga is attempting to annex the Mountain Winery into the city limits (Mountain Winery Annexation Project link). The annexation process includes a draft plan that would allow Mountain Winery to build a 300 room hotel. That would result in a huge increase in the daytime traffic on Pierce Road, radically increasing the danger for cyclists.

On Wednesday, Feb 12th, the Saratoga Planning Commission held a public hearing on the annexation project. Wheeler Guy Neenan submitted a thoughtful memo to the planning commission detailing the dangers this plan would present to the many cyclists who use Pierce Road. Although he was unable to attend the meeting, Guy recruited several others to attend including Wheeler Minh Nguyen and ACTC members Jeff Englander, Hank Coles, and Jolene Lu. Upon seeing the resistance from these and many local Saratoga residents, the planning commission voted unanimously to recommend that the city council not move forward with the annexation plan (CBS Local Article Link).

Unfortunately, that is not the end of this dangerous proposal. The next step is a Saratoga City Council meeting on March 18th. There is fear that a pro development block may disregard the planning commission recommendations and still support the annexation and hotel plan. If you are interested, please consider attending that meeting to help provide a show of force against the plan.

Redesign of Santa Cruz Ave & Alameda de las Pulgas

Most Monday mornings, I ride Pete Letchworth’s Monday Morning Mocha Mooch. A portion of this ride crosses Sand Hill Rd on Santa Cruz Ave. Riding the section of Santa Cruz north of Sand Hill becomes stressful as cyclists and motorists both compete for the lane. Many other WW rides travel on this road and Alameda de las Pulgas next to it.

San Mateo County is looking to improve this section of Santa Cruz up to the Y intersection, Alameda de las Pulgas after the intersection, and the actual intersection between the two. They are exploring ways to satisfy the community’s request for access improvements for pedestrians and cyclists, and slower vehicle speeds (link).

San Mateo created a survey to gather input on several potential choices for each of the different parts of this corridor, including leaving things as they are or making one of a few suggested improvements. Several options are quite beneficial for bicyclists as they reduce the number of lanes (road diet) to allow for dedicated bicycling lanes. Unfortunately, the survey will be closed by the time you read this, but this is an important project for cyclists who use this corridor to track. John Langbein, our club advocacy chair, is closely monitoring this issue. See John’s detailed analysis of the options and the subsequent discussion on the WWBC discussion group (link).
March Safety Tip - Make Your Own Safety Choices

Get a bicycle. You will not regret it if you live.

~ Mark Twain

On group rides, it is all too easy to just blindly follow the person in front of you as he or she goes through an intersection or crosses lanes. But what is right for that cyclist might not be right for you. Don’t always follow what others are doing. Be sure that you make your own safety choices during a ride. Always look, listen, and think before proceeding. Just because the person in front of you goes through a stoplight, rolls through a stop sign, or changes lanes for a turn does not mean it’s safe for you to do so. There have been many near accidents caused by riders blindly following the actions of a rider 10 or more feet in front of them. When going through an intersection or changing lanes, look in all pertinent directions, use your own judgement, and stay safe.

Note: The Safety Tips are published on the Western Wheelers website. Go to menu SKILLS AND SAFETY → SAFETY TIPS or directly via this link. That page also supports commenting on the published tips.

Western Wheelers Bike Film Series Continues!

By Cindy Asrir

Half the Road (2013)

Sunday, March 22  Sports Basement Sunnyvale
5:30 pm Pizza / 6 pm Movie
Please register here so we know how many to expect and how much pizza and popcorn to get.

March is Women’s history month and we’re celebrating it by showing Half the Road, a documentary film that explores the world of women’s professional cycling.

Half the Road focuses on both the love of sport and the pressing issues of inequality that modern-day female riders face in a male dominated sport. With footage from some of the world’s best UCI races to interviews with Olympians, world champions, rookies, coaches, managers, officials, doctors and family members, Half the Road offers a unique insight to the drive, dedication, and passion it takes for a female cyclist to thrive. Both on and off the bike, the voices and advocates of women’s pro cycling take the audience on a journey of enlightenment, depth, strength, love, humor and best of all, change and growth.

Trailer: https://youtu.be/G18p9NuKZYk

Inside this Edition

★ March Calendar
★ Evening Rides are Back!
★ LDT Corner
★ The Sequoia 2020
★ Bicycle Travel Cases Donation
★ Blazing a New Route, Gravel Touring
★ New Members February 2020
★ Board Minutes
★ Save the Date - Spring Picnic
★ Crystal Springs Dam Bridge Closure
★ Life Changing Magic of Cycling - Interview with Shawnery Hardin
★ Bike Skills Classes

To submit articles for inclusion in the FLAT TYRE, please send to Editors@westernwheelers.org
The Evening Rides Are Back!

By Bonney Ellestad

March brings Daylight Savings Time and the return of WW’s “after-work” evening rides. Their length and duration depends on amount of available sunlight, some rides are followed by dinner at a local restaurant.

Monday evening rides visit cities from Belmont to Woodside and beyond. Tuesday leaves from downtown Woodside and ranges from San Carlos to Los Altos. The Thursday evening ride leaves from Shoup Park and goes north to Woodside and south to Cupertino. If anyone wants to volunteer to lead a Wednesday ride, please do! If you want to volunteer to co-lead one of the existing rides, please contact the ride leader (listed in the ride calendar). The ride schedule calendar will list all of the ride details.

The rides provide challenging (C/D), but short (10-30 miles) routes. There is usually an optional slower (C-) group and guests are always welcome.

After sitting all day at their desks, many riders are ready to rocket to their bikes. Evening rides provide an opportunity for mid-week exercise, and a tune-up for longer weekend rides. They also provide socializing while riding with old and new bike-loving friends, a huge bonus.

Come out and join us - you’ll learn about many fun and ride-friendly streets and trails through nearby neighborhoods and local countryside, as most routes avoid the busier commute roads.

Hope to see you all out on the road starting early this month.

The Sequoia 2020

By Randall Braun

Hello Wheelers!

Our wonderful, world-class Sequoia 2020 event is just around the corner, on Sunday June 7th. Registration opened in early January and we’re well over 1/3 full to date!

One change is the retirement of the world-famous La Honda rest stop so we’re taking this opportunity to extend a heart-felt “Thank You” to Vickie Romo and Karin Nelson, who’ve given so much to their La Honda community and to this club for over twenty years. At their amazing stop, they provided delicious home-made dishes and hot miso soup, smiling faces and warm welcomes, refreshing drinks, and fresh flowers on the tables and even in all the portable! So thanks to both of you, you’re the best!

Other modifications this year include a new short route (36.4 miles/4072 ft of gain). Our signature 100 mile/10,000+ft route is mostly unchanged, as is the second route, now 77 miles/ 8700 ft. Each of these longer routes will enjoy a new stop at the reopened Loma Mar Store, with hot coffee and a freshly baked morning delectable! (If you haven’t stopped in there yet, please make a point to do so before the Sequoia. It’s a beautiful asset for our cycling community and the coastal community as well.)

So Wheelers, I’d like to invite you to come out and volunteer for The Sequoia 2020 - you’ll enjoy the warmth, generosity and excitement we create for 1000 riders from all over. We offer a variety of volunteer tasks before, during, and after the event.

Volunteer here!
March Calendar

03/01  Sun Yoga for Cyclists
03/11  Wed Board meeting
03/12  🍼 RideWGPS Training
      Cupertino (Gary Virshup)
03/13-15 LDT-Healdsburg Weekend
03/25  Wed Morning Yoga for Cyclists,
       Woodside
03/22  Sun Movie *Half the Road*, Sunnyvale
       Sports Basement
03/27-29 LDT-Pacific Grove Weekend

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New Members
February 2020

*Vern Tucker*

Welcome the following new members to Western Wheelers:

Vickie Moore               Los Altos
Jennifer Guyer             Woodside
George Koster              San Francisco
Bradford Copley           Sunnyvale
Jan Blackburn              Redwood City
Frank Zhang                Fremont
Catherine & Stephen Faris  Watsonville
Martin Yun                 Los Gatos
Rick Gilbert               Campbell
Gary Webb                  Portola Valley
John Crijenko              Sunnyvale
Brian Begley               Los Altos
Rasool Solaimanpour        San Francisco
Ethan Thorman              Cupertino
Michael Christopherson     Fremont
Alan Herzberg              Columbus
Betty Lawler               Santa Clara
Board Meeting Minutes
February 12, 2020
Draft pending board approval

Cindy Asrir

Present: Cindy Asrir, Lisa Burque, Randall Braun, Peggy George, Patty Koel, Mike Rissi, Bill Sherwin, David Schorow, Guy Shuman, Mindy Steiner, Vern Tucker and Fran Williams.

The meeting was held in the Willow Room of the Mountain View Community Center and was called to order at 7:00 pm. Lisa brought food from Rojo wraps and Guy brought drinks.

The next meeting will be Wednesday, March 11 at the same location. Cindy will take care of ordering and picking up the food for the meeting.

The January minutes were approved unanimously.

Area Reports:

Ride Chair: Lisa reported that Sarah Coyle will not lead a Wednesday evening ride this year, but will instead lead a C group on the Monday evening ride with Frank Houghton. She also reported that Gary is changing the Thursday evening ride to include slower riders. She noted that she has added more Ride with GPS classes, but they are focused on creating routes, not how to use your Garmin or phone. She is investigating ways for riders to sign in to rides electronically. There was a short discussion on paying the yearly $100 Apple developer fee for our Western Wheeler app, and David said he is filling out the paperwork and will take care of it. Lisa reported she is also working on cleaning up the club’s Ride with GPS listings.

Sequoia Chair: Randall reported that Sequoia planning is on track and going well. He said the routes are set and the ride is 31% full, which is ahead of schedule for this time of year. He reported that Velofix will help with mechanics. REI is not looking likely due to corporate restrictions, but he does have a mechanic from Puente to work at the Pescadero stop. At the finish line, there will be three physical therapists giving complimentary massages, as well as a Voler representative selling jerseys and other branded products. Randall reported that he mailed Sequoia flyers to 100 bike clubs around the US and has distributed flyers to more than 30 local bike shops. He said that Captivating Photos are coming back to photograph the event, and that there will be a rest stop at Loma Mar that will provide coffee and snacks during the ride.

He also reported that Mike Groeblor is working on getting the route permits, and that the La Honda store is reopening under new management.

Events Chair: Cindy reported that she, Fran and Amanda Archer have formed a small events committee and that they met on Monday evening to discuss this year’s events and begin planning for the spring picnic. She said that all reservations have been made for the picnics and parties, and everything is on schedule. She also reported that she has been working on creating a bike film series and that the first film will be “Breaking Away” at Sports Basement Sunnyvale on Friday, Feb. 21. She is also working with Western Wheelers member and yoga teacher Ellie Kaviani to offer “Yoga for Cyclists” classes, which will begin March 1.

Flat Tyre Editor: Peggy reported that Joice (with help from Mindy and Joan) did a good job on last month’s Flat Tyre and will do another issue this year. Mindy reported that a couple of others have also indicated interest in serving as guest editors.

Membership Chair: Vern reported that everyone who signs up for the Sequoia receives a temporary Western Wheelers membership. But he said we need to update the email that goes out to registrants to clarify that and give them a chance to join the club. He reported that we had 20 new members last month for a total of 1079, the largest number we’ve had since 2015.

Webmaster: Mindy reported that she is keeping busy posting Sequoia and Western Wheelers events and the website is up to date. She said that she will include a link to our Voler site so that people can order Sequoia jerseys.

Treasurer: Mike reviewed the financials through February 12 and said everything is on track.

Safety: Bill reported that the first bike safety class of the year is Feb. 29 with Leo Jed, a certified instructor with the League of American Bicyclists and a long-time cycling advocate. He said that he is also working with Lorri Lee Lown of Savvy Bikes to set up road bike skills classes in April and May. The club has agreed to pay for half of the cost per student.

New Business:

Bike Travel Cases: David reported that two soft bike travel cases have been recently donated to the club. He said we just need to find someone to store them and be in charge of lending them out to Western Wheelers who would like to borrow them. David will send an email or write a blurb in the Flat Tyre about them.

Meeting adjourned at 8:30 pm
Bike Travel Case Donation

David Schorow, President

I want to give a big thank you to Judith and Fred Butts for their donation to the club of two very nice bicycle travel cases. They’ve only been used 3-4 times, so they are in great shape. Thank you for your generous donation.

Another thanks goes to Cindy Asrir who also has a travel case she is donating.

We are looking for someone to take possession of these travel cases and manage lending them out to club members. If you are interested in being the Travel Case Custodian, Bike Box Bigwheel, Chief Travel Case Officer, or whatever title you would like, please contact me. Ideally, we’d like someone with room in their garage or shed to store these and make lending them out easy.

Save the Date:
WWBC Spring Picnic is Sunday, April 26!

Feliz Primavera! Enjoy great company and delicious food at the Western Wheelers’ annual Spring Picnic at Cuesta Park in Mountain View! The fiesta will begin at 1 pm in the large group picnic area off Cuesta Drive (opposite Nilda Avenue).

In the Cinco de Mayo tradition, we will have Mexican food, as well as dessert and refreshments. There will also be pre-picnic rides to work up an appetite and start the party. Registration and more details coming soon.

Volunteers ROCK! Can you help with set up, clean up or during the picnic? If so, please email Cindy, Fran or Amanda at events@westernwheelers.org.
Blazing a New Route – Gravel Touring from Missoula to Boise

By Bobbie Morrison

It was the first day on a 580 mile self-supported gravel tour through Montana and Idaho and things were not looking good. We were just starting the climb up to Lolo Hot Springs resort near Lolo pass and the sky was black and thunder rumbled in the distance. Down low where we were, the gentle sprinkles had turned into undeniable rain. We decided to turn back 2 miles to the little town of Lolo to either wait it out or form a different plan. My negative voice was on overdrive. “We were going to be rained on the whole trip. The climbs were too long and too steep. We were going to be stranded on a high ridge with no water for camp. Etc. Etc.” My sensible voice pointed out that we had no set timeline and so we had the flexibility to wait out a stormy day. Luckily, after a few minutes at the McDonalds in Lolo, the storm passed and we had blue skies for our restart.

Over the last two years my husband, Dave Marancik, and I had come to love gravel touring. It combines our love of bike riding, our experience of backpacking, the joy of camping in the mountains, and traveling on roads with very little traffic. We warmed up in 2017 with a hut-to-hut trip from Telluride to Moab, then the following year rode the Adventure Cycling Association Idaho Hot Springs Route (see Flat Tyre Sept 2018 for that trip report.) This trip in July 2019 was a bit different. There was no official or defined route from Missoula MT to McCall ID, which was two thirds of the route. We had patched it together using Forest Service maps and Google, which added a significant amount of uncertainty on what we would find. Before the trip, I identified multiple ways that we could bail out if the trip was just too hard. I was concerned about the days that showed 2700 feet of climbing in only 8.7 miles and the long stretches that had no defined camping areas.

But luck was with us. After we restarted our day climbing up to Lolo Hot Springs Resort the views were incredible and the road easy (we were still on pavement at that point.) About 4 miles before the resort, the clouds started forming and the color turned to gray and then black. Luckily we had booked a cabin so we figured if we could just get there before the rain, then we would be dry. We arrived at the check-in office just as the skies opened up and started dumping rain. We would have this sort of luck for the whole trip. Each time it rained we were either in a hotel or cabin, or already snug in the tent. We never had to pitch camp, break camp, or ride any distance in the rain.

The other luck (or good news) that we found is that National Forest Service roads (in Idaho anyway) are often times not much steeper than about 7%. It is sort of incredible how much elevation you can do in a day when the pitch is not too steep.

In general, we would camp a couple of days and then come to a small town where we could stay in a hotel and restock our food supplies. We never had to carry more than 2 days of food. It was the perfect mix of roughing it and comfort (in the form of a bed, shower, and a restaurant with beer.) Even though we had planned a couple of “wild camping” nights - with no campground - we never had to do it. Instead we pulled longer days to get to the relative comfort of a campground or hotel. Idaho has many Forest Service campgrounds and they were never crowded. Having a picnic table and a toilet was nice. And there was always a river at the campground for a swim and to wash clothes.
Our days were filled with beautiful mountain views and river vistas. The hard days that I was so worried about before the trip melted away. My spirits soared after every challenge that we put behind us.

We also had an unexpected treat. I knew that we planned to camp near something called “Burgdorf” but I didn’t realize that it was a cool, funky historical place that was first established as a hot spring resort in 1870. We had a lovely soak in the big clean hot pool.

Suddenly we were at McCall, ID which was the connection point with the vetted Idaho Hot Spring route. I let my guard down and thought that it would be easier for the rest of the trip. I was totally wrong. We were doing the IHS route in the opposite direction and it was harder. It was the hardest part of the trip with steep and rocky textured roads. The route at that point was on older, lesser traveled roads and they definitely were steeper than 7%. But we soldiered on, taking rests when needed and eventually arrived in Idaho City, two days away from Boise. The last big day of climbing was on better gravel roads in beautiful mountains and we felt strong. It was a lovely last day of gravel before the pavement day into Boise and the end of the trip.

Here is the simplified RWGPS route: https://ridewithgps.com/routes/31929985
LDT Corner

By Guy Shuman

March brings some LDT favorites to the schedule, as well as our first weekend trips! Our first March excursion is the popular Marin Headlands ride on 3/7, 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 follows on 3/13 - 3/15. 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. We’ve been thrown a few curveballs this year with the closure of the Jimtown Store and Bear Republic Brewery, but substitute routes and restaurants have been located. 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. C+ riders can choose to do the longer remote D route or shorter C route – see online ride listing for details. 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 3/27 – 3/29, 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 ask 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!

LDT 2020 SCHEDULE

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<td>25-May</td>
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Livermore LDT
Patty Koel at the top of Patterson Pass

Calaveras LDT
Heading out to Dam
The Life Changing Magic of Cycling

An Interview with Shawnery Hardin, an inspirational story of how cycling impacted his life

How it all started: In 2007 I was in a life threatening motorcycle racing accident that left me immobile for years. I lived for twelve years with the kind of pain that required high dose opioids and left me half the man I could have been. Finally in 2019 I stopped the opioids cold turkey. Days later, I walked outside and the sky was bluer, the trees greener and my life was about living, not just running from the pain. I started PT that week and in June I bought a spin bike. In August I purchased my first road bike and fell in love, not only with the open road as I once did with motorcycles, but with the great sense of community I soon found in Western Wheelers.

The Impact: Cycling and specifically the community of Western Wheelers riders offered me a sense of belonging. I have an unhealthy addictive personality but cycling has allowed me a positive way to harness that for bettering myself and a way to give back. I went from not leaving the house for over 12 years to riding the roads with great people for over 300 miles a week. What has cycling done for me? It's given me a reason to live and a reason to better my life not only for me but for my loving family.

Western Wheelers: I joined the Western Wheelers at the end of September 2019, a month after buying my first 2011 tarmac sl2. I'm a hill rider at heart who looks to the next corner instead of the next mile. Though I ride from corner to corner I end up riding for miles on end because of my desire to Embrace the Suck. The sucking in of air, the sucking of the energy from every cell of my body and especially the sucking of the boredom that was the life I used to live. More directly I ride with the Wheelers every chance I get. I ride with the Urban Outfitters Java Jive, Blasberg, LDT and of course my favorite of them all, HRU!!!

The club is a place where cyclists go to be a part of something bigger than just the individual cycling life that the roads offer everyone. Overall my impression of the club is one of amazement and inspiration. There's always someone to help you or make you feel better about yourself and in return there's always someone to help and inspire yourself!

First time Ride Leader: The Sequoia Century Practice Run was a hoot and although it started with just two of us, three others joined along the way for up to 75% of the route. It was a positive and fulfilling experience. I will be leading a Sequoia Century practice run a few more times before the official event. I also have a few ideas for some HRU rides which I would love to lead. It's a lot of pressure and responsibility to lead a ride but at the same time there is no more meaningful duty than to give back to the club that has given so much to me!!

March Guest Editor

Joice White

This month’s Guest Editor is Joice White, a 4-year Western Wheeler member.

I would like to thank all of the contributors to this month’s issue.

The FLAT TYRE is the monthly newsletter of the Western Wheelers Bicycle Club, Inc., P.O.Box 60367, Palo Alto, CA94306. Send newsletter material to Editors@westernwheelers.org
Bike Skills 101 and 201 Classes for Western Wheelers

By Bill Sherwin

I am happy to announce that this year Western Wheelers will be working with Lorri Lee Lown, 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 teams and clubs throughout California.

Lorri will be conducting Western Wheelers Only sessions of her established Bike Skills 101/201 classes on the following dates:

- Saturday, 04/04/2020 - Bike Skills 101 – Fundamental Bike Handling Skills (max enrollment 24)
- Sunday, 05/03/2020 - Bike Skills 101 – Fundamental Bike Handling Skills (max enrollment 24)
- Sunday, 05/03/2020 - Bike Skills 201 – Climbing + Descending Skills (max enrollment 12)

Very important: Please note that Bike Skills 101 – or equivalent - is required to take Bike Skills 201. Students can take both classes on the same day if they so choose and still meet this requirement.

Registration for these classes will open soon. Because your club is subsidizing the sessions, the cost to Western Wheeler members is $30 per person per class (regularly $110/class). Students must be Western Wheelers members in good standing. Sorry, absolutely no guests and registration is not refundable.

Each class is approximately 4 hours long. A more detailed description of the classes and how to register will be on the club website in the very near future.

Additionally, Lorri’s website, www.savvybike.com, has more information about class content and her other classes.

If anyone has any questions, please do not hesitate to contact me at wbsherwin@comcast.net. See you out there!
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.

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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:

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/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 change or cellphone, “layered” clothing, etc. Bright clothing recommended.

COMMON LOCATIONS – Please check ride listings for other 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 carrier just South of the park on Park Blvd.

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

SUNNYVALE COMMUNITY CENTER is at Manet and Remington in Sunnyvale. Meet at the south side of the complex.

IMPORTANT
- Helmets and brakes are required on all rides
- Unsafe bicycles are not allowed.
- Earbuds and Headphones are not
- Appropriate on group rides.

For Insurance reasons, only members may lead rides.
Complete Ride Schedule is available online westernwheelers.org

March 2020 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 Pam Putman (panjean1017@hotmail.com) and Pat Elson (patelsom@mac.com) at Rengstorff Community Center, 201 S. Rengstorff Avenue, Mountain View. We’ll meet in the regular parking lot just off of Rengstorff now that construction has been completed. 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.

B+C/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. Pace along Foothill Expressway is quick, but feel free to ride at a slower pace and meet us at Cafe Borrone for coffee. We leave there at 10:45 and 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. Ride with GPS Route: https://ridewithgps.com/routes/29791876

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 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 ESPRESSO.
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 Expwy. Leader: Dave Fitch, davidfitch@prodigy.net.

CD/2-3/15-30 MONDAY “MIDPEN” EVENING RIDE. Beginning in March - Check ride calendar for details. 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. Each group will form based on the skills of the riders that show up (recovery riders and beginners welcome). C riders will stop for regroups, D riders will not. Rain cancels. For more information, please contact: Frank Houghton at fp@houghton@yahoo.com or Sarah Coyle at scoyle908@gmail.com.

Every Tuesday

C+/4/20 TUESDAY MORNING EARLY BIRD. Join us every Tuesday morning for a tour of Portola and the surrounding areas. Meet in the parking lot of the Alpine Inn in Portola Valley at 7:00 AM for a 7:10 AM departure. Routes vary from week to week. Measurable rain cancels. Please equip your bike with front and back lights for added safety in morning low light conditions. Exact ride details, including ridewithgps routes, will be posted to the wwbc-rides email list on the day before. Ride coordinator: Chantal Aboulhouda (chantalaboulhouda@gmail.com).

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 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 departure at 325 S. Sharon Park Drive, Menlo Park.
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 hookey? 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 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 (napoli@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 10, 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 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

D/3-4/35-65 HILLS-R-US. Meet at Shoup Park at 9:45 am for a 10:00 am departure. These rides vary weekly, but often include 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. This is a social-paced D ride with regroups; faster riders are welcome to form a D+/E group. Route is announced 1-2 days beforehand via Ride Information / Hills R Us -> Ride Leaders rotate weekly between Paul Melville (408 257-3626), Don Johann, Cathy Switzer and Jack Jones (650-861-8918)

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 12th. 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, vltntwl@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:


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.
C+/2/30 2nd Sunday RWC Cross. Meet Cheryl & Steve Prothero (spro@pacbell.net or 650-856-0375) at Burgess Park at 10:00 a.m. for a 10:15 a.m. departure. Monthly ride to the Redwood City Cross via Tripp, Cañada and Godetia with Huddart Park Loop. No lunch stop is planned, so bring water and food to eat during our regroups. Rain cancels. If you want a route sheet (not provided by leaders at start), please print one from https://ridewithgps.com/routes/10966541 C 2nd Sunday Ride RWC Cross v4.pdf

The fourth Sunday of every month:
B/2/25 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 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. See online ride schedule for information on ride leader. 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 regroups, but faster riders are welcome to form a separate C+ group at the start. Meet at McKenzie Park in Los Altos at 10:00 AM for 10:15 AM departure. Leader: Frank McConville (650-450-2325 or frank_mc_conville@hotmail.com). Rain cancels. Route sheets/Maps: http://westernwheelersbicycleclub.memberlodge.com/page-1863579.

C+/3/42 4th SUNDAY - LOS GATOS PLUS KENNEDY-SHANNON. Meet Cheryl and Steve (spro@pacbell.net or 650-856-0375) at McKenzie Park at 10:00 a.m. for a 10:15 a.m. departure. We'll ride to Los Gatos via Mt. Eden, Pierce, Villa Montalvo, and Peach. Instead of eating lunch in Los Gatos, we'll ride the Kennedy-Shannon loop, and then we'll return through the Maze. No lunch stop is planned, so bring water and food to eat during our regroups. Rain cancels. If you want a route sheet (not provided by leaders at start), please print one from: westernwheelers.org/main/routes/spro/routesheets/McKenziePark_4th_Sunday_Cplus.pdf Or you can download the GPS track from: https://ridewithgps.com/routes/26917705

Any Western Wheelers club member can propose a Ride by using the online Ride Listing Composer on the Ride Leaders Resources page found here 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).

Log in here to read/post/subscribe to our club email list for ride cancellations, road conditions, and miscellaneous club ride topics.