

SEPTEMBER SCHEDULE

Sunday, September 1, 8:30 a.m. SANTA FE DAM (Long 54 mi & 2400 ft., Medium 45 mi & 1300 ft , Short 40 mi & 1100 ft) I'm not sure it's there any longer, but it used to be that if you looked on the inside of the Santa Fe dam, there was a gauge showing the water level. I always thought it was funny because in 40 years of cycling the dam, I've never seen the water level even approach the bottom of this gauge. Supposedly they build dams like this for a hundred-year storm (storms that only occur once every 100 years), but the dam was finished in 1949 – 70 years ago. That only leaves us 30 years for that hundred-year storm to show up. Just in case such a storm does show up, maybe you should ride the dam while you have the chance. That's the destination of today's routes. Starting from Monterey Park, all routes head over to the San Gabriel River bike path and head up to the dam. There we ride the crest and then go through some of the open area on the other side (which will be flooded after the 100-year storm). The short splits off for a fairly direct return. The medium and long continue together over to Pasadena where you have a choice of lunch spots from Carl's and others. After lunch, the medium heads straight back to the start while the long climbs up to the top of Lake Street before returning. That's a pretty good extra climb for the long riders, but you don't need to decide until lunch, so why not take both route sheets. Although finished in 1949, the dam was started in 1941, but I guess the Army Corps of Engineers were busy elsewhere in the mid 40's. **START: BARNES PARK in MONTEREY PARK.** From San Bernardino Frwy (I-10), off & south on Garfield, R - Newmark, L - McPherrin to the Park. Early arrival is suggested in order to find a parking space before park users take them all.

Wednesday, September 4th, 10 a.m. GRIFFITH PARK GROUP See “Every Week Rides” at www.lawheelmen.org/wheelmen-weekly-rides/

Thursday, September 5th, 8:30 a.m. TRIPLE DIPPER RIDE See “Every Week Rides” at www.lawheelmen.org/wheelmen-weekly-rides/

Sunday, September 8 - 8:30 a.m. CAPISTRANO CAPER (Long 67 mi & 3100 ft (2500 without hill), Medium 47 mi & 2400 ft (1800 without hill), Short 31 mi & 1300 ft) Like the swallows we return regularly to Capistrano, but unlike the birds, we show up only about once every two years. I suppose that's because it's a long drive and we don't like to do that too often. But one of the unique things about our club is that we ride all of Southern California and if you want to see all Southern California has to offer, that means you sometimes have to drive. Today we will be exploring areas south of Capistrano such as San Clemente, San Onofre, Camp Pendleton and Oceanside. This is really our only club ride that hits those areas. All routes start in San Juan Capistrano and head south. The long makes it all the way to Oceanside for lunch. Along the way you get to ride past the closed San Onofre nuclear power plant, through the San Onofre Bluff camp ground and through Camp Pendleton. After lunch, we basically retrace our route back north. The medium is the same, but turns around before going through Camp Pendleton. The short only goes through San Clemente and back. There is a very tough hill on the medium and long, but there are directions on the route sheet for going around it if you wish. Much of the route is either traffic free or very low traffic, so these are very pleasant rides. **NOTE: IN ORDER TO RIDE THROUGH CAMP PENDLETON YOU MUST OBTAIN A PERMIT IN**

ADVANCE AND YOU CAN ONLY DO SO IN PERSON AT THE BASE. For information go to:

www.pendleton.marines.mil/About/Base-Information/Base-Access/

and click on link for “Recreational Bicyclists.” If you do not obtain the permit, you can ride the shoulder of I-5 through the area without a permit. While not as pleasant as riding through the camp, it avoids the red tape involved in getting the permit and we do this only once every two years. I, for one, will probably ride the freeway. Route sheets will be provided for both options. **START: SAN JUAN CAPISTRANO CITY PARK.** From San Diego Fry (I-5), off and R on Junipero Serra Rd, L - El Camino Capistrano .7 mi. to park. Park on street near restrooms.

Wednesday, September 11th, 10 a.m. GRIFFITH PARK GROUP See “Every Week Rides” at www.lawheelmen.org/wheelmen-weekly-rides/

Thursday, September 12th, 8:30 a.m. TRIPLE DIPPER RIDE See “Every Week Rides” at www.lawheelmen.org/wheelmen-weekly-rides/

Sunday, September 15- 8:30 a.m. RING AROUND THE VALLEY (long 53 mi & 1200 ft, medium 47 mi & 1100 ft, shorter medium 35 mi & 500 ft, short 19 mi & 300 ft) I was thinking maybe we should ask Audi to sponsor today’s ride. Their logo is four interlocked rings and today our four routes consist of four rings. Of course I’m not sure what sponsorship would get us since we don’t really spend any significant money offering these routes. Maybe if we called it the “Audi Rings Around the Valley” ride they would promote it through their valley dealerships and we would get a few more riders. Anyway, sponsored or not, these are pleasant loops around the Valley created by **Richard Wedeen**. A primary feature of these routes is that they all pass by the history mural in the Tujunga Wash. That way you can get a little history with your ride. The short does a small ring primarily just to take in the mural. The two mediums are slightly larger counterclockwise loops around the Valley getting as far west as Balboa Blvd. The long makes the biggest ring getting as far north as Sylmar and as far west as Cal State Northridge. The routes are fairly easy and the scenery pleasant for an urban route. Why not join us. **START: Los Angeles Zoo parking lot at the north end.** From Ventura (134) Frwy or Golden State Frwy (5), exit near Griffith Park at any exit marked by signs to the Zoo or to the Autry Museum. Follow signs into the park and to the Zoo lot. We will be meeting at the NORTH end by the Camel sign. Don't confuse us with other groups which sometimes start here.

Wednesday, September 18th, 10 a.m. GRIFFITH PARK GROUP See “Every Week Rides” at www.lawheelmen.org/wheelmen-weekly-rides/

Thursday, September 19th, 8:30 a.m. TRIPLE DIPPER RIDE See “Every Week Rides” at www.lawheelmen.org/wheelmen-weekly-rides/

Thursday, September 19 – 7:00 p.m. MONTHLY MEMBERS MEETING As usual we will be meeting in our home-away-from-home – the Veteran’s Memorial Building in Culver City and again this month we will be back in Room B. That’s “B” for “bicycle.” September is sort of a dead month for the club. The Grand Tour is over, the nomination of officers is in the future and it’s too early to plan the holiday party. That means the meeting will probably be dominated by gossip and storytelling. But those are the best parts of the meetings anyway. Of course we still

have the usual chore of preparing schedules for mailing, but this usually only takes a few minutes these days. As always, we will have refreshments provided by a member. Now that we are not using a host for our meetings, this means that many of you who were unwilling or unable to host a meeting can volunteer to provide refreshments. So who knows what we will have. Maybe some entirely new and different treats. **PLACE: CULVER CITY VETERAN'S MEMORIAL BUILDING – CONFERENCE ROOM B** 4117 Overland Ave, Culver City (Southwest corner of Overland Ave & Culver Blvd. The conference rooms are in the rear (west side) of the building as well as parking.

Sunday, September 22 8:30 a.m. SOUTH BAY RAMBLE (Long 57 mi & 2800 ft, Medium 45 mi & 2000 ft, Short 37 mi & 1800 ft) Traditionally we have run these routes in August and included a stop for ice cream at or near the end of the routes hosted by a club member. We have no host this year, but the routes are too nice to simply abandon so I thought we would run them anyway, but in September. These are essentially coastal routes and these days it is usually still warm enough in September that we would like to stay near the coast. All routes head south to Palos Verdes. The long circles the peninsula in a clockwise manner. The medium only goes as far as the whale watch before returning. The short only tours the Malaga Cove area before returning by a shorter route than the medium and long. All routes are relatively easy. Although we have no host for our usual ice cream party, on the return, each route will swing by an ice cream parlor in Westchester only about a mile or two from the end of the ride. It is my hope that riders will stay together on the ride and thus show up at the ice cream parlor at about the same time for a little afternoon ice cream social of our own. Wouldn't that be nice? **START: WESTCHESTER PARK** in Westchester. From San Diego Frwy (405), off and West on Manchester, Left at Loyola into Library lot (just before Lincoln).

Wednesday, September 25th, 10 a.m. GRIFFITH PARK GROUP See “Every Week Rides” at www.lawheelmen.org/wheelmen-weekly-rides/

Thursday, September 26th, 8:30 a.m. TRIPLE DIPPER RIDE See “Every Week Rides” at www.lawheelmen.org/wheelmen-weekly-rides/

Sunday, September 29 – 8:00 a.m. GRAND TOUR LITE (Long 113 mi & 4100 ft, Medium 100 mi & 3400 ft, Short 41 mi & 600 ft) We are offering a brand new Grand Tour Lite this year with new routes. This year the event will be a fund raiser for VFW Post 3935 in Port Hueneme whose building is badly in need of repair. We have been using this location as a rest stop on the Grand Tour and Grand Tour Lite for 20 years. 100% of the ride fees for this event will go to the VFW and will be tax deductible. This year's Grand Tour Lite will be starting at the VFW. The 40 mile option will be a fairly flat tour around the Oxnard area and will have one rest stop with water and Hammer Nutrition products. The 100 mile option is moderately hilly (the biggest climb goes over Grimes Canyon) and will have two rest stops with water and Hammer Nutrition products. The 113 mile option is more hilly and contains one very difficult climb (Potrero Canyon). It will have three rest stops. The cost of this event will be \$50 for any route option. Registration options will be on the club web site www.lawheelmen.org along with additional information regarding parking etc. and directions to the starting location.

