

OCTOBER SCHEDULE

Wednesday, October 2nd, 10 a.m. GRIFFITH PARK GROUP See “Every Week Rides” at www.lawheelmen.org/wheelmen-weekly-rides/

Thursday, October 3rd, 8:30 a.m. TRIPLE DIPPER RIDE See “Every Week Rides” at www.lawheelmen.org/wheelmen-weekly-rides/

Sunday, October 6 - 8:30 a.m. MOUNT WILSON (Long 48 mi & 5400 ft, Medium 29 mi & 3100 ft, Short 24 mi & 1600 ft) Riding to Mount Wilson in October has become something of a tradition in the past few years. Last year we had 11 riders, which is pretty good for a ride of this type. So don't avoid showing up because you think no one else will be up for this ride. This will be my second trip up to the top this year since one of the Grand Tour training rides went there. However, for some reason the Cosmic Café was not open that day. It should be open today. The food is rather unremarkable, but after the long climb to the top it is surprising how good a hot dog and chips can taste. I've said this before, but I think going up to Wilson is sort of an iconic ride for all Southern California cyclists – something all complete cyclists should do at least once. I know some of you are thinking it's too hard. Well, consider this – it's only 48 miles and only half of that is up-hill. So you've got 24 miles of climbing – not so bad. And the climbing is never excessively steep – the worst of it comes near the beginning. So, you can just take your time – enjoy the fall scenery and you can make it. And if it really proves to be too much for you, you can always turn around at any point and practically coast all the way back to the start. Only the long route goes all the way to the top of Wilson and then returns back down the way you came. The medium makes it as far as Clear Creek Station before returning. The Short simply tours the Pasadena area without going up Angeles Crest at all. So why not give it a try. You might really surprise yourself and the feeling you get at the top is terrific. **START: BROOKSIDE PARK - just south of the Rose Bowl.** From Ventura Frwy (134) or Pasadena Frwy (110), off & north on Orange Grove, L - Rosemont, L - Seco and L- Arroyo to Park on left. Meet near the Aquatic Facility / tennis courts.

Wednesday, October 9th, 10 a.m. GRIFFITH PARK GROUP See “Every Week Rides” at www.lawheelmen.org/wheelmen-weekly-rides/

Thursday, October 10th, 8:30 a.m. TRIPLE DIPPER RIDE See “Every Week Rides” at www.lawheelmen.org/wheelmen-weekly-rides/

Sunday, October 13 - 7:30 a.m. DAM CORNER CENTURY (full century 99 mi & 4000 ft, metric century 64 mi & 2200 ft) **NOTE EARLY STAT TIME.** This is our October Century of the Month. It's a route designed by **Gary Murphy** but it is really the long route from the “Santa Fe Dam” ride we rode in September, but starting from the “Corner” rather than Monterey Park. The extra miles to and from the regular route extends the standard route to a full century. OK, so this is our second trip to the Santa Fe Dam in two months, but I don't think you can ever get too much of some dam fine riding. Here's the plan: First we ride from the “Corner” in Beverly Hills to Monterey Park via a trip through Elysian Park Then its off to the San Gabriel River and the trip up to the Santa Fe Dam. After riding the Dam, we head back to Pasadena for lunch. We don't return to Monterey Park, but head back to the start after lunch riding through Glendale and Griffith Park. There is a significant climb immediately after lunch. There is also a metric century route. It is a cut down version of the full century. It still makes it to the Santa Fe Dam and joins the full century for lunch, but it takes a more direct route to these locations. It also returns by a more direct route. The metric century also cuts off at least two major climbs done by the full century. The nice thing about these routes is that they get us out of town all the way to the Santa Fe Dam, but they start right here in our own back yard so there is no long drive to the start. The **START: THE "CORNER", Olympic Blvd, 1 block west of La Cienega in Beverly Hills.** From the Santa Monica Frwy (10), off & north La Cienega 1 miles, L - Olympic 1 block to R- Le Doux.

Wednesday, October 16th, 10 a.m. GRIFFITH PARK GROUP See “Every Week Rides” at www.lawheelmen.org/wheelmen-weekly-rides/

Thursday, October 17th, 8:30 a.m. TRIPLE DIPPER RIDE See “Every Week Rides” at www.lawheelmen.org/wheelmen-weekly-rides/

Thursday, October 17 – 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.” The end of the year is approaching and that means we might begin discussing some end-of-year topics such as officer nominations and the holiday party. It's probably too early to make any decisions, but you wouldn't want to miss those preliminary discussions. Other than that, the meeting will probably mostly be the telling of tall tales. Of course we still have the usual chore of preparing schedules for mailing, but this usually only takes a few minutes these days. Hopefully, we will have refreshments provided by a member. At recent meetings no one has volunteered to do this. 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 please consider doing your part for the club. **PLACE: CULVER CITY VETERAN'S MEMORIAL BUILDING – CONFER-**

ENCE 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, October 20 - 8:30 a.m. WINDING ROADS OF ORANGE COUNTY II (Long 71 mi & 3300 ft, Medium 49 mi & 2100 ft, Short 32 mi & 900 ft) We live in stressful times. The holidays are approaching. There is continued political and social unrest. The club's weekly Sunday rides can be a nice respite from this stress. So I was thinking that instead of the "Winding" Roads of Orange County," we should consider this the "Unwinding" Roads of Orange County. And what better place to unwind. The gently undulating and curving roads will sooth your nerves. The fact that all the houses in Orange County look the same should have an almost hypnotic effect on you. And all those houses are painted in calming earth tones. Nothing to jangle your nerves. Most streets are wide and many have bike lanes so you can put those traffic worries out of your mind. Today's routes wind and twist around really going nowhere in particular. Just sit back and enjoy the scenery, fresh air and companionship of your fellow riders. Both the long and medium hit all the same highlights including the Newport Hills and Turtle Rock areas. The only difference is that the long goes off and does an extra 20 mile loop in the middle and then rejoins the medium. There really isn't a short route, so we'll be using the short route from Winding Roads I. There isn't a lot of climbing but there is a surprising little climb right before the end of the long and medium routes, so even when you are riding back toward the start across flat Irvine, keep a little something in the tank. So why not join us today and unwind for a bit. It's back to the city next week. **START: PINE TREE PARK in TUSTIN.** From Santa Ana Frwy (I-5) in Tustin, off & east on Redhill, L- Bryan one block to park.

Wednesday, October 23rd, 10 a.m. GRIFFITH PARK GROUP See "Every Week Rides" at www.lawheelmen.org/wheelmen-weekly-rides/

Thursday, October 24th, 8:30 a.m. TRIPLE DIPPER RIDE See "Every Week Rides" at www.lawheelmen.org/wheelmen-weekly-rides/

Sunday, October 27 - 8:30 a.m. ARCADIA - LA TUNA CANYON. (long 60 mi & 3500 ft, medium 52 mi & 2300 ft, short 35 mi & 1400 ft) In European Renaissance tradition Arcadia (in Greece) was considered an unspoiled, harmonious wilderness. I don't know about the wilderness part, but our Arcadia was named for the Arcadia of Greece. Isn't that nice? Today our Arcadia is best known for the Santa Anita Race Track, the Arboretum and peacocks, but if there are many more accidents at Santa Anita, the peacocks may soon outnumber the horses. Today's routes start in Arcadia, but don't really go past the race track, the arboretum or the area where the peacocks live. Instead, the long and medium head for Montrose and La Tuna Canyon. Both the long and the medium ride down La Tuna Canyon (a nice 4 mile downhill) but the long throws in an extra loop (with an extra climb) before getting to Montrose and La Tuna. After lunch along Glenoaks Blvd, we ride through Eagle Rock and then a short climb back up through South Pasadena back to the start. That's a fair amount of climbing for a 60 mile ride. You might be thinking about the short route at this point. It doesn't do La Tuna. It heads that way, but before reaching Montrose, it goes down Chevy Chase to Eagle Rock where it picks up the return route of the long and medium. All routes eventually return to Arcadia and a return to Arcadia was sort of the renaissance ideal goal. So why not join us today. **START: ARCADIA PARK.** From San Bernardino Frwy (10) off and north on Santa Anita (5 mi) to park or from Foothill Frwy (210) off and south on Santa Anita half mile.

Wednesday, October 30th, 10 a.m. GRIFFITH PARK GROUP See "Every Week Rides" at www.lawheelmen.org/wheelmen-weekly-rides/

Thursday, October 31st, 8:30 a.m. TRIPLE DIPPER RIDE See "Every Week Rides" at www.lawheelmen.org/wheelmen-weekly-rides/