

SOUTH BAY RAMBLE

Long - 55 Miles - 2800 Feet (barometric)

PROTECTIVE HELMETS ARE TOTAL NEXT
REQUIRED ON ALL WHEELMEN RIDES MILES TURN

START LOCATION (Elev. 133 ft):
Westchester Pk (Manchester & Lincoln)

START SOUTHWEST THRU PARK 0.0 0.1
*(Go past Senior Citizens Center to sidewalk along Lincoln
To where Loyola Blvd crosses Lincoln)*
CROSS LINCOLN INTO LOYOLA BLVD. 0.1 0.3
R - WESTCHESTER PKWY 0.4 1.3
L - PERSHING DR. 1.7 1.6

L - IMPERIAL HWY 3.3 0.7
R - MAIN ST. 4.0 1.1
L - EL SEGUNDO BLVD. 5.1 1.1
R - PACIFIC COAST HWY *(formerly Sepulveda)* 6.2 1.1

R - VALLEY DR. *(1st R after Rosecrans)* 7.3 0.6
L - PACIFIC AVE. *(For a short way)* 7.9 0.0
L - MARINE AVE. 7.9 0.2
R - POINSETTIA AVE. *(Hill)* 8.1 1.1

R - DUNCAN PL. *(To end)* 9.2 0.1
L - ARDMORE AVE. 9.3 1.0
JOG R/L AT PIER AVE INTO VALLEY DR. 10.3 0.8
L - HERONDO ST 11.1 1.7
BCMS ANITA . . . THEN 190TH ST

*Long & Medium Routes split here
Medium continues straight at HERONDO*

R - ANZA AVE. 12.8 0.7
L - DEL AMO BLVD. 13.5 1.3
R - MAPLE AVE 14.8 0.9
L - EL DORADO ST. *(Walk across RR tracks)* 15.7 1.1

R - ARLINGTON AVE. 16.8 1.0
L - SANTA FE AVE. 17.8 0.2
(Pit Stop at Torrance Park if Desired)
R - CABRILLO AVE 18.0 2.6
BCMS ESHELMAN

L - 263RD STREET 20.6 0.2
R - WESTERN AVE. 20.8 4.7
R - 25TH STREET 25.5 6.5
(Bcms Palos Verdes Dr. South)

LUNCH at Golden Cove on Right (Subway / Starbucks)

CONTINUED IN NEXT COLUMN

CONT. ON PALOS VERDES DR 32.0 3.5
R - MONTE MAR 35.5 0.5
L - VIA DEL MONTE *(into VIA CAMPESINA)* 36.0 2.4
L - PALOS VERDES DRIVE NORTH 38.4 1.3

JOG R/L AT VIA ALAMEDA INTO PALOS
VERDES DR. N / VIA CAPAY 39.7 0.5
L - VIA ANITA 40.2 0.1
R - PALOS VERDES BOULEVARD 40.3 1.6
L - PROSPECT AVE. 41.9 2.3

R - BERYL ST. 44.2 0.6
R - 190TH STREET 44.8 0.1
L - RINDGE LANE 44.9 1.0
L - ARTESIA BLVD 45.9 0.2

R - BLOSSOM LANE 46.1 0.9
L - WARFIELD AVE 47.0 0.2
R - AVIATION BLVD 47.2 4.6
L - ARBOR VITAE 48.1 1.2
BCMS WESTCHESTER PKWY

R - SEPULVEDA WESTWAY *(one block past
Sepulveda Blvd)* 53.0 0.2

STOP for Frozen Yogurt at Menchie's
*(Go Right into lot just past Ralphs -
Menchie's is next to Starbucks)
Afterwards . . . return to Sepulveda Westway*

CONTINUE SEPULVEDA WESTWAY 53.2 0.2
L - MANCHESTER AVE 53.4 1.1
L - INTO PARKING LOT AT LOYOLA BLVD 54.5 0.1
FINISH BACK AT PARK 54.6

See Us on the Web at LAWheelmen.org
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Revised 8/16 Last Scheduled 08/22/19

**Next Week:
An All New Grand Tour Lite!!**

SOUTH BAY RAMBLE

Long - 55 Miles - 2800 Feet (barometric)

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REQUIRED ON ALL WHEELMEN RIDES MILES TURN

START LOCATION (Elev. 133 ft):
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To where Loyola Blvd crosses Lincoln)*
CROSS LINCOLN INTO LOYOLA BLVD. 0.1 0.3
R - WESTCHESTER PKWY 0.4 1.3
L - PERSHING DR. 1.7 1.6

L - IMPERIAL HWY 3.3 0.7
R - MAIN ST. 4.0 1.1
L - EL SEGUNDO BLVD. 5.1 1.1
R - PACIFIC COAST HWY *(formerly Sepulveda)* 6.2 1.1

R - VALLEY DR. *(1st R after Rosecrans)* 7.3 0.6
L - PACIFIC AVE. *(For a short way)* 7.9 0.0
L - MARINE AVE. 7.9 0.2
R - POINSETTIA AVE. *(Hill)* 8.1 1.1

R - DUNCAN PL. *(To end)* 9.2 0.1
L - ARDMORE AVE. 9.3 1.0
JOG R/L AT PIER AVE INTO VALLEY DR. 10.3 0.8
L - HERONDO ST 11.1 1.7
BCMS ANITA . . . THEN 190TH ST

*Long & Medium Routes split here
Medium continues straight at HERONDO*

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(Pit Stop at Torrance Park if Desired)
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(Bcms Palos Verdes Dr. South)

LUNCH at Golden Cove on Right (Subway / Starbucks)

CONTINUED IN NEXT COLUMN

CONT. ON PALOS VERDES DR 32.0 3.5
R - MONTE MAR 35.5 0.5
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JOG R/L AT VIA ALAMEDA INTO PALOS
VERDES DR. N / VIA CAPAY 39.7 0.5
L - VIA ANITA 40.2 0.1
R - PALOS VERDES BOULEVARD 40.3 1.6
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R - BERYL ST. 44.2 0.6
R - 190TH STREET 44.8 0.1
L - RINDGE LANE 44.9 1.0
L - ARTESIA BLVD 45.9 0.2

R - BLOSSOM LANE 46.1 0.9
L - WARFIELD AVE 47.0 0.2
R - AVIATION BLVD 47.2 4.6
L - ARBOR VITAE 51.8 1.2
BCMS WESTCHESTER PKWY

R - SEPULVEDA WESTWAY *(one block past
Sepulveda Blvd)* 53.0 0.2

STOP for Frozen Yogurt at Menchies
*(Go Right into lot just past Ralphs -
Menchies is next to Starbucks)
Afterwards . . . return to Sepulveda Westway*

CONTINUE SEPULVEDA WESTWAY 53.2 0.2
L - MANCHESTER AVE 53.4 1.1
L - INTO PARKING LOT AT LOYOLA BLVD 54.5 0.1
FINISH BACK AT PARK 54.6

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Next Week:
An All New Grand Tour Lite!!

SOUTH BAY RAMBLE

Medium - 43 Miles - 2000 feet (barometric)

PROTECTIVE HELMETS ARE TOTAL NEXT
REQUIRED ON ALL WHEELMEN RIDES MILES TURN

START LOCATION (Elev. 133 ft):
Westchester Pk (Manchester & Lincoln)

START SOUTHWEST THRU PARK 0.0 0.1
*(Go past Senior Citizens Center to sidewalk along Lincoln
To where Loyola Blvd crosses Lincoln)*
CROSS LINCOLN INTO LOYOLA BLVD. 0.1 0.3
R - WESTCHESTER PKWY 0.4 1.3
L - PERSHING DR. 1.7 1.6

L - IMPERIAL HWY 3.3 0.7
R - MAIN ST. 4.0 1.1
L - EL SEGUNDO BLVD. 5.1 1.1
R - PACIFIC COAST HWY *(formerly Sepulveda)* 6.2 1.1

R - VALLEY DR. *(1st R after Rosecrans)* 7.3 0.6
L - PACIFIC AVE. *(For a short way)* 7.9 0.0
L - MARINE AVE. 7.9 0.2
R - POINSETTIA AVE. *(Sign hard to see)* 8.1 1.1

R - DUNCAN PL. *(To end)* 9.2 0.1
L - ARDMORE AVE. 9.3 1.0
JOG R/L AT PIER AVE INTO VALLEY DR. 10.3 1.1
(Becomes FRANCISCA)

Medium & Long routes split here
Long turns left at HERONDO

R - CATALINA AVE. 11.4 1.1
R - ESPLANADE 12.5 1.5
CURVE L INTO CALLE MIRAMAR 14.0 0.3
R - CAMINO DE ENCANTO *(Just before light)* 14.3 0.5

L - PASEO DE LA PLAYA *(At T)(a short way)* 14.8 0.0
R - PALOS VERDES BOULEVARD *(At T)* 14.8 2.2
(Curves R into Palos Verdes Dr West)
R - At 2ND PASEO DEL MAR 17.0 2.0
(Where Palos Verdes Drive becomes divided)
(Becomes PASEO LUNADO)
R - VIA ANACAPA *(For a short way)* 19.0 0.0

R - PASEO LUNADO 19.0 0.8
BCMS PASEO DEL MAR
R - VIA ALVARADO *(To End)* 19.8 0.1
L - INTO ALLEYWAY 19.9 0.1
R - VIA PACHECO *(For a short way)* 20.0 0.0

R - PALOS VERDES DRIVE WEST 20.0 1.4
R - INTO WHALE WATCH SITE 21.4 0.2

BREAK--WATER & RESTROOMS

CONTINUED IN NEXT COLUMN

RETURN TO PALOS VERDES DR 21.6 0.2
L - PALOS VERDES DR. *(back the way you came)* 21.8 0.4

LUNCH at Golden Cove on R (Subway / Starbucks)

CONT. ON PALOS VERDES DR 22.2 4.9
L - PALOS VERDES BLVD. *(Careful!!)* 27.1 0.6
R - CALLE MAYOR 27.7 1.9
L - ANZA AVE. 29.6 2.9

L - 190TH AVE. 32.5 0.5
R - RINDGE LANE 33.0 1.0
L - ARTESIA BLVD 34.0 0.1
R - BLOSSOM LANE 34.1 0.9

L - WARFIELD AVE 35.0 0.2
R - AVIATION BLVD 35.2 4.6
L - ARBOR VITAE 39.8 1.2

BCMS WESTCHESTER PKWY

R - SEPULVEDA WESTWAY *(one block past
Sepulveda Blvd)* 41.0 0.2

STOP for Frozen Yogurt at Menchie's
*(Go Right into lot just past Ralphs -
Menchie's is next to Starbucks)*
Afterwards . . . return to Sepulveda Westway

CONTINUE SEPULVEDA WESTWAY 41.2 0.2
L - MANCHESTER AVE 41.4 1.1
L - INTO PARKING LOT AT LOYOLA BLVD 42.5 0.1
FINISH BACK AT PARK 42.6

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*(Go past Senior Citizens Center to sidewalk along Lincoln
To where Loyola Blvd crosses Lincoln)*
CROSS LINCOLN INTO LOYOLA BLVD. 0.1 0.3
R - WESTCHESTER PKWY 0.4 1.3
L - PERSHING DR. 1.7 1.6

L - IMPERIAL HWY 3.3 0.7
R - MAIN ST. 4.0 1.1
L - EL SEGUNDO BLVD. 5.1 1.1
R - PACIFIC COAST HWY *(formerly Sepulveda)* 6.2 1.1

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R - DUNCAN PL. *(To end)* 9.2 0.1
L - ARDMORE AVE. 9.3 1.0
JOG R/L AT PIER AVE INTO VALLEY DR. 10.3 1.1
(Becomes FRANCISCA)

Medium & Long routes split here
Long turns left at HERONDO

R - CATALINA AVE. 11.4 1.1
R - ESPLANADE 12.5 1.5
CURVE L INTO CALLE MIRAMAR 14.0 0.3
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L - PASEO DE LA PLAYA *(At T)(a short way)* 14.8 0.0
R - PALOS VERDES BOULEVARD *(At T)* 14.8 2.2
(Curves R into Palos Verdes Dr West)
R - At 2ND PASEO DEL MAR 17.0 2.0
(Where Palos Verdes Drive becomes divided)
(Becomes PASEO LUNADO)
R - VIA ANACAPA *(For a short way)* 19.0 0.0

R - PASEO LUNADO 19.0 0.8
BCMS PASEO DEL MAR
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L - INTO ALLEYWAY 19.9 0.1
R - VIA PACHECO *(For a short way)* 20.0 0.0

R - PALOS VERDES DRIVE WEST 20.0 1.4
R - INTO WHALE WATCH SITE 21.4 0.2

BREAK--WATER & RESTROOMS

CONTINUED IN NEXT COLUMN

RETURN TO PALOS VERDES DR 21.6 0.2
L - PALOS VERDES DR. *(back the way you came)* 21.8 0.4

LUNCH at Golden Cove on R (Subway / Starbucks)

CONT. ON PALOS VERDES DR 22.2 4.9
L - PALOS VERDES BLVD. *(Careful!!!)* 27.1 0.6
R - CALLE MAYOR 27.7 1.9
L - ANZA AVE. 29.6 2.9

L - 190TH AVE. 32.5 0.5
R - RINDGE LANE 33.0 1.0
L - ARTESIA BLVD 34.0 0.1
R - BLOSSOM LANE 34.1 0.9

L - WARFIELD AVE 35.0 0.2
R - AVIATION BLVD 35.2 4.6
L - ARBOR VITAE 39.8 1.2

BCMS WESTCHESTER PKWY

R - SEPULVEDA WESTWAY *(one block past
Sepulveda Blvd)* 41.0 0.2

STOP for Frozen Yogurt at Menchie's
*(Go Right into lot just past Ralphs -
Menchie's is next to Starbucks)*
Afterwards . . . return to Sepulveda Westway

CONTINUE SEPULVEDA WESTWAY 41.2 0.2
L - MANCHESTER AVE 41.4 1.1
L - INTO PARKING LOT AT LOYOLA BLVD 42.5 0.1
FINISH BACK AT PARK 42.6

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Next Week:
An All New Grand Tour Lite!

SOUTH BAY RAMBLE

Short - 34 Miles - 1800 feet (mapping software)

PROTECTIVE HELMETS ARE REQUIRED ON ALL WHEELMEN RIDES

TOTAL NEXT
MILES TURN

START LOCATION (Elev. 133 ft):
Westchester Pk (Manchester & Lincoln)

START SOUTHWEST THRU PARK 0.0 0.1
*(Go past Senior Citizens Center to sidewalk along Lincoln
To where Loyola Blvd crosses Lincoln to park)*
CROSS LINCOLN INTO LOYOLA BLVD. 0.1 0.3
R - WESTCHESTER PKWY 0.4 1.3
L - PERSHING DR. 1.7 1.6

L - IMPERIAL HWY 3.3 0.7
R - MAIN ST. 4.0 1.1
L - EL SEGUNDO BLVD. 5.1 1.1
R - PACIFIC COAST HWY *(formerly Sepulveda)* 6.2 1.1

R - VALLEY DR. *(1st R after Rosecrans)
(Becomes FRANCISCA)* 7.3 4.1

*Short & Medium routes split here
Medium turns left at PACIFIC AVE*

R - CATALINA AVE. 11.4 1.1
R - ESPLANADE 12.5 1.6
CURVE L INTO CALLE MIRAMAR. 14.1 0.3
R - CAMINO DE ENCANTO *(Just before light)* 14.4 0.5

L - PASEO DE LA PLAYA *(At T)(a short way* 14.9 0.0
R - PALOS VERDES BOULEVARD 14.9 0.3
R - PALOS VERDES DRIVE WEST 15.2 0.2
L - VIA CORTA *(Pause at Malaga Cove)* 15.4 0.1

L - VIA CAMPESINA 15.5 1.8
L - PALOS VERDES DRIVE NORTH 17.3 0.9
R - VIA COLUSA *(go around barrier)* 18.2 0.3
L - CALLE MIRAMAR 18.5 0.5

R - CALLE MAYOR 19.0 1.3
L - ANZA AVE. 20.3 1.4

LUNCH at Carl's at Torrance Blvd

CONTINUED IN NEXT COLUMN

WEST - ON TORRANCE BLVD. 21.7 0.9
R - PROSPECT AVE. 22.6 1.1
R - BERYL ST 23.7 0.6
R - 190TH ST.) 24.3 0.1

L - RINDGE LANE 24.4 1.0
L - ARTESIA BLVD 25.4 0.2
R - BLOSSOM LANE 25.6 0.9
L - WARFIELD AVE 26.5 0.2

R - AVIATION BLVD 26.7 4.6
L - ARBOR VITAE 31.3 1.2

BCMS WESTCHESTER PKWY

R - SEPULVEDA WESTWAY *(one block past
Sepulveda Blvd)* 32.5 0.2

STOP for Frozen Yogurt at Menchies
*(Go Right into lot just past Ralphs -
Menchies is next to Starbucks)
Afterwards . . . return to Sepulveda Westway*

CONTINUE SEPULVEDA WESTWAY 32.7 0.2
L - MANCHESTER AVE 32.9 1.1
L - INTO PARKING LOT AT LOYOLA BLVD 34.0 0.1
FINISH BACK AT PARK ON RIGHT 34.1

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START LOCATION (Elev. 133 ft):
Westchester Pk (Manchester & Lincoln)

START SOUTHWEST THRU PARK <i>(Go past Senior Citizens Center to sidewalk along Lincoln To where Loyola Blvd crosses Lincoln to park)</i>	0.0	0.1
CROSS LINCOLN INTO LOYOLA BLVD.	0.1	0.3
R - WESTCHESTER PKWY	0.4	1.3
L - PERSHING DR.	1.7	1.6

L - IMPERIAL HWY	3.3	0.7
R - MAIN ST.	4.0	1.1
L - EL SEGUNDO BLVD.	5.1	1.1
R - PACIFIC COAST HWY <i>(formerly Sepulveda)</i>	6.2	1.1

R - VALLEY DR. <i>(1st R after Rosecrans) (Becomes FRANCISCA)</i>	7.3	4.1

*Short & Medium routes split here
Medium turns left at PACIFIC AVE*

R - CATALINA AVE.	11.4	1.1
R - ESPLANADE	12.5	1.6
CURVE L INTO CALLE MIRAMAR.	14.1	0.3
R - CAMINO DE ENCANTO <i>(Just before light)</i>	14.4	0.5

L - PASEO DE LA PLAYA <i>(At T)(a short way</i>	14.9	0.0
R - PALOS VERDES BOULEVARD	14.9	0.3
R - PALOS VERDES DRIVE WEST	15.2	0.2
L - VIA CORTA <i>(Pause at Malaga Cove)</i>	15.4	0.1

L - VIA CAMPESINA	15.5	1.8
L - PALOS VERDES DRIVE NORTH	17.3	0.9
R - VIA COLUSA <i>(go around barrier)</i>	18.2	0.3
L - CALLE MIRAMAR	18.5	0.5

R - CALLE MAYOR	19.0	1.3
L - ANZA AVE.	20.3	1.4

LUNCH at Carl's at Torrance Blvd

CONTINUED IN NEXT COLUMN

WEST - ON TORRANCE BLVD.	21.7	0.9
R - PROSPECT AVE.	22.6	1.1
R - BERYL ST	23.7	0.6
R - 190 TH ST.)	24.3	0.1

L - RINDGE LANE	24.4	1.0
L - ARTESIA BLVD	25.4	0.2
R - BLOSSOM LANE	25.6	0.9
L - WARFIELD AVE	26.5	0.2

R - AVIATION BLVD	26.7	4.6
L - ARBOR VITAE	31.3	1.2

BCMS WESTCHESTER PKWY

R - SEPULVEDA WESTWAY <i>(one block past Sepulveda Blvd)</i>	32.5	0.2
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STOP for Frozen Yogurt at Menchies
*(Go Right into lot just past Ralphs -
Menchies is next to Starbucks)
Afterwards . . . return to Sepulveda Westway*

CONTINUE SEPULVEDA WESTWAY	32.7	0.2
L - MANCHESTER AVE	32.9	1.1
L - INTO PARKING LOT AT LOYOLA BLVD	34.0	0.1
FINISH BACK AT PARK ON RIGHT	34.1	

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