

## APRIL SCHEDULE

**Thursday, April 2nd, 8:30 a.m. TRIPLE DIPPER RIDE** See “Every Week Rides” at [www.lawheelmen.org/wheelmen-weekly-rides/](http://www.lawheelmen.org/wheelmen-weekly-rides/)

**Saturday, April 4 – 8:00 a.m. – CANYON LAKES TRAINER** (65 mi & 4800 feet). It is time once again for our twelve week training program to get you ready for the Grand Tour on June 27th. Although we normally like to vary several of the 12 rides we offer each year, unfortunately ongoing road closures from the Woolsey fire limit the use of some of our routes. Therefore, this year’s schedule is much the same as last year. This year, to help give riders a little extra motivation to complete these difficult rides, I have found a group of bicycling quotes by famous people. They may not relate directly to the training rides, but they are all good quotes. I’ll be providing one per week. This week’s quote is:

*Nothing compares to the simple pleasure of riding a bike.* – **John F. Kennedy** There it is – right from, the top – if you can’t believe a former U.S. president, who can you believe?

So, by tradition, we start the pleasure of the training rides with the ever-popular Canyon Lakes. This is one of the easiest trainers, so we can ease into the program. Starting near Magic Mountain, we head up to and around Bouquet Reservoir, Lake Elizabeth, Lake Hughes and finally Castaic Lake. Four lakes in one day is no easy feat in Southern California. The climb up Bouquet Cyn is beautiful and not all that hard. Don’t be fooled there’s another short hill before a break in Green Valley. It’s one more short hump over the top of San Francisquito before the long downhill to the backwaters of Castaic Lake. Don’t be fooled again there is the climb to “Calvary” before we finish with a flat run along the freeway back to the start. So come out today and begin your training with some simple pleasure. **START: NEAR DENNY’S in Valencia** Take Golden State Frwy (I-5) North, Exit R on Magic Mtn. Parkway, R Tourney Rd (1st R) and R Wayne Mills Pl (1st R) toward Denny’s Park along street in front of Denny’s

**Sunday, April 5 - 8:30 a.m. LONG BEACH BOOGIE** (Long 64 mi & 2700 ft Medium 54 mi & 1600 ft, Short 34 mi & 600 ft) We scheduled this one just last February but it got rained out and rather than wait almost two years for its turn in the queue, I thought I would run it again this month. As I said in February, I used to schedule this ride mostly in the summer because it starts in Long Beach and it would be cooler at the beach in the summer. But actually, despite starting in Long Beach, these routes don’t spend much time near the beach. In fact the long route heads inland all the way to Brea Canyon where in the summer it could be very hot. So maybe it’s not so bad that we are riding these routes early in the year. The long and medium riders head up Coyote creek almost 10 miles all the way to Santa Fe Springs. The long then makes a long loop over to Brea and around back to Santa Fe Springs. This includes a significant climb over Colima and a climb on Pathfinder. The medium skips this loop but still does a climb over West Road and East Road. The two routes come back together for lunch. We have to spend some time in Long Beach in order to justify the name of the ride, so before returning to the start, there is a short loop in Long Beach. The short gets off Coyote Creek a little earlier than the other two routes and tours northern Orange County on its way back to the start. But don’t worry if we don’t get to the actual beach today. We’ll have plenty of opportunity for that throughout the summer. **START: EL DORADO PARK in Long Beach.** From San Diego Frwy (405), off & North/East on Studebaker 1 mi. to Park. Park in Library lot on right just before Spring St.

**Thursday, April 9th, 8:30 a.m. TRIPLE DIPPER RIDE** See “Every Week Rides” at [www.lawheelmen.org/wheelmen-weekly-rides/](http://www.lawheelmen.org/wheelmen-weekly-rides/)

**Saturday, April 11 - 8:00 a.m. PIUMA TRAINER** (59/73 mi & 4900/5200 ft) This is our 2<sup>nd</sup> Grand Tour Trainer and here is the second bicycling quote:

*Ride as much or as little, as long or as short as you feel. But ride.* – **Eddy Merckx** Good advice whether you are training or not.

This is one of the trainers I would have preferred to swap with the Fernwood trainer, but parts of the Fernwood trainer remain closed due to the Woolsey Fire. This will be the third year in a row we have done this one. This ride has about the same distance and amount of elevation gain as last week but it is

probably a bit more difficult because it packs the bulk of the climbing into the first 27 miles. This includes the 6 mile climb up Piuma followed very quickly by the almost 2 mile climb on Schueren. Today we start with a quick trip out to Malibu and through Malibu Canyon to the featured climb of the day Piuma and Schueren. Then its down Stunt road. It's a bump over to the Valley for lunch and then its across the Valley and over Sepulveda to complete your day. There is an extended version offered for those who want more. It will take you to the North Valley for lunch before rejoining the main route over Sepulveda. Join us and don't let Eddy Merckx down. **START: BRENTWOOD ELEM. SCHOOL - San Vicente & Gretna Green.** From San Diego Frwy (405), off & west on Wilshire, R - San Vicente, L Gretna Green (1 block past Bundy). We park on the street.

**Sunday, April 12 - 8:30 a.m. FUNNY BUNNY EASTER RIDE.** (Long 44 mi & 1900 ft; Medium 34 mi & 1300 ft; Short 25 mi & 500 ft) You might be wondering what's so funny about the bunny in the title of this ride. Well actually nothing – but there used to be. Once upon a time the route sheets for these routes were written in “Elmer Fudd-ese” (as in “wight” and “weft” turns etc.) I guess this was in reference to Bugs Bunny, although Bugs has little to do with Easter. I think the directions were also backwards – “R” for left and “L” for right – just to make following the route more fun. Somewhere along the way these little route quirks disappeared but the ride is still fun and we have kept the title. Today is Easter and these are our traditional Easter routes. There is nothing particularly “Easter” about them except that they are short allowing you to get home early for other festivities if you like. The routes head down to the Marina for brunch where we can dine al fresco and soak in the rays. The long and medium do a few small hills in Beverly Hills first (nothing real bad) before heading south to the Marina. The short skips the hills. The long takes an extra loop on the return for a couple of more hills and some extra miles. Come on out. Maybe someone will bring some marshmallow Peeps. **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.

**Thursday, April 16th, 8:30 a.m. TRIPLE DIPPER RIDE** See “Every Week Rides” at [www.lawheelmen.org/wheelmen-weekly-rides/](http://www.lawheelmen.org/wheelmen-weekly-rides/)

**Saturday, April 18, 8:00 a.m & 9:00 a.m.. A WHALE OF A CENTURY** (full century - 104 mi & 2400 ft; metric century – 63 mi. & 2000 ft). For our third week here is the cycling quote:

*When my legs hurt, I say “shut up legs! Do what I tell you to do!” – Jens Voigt*

For our third trainer we usually stretch things out with an easy century. We used this route as a trainer for the first time last year and it was well received for that purpose, so we're using it again. This is also our century of the month for April. Because it is a century of the month, we are also offering a metric version. The full century is very flat with long stretches with no stop signs, so it's a fairly fast and easy century. The route runs from Camarillo up to Santa Barbara and back. It gets its name because it makes a loop to view the huge whale skeleton on display at the Santa Barbara Museum of Natural History. It rides along the coast much of the time, which accounts for it being relatively flat. The profile shows 5 distinct hills, but 4 are only about 200 feet each and one tops out at about 300 feet. It uses a lot of bike paths along the way which eliminates the stop signs. The metric century rides the center portion of the full century. This gives you the best portion of the full century and with the later start time, a chance to still ride with the full century riders. Starting in Ventura, it joins the full century route up to Santa Barbara and back to Ventura. It still does the bulk of the climbing of the full century. **NOTE** the two separate start locations and start times. **START (Full Century – 8:00 a.m.): VALLE LINDO PARK IN CAMARILLO.** Take the 101 Frwy North to Camarillo and exit north on Carmen Dr. Left on Ponderosa Dr & Right on Valle Lindo Dr to park. Park where Valle Lindo Dr curves left. **START (Metric Century – 9:00 a.m.) PARKING LOT NEAR MISSION PARK IN VENTURA** Take 101 Frwy to Ventura and exit at California St. Go 1 block north to a left on Santa Clara St. Go 4 blocks west to parking lot on the right opposite Junipero St.

**Sunday, April 19 - 8:30 a.m. TURNBULL REVISITED** (Long 78 mi & 4400 ft, Medium 52 mi & 2300 ft, Hilly Short 37 mi. & 1400 ft, Flat Short 36 mi & 600 ft) As some of you may know, I broke my arm about a week ago (as of when I am writing this) and it's not easy for me to type. So I think I'll break a rule of mine and reuse a description from the last time we rode these routes because it is easier to cut

and paste than to type something new. But look at that – this intro is new. Anyway, here’s the old description: If you have never ridden Turnbull Canyon, I guess technically you can’t “revisit” it. However, I think most of our riders have ridden Turnbull before (probably in both directions) but we are always happy to revisit the Canyon and we do it at least once a year. It’s a nice climb and a nice downhill. Not too steep, not too much traffic, somewhat scenic, and it’s right in the middle of the Los Angeles Megalopolis. All but the flat short route will be riding over Turnbull today. It’s the only hill for everyone except the long riders, so don’t let it keep you away. The long and the medium are identical as they climb over Turnbull and make their way over to the top of the San Gabriel River Trail in Azusa and then take the trail back to the start. The only difference is that the long makes an extra trip a few miles up San Gabriel Canyon and back before going down the river. The short routes simply go over or around Turnbull, but pretty much stay in the area. So come on out and revisit an old favorite. And if you have never been over Turnbull, come out and visit it for the first time. **START: PICO PARK in PICO RIVERA.** From San Gabriel Frwy (605), off & west on Beverly Blvd to Park on left. (If coming from the North, the Beverly exit puts you on San Gabriel River Rd which you follow for 1.3 mi. to Beverly)

**Thursday, April 23rd, 8:30 a.m. TRIPLE DIPPER RIDE** See “Every Week Rides” at [www.lawheelmen.org/wheelmen-weekly-rides/](http://www.lawheelmen.org/wheelmen-weekly-rides/)

**Thursday, April 23 7:00 p.m. MONTHLY MEMBERS MEETING.** NOTE that we are meeting on the 4<sup>th</sup> Thursday instead of the usual 3<sup>rd</sup>. We have another new host this month – **Howard Wedin.** Howard has been a member of the club a couple of years now and has been a regular rider on the Thursday Triple Dipper ride, so if you only ride with us on Sunday, you may not have met him. Here’s your chance. A new host, but the meeting remains the same. We will do the usual preparation of schedules for mailing and hold a business meeting. The Grand Tour is only months away so we will probably be discussing that. Our ongoing 75<sup>th</sup> Anniversary celebration will also be discussed. As usual we will have refreshments. So why not join us. **PLACE: 4424 Westlawn Ave., Los Angeles 90066.** This is on the Northeast corner of Short Ave & Westlawn Ave in West Los Angeles. From the San Diego Frwy, go west on Culver Blvd about 1 mile to a right on Centinela Ave. Go about 3 blocks to a left on Short Ave and 2 blocks to Westlawn. Meeting night directions: **(310) 261-2907**

**Saturday, April 25 – 8:00 a.m. – DECKER CANYON TRAINER** (72 mi & 4800 ft) Here is this week’s quote:

*Cyclists see considerably more of this beautiful world than any other class of citizens. A good bicycle, well applied, will cure most ills the flesh is heir to – Dr. K. L. Doty* I include this quote because it is by someone with my last name. I don’t know anything about Dr Doty except he was a 19<sup>th</sup> century cycling evangelist.

Last week was flat, but it’s back to the hills today. There are 3 significant climbs today but only one of them is really memorable. That one is of course Decker, which we hit early. We start by riding north on PCH out to Decker (Hwy 23) and then up the Canyon. It’s about a 4 mile climb, with the first mile being fairly steep. We continue Hwy 23 on down into Westlake. From Westlake we return by a standard route through Agoura Hills along the freeway, up Mureau road (the 2<sup>nd</sup> major climb) into the Valley. Then it’s across the Valley (using the Wells Drive medley) and over Sepulveda (the 3<sup>rd</sup> climb) to the finish. This route is essentially the same as the Encinal trainer we rode last year but climbs Decker instead of Encinal. Come out and make Dr, K K Doty proud. **START: BRENTWOOD ELEM. SCHOOL - San Vicente & Gretna Green.** From San Diego Frwy (405), off & west on Wilshire, R - San Vicente, L Gretna Green (1 block past Bundy).

**Sunday, April 26 - 8:30 a.m. RESEDA PARK - PHASE I** (Long 83 mi & 4900 ft, Medium 57 mi & 4300 ft, Short 28 mi & 700 ft) This is one of the earliest club rides I ever did and it’s still one of my favorites. By the time this date rolls around, it will have been a little over two months since I broke my arm. I have some hope I might be back on the bike by then. The question is whether I will be back in shape for today’s climbs. And there are definitely some climbs today. Both the long and medium head out to Santa Clarita for lunch, but the long gets there by the long climb up and over Little Tujunga (nothing little about it) while the medium heads out the old road – a climb either way. Both return back over the Old Road

(another climb). Both routes have an optional climb up Kagel Canyon although they do it in opposite directions. There are other options which allow you to customize these routes to your taste. Of course there is always the short route which stays in the San Fernando Valley for a relatively flat ride. Possibly I'll be ready for that. So come on out. I hope I'll see you there. **START: Reseda Park - Reseda & Victory Blvds in the San Fernando Valley** From Ventura Frwy (101), off and north on Reseda, right on Victory one block to park.

**Thursday, April 30th, 8:30 a.m. TRIPLE DIPPER RIDE** See "Every Week Rides" at [www.lawheelmen.org/wheelmen-weekly-rides/](http://www.lawheelmen.org/wheelmen-weekly-rides/)