

AUGUST SCHEDULE

Sunday, August 2nd - 8:30 a.m. EXPLORING THE ENVIRONS (Long 57 mi. & 3700 ft; Medium 51 mi. & 2800 ft; Short 24 mi. & 1300 ft) The word “environs” could take in a lot of territory, but I think it is a fairly apt word to describe today’s routes. In one relatively short ride we get to explore West Los Angeles, the Santa Monica Mountains, the San Fernando Valley, Topanga Canyon and the beach. That’s a wide variety to terrain for just 50 odd miles. That’s really the great thing about cycling in Southern California. You can see so much without really going very far and these rides start close by at our old stomping grounds – the “Corner” near Olympic and La Cienega. Both the long and medium make a loop hitting the locations mentioned above, but by different routes. The long goes over Beverly Glen, while the medium uses Sepulveda. The long goes west through the Valley via a somewhat hilly route while the medium uses a flatter route. The long goes to the coast via Old Topanga, the medium uses New Topanga. Meanwhile, the short never goes to the valley at all. It goes up Franklin Cyn to the nature center (exploring the environs in another sense). Take your time and enjoy the changing vistas. These are old routes and probably won’t show you anything you haven’t seen before, but that doesn’t mean it can’t be a pleasant day of riding. **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.

Sunday, August 9 - 8:30 a.m. TRI-COUNTY SAFARI (Long 54 mi & 2700 ft, Medium 46 mi & 2800 ft, Short 38 mi & 1700 ft) I happened to notice on a calendar that today we are in the midst of the annual Perseid Meteor Shower. Of course you can only see the meteors at night, but that doesn’t mean they aren’t falling during the day as well. That’s a little scary – you could get hit by a meteor and never see it coming during the day. Well, we can think about that as we dodge meteors through three different counties today. Only the long route hits all three counties (Los Angeles, San Bernardino and Orange) but the other routes hit at least two. From West Covina, the long and medium start by heading out to Claremont and then head south to Chino Hills for lunch. Then for the long, its over Carbon Cyn, Brea Cyn (two of the easiest canyon climbs in Southern California) and then over Grand Ave. to the finish. Not up for that? The medium skips some of the post lunch climbing (and one county) but somehow still ends up with about the same total elevation gain as the long. Sound like too much? Well, the short goes out towards Claremont with the others, but simply returns via Puddingstone to the start. Supposedly most of the meteors are no larger than a grain of sand and most burn up 50 miles above the earth but still, I think it would sting to get hit by one. **START: CORTEZ PARK in WEST COVINA.** From San Bernardino Frwy (I-10), off & South mile on Citrus to Park on right at Cortez.

Sunday, August 16 – 8:00 a.m. POKING AROUND PALOS VERDES. (century 94 mi & 4100 ft, metric century 62 mi & 1900 ft) **NOTE THE EARLIER START TIME.** It’s time for our monthly century and metric century. We rode these routes almost exactly a year ago, but I thought we would use them again this month because they stay near the coast and make for good summer routes. There are no major climbs on these routes. In fact, although we spend a lot of time in Palos Verdes, we never ride to the top of the peninsula. However, there are a lot of short hills and some of them are rather steep, but the good thing about that is just about the time you start to get overheated, you reach the top and you can cool off on a downhill. Both centuries start in West LA and head down to Palos Verdes. The metric century makes a small loop on the peninsula and heads back. The full century makes an entire circle of the peninsula getting all the way down to San Pedro before heading back. The full century also does some extra looping around on the peninsula to get in the required miles. It all makes for an interesting day and you’ll see some streets you probably haven’t ridden before. More good news about these routes -- if it’s really hot, the whole ride is right in our back yard and if it proves to be too much for you, it’s always easy cut the route short and jump on the bike path for an easy trip back to the start. How can you pass up a deal like that? **START: WESTWOOD PARK at Sepulveda & Ohio.** From San Diego Frwy (405), off and east on Santa Monica Blvd, Left on Sepulveda and L on Ohio and R into Park.

Thursday, August 20 – 7:00 p.m. MONTHLY MEMBERS MEETING. Things were starting to loosen up but now they are worse again. That means once again we will be holding our meeting on Zoom. It’s worked out well the last couple of months. You should really consider joining us. No need to drive anywhere. You don’t even need to wear shoes (or pants for that matter). And if you don’t want others to see your home, Zoom allows you to substitute a different background. So why not “come” to the meeting. Not sure what will be on the agenda since most our plans have been shot to hell by Covid-19. But I suppose we will be trying to make the best of the rest of the year. If you would like to join the meeting, contact **Mel Cutler** at cutlerme@earthlink.net for the necessary information. We look forward to *seeing* you at the meeting.

Sunday, August 23 – 8:30 a.m. LEGG LAKE (long 57 mi & 1500 ft, medium 55 mi & 1500 ft, short 41 mi & 1500 ft) **Herbert Curtis Legg** (1887 – 1958) was First District Supervisor for the County of Los Angeles and worked very hard to create the Whittier Narrows project. For his efforts, one of the lakes formed within the Whittier

Narrows Recreation area was named for him. Today that lake is the goal of our routes. Only the medium and short riders go into the park to actually see the lake, but the long riders ride past the entrance. The long and medium head through San Marino and Alhambra to the San Gabriel River which they take to the Whittier Narrows area for lunch. The long continues the river north to the Santa Fe dam for a long loop back. The Medium takes a shorter route back after circling Legg Lake. The short simply takes a more direct route to Whittier Narrows where it joins the Medium for the tour of the lake and the return. I notice that all 3 routes have the same amount of elevation gain – I think this is the only set of rides the club has for which that is true. So, your choice today should be based solely on how many miles you want to do. That should make things easier. **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.

Sunday, August 30, 8:30 a.m. STRAIGHT COW MOUNTAIN (Long 56 mi & 2300 ft, Medium 47mi & 1900 ft, Short 32mi & 600 ft) As you know, I grew up on a dairy farm with lots of cows and, to my knowledge, they were all straight. I never saw any hanky-panky going on between any of them. Of course none of them ever actually had sex unless you count when the man from the artificial insemination company would show up and do really unspeakable things. Well, straight cows don't have anything to do with today's ride and if you want to know where the title of the ride came from, you can ask me at the ride. Today we will be riding Turnbull Canyon. Actually only the long and medium routes go over Turnbull Today's long does some extra miles and a little extra climbing before Turnbull, while its the only major hill for the medium. Both have lunch in Whittier after going over Turnbull. As mentioned, the short doesn't do Turnbull at all but rides to Whittier Narrows and cruises the Rio Hondo before returning to the start. You can ask me about the origin of the ride's name, but don't ask me about the unspeakable things the artificial insemination man would do. **START: ALHAMBRA PARK in ALHAMBRA.** From the San Bernardino Frwy (I-10), off & north on Fremont 2 miles, R- Alhambra Rd to 4 blocks to Park. Park on Raymond on East side of the park.