

## **OCTOBER SCHEDULE**

**Sunday, October 4 - 8:30 a.m. SOUTH BAY TYPICAL** (Long 45 mi & 3400 ft, Medium 36 mi & 2000 ft, Short 28 mi & 1500 ft) I remember when I first rode this ride – it was one of my first rides with the club and I don't think I had ever ridden in Palos Verdes before. I struggled up the long climb that tops out at Grand via Altamira and Hawthorne where Ralph Boethling greeted me with a "Nice little hill, huh?" I might have responded with an expletive but I was out of breath. Ironically, all these years later, I do consider that climb to be a "nice little hill." It is nowhere near the toughest climb we do on club rides. However, it is "typical" of the sort of climbing we will be doing today – particularly on the long route. All routes are short, but the longer ones have more climbing. The long makes two trips up to the top of the Palos Verdes peninsula before finally descending down into San Pedro for lunch. The medium doesn't go to the top of the peninsula but does circle it on a rolling route to eventually meet up with the long route in San Pedro for lunch. After lunch, the two routes return together. The short heads directly to San Pedro for a break and returns without actually riding on the peninsula at all. Even with all the hills, the long route is only 45 miles, so you can take your time and do that "nice little hill." **START: PARADISE PARK in TORRANCE.** From San Diego Frwy (405), off & South on Hawthorne 3.5 miles. R - Torrance Blvd 0.5 mile, L - Anza one block, R - Lee to Park. We usually park on the West side of the park (on Ellenwood) by the school.

**Sunday, October 11- 8:30 a.m. LONG BEACH RIDES** (Long 64 mi & 1200 ft, Medium 45 mi. & 500 feet, Short 31 mi. & 500 ft) I always think we could put together an Abbott and Costello "Who's On First" type routine with these routes. Abbott: "I see we are riding the Long Beach Rides today." Costello: "Yes, but I'm going to ride the medium." Abbott: "So we are doing the Medium Beach Rides today?" Costello: "No, we will be riding the Long Beach Rides, but I will be doing the medium Long Beach Ride." Abbott: "Is the medium-long ride something between a medium ride and a long ride?" Costello: "No, it's just a medium ride, but it's on the Long Beach Ride." Abbott: "That doesn't make sense – maybe I should just do the short beach ride." Costello: "You can't – that would be in Connecticut." (where there is a Short Beach) You get the idea. Anyway, we do have a long, medium and short route today and they all spend a lot of time looping around the Long Beach area. It is difficult to make a detailed description of today's routes because they loop around so much. Each makes a different tour of the Long Beach area including Belmont Shores, Naples and Seal Beach, but the long and medium also head inland for a loop before returning back to the coast. These are among the flattest routes we have in the club library with only the long doing any significant climbing and even it never gets much over 200 feet above sea level. Although the routes don't spend much time with each other, they do come together for lunch, but for the medium riders, lunch would be only a couple of miles before the end and for the long riders, it would be about half way through the route. Still, it is nice to have lunch together. **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, October 15 – 7:00 p.m. MONTHLY MEMBERS MEETING.** Once again we will be holding our meeting on Zoom. Last month we only had 4 participants which mystifies me. After all, you don't have to drive and you get to sit in the comfort of your own home. The only negative is there are no refreshments. But you can always provide your own which will insure that it will be something you like. The Zoom meetings have been sort of fun, so why not consider joining in. It's a chance to "see" a few club members you probably haven't seen in a while. If you have never done Zoom, the software is free. You need a camera, but most laptop computers, as well as ipads, have one built in these days. You can also simply use your smart phone. All the kids are doing it and if they can do it, you can too. We hope to see you there. If you would like to join the meeting, contact Mel Cutler at [cutlerme@earthlink.net](mailto:cutlerme@earthlink.net) for the necessary information.

**Sunday, October 18th - 8:00 a.m. CIRCLING SAN FERNANDO CENTURY** (century 94 mi & 6100 ft, metric century 68 mi & 4200 ft) This is our century and metric century of the month for October. **NOTE EARLIER START TIME** We have a set of routes called "Ring Around The Valley" which make circles around the San Fernando Valley. But those routes are short and the circles are relatively small. With a full century or metric century we are able to make a much larger circle – in fact, we ride pretty much around the perimeter of the Valley. However, we will be starting in West LA, so no need to drive out to the valley for this one. We start with a climb up Sepulveda (the biggest climb of the day) and then along Mulholland Dr. to the east. We then go to the northeast corner of the valley (this is a long gradual uphill which actually takes you to the same elevation as the top of Sepulveda). Then it is west across the valley and around the Chatsworth lake area before heading south. Finally, instead of going back east to complete our circle, we head out Mulholland Hwy from Calabasas and cut to the coast on Malibu Canyon and circle back to the start on the coast. Besides the initial climb there are several other smaller climbs sprinkled throughout the route that might get your attention, but nothing you can't handle. We will offer a metric century as well. It will start with the full century but make a smaller circle of the valley and return back over Sepulveda. It stays with the full century for about the first 43 miles to the early lunch location on the full century and then splits

off for the shorter return. If all this sounds like too much, we will probably be riding the “Ring Around the Valley” routes sometime in the next year. **START: WESTWOOD PARK 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.

**Sunday, October 25, 8:30 a.m. LA TUNA MELT** (Long 53 mi & 2900 ft; Medium 40 mi & 2200 ft; Short 32 mi & 1400 ft.) This ride was formerly called “Brookside Park” but we no longer stopped at the park so it was thought we needed a new name. A few years ago as we struggled up the La Tuna Canyon portion of this ride on a hot day, it was suggested that we call the ride “La Tuna Melt.” That made sense even though the “Tuna” of “La Tuna Canyon” refers to a cactus and not the fish. But the funny thing is, we have ridden this route several times since renaming it and it hasn’t been on a hot day yet. Of course, we haven’t been doing it in the summer (the last time we rode this one was in February of 2019). Late October could go either way, so maybe it will live up to its name this time and maybe not. In any case, only the long route does La Tuna. Starting from the Zoo, the long heads out Glenoaks Blvd to make the climb up La Tuna Canyon to Montrose. We will then continue to the Rose Bowl area to meet the medium riders and then make a loop up to the top of Christmas Tree Lane in Altadena. We will be a little early for the Christmas lights, but it’s still a nice climb. We then ride down into San Marino and then on to Pasadena for lunch. The return is a fairly direct route back down through Eagle Rock and Glendale to the start. The medium will head up to the Rose Bowl area via Chevy Chase. It’s a climb, but not as tough as La Tuna. There, it will join the long route for the trip to Christmas Tree Lane, lunch and the return. The short takes a slightly easier and shorter route up to the Rose Bowl. It skips the trip to Christmas Tree Lane and goes right to the common lunch spot of the long and medium. It then returns with them to the start. So why not come on out today and see if we melt this year or not. **START: Los Angeles Zoo parking lot at the NORTH end (near Camel sign)** 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 in the Northeast Corner of the lot near the camel sign. Other groups often meet here, so make sure you are with the Wheelmen.