

NOTE: Based on the Los Angeles County Protocol for Youth and Adult Recreational Sports, we have now determined that the club may resume the scheduling of club rides on specific dates. However, to discourage large groups of riders we have decided not to schedule a specific start time. Riders may contact others to agree on a start time for small groups of companions and hopefully this will serve to spread out our riders. Note that the protocol continues to require face coverings and “social distancing” as well as other precautions. A copy of the protocol can be found here: http://publichealth.lacounty.gov/media/coronavirus/docs/protocols/Reopening_SportsLeagues.pdf

NOTE: TRAINING RIDES ARE BACK!! This year we are once again offering the 12 week series of Grand Tour Trainers which were not held last year due to the pandemic. As in the past, these will be offered on Saturdays. For those unfamiliar with these rides, they are a series of 12 rides which are often very challenging but very scenic and which take riders places our other routes don't go. They are meant to prepare riders for completing the Grand Tour double century in June, but are often ridden by riders who have no plans to do the Grand Tour but enjoy these difficult, but shorter routes.

Saturday, April 3rd – Trainer 1 - CANYON LAKES (65 mi & 4800 feet). This has been our lead-off trainer for many, many years. Like a lead-off player in baseball, the job of this trainer is to get a hit and this route has always been a hit with riders. At only 65 miles it is the shortest and probably the easiest of the trainers and it travels some beautiful areas not often seen on our other routes. That is why it has always been popular with riders who have no intention of doing the Grand Tour or even the remaining trainers. So why not give it a try? 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 over Spunky Canyon 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 lead off your training. We are hoping you enjoy this one so much you will come back for the second trainer next week. **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 4th -- FUNNY BUNNY EASTER RIDE. (Long 44 mi & 1900 ft; Medium 34 mi & 1300 ft; Short 25 mi & 500 ft) When I was a kid I once left a carrot out for the Easter Bunny, but found it back in the refrigerator the next morning. I guess I thought that was very considerate of the Easter Bunny. Anyway, today is our annual Easter ride. I hate to be exclusionary so I'll mention here that today is the last day of Passover and, as it so happens, Ramadan starts next week. But really, there is nothing religious about these routes other than they are short allowing you time to get home early to celebrate if that is what you want to do. 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. These extra miles take you past the former Playboy mansion where there used to be bunnies of another sort. I wonder if the creator of these routes had that in mind. **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 .

Saturday, April 10th – Trainer 2 - PIUMA (59/73 mi & 4900/5200 ft) Second up in our trainer series is Piuma. Continuing the baseball analogy, if the lead-off hitter's job is to get on base, the job of the second up is to keep the rally going. Hopefully today's trainer will be another hit and keep your interest in completing the trainers going for another week. The loss of our usual lunch spot along Mulholland Hwy due to the Woolsey fire a couple of years ago has severely limited the use of our trainers in the Santa Monica Mountains, but this route remains unaffected. That's great because the climbs in the Santa Monicas are both challenging and beautiful and they have the advantage of being nearby. 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. If you enjoyed last week's trainer, we think this one will be a hit as well. Come see. **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 11th -- WINDING ROADS OF ORANGE COUNTY (Long 61 mi & 3000 ft, Medium 53 mi & 3000 ft, Short 32 mi & 800 ft) The San Fernando Valley is pretty much laid out in a grid which is so straight and regular, I formerly used it to calibrate the odometer on my bike computer. That's old style city planning. Much of Orange County is relatively new and the new style of city planning is to let streets and roads meander where they will. It's prettier and more interesting, but I get lost a lot more. Streets I think go east-west really end up going north-south. I'm sure the street I'm on will intersect with the one I'm looking for and it never does. Well none of that should be a problem today because you will have a route sheet or the route loaded into your Garmin or Wahoo and (in theory) you can't get lost. So, sit back and relax and enjoy the winding and twisting roads of Orange County today. Today's routes are perfect for this. The climbing is mostly long gentle grades so you won't be working too hard. All three routes stay together for the first 17 miles, so you can wait and see how you are feeling before deciding which route you want to finish. The long and medium are similar but the long adds a loop (and a hill) in the middle before rejoining the Medium. The short makes its own way back to the start. The riding is pleasant on mostly wide roads. So come on down and wind around with us today. But full disclosure – I said “in theory” you can't get lost, but somehow I have still managed to do it. **START: PINE TREE PARK in TUSTIN.** From Santa Ana Frwy (I-5) in Tustin, off & east on Redhill, L- Bryan one block to park.

Thursday, April 15 – 7:00 p.m. MONTHLY MEMBERS MEETING. There is an outside chance that by April the restrictions on in-person meetings will be lifted, but I doubt it. So let's just plan on once again holding our meeting on Zoom. These Zoom meetings are so convenient, I almost wonder if we won't want to continue them after the pandemic has past. Maybe we can do both. Some people will show up in person, but we will also have the meeting available on Zoom. Those who take the trouble to show up in person will be rewarded with refreshments. Well, we can worry about that when the time comes. Again this month, discussion will probably center around this year's Grand Tour. Otherwise, the meeting is always a chance to swap gossip and tall tales. So why not join us. We hope to see you there. If you would like to join the meeting, contact Mel Cutler at cutlerme@earthlink.net for the necessary information.

Saturday, April 17th Trainer 3 – LAGUNA CANYON CENTURY (Century 96 mi & 2200 ft, metric century 63 mi & 800 ft) It's the third trainer in our series and hopefully you are getting into the groove. Traditionally, we extend one of the early trainers to a full century in length because developing endurance is as important as developing your strength in hill climbing. There will be other centuries during the training series, but for our first we usually offer a fairly easy route. Today's century is one of the easiest we have. There is only one extended climb up Laguna Canyon and that is one of the easiest canyon climbs I know. The route is fairly straight forward. From Torrance, we head down the coast (picking up PCH in Seal Beach) all the way to Laguna. Then it's up Laguna Canyon and we make our way back north using a more inland route until we reach Huntington Beach. Then we pretty much retrace our steps back to the start. This is also the century of the month for April so there will be a metric century as well. This will start with the full century and stay with that route until Huntington Beach. It will then cut inland to pick up the return route of the full century. The long stretches on PCH where there are relatively few traffic lights make this a fairly fast century. So come on out and enjoy the day. **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 April 18th -- HILLS OF THE SOUTH BAY (Long 52 mi & 4200 ft, Medium 42 mi & 2900 ft, Short 27 mi & 1900 ft) These routes are really like no other ride we have in our library. We have flat rides and we have hilly rides which do a few major climbs, but this is a hilly ride that does a lot of minor climbs. And by “a lot” I mean *a lot!* The long route has about 50 hills, all in only about 50 miles. Consequently, the hills are short. Many of them are only one or two blocks long. Admittedly, some of them are rather steep, but when a steep hill is only two blocks long, you can usually gut it out. And there is almost always an immediate downhill to help you recover. It really is a different kind of climbing than we usually do. When **David Nakai** created these routes, his idea was to find just about every hill in the South Bay and ride up and down them. I know that sounds tough but I have ridden the entire route several times now and I can tell you -- it's not so bad. You just have to have the right attitude. You just take it one hill at a time and rest up on the downhills. It can actually be fun and gives you a nice sense of accomplishment. The long, medium, and short are all similar, and only vary by length and the number of hills they do. One of the difficulties is simply following the many turns of the route sheet. I would strongly suggest you use a Garmin (or Garmin-like device) to navigate the route. One nice thing about these routes is that they stay in the South Bay and you are never very far from the start. If the going is just too hard, you can always cut the ride short and head for home. So come on out for this unique set of routes. Just pick your length, bring a positive attitude, and you can have a very nice day. **START: DELAIRE PARK in Hawthorne.** From the San Diego Frwy, off and West on El Segundo Blvd (1 or 2 blocks), R on Isis Ave. to park on Left.

Saturday, April 24th - Trainer 4 ENCINAL CANYON (73 mi & 4800 ft) Today is our 4th trainer and if we use the baseball metaphor I started the month with, this is the clean-up spot. Let's see if we can hit a home run. Our route library has two almost identical trainers – Encinal Canyon and Decker Canyon. They only vary by the canyon they take from PCH up to Mulholland Hwy. We usually alternate between the two. Last year was Decker's turn, but we didn't hold the training rides, so really we should be riding Decker this year. But frankly, the Encinal climb is a little more popular – it's more scenic and a bit easier – so I'm going to pretend that Decker missed it's turn last year and run Encinal this year. BTW, "Encinal" means "oak grove" but I really can't remember if there are a lot of oaks on the climb. They may have burned in the fire a couple of years ago. There are 3 significant climbs today but only one of them is really memorable. That one is of course Encinal, which we hit early. We start by riding north on PCH out to Encinal and then up the Canyon. It's about a 5 mile climb. We pick up Hwy 23 and ride that on down into Westlake. From Westlake we return by a standard route through Agoura Hills along the freeway, up Mureau road (the 2nd major climb) into the Valley. Then it's across the Valley (using the Wells Drive medley) and over Sepulveda (the 3rd climb) to the finish. Complete the ride and you will have hit a home run in your training program. Come back next week to keep the rally going. **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 25th -- SANTA FE DAM (Long 54 mi & 2400 ft., Medium 45 mi & 1300 ft , Short 40 mi & 1100 ft) I'm always impressed with how big the Santa Fe Dam is. We ride the crest of the dam for just about 2.5 miles and we don't even ride the whole thing. It's largely an earthen dam and I can't imagine how long it must have taken to pile up that much earth and rock. It is all the more impressive when you consider that in its 70 year history, I don't think it has ever held back any large amount of water. It was built for that 100-year storm that has yet to show up. But with climate change – who knows. Anyway, the dam is the destination of today's routes. Starting from Monterey Park, all routes head over to the San Gabriel River bike path and head up to the dam. There we ride 2.5 miles of the crest and then go through some of the open area on the other side. The short splits off for a fairly direct return. The medium and long continue together over to Pasadena where you have a choice of lunch spots from Carl's and others. After lunch, the medium heads straight back to the start while the long climbs up to the top of Lake Street before returning. That's a pretty good extra climb for the long riders, but you don't need to decide until lunch, so why not take both route sheets. Although started in 1941 and finished in 1949, it didn't really take 8 years to pile up all that dirt and rock. The Army Corps of Engineers took time off for World War II. **START: BARNES PARK in MONTEREY PARK.** From San Bernardino Frwy (I-10), off & south on Garfield, R - Newmark, L - McPherrin to the Park. Early arrival is suggested in order to find a parking space before park users take them all.