

JUNE SCHEDULE

Thursday, June 3rd – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE. Meet on bridge at end of Ballona Creek Trail in Marina Del Rey. Riders usually goes South to Palos Verdes on the bike path and then do some riding on the Peninsula. There are optional climbs including the 3 “dips” which give the ride its name. The group usually stops for a break at the Golden Cove shopping area. Occasionally the group will decide to vary the route and explore specific sites elsewhere in the city. A typical day is 40 - 50 miles but often individual riders either cut the day short or add extra miles as desired. Contact **Nancy Domjanovich** nancydomx@icloud.com for details.

Saturday, June 5th – 7:00 a.m. Trainer 10 - FULLBORE FOR FILLMORE (114/118 mi & 7000/7200 ft) Not only is this the longest trainer, but it can be argued that it is the most difficult trainer. Today is week 10 and we are almost at the end of our training. Previously we have done a couple of centuries which didn't have a lot of climbing and we have done shorter rides that had one or more tough climbs. Today we put it all together with a trainer of 114 miles which is well over a century and with 7000 feet of climbing which is about as much as any of the trainers has. However, the profile today is definitely more like that of the Grand Tour than most of our trainers. It has several moderate climbs scattered throughout the course (like the Grand Tour) but not the huge mountain climbs we have been using in other trainers. Let's review the climbs. First it's over Sepulveda (not bad) and across the valley and over the hill to Valencia (no worse than Sepulveda). Then it's the long flat run to Fillmore for lunch (it may be flat, but is often into a headwind). After lunch, it's over Grimes Canyon to Moorpark toughest climb of the day but even it is not too steep. We climb the ridge over to Thousand Oaks where we pick up Mulholland Hwy (which has a few small hills). Then you have a choice of a Valley return (over Sepulveda again) or going over Old Topanga to the coast for a coastal return (one or two final climbs either way). Just take the day one hill at a time like you will on the Grand Tour and you will be just fine. Finish this one and you are actually ready for the Grand Tour. The last two weeks will just be polishing. **START: BRENTWOOD ELEMENTARY 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, June 6th – 8:30 a.m. SOUTH BAY SURPRISE (Long 68 mi & 1200 ft, Medium 41 mi & 1000 ft, Short 27 mi & 900 ft) For much of the last year Knott's Berry Farm has been closed, but I suspect by June it may be in full operation again. I mention this because that is the destination of today's ride (the long route only). It shouldn't matter whether it is open or closed. We have been by there at the height of the tourist season before and it was no problem. Even if we stop to eat there (which is one of the options) it is usually not bad. But Knott's is not the surprise of the title. The surprise is that it is a flat ride despite the fact that it was created by **Ralph Boethling** who was known for hilly rides. I thought a flat ride would be a relief to those who rode yesterday's trainer. But who am I kidding – I can't seem to convince anyone to join me in riding both days. And yesterday's trainer was so tough, I'm not sure I'll make both days either. All routes head to Orange County from Torrance. While the long makes it all the way to Knott's, the medium and short each cut off a little earlier to circle back through Long Beach, rejoining the long route along the way. All of these routes are fairly flat. The long used to actually stop at Knott's for a lunch of their famous fried chicken. However, over the years a few of us have come to believe that, famous or not, the chicken just isn't that good for the price they charge. So we have added an alternative lunch on the long besides Knott's. But some still like the stop at Knott's so you can take your pick. **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 by the school.

Thursday, June 10th – 8:30 a.m. TRIPLE DIPPER RIDE SOUTH BAY RIDE See June 3rd for details.

Saturday, June 12th – 7:00 a.m. Trainer 11 - ANGELES CREST SAN GABRIEL CANYON (88 mi & 8300 ft.) Many consider today's trainer to be the hardest and it does have the most climbing of all the trainers. For me it's a toss-up between last week's trainer and this one. It may be the hardest, but it has also become our most popular trainer of the year – often attracting riders we haven't seen on any of the earlier trainers. The reason is that it is such a classic route. It's not just the difficulty of over 8000 feet of climbing in only 88 miles, but it's the beauty and mountain solitude of much of the route that makes this trainer so popular. Unlike last week this route consists largely of one huge climb followed by one long downhill. That's not the type of terrain you will find on the Grand Tour, but the long sustained effort of a long climb is still excellent training for any endurance event. And besides, I have always found it easier to approach this ride by treating it as a series of smaller climbs strung together. First you ride from Duarte to the base of Angeles Crest – a net gain, but no major climbs. Second – up Angeles Crest to Clear Creek - the biggest stretch of climbing on the ride. Third -- up to Red Box - tough but only 5 miles. Fourth -- to

Lunch at Newcomb's Ranch - Up and down with a net gain. Fifth -- up to Cloud Burst Summit - the hardest 6 miles, but it takes you to the highest point of the ride. Sixth -- to Hwy 39 -- mostly rolling terrain with a small net loss. Now you are ready for the payoff -- about 30 miles of mostly downhill. Break it down like that and it can be done. You really won't want to miss this one. The scenery, the mountain air, the mountain goats, etc. It's an unbelievable ride. **NOTE: As I write this in April, Newcomb's Ranch remains closed due to the pandemic. I have some hope it will open by June, but if it remains closed, I would consider this route to be virtually impossible to ride without the availability of food and water at Newcomb's. Please check Newcomb's web site before starting this ride. START: Encanto Park in Duarte.** Take 605 Frwy north to end, off and R (east) on Huntington / Foothill Blvd 0.6 mile, L Encanto Parkway (before crossing river) to park on Left.

Sunday, June 13th -- 8:30 a.m. LIFE BEGINS AT 8:30. (Long 63 mi & 4200 ft, Medium 57 mi & 3000 ft, Short 30 mi & 1200 ft) I know we haven't been listing the start times for our rides lately in an attempt to spread our riders out, but the title of this ride sort of gives it away. It hardly matters. We don't usually attract large groups of riders which need to be spread out anyway. Small groups of vaccinated riders are considered safe these days and that's what we usually get. So, let's just go ahead and say this ride starts at 8:30. We start in West LA and both the long and medium head out to Malibu and go over Malibu Cyn to Mulholland Hwy. The long heads west to Kanan and returns back to PCH for a coastal return. The medium heads east and returns through the valley and over Sepulveda. The Short riders miss all the fun by staying in the Palisades area. The long formerly stopped for lunch at the Rustic Canyon General Store and Grill near Mulholland Hwy, but it is gone now so we will be adding a few miles to go over to Agoura for lunch. Now that I think of it, I am writing this in April, but by June we may well be publishing our start times anyway. **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, June 17th -- 8:30 a.m. TRIPLE DIPPER RIDE SOUTH BAY RIDE See June 3rd for details.

Thursday, June 17th -- 7:00 p.m. MONTHLY MEMBERS MEETING. Two days ago California supposedly totally reopened after almost a year and a half of the pandemic. However, I don't believe we are ready yet to abandon our Zoom meetings for the real thing. Maybe next month. We haven't been getting very good attendance on Zoom, which surprises me because it is so much easier than getting in a car and driving some place. But maybe everyone misses those refreshments which we just can't do via zoom. Anyway, for at least one more time, we will meet tonight on Zoom. The virtual Grand Tour is in progress, so no doubt there will be a report on that. We will probably also discuss going back to real meetings. Otherwise, the meeting will be the usual 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, June 19th -- 7:00 a.m. Trainer 12 - BYWAYS OF PALOS VERDES (74 mi & 5300 ft) Today is our last trainer and by tradition, our last trainer is slightly easier than the last few weeks. Not that this is any piece of cake -- you do have to keep those muscles supple. The route was put together by the late **Steve Bowen** and stopped at his bike shop for lunch. We still have lunch at that location, but now it's a Habit Burger which was built on the site of the former bike shop. I like to refer to it as the Steve Bowen Memorial Habit Burger. As for the route, it starts in Brentwood and heads down to Palos Verdes to do some climbing. Although even the longest climbs to the top of Palos Verdes are no more than about 800 feet of gain, today we will be doing that three times during a single loop around the peninsula. Lunch is at the top of the third climb to the top. After lunch, it is a quick ride back north to the start. Congratulations if you have completed most of the trainers. You are now fully trained. I say this every year, and I think it has always proved to be true -- if you have done all or most of the training rides, you will have no problem completing the Grand Tour. Although this year's Grand Tour is virtual and you have your choice of dates on which to ride it, next Saturday would be the traditional day for the event. Now that you are trained, that would be the best day to ride it. **START: BRENTWOOD ELEMENTARY 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, June 20th -- 8:30 a.m. WINDING ROADS OF ORANGE COUNTY II (Long 71 mi & 3300 ft, Medium 49 mi & 2100 ft, Short 32 mi & 900 ft) I'm writing this in April, and at this time the Governor has set June 15th as the date on which California will completely reopen its economy. If that comes true (and it looks as if it could happen), then this will be our first ride in the reopened California. Let's celebrate!! What better place to celebrate than the wide open and winding roads of Orange County. Just in case there are a few stray viruses out there, the wide open roads will make it harder for them to find us and the winding roads will make it harder for them to follow us since viruses like to travel in straight lines. (OK, I made that last one up, but it could be true.) Today's routes wind and twist around really going nowhere in particular. Just sit back and enjoy the scenery, fresh air and companionship of your fellow riders as we try to put the pandemic behind us. Both the long and medium hit all the same highlights including the Newport Hills and Turtle Rock areas. The only difference is that the long goes off and

does an extra 20 mile loop in the middle and then rejoins the medium. There really isn't a short route, so we'll be using the short route from Winding Roads I. There isn't a lot of climbing but there is a surprising little climb right before the end of the long and medium routes, so even when you are riding back toward the start across flat Irvine, keep a little something in the tank. So why not join us today in the newly reopened California. We have waited a long time for this. **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, June 24th – 8:30 a.m. TRIPLE DIPPER RIDE SOUTH BAY RIDE See June 3rd for details.

Saturday, June 26th – The Grand Tour. Today would be the traditional date of the Grand Tour. As the event is “virtual” this year, you can ride on a date of your choosing within a specific time period. Check the club web site for details.

Sunday, June 27th – 8:30 a.m. CRUISE & CLIMB IN CLAREMONT. (Long 59 mi & 3300 ft, Medium 46 mi & 2700 ft, Hilly Short 35 mi & 2000 ft, Easy Short 26 mi & 1100 ft) The name of this ride is a little misleading. If we were to do a real climb out of Claremont, we would probably be going up to Mount Baldy. I assure you, we are doing no such climb today. There is some climbing of course, but no mountains. We go part way up San Dimas Canyon and do a couple of medium sized hills such as Grand Ave. and Brea Cyn. There is just as much cruising as there is climbing. The long and medium are the same to lunch. They first head up San Dimas Canyon and then come down to climb up past Puddingstone Reservoir. After cruising down again they climb over Grand Ave. After some more downhill, we climb Brea Canyon to Diamond Bar Blvd. After lunch in this area the two routes split. The long adds a loop into Pomona before heading back to Claremont while the medium heads more directly back. Both end with a nice ride through the Claremont colleges area. There are two short routes. The hilly short does much the same route as the medium but cuts off some of the climbing. The easy short cuts out most of the hills. So, don't let the title scare you off. Yes there is climbing, but a lot of cruising too. **START: EL ROBLE JR. HIGH SCHOOL** at Harrison & Mountain in Pomona. From San Bernardino Frwy (I-10) off & north on Towne in Pomona for 1½ miles, R - Harrison a few blocks to Mountain.