

AUGUST SCHEDULE

Sunday, August 1 - 8:30 a.m. VIVA SAN FERNANDO (Long 60 mi & 2900 ft, Medium 56 mi & 2300 ft, Hilly Short 28 mi & 1400 ft, Flat Short 25 mi & 1000 ft) I wonder if whoever created these routes was an Elvis fan and they wanted to pay tribute to his movie “Viva Las Vegas.” I imagine if Elvis had made a movie called “Viva San Fernando” it would not have been as exciting as the real movie. Maybe if he had lived to a ripe old age, he could have made “Viva San Fernando.” So, maybe riding to San Fernando isn’t as exciting as Vegas, but it’s what we are going to do today anyway. It’s not so bad. It can still be exciting as we zoom down the hills. The long and the medium both go over to the Valley for a short loop in the Valley. The long returns via Topanga Canyon to the coast and back through Santa Monica while the medium comes back over Sepulveda. The two short routes both tour West Los Angeles – one with more hills than the other. So I say “Viva bicycling” and Viva San Fernando. Come out and get in the spirit. **START: THE "CORNER", Olympic Blvd, 1 block west of La Cienega in Beverly Hills.** From the Santa Monica Frwy (10), off & north La Cienega 1½ miles, L - Olympic 1 block to R- Le Doux.

Thursday, August 5 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE Meet on the bridge at end of the Ballona Creek Trail in Marina Del Rey. Riders usually go 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.

Sunday, August 8 - 8:00 a.m. COASTAL CRUISE CENTURY (Full Century 94 mi & 3400 ft, Metric Century 64 mi & 1900 ft) **NOTE: 8 a.m start time.** This is our August Century of the month. We often run this century in the summer because it sticks close to the coast in our hottest months of the year. The “Cool Breeze Century” was yesterday and they have the same idea – ride on the coast. But you have to pay for their ride and ours is free. And you have to drive up to Ventura for their ride and ours starts right here in LA. Not only does it stay at the coast, but it’s a relatively easy century as centuries go. The route heads down to the northern edge of Huntington Beach and back. On the way down we do a little climbing in Palos Verdes (almost half the climbing of the entire ride). We take an interesting route through the harbor area which is nicer than you might think. The Long Beach Bike Path gets us to Seal Beach and a few more miles on PCH gets us to lunch. The route back is a bit more inland and includes a trip up to the top of Signal Hill in case you missed it on July 4th. We also offer a metric century. The metric stays with the full century down to the edge of Long Beach and then jogs over on the LA River to pick up the full century route again for the return. It includes the climbing through Palos Verdes which the full century does, but cuts off the trip up Signal Hill on the return. So why not join us for a cool day at the coast. **START: DEL REY LAGOON** in Playa del Rey. From San Diego Frwy off and west on Culver Blvd (or off and west on Jefferson, which runs into Culver) (approx 4 mi). R – Esplanade St. to park. Meet on the east (inland) side of the lagoon near the bathrooms. (We formerly met on the west side) Construction in the area may limit parking spaces and you may need to park on adjacent streets.

Thursday, August 12 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See August 5th for details.

Sunday, August 15 - 8:30 a.m. HUNTINGTON BEACH GO-ROUND (Long 70 mi & 1100 feet, Medium 57 mi & 700 ft, Short 38mi & 500 ft) Maybe this ride should be called “Newport Bay Go-Round” Because it makes almost a complete circle of the Back Bay area. This 7 mile loop is almost entirely on bike paths and is a very pleasant ride. However, it is only on the long route while all three routes do get to Huntington Beach, so I suppose the title of the ride is more correct. In any case, today’s routes are all coastal routes extending from our start in Long Beach down to Huntington Beach (or a bit beyond) and back. They are among the flattest routes we have with the long only climbing about 1000 feet in 70 miles. Perfect for an August summer day. The long and the medium are the same except the long extends the trip south to make the loop around the Back Bay mentioned above. The short is similar to the medium but doesn’t go quite as far south in Huntington Beach. All return back along the coast on PCH which is usually a fast run and should keep us cool in the later part of the day. So what’s not to like. We hope to see you there. **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, August 19 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See August 5th for details.

Thursday, August 19 – 7:00 p.m. MONTHLY MEMBERS MEETING. It still seems unlikely we will be meeting in person yet, so let’s just assume this will be a Zoom meeting as well. After the pandemic is over, Zoom will probably go bankrupt, so we might as well support them while we can. The meeting will be the same old thing. There will be a discussion of recent rides, and perhaps even a discussion of running the Grand Tour Lite again as a supported event. Of course there will be the usual gossip and storytelling. Reason enough to 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.

Sunday, August 22 - 8:30 a.m. PICO RIVERA & BIKE TRAIL (Long 75 mi & 2400 ft, Medium 48 mi & 800 ft, Short 36 mi & 400 ft) It's the dog days of summer and I'm trying to schedule coastal rides which will be cooler. "But these rides start in Pico Rivera" I hear you say and, yes, Pico Rivera is nowhere near the coast. But these routes do head to the coast and they return on the San Gabriel River trail. That's fairly flat and even on a hot day should be easy riding. The long is the only route which does some hills, but it does this early while the day is still cool. After the hills, it heads into Orange County to pick up the Santa Ana River trail south to the coast. After lunch in Huntington Beach, it continues north to the San Gabriel River trail and up that river back to the start. The medium travels down to Seal Beach for lunch, going down on the Coyote Creek and San Gabriel River trails and returning back up the San Gabriel. The short never quite makes it to the coast, but travels down and back on the San Gabriel with a loop in Long Beach for lunch. So don't let the heat get you down. Join us today and ride to the coast and on the cool river trails. **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, August 26 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See August 5th for details.

Sunday, August 29 - 8:30 a.m. MALIBU VISTAS (Long 63 mi & 7600 ft, Medium 51 mi & 5300 ft, Short 39 mi & 22000 ft.) Time once again for "Malibu Vistas," the cycling soap opera, back again for the 10th installment of this annual saga. It is a new day for the club and things are looking up. After former President Danny came down with Covid due to his denial of the severity of the pandemic and his refusal to take reasonable precautions on rides, President John was elected to take his place. Now almost all club members have been vaccinated and President John is overseeing the return to normal club activities. What better way to celebrate the re-opening than to schedule the Malibu ride – the very ride on which it is believed former President Danny caught the virus. While President John has indicated that it is fine for vaccinated members to ride together without masks while outdoors, he still urges them to use masks while at lunch in restaurants. Most members are fine with this. The day of the ride arrives and the club gathers. President John and a group of his supporters want to ride the long route. "It's a good thing we don't have to wear masks" John says, "because the long route climbs up Latigo Canyon before descending on Mulholland Hwy to PCH and lunch at Neptune's Net. It would be hard to do all that climbing while wearing a mask." He also reminds the riders that after lunch, the long route climbs Yerba Buena as part of the return. While eating lunch (which they ordered with their masks on), some of the group decide doing the Yerba Buena climb after lunch is just too much, so they switch to the medium route. The medium stays with the long to lunch, but returns back along PCH only doing a few small hills along the way. There is a small group of former President Danny's supporters at the ride. Many of them have not been vaccinated. They jeeringly say to the others "We don't want to infect you, so we will ride the short route. This simply heads north up the coast to Neptune's Net doing some small hills along the way, and then returns on much the same route. They refuse to wear masks and to avoid the other riders, they eat lunch with a bunch of surfers who aren't using masks either. Just like last year, some of them are coughing by the end of the ride. Will the short group be decimated by the virus? Will this soap opera ever return to the sex and scandal that was its bread and butter in the early years? Come back next year for another exciting episode of "Malibu Vistas." **START: MALIBU CIVIC CENTER.** North on PCH to Malibu (just before hill up to Pepperdine) and Right on Webb Way one block and Right on Civic Center way to Civic Center on Left. We usually park on the street due to farmer's market in the parking lot.