

SEPTEMBER SCHEDULE

Thursday, September 2 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE Meet on the bridge at end of the Bal-lona 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, September 5 – 8:30 a.m. LONG BEACH BOOGIE (Long 64 mi & 2700 ft Medium 54 mi & 1600 ft, Short 34 mi & 600 ft) Tomorrow is Labor Day, so, according to tradition, today is the last day you can wear white. This wouldn't seem to affect cyclists very much. I think only once have I seen a white pair of cycling shorts and white (or even predominately white) jerseys seem equally as rare. I don't think cyclists are overly concerned with fashion anyway. Tomorrow is also the unofficial end of summer, so today's ride is our last ride of the season. What better way to end the summer than with a ride at the beach. Well, we sort of have that today. We start and end in Long Beach (but not actually at the beach) And the routes don't actually go to the beach. In fact the long route heads inland all the way to Brea Canyon. The long and medium riders head up Coyote creek almost 10 miles all the way to Santa Fe Springs. The long then makes a long loop over to Brea and around back to Santa Fe Springs. This includes a significant climb over Colima and a climb on Pathfinder. The medium skips this loop but still does a climb over West Road and East Road. The two routes come back together for lunch. We do spend some time in Long Beach on the return, but I don't think we get within view of the ocean. The short gets off Coyote Creek a little earlier than the other two routes and tours northern Orange County on its way back to the start. If you actually have white shorts or a jersey, please wear them today. I would love to get a photo of that. **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.

Sunday, September 5 – 9:00 a.m. NEWCOMER RIDE - West Side Suspended during the heart of the pandemic, the club's monthly Newcomer Ride is now back. Our “Newcomers' Ride” is not only for beginners (although beginners are always welcome on LA Wheelmen rides), but are held for riders who typically ride alone and are interested in expanding their horizons in terms of routes, learning to ride in groups, or just getting to know bike-friendly LA better. Want to join social rides but afraid to join a group ride because will it be too fast or too far? Will the group take frequent rest room breaks or just hammer straight through? Will they stop for food? This Newcomer ride will address all these issues before the start by reaching a consensus on pace, distance, stops, and type of ride (flat, bike path, climbing, mix?), and an experienced leader or leaders select a route for the day. The group rides together or regroups at set locations, depending on the mix of riders. Possibly there will need to be two routes to accommodate everyone. For short rides, there may be no refreshment breaks or a quick stop at a gas station or coffee shop. For longer rides, an outdoor meal may be scheduled. Some of the favorite destinations are the Franklin Canyon Nature Center, the Mt. Holyoke Overlook, Bronson Caves and Grand Central Market. Bring helmets and signed waivers to the start. **START: BLUEY'S MARKET AND CAFÉ**, 1814 Berkeley St., Santa Monica. From the Santa Monica Frwy Westbound, exit north on Centinela Ave. Jog L/R at Olympic to continue Centinela to a left on Nebraska Ave and then a left on Berkeley St. to Café.

Thursday, September 9 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See September 2nd for details.

Sunday, September 12 – 8:00 a.m. GRAND TOUR LITE (Double Metric 117 mi & 7200 ft, Century 95 mi & 2500 ft, Metric Century 67 mi & 2300 ft) For as long as I can remember, the club has held a century in September which (most years) started in Malibu and went north. In fact, the annual September century was my first century with the club. It has gone by various names and has had slightly different routes over the years. The Grand Tour Lite is the current version of this annual tradition. In most years, it has been a supported century or at least minimally supported. However, this year, as we did in 2018, it will be unsupported. It will be basically a show-and-go ride like any other of our centuries of the month. On the plus side, that means no fee and no registration. But on the negative side, it means no rest stops or food provided along the route and no sag support out on the course. We will be riding the usual routes, slightly modified to indicate locations where food and water are available. The double metric route is a challenging route (similar to the double metric offered on the Grand Tour in the past). It starts with the climb up Latigo Canyon and a descent into Westlake. It then heads east to Moorpark before returning west to Port Hueneme where it joins the other routes for the return back down the coast. The century and metric century simply travel up the coast to Port Hueneme and return. The full century adds a loop around the Oxnard/Ventura area before returning to Port Hueneme and re-joining the metric century route for the return back down the coast. The century and metric century are fairly easy as centuries go. With few stops signs along PCH, they are usually fairly fast. The double metric century, however, is much more difficult with a good amount of climbing. **START: MALIBU CIVIC CEN-**

TER. 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. (If there is no parking on Civic Center Way, park across PCH on Malibu Road and ride over to the start.)

Thursday, September 16 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See September 2nd for details.

Thursday, September 16 – 7:00 p.m. MONTHLY MEMBERS MEETING. I had thought by September this Covid thing would be all over. But thanks to the Delta Variant and the large number of people who refuse to get vaccinated, it is likely to still be with us this month. In fact Covid is likely to be with us as long as significant numbers remain unvaccinated. Well, before I really begin to rant, I'll just say that it still seems unlikely we will be meeting in person yet, so let's just assume this will be a Zoom meeting once again. The meeting will be the same old thing. There will be a discussion of recent rides, and perhaps even a discussion of the possibility of holding the holiday party once again. 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, September 19 - 8:30 a.m. WANDERING TO WHITTIER (Long 59 mi & 1900 ft, Medium 52 mi & 1500 ft, Shorter Medium 38 mi & 1000 ft, Short 35 mi & 1100 ft) Moses and the Israelites wandered in the wilderness for 40 years before finally making it to the Promised Land. The good news is that today we will only wander for a few hours. The bad news is that we will only get to Whittier – not exactly the Promised Land. But hey – Whittier isn't all that bad. Named for a poet and the early home of a former U.S. president. That's at least something. Anyway, as the title suggests, we don't get there until we wander around a bit first. All routes start by heading in the opposite direction from Whittier. We first make a large loop north to Sierra Madre before heading towards Whittier. The long makes a loop around and over the hills before getting there while the medium makes a more direct approach. They both meet for lunch in Whittier. There is a shorter medium which doesn't actually make it to Whittier but does go as far as Whittier Narrows. The three routes all have similar returns on river trails. The short doesn't really head for Whittier, but does go to the north end of the San Gabriel River and returns through the Santa Fe Dam area. So today's routes aren't exactly of biblical proportions, but they are nice rides. **START: ALHAMBRA PARK.** From San Bernardino Frwy (I-10), off & North on Fremont, R - Alhambra Rd, R - Raymond to Park.

Thursday, September 23 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See September 2nd for details.

Sunday, September 26 8:30 a.m. REVEL THE ROLLIES II (Long 56 mi & 3500 feet, Medium 43 mi & 1800 feet, Short 37 mi & 1100 ft) Sometimes when I can't think of anything else to write about in these descriptions, I look at a comprehensive calendar of events and holidays to see if today has any special significance. I note that today is World Contraception Day. I figure that is an easy one for us to celebrate. For one thing, most of us are too old to even worry about contraception. But even if we weren't, cycling can be a form of contraception. You ride all day and then you are too tired to have sex. So let's see what sort of contraceptive ride we have today. The main feature of today's route is a trip through Santiago Canyon which goes both up and down. Both the long and the medium do this, but the long adds trips through Trabuco Canyon and Live Oak Canyon. I've always thought the ride through Live Oak Canyon is rather nice and worth the extra miles. The medium route heads fairly directly over to Santiago Canyon while the long makes the extended loop to take in Trabuco Canyon and Live Oak Canyon first. They meet up at Cook's Corner and continue together through Santiago Canyon before circling around back to the start. Meanwhile, the short makes an easier tour around southern Orange County. Warning: the short might not tire you out enough to have any contraceptive value. **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, September 30 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See September 2nd for details.