

OCTOBER SCHEDULE

Sunday, October 3 - 8:30 a.m. MOUNT WILSON (Long 48 mi & 5400 ft, Medium 29 mi & 3100 ft, Short 24 mi & 1600 ft) Although we generally ride up to Wilson each October, we didn't go last year because the Cosmic Café at the top was closed due to the pandemic. According to their Facebook page, they are open again, so let's go! I love the Cosmic Café. Admittedly, the food is nothing to write home about, but a hotdog and some chips can really hit the spot after climbing 5000 feet. But there is also the view. On a clear day you can see downtown far below or the San Gabriel Valley. And then there are the antennas. If you have never been there, you won't believe how much electronic equipment is packed onto the top of Wilson. I call it the electronic forest. I know some of you are thinking. It's too hard. 5000 feet is too much. Well, consider this – it's only 48 miles and only half of that is up-hill. So you've got 24 miles of climbing – not so bad. And the climbing is never excessively steep – the worst of it comes near the beginning. So, you can just take your time – enjoy the fall scenery and you can make it. And if it really proves to be too much for you, you can always turn around at any point and practically coast all the way back to the start. Only the long route goes all the way to the top of Wilson and then returns back down the way you came. The medium makes it as far as Clear Creek Station before returning. The Short simply tours the Pasadena area without going up Angeles Crest at all. So why not give it a try. You might really surprise yourself and the feeling you get at the top is terrific. That's really why I love the Cosmic Café – the satisfaction I get from just getting there. **START: BROOKSIDE PARK - just south of the Rose Bowl.** From Ventura Frwy (134) or Pasadena Frwy (110), off & north on Orange Grove, L - Rosemont, L - Seco and L- Arroyo to Park on left. Meet near the Aquatic Facility / tennis courts.

Thursday, October 7 – 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, October 10 - 7:30 a.m. BEACHES TO BREA CANYON CENTURIES (full century 100 mi & 2900 ft, metric century 66 mi & 1300 ft) Today is our century of the month for October. Our routes provide a classic mixture of Southern California cycling terrain. I have always been impressed with how many different types of cycling we can cram into one ride. The title says it all. We start with some beach cycling and head to some canyon climbing (Brea Canyon) and along the way we ride a couple of river trails. OK, no mountains today, but enough climbing to satisfy most mountain goats. We start by heading down to Long Beach to ride the Long Beach Bike Trail and then up the Coyote Creek bike trail about 9 miles. We work our way over to Brea and ride up Brea Canyon before the downhill on Pathfinder. Then it's on to East Road and West Road which is always fun. We will be riding it in the direction which I think is easier. After lunch in Whittier, it is back along the river and a long stretch on Del Amo Blvd. There are some ups and downs (including a short but sweet climb on 190th St.) but most of the climbing is spread throughout the ride and is usually not very steep. The metric century is much the same as the full century but cuts out the center portion of that route. This cuts out the trip up Brea Canyon and the ride over East Road and West Road, but leaves you with a fairly easy route as far east as Buena Park and back. Join us today and see the variety of cycling Southern California has to offer. **START: POLLYWOG PARK in Manhattan Beach.** From San Diego Frwy off and West on Manhattan Beach Blvd (Inglewood Blvd Exit). Go 1.4 miles to park. Park on the street near the east side of the park.

Sunday, October 10 – 8:30 a.m. NEWCOMER RIDE – DOWNTOWN LA (approx. 20 miles). This month's Newcomer Ride is a pre CicLAvia ride that starts and finishes near the Chinatown Hub of CicLAvia – Heart of LA, allowing Newcomer participants to ride 20 warm-up miles prior to the 10:30 start time of CicLAvia. Additional riding is possible for riders who do not wish to attend CicLAvia. **START: LOS ANGELES STATE HISTORIC PARK,** North Spring Street (just north of the Chinatown Metro Station),

Thursday, October 14 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See October 7th for details.

Sunday, October 17, 8:30 a.m. REVEL THE ROLLIES (CORONA) (Long 65 mi & 3200 ft, Medium 49 mi & 2400 ft, Short 34 mi & 1400 ft) We last rode this one in February of 2020, just as the pandemic was starting. We made jokes about riding to Corona – was the new virus named for that city? At that time we had no idea how serious it was going to get. Most people were not yet wearing masks and there was no shut down yet. Well, it's a year and half later and we are headed back to Corona. The name has nothing to do with the virus and it's not related to the beer either. It was named for the large circular drive in the center of the city. Besides visiting Corona, the long rides out Temescal Canyon to Tom's Farm. Every time I ride out Temescal, I am surprised (and disappointed) by how developed the area is becoming. It used to be all country road but it is still away from the city and still a pleasant

riding area. All routes head out to Corona via Santa Ana Canyon and Green River. The short barely makes it to Corona before returning. The long and the medium routes tour Corona and the long makes the extra swing out Temescal Canyon for lunch before returning to rejoin the Medium riders who had lunch in Corona. Both then return together back through Santa Ana Canyon. There are no major hills just a bunch of medium sized ones. Nothing you can't handle. Its a bit of a drive but you don't have to drive all the way to Corona We start from the city of Orange which isn't all that far. **START: EISENHOWER PARK in ORANGE.** From 91 Frwy, go south on the 55 Frwy--take the first exit (Lincoln) which puts you on Tustin Ave Southbound (left at bottom of off ramp). Then R (west) on Lincoln .2 mi., R - Oceanview and R- Main St. into the Park.

Thursday, October 21 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See October 7th for details.

Thursday, October 21 – 7:00 p.m. MONTHLY MEMBERS MEETING. Every month I write this and every month I wonder if we will have ended to Zoom meetings yet. Now I'm thinking it probably won't happen until the start of next year. By then most of us will probably have had a booster shot and really should be safe. Maybe we could require only vaccinated members attend. I don't think that would actually cut anyone out among those who usually would attend. Well, anyway, we are still on Zoom this month. 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, October 24, 8:30 a.m. ACTION IN ACTON (Long 51 mi & 3700 ft, Medium 35 mi & 3600 ft, Short 17 mi & 1500 ft) I always enjoy the ride out to Acton, but for some reason we haven't ridden this route in almost 2 years. The ride out is pleasant with the long stretch on the almost deserted Soledad Canyon Road. We often stop at Shambala – the place where Tippi Hedron has rescued a number of lions and tigers. We usually try to catch a glimpse of them through the fence. The ride back includes an optional stop at Vasquez Rocks where a number of movies and television shows have been shot. Lunch is traditionally in Acton but the last few times, several of us continued on to have lunch at the Halfway Café on Sierra Hwy. This is a nice local community café and makes for a nice stop. So, you see this ride has a lot to offer. Only the long goes all the way to Acton. Although the medium route doesn't make it to Acton, it goes half way and turns off at Agua Dulce It misses Shambala but does pass Vasquez Rocks and the Halfway Cafe. The short stays mostly in the Newhall area. Weather can be variable out that way this time of year, so come prepared. **START: PARK & RIDE LOT on Newhall Ave. near Sierra Hwy in Newhall.** From the I-5 north take the 14 Frwy east for 2 miles and exit at Newhall Ave. Park & Ride lot is at bottom of ramp to the southeast. Toilets available at nearby Carl's.

Thursday, October 28 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See October 7th for details.

Sunday, October 31 - 8:30 a.m. HALLOWEEN RIDE (Medium 27, Short 15) Today is, of course, Halloween. I remembered that long ago we had a Halloween ride. I looked it up and we haven't ridden it since 2010. Not sure why. Well, probably because Halloween hasn't fallen on a Sunday since 2010. Anyway, I thought we might as well ride it again. There is only a medium and short route and neither is very long. That will leave you plenty of time to get home and get ready for that costume party or to hand out treats tonight. These routes were created by former member **Sarah Lifton** and are designed to loop through parts of Beverly Hills, Culver City and West Los Angeles and to ride past a number of weird or unusual houses (such as the witch's house in Beverly Hills) which fit in with a Halloween theme. The routes are not very long and there is a pleasant lunch stop at Farmer's Market (where we never go for lunch). In the past we sometimes had Halloween goodies at the start, but no promises. You can ride in costume if you want, but it's usually no fun riding very far in a costume so no one will judge you if you don't. I imagine one of the more popular costumes this year will be the Corona Virus. What could be scarier than that? **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.