



LOS ANGELES WHEELMEN SCHEDULE



APRIL 2022

VISITORS ARE ALWAYS WELCOME. Each week the routes offered will be available on the Web. Go to www.LAWheelmen.org and click on "Upcoming Rides." Download the routes and bring them with you to the ride.

NOTE: Recent CDC pronouncements indicate that cycling is safe without a mask for **VACCINATED people. Most club members have already been vaccinated. We urge all potential riders to become vaccinated before riding with us.**

GRAND TOUR TRAINING RIDES

This month, commencing on Saturday April 2, and continuing each Saturday for 12 weeks until Saturday June 18, we will once again be offering our series of training rides intended to prepare riders for the Grand Tour double century on June 25th. Although intended as trainers, many of these rides offer beautiful, unique and challenging routes which many of you may want to ride even if you have no plans to ride the Grand Tour. To increase ridership among those who are perhaps not training for a double century, this year we are offering "lite" versions of most of these trainers. These will be shorter and less hilly versions of the main rides but which will generally still include the title destination or goal of the main route. Although shorter, these will still be somewhat challenging routes. In fact, if you consistently ride the "lite" versions, you may well end up prepared for a double anyway. Over the years these training rides have proved to be excellent preparation for the Grand Tour but also offer a chance to ride places none of our other routes take you. In the individual descriptions of these routes I will try to highlight these unique destinations. They are well worth your consideration.

Saturday, April 2, 8:00 a.m. – CANYON

LAKES (Trainer 1) (Full 65 mi & 4800 ft, "Lite" 49 mi & 3500 ft). This has been our lead-off trainer for many, many years. 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. Today's destinations include Bouquet Canyon (a very pretty climb) as well as a descent down San Francisquito Canyon or Lake Hughes Road. Along the way we pass several lakes including Bouquet Reservoir, Lake Elizabeth, Lake Hughes and Castaic Lake. We do have a couple of other rides that ride Bouquet and San Francisquito canyons, but none that ride down Lake Hughes



Poppies on the Canyon Lakes Trainer in 2017

Road and I don't know of any other ride that passes 4 lakes in one short ride (although two of them may not much water in them). So much to see, so why not give it a try? Starting near Magic Mountain, we head up to and around Bouquet Reservoir, over Spunky Canyon to Green Valley for a break. Here the "Lite" version splits off to take San Francisquito back to the start. The full route does one more climb over the top of San Francisquito before passing Lake Elizabeth, Lake Hughes and a lot of poppies (the poppy reserve is nearby). Then it is the long downhill (about 13 miles) to the backwaters of Castaic Lake before the final climb to "Calvary" before we finish with a flat run along the freeway back to the start. Only the full route passes all the lakes and the poppies which are well worth the extra effort. 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 3 - 8:30 a.m. SOUTH BAY TYPICAL (Long 45 mi & 3400 ft, Medium 36 mi & 2000 ft, Short 28 mi & 1500 ft) A typical day in the South Bay generally includes some riding in Palos Verdes because it is pretty there and the streets are often fairly wide with low traffic. That's where we will be spending most of our time today. All routes are short, but the longer ones have more climbing. The long makes two trips up to the top of the Palos Verdes peninsula before finally descending down into San Pedro for lunch. The medium doesn't go to the top of the peninsula but does circle it on a rolling route to eventually meet up with the long route

in San Pedro for lunch. After lunch, the two routes return together. The short heads directly to San Pedro for a break and returns without actually riding on Palos Verdes at all, but does skirt the peninsula on the east side. The long is by far the most scenic route and even with all the hills, it is only 45 miles, so you can take your time enjoy the view. So why not come out for a typical day with the Wheelmen in the South Bay? **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.

Thursday, April 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.

Saturday, April 9 - 8:00 a.m. FERNWOOD TRAINER (Trainer 2) (Full - 63 mi & 5500 ft; “Lite” – 48 mi & 4000 ft) Our second trainer of the year is one we haven’t ridden in a few years, but like most of our trainers, it travels some unique roads not used by any other club rides. The title climb of the day is Fernwood Pacific which travels through the small community of Fernwood located in the hills above Topanga. It is steep in places but passes some interesting homes. But let’s not get ahead of ourselves. We start the day with a trip out PCH to Topanga Canyon which we climb to the village of Topanga. Here we pick up Fernwood Pacific & Saddle Peak which climb for almost an additional 6 miles (on top of the Topanga climb). At one point along Saddle Peak, there is a place where on a clear day you can see downtown LA in one direction and the ocean in the other. The payoff for all this work is the 4 mile downhill on Stunt Road. Here the two routes split. The full version heads west on Mulholland Hwy for lunch at the historic Rock Store. After lunch we climb the Rock Store hill and a little more climbing on Kanan Rd and Latigo Rd sets us up for long downhill (7 miles) on Latigo. This is one of the few routes the club has which does this fantastic downhill. Once down to the coast, it’s an easy ride back to the start. The “Lite” version heads east on Mulholland from Stunt Road. There’s a moderate climb before descending into Calabasis for lunch. After lunch, the return is the fairly standard route along Wells Drive etc. and then over Sepulveda and back to the start. All in all, another day of unique vistas and climbs and downhills. You won’t want to miss 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).



Sculpture on Fernwood Pacific / Saddle Peak



Sculpture in Box Canyon on Reseda – Phase II

Sunday, April 10 - 8:30 a.m. RESEDA PARK - PHASE II (Long 61 mi & 2600 ft; Medium 51 mi & 2200 ft; Short 32 mi & 800 ft) As I look at these routes now, I realize they are very similar to the Oak Ridge Rides which we rode only about a month ago. If I had realized that sooner, maybe I would have scheduled something else. But the long and medium routes on the Oak Ridge Rides were a century and metric century while these are somewhat shorter with the long being a metric century and the medium only a half century. So maybe today will bring out some riders who thought the Oak Ridge Rides were too much. All routes start in Reseda and basically head west. The longer the route – the further west it goes. The short simply goes as far as the west valley for lunch and returns. Both the long and medium routes go further west through Santa Susana pass to Simi Valley. The medium has lunch in Simi and then returns back over the pass. The long also goes to Simi but continues west all the way to Moorpark for lunch before returning. The long also adds a trip through Box Canyon on the way to Simi which is interesting, but includes a very steep climb. The trips over and back through Santa Susana Pass are the only major climbs on the long and medium routes. You can avoid the Box Canyon climb (by adding a few miles) but it is an interesting area up there. **START: RESEDA PARK - Reseda & Victory Blvds in the San Fernando Valley** From Ventura Frwy (101), off and north on Reseda, right on Victory one block to park.

Sunday, April 10 - 8:30 a.m. NEWCOMER RIDE – DTLA (various distances). This month's Newcomer Ride returns to Downtown and again will be riding in the Griffith Park area. As we did in February, we will again be starting at the LA Zoo Parking lot. We will again have a beginner-level flat ride of approximately 10 miles. Extended routes are still in preparation but will probably provide trips of up to 40 miles with some additional climbing. Full details will be available on the club web site at: <http://www.lawheelmen.org/upcoming-rides/> All routes will be ridden in a no-drop fashion. **START: Los Angeles Zoo Parking Lot, Zoo Drive, Griffith Park.** Meet at north end of parking area near the metal gate and trash bins

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

Saturday, April 16 – 8:00 a.m. - BIKEWAYS OF ORANGE COUNTY (Trainer 3) (Full Century - 95 mi & 2500 ft, Metric Century – 64 mi & 800 ft) For our third trainer of the year, we usually extend our mileage to a full century, but at this stage in our training we make it a fairly easy century. The “Lite” version of this trainer is simply the metric century which we usually offer with this century when it is ridden as a century of the month. In fact, these centuries are our centuries of the month for April. These routes fit with our training ride theme of riding places none of our other rides go. While we often ride the Santa Ana River trail or the San Diego Creek trail in Orange County, these routes are designed to use some of the lesser known bike trails in the county that no other club route does. One of the major trails is the Aliso Creek trail which runs from Cook's Corner almost all the way to the ocean. Today we ride much of that trail as well as several other trails you may not have seen before. With much of the ride on bike trails, the course is relatively flat. However, the full century is not completely flat. There is a good climb or two thrown in for variety. The metric version stays with the full century through some of the early bike trails and then cuts off to later meet up with the full century as it makes a 14 mile run back up the coast to the start. The metric century cuts off most of the climbing of the full century. The really good news is that you don't have to drive down to Orange County to do these rides. We start from El Dorado Park in Long Beach – about a half hour drive from West LA. Even if you haven't been doing the trainers, it's always nice to get in a monthly century or metric century, so why not join us. **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 Street.



The Aliso Creek Trail on Bikeways of Orange County

Sunday, April 17 – 8:30 a.m. -- FUNNY BUNNY EASTER RIDE. (Long 44 mi & 1900 ft; Medium 34 mi & 1300 ft; Short 25 mi & 500 ft) I'm writing this in March and in the last couple of weeks we have seen homes decorated with inflatable leprechauns and other St. Patrick's Day themed displays. It just seems to me that people are getting more and more into decorating their homes for holidays other than Christmas and Halloween and the inflatable industry is more than happy to accommodate them. If we keep our eyes peeled, I think on today's ride we may well see some inflatable Easter Bunnies or maybe some large colored eggs. As I have said before, I hate to be exclusionary so I'll mention here that today we are in the midst of both Passover and Ramadan. But I doubt we will see any inflatable decorations for either of those observances. Decorated houses aside, there is nothing really religious about these routes. Consider them just nice springtime rides celebrating the coming of summer. All routes are short today. They all 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. They were inflatable in a different way. **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 ½ miles, L - Olympic 1 block to R- Le Doux



Wide streets of Beverly Hills on the Funny Bunny Ride

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

Thursday, April 21 – 7:00 p.m. MONTHLY MEMBERS MEETING. Another month and again we are still meeting on Zoom. We are heading into summer and the Grand Tour will probably be topic one tonight. No doubt some other subjects will be brought up. It's always a lively discussion, even if it is on Zoom. 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.

Saturday, April 23 - 8:00 a.m (full route) and 8:30 a.m. ("Lite" route) - DECKER CANYON (Trainer 4) (Full 73 mi & 4800 ft, "Lite" 2 mi & 3600 ft) Today is our 4th trainer. 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 but Encinal is slightly more popular so we skipped Decker last time. Therefore, I felt we had to do it this year. In keeping with our theme of traveling unique places, this is the only club route that climbs Decker Canyon. It's the signature climb of the day and is slightly less than 5 miles and gets fairly steep in places. We start by riding north on PCH out to Decker and then up the canyon. We pick up Hwy 23 and ride that on down into Westlake.



Climbing Up Decker in 2016

From Westlake we continue on to Agoura Hills where we stop for lunch, The Full route continues east and 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. In order to shorten this route for the "Lite" version it was necessary to move the start of the "Lite" version to Malibu. From there it joins the full route up Decker and on to lunch. After lunch, instead of continuing to the Valley, it hops over to Mulholland Hwy which it takes to Las Virgenes Rd / Malibu Canyon and back to the start in Malibu.. **NOTE** the separate start time for the "Lite" version. **START (Full Route) 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). **START ("Lite" Route): 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. We usually park on the street.

Sunday, April 24 - 8:30 a.m. ORANGE THRILL AT REDHILL (Long 62 mi & 2700 ft, Medium 42 mi & 1700 ft, Short 27 mi & 800 ft) I don't know who created these routes and I don't know what they meant by the word "thrill" in the title. For me, "thrill" would refer to a great downhill, but for it to be really thrilling, I think it would have to be in excess of five miles and contain a bunch of twists and turns. Riding down Latigo or Glendora Mountain Road spring to mind. Well there is nothing like that on these rides. There are a number of downhills, but the longest of them is probably not much more than two miles. Maybe it was the number of downhills that constituted a thrill for the author. The profiles for both the long and medium do sort of look like a roller coaster ride. But every downhill is preceded by a climb which sort of takes some of the thrill out of going down. Maybe it isn't the hills at all, but the scenery that is so thrilling. We pass through places like Irvine, Mission Viejo, Lake Forest and Capistrano – all nice places – but I don't know if I would call them thrilling. Well, come out and ride with us today and maybe you can give me some idea of where the thrill is in these routes. The long and medium both head southeast from Tustin, staying together for the first 17 miles. The long goes all the way down to Capistrano and Dana Point before heading back to the start. The medium doesn't go quite that far, turning around in Laguna Niguel. The long has lunch in Dana Point while the medium stops in Old Town Irvine for lunch on the return. The short pretty much follows the medium route, but only goes as far as Lake Forest before returning. It too stops in Old Town Irvine for lunch. Hidden somewhere in those routes is a thrill. I hope we can find 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 28 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See April 7th for details

Saturday, April 30 – 8:00 a.m (full route) and 8:30 a.m. ("Lite" route) SAND CANYON TRAINER (Trainer 5) (Full 70 mi & 5200 ft, "Lite" 51 mi & 3600 ft) This is week 5 and I hope some of you are getting into the groove by now because the trainers are going to start getting harder. We are heading for Sand Canyon today and once again we will be riding up a climb we do on no other ride in our library. We do have a couple of other routes which go down Sand Canyon, but this is the only one that goes up. The scenery always seems different when you are going up a canyon from when you go down. The good news is that we get to go down Little Tujunga – those other rides have to climb it – and it's a good 7 mile downhill. The full route starts with a couple of moderate climbs: From Brentwood, first Sepulveda over to the valley and second, the hump over to Newhall. Then it's up Placerita Canyon, which is sort of a warm up for the big event -- Sand Canyon (which has two peaks)..After that long downhill on Little Tujunga, it's a quick trip across the Valley and then one more hill as we ride back over Sepulveda. Be sure to bring some snacks to eat up at Bear

Divide, because it's a long way to lunch on this route. Bear Divide is always a pleasant place to re-group after the climb (Although the last time I was there the picnic tables had been removed and the water shut off.) To create the "Lite" version and still retain the title climb up Sand Canyon, I had to move the "Lite" start to the Valley. From a start at Reseda Park, the route quickly joins the full route out to and up Sand Canyon and down Little Tujunga back to the valley and the end. This shortens the route and cuts out the two trips over Sepulveda done by the full route. Another week with some beautiful scenery. I hope you can make it. **NOTE** the separate start time for the "Lite" version. **START: (full route) 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. **START: ("lite" route) : RESEDA PARK** - Reseda & Victory Blvds in the San Fernando Valley From Ventura Frwy (101), off and north on Reseda, right on Victory one block to park.



Highest Point on the Sand Canyon Trainer