



LOS ANGELES WHEELMEN SCHEDULE



JUNE 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.**

JUNE NEWCOMER RIDE: As of this writing, the date and details of the June Newcomer Ride have not yet been finalized. When available, they will be found on the club web site: www.lawheelmen.org

Thursday, June 2 – 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, June 4 – 7:00 a.m. (full) or 8:00 a.m. (lite) FULLBORE FOR FILLMORE (Trainer 10) (Full 114/118 mi & 7000/7200 ft, Lite 96 mi & 6000 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 had less 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 spreads the climbing out over numerous moderate climbs and not the huge mountain climbs we have been using in other trainers. In keeping with our theme this year, the route takes us to a few places none of our other club routes go. This includes Fillmore and Hwy 126. 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 and you will be just fine. We have created a "Lite" version this year. It simply starts out in the Valley at Reseda Park. This cuts off the two trips over Sepulveda and a few miles, but at 96 miles and 6000 feet of climbing, it still is quite a ride. **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.



Looking down Grimes Canyon on the Fillmore Ride

Sunday, June 5 -- 8:30 a.m. SOUP TO KNOTTS

(Long 71 mi & 4300 ft, Medium 59 mi & 2600 ft., Short 31 mi & 600 ft) These are nice routes and I'm not giving up on them, but the problem continues to be lunch. With the demise of the Yorba Linda Knollwood, we really haven't found a convenient alternative that fits with this route. I asked for suggestions the last time we rode this one in January of 2021, but got none. So, we will continue to make do with what is there. There is a Starbucks (which I know is good enough for some of our riders) and a McDonalds. Once upon a time, almost all of the club's routes stopped for lunch at McDonalds before there were other fast food choices. We never go there now. Maybe we should consider this a retro-ride and stop at McDonalds just for old time's sake. There are some other options as well, so why don't we just play it by ear. The routes remain the same. What are those routes? Both long and medium routes head to Yorba Linda (La Palma near Imperial) for lunch but the long takes 10 extra miles getting there, including a trip over Turnbull Canyon, while the medium goes pretty much directly there. Both routes return together with some additional climbing in the Anaheim Hills. While this is going on, the short riders are touring northern Orange County on their own. Maybe we will like McDonalds now. They now have chicken sandwiches and other choices, so maybe it won't be so bad. **START: WILLIAM PEAK PARK in BUENA PARK.** From Artesia Frwy (91), off & South Knott Ave ½ mi, L - El Dorado Dr. to Park.



Nice view on Soup to Knotts in December 2015

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

Saturday, June 11 – 7:00 a.m. CRYSTAL LAKE TRAINER (Trainer 11) (51 mi & 6100 ft.) This was new last year and was created as a replacement for the Angeles Crest Trainer which became unavailable with the closure of Newcomb's Ranch. Although 3 of us started this one last year, only one rider actually completed it. It is definitely a challenge. The route is simple enough. We will simply ride up the San Gabriel River and Canyon all the way up to Crystal Lake where we can stop at the Crystal Lake Café before turning around and coming back down. The route is essentially 25 miles up and then 25 miles down (although there are a few short hills on the return which are always annoying). On the way up the first 13 miles roll a little and aren't too steep, but the last 12 miles climb a bit more than 4000 feet. But you have all day to make it and just keep thinking how much fun that return will be. **NOTE:** There is no opportunity for water or food on the way up. You should plan to carry enough to get you to the top. There was really no way to create a "lite" version of this route, but you can shorten it on your own. You could park part way up the canyon (perhaps near West Fork) and shorten the route that way, but if you do, be aware that you will need an Adventure Pass to park inside the national forest. You could also simply climb up the canyon as far as you wish and then turn around. **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.



The scenery that awaits you up at Crystal Lake

June 12 – 8:30 a.m. JOHN'S RIVER RIDE (Long 60 mi & 1800 ft, Medium 56 mi & 1100 ft, Short 36 mi & 500 ft) There are three main rivers in Southern California (the LA River, the San Gabriel River and the Santa Ana River) as well as a few lesser streams such as the Rio Hondo and Coyote Creek. They all have bike trails along their banks and we have routes which travel all of them. Today is one of those rides and the river of the day is the Santa Ana. All routes head down the Santa Ana River to Huntington Beach. The short simply goes down and back. Both the long and medium take the river all the way to the coast and then head over to Balboa Island followed by the Back Bay and a portion of the San Diego Creek trail. The long makes a few extra loops for added mileage and adds a climb through the Tustin Hills, but both work their way back toward the start, eventually hitting the river once again for the final portion of the return. So you get the river at the start and at the end. Can't beat that. Only the long does any significant climbing and even that is not so bad. **START: BOYSEN PARK in Anaheim.** From Artesia/Riverside Frwy (91), off & south on State College Blvd, R - Vermont to Park



Crossing to Balboa Island on John's River Ride

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

Thursday, June 16 – 7:00 p.m. MONTHLY MEMBERS MEETING. Another month and again we are still meeting on Zoom. At the time I write this, the fate of the Grand Tour has not yet been decided. If there is to be a Grand Tour, tonight's meeting is important because it will only be a few days away and we will be making final Grand Tour plans. If there will be no Grand Tour, we will probably spend the evening carping about that. Either way, if you are interested in the Grand Tour, you will want to join us tonight..Besides that, 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, June 18 – 7:00 a.m. BYWAYS OF PALOS VERDES (Trainer 12) (full 74 mi & 5300 ft, lite 53 mi & 2700 ft) Today is our last trainer of the year and perhaps our last trainer ever. This year attendance has fallen so low, I just don't know if we will offer these routes next year. Perhaps we will just make the routes available to anyone who wants to ride them, but without putting them into the schedule. Or perhaps we will create even shorter versions than the "lite" versions offered this year so that we can run them as regular Sunday rides with a long, medium and short option. I'm not sure what the future will hold for these routes. So let's focus on today. 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. We do have a "lite" version which cuts out two of the three climbs in Palos Verdes and simply heads over to lunch after doing the first climb. 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. **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 19 – 8:30 a.m. ALHAMBRA & BIKEWAY (Long 54 mi & 2200 ft, Medium 45 mi & 1600 ft, Short 30 mi & 1000 ft) You may not know this, but today is a federal holiday – Juneteenth. It has only been a **federal** holiday since last year, so it is not too surprising if you didn't know. It commemorates the date in 1865 that many slaves were finally freed. The Emancipation Proclamation in 1863 hadn't really freed the slaves in the Confederate States since the Confederacy didn't recognize the authority of the federal government to do so. So, today is a holiday ride. Unfortunately, we don't really have any routes that could be said to somehow commemorate the freeing of the slaves, so this is really just one of our regular set of routes that we might ride on any non-holiday Sunday. However, like many of our other holiday routes, these are relatively short and easy. Not only that, but these routes all stay together for the first 28 miles until lunch at which point you can decide which return will suit your desires or abilities. That means we can all celebrate together at lunch. All routes proceed from the start over to the Rio Hondo (the Bikeway of the title) and ride it north to the end. We then ride over to South Pasadena where we stop for lunch. After lunch, the short rides an easy 2 more miles back to the start. The long and the medium continue together on a loop over to La Canada. From there, the medium heads directly back to the start while the long adds an additional loop up into the hills above the Rose Bowl. If you are up for it, this climb gives you some nice views of the city. So there you have it – an easy first 28 miles for everyone and then you get to pick your poison for the return. Since Juneteenth falls on a Sunday this year, federal employees will actually have tomorrow off, so don't expect any mail or try to go

to a bank tomorrow. **START: ALHAMBRA PARK.** From San Bernardino Frwy (I-10), off & North on Fremont, R - Alhambra Rd, R - Raymond to Park.

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

Sunday, June 26 – 8:30 a.m. WILL ROGERS STATE PARK (Medium 35 mi & 2200 ft, short 29 mi & 1400 ft) Traditionally, this is one of the rides we often run the day after the Grand Tour because it is short and easy, just in case any of the Grand Tour riders or staff want to come out today. In fact, there is no long route today – only a short and medium. As I write this, the fate of this year's Grand Tour has yet to be decided, so I scheduled this ride today just in case. They are some nice routes in any case and are the only routes we have that go to the polo grounds in Will Rogers State Park. The last time we went there, it was the heart of the pandemic and they were not playing polo. I suspect that they will be today. It's always fun to watch them for a few minutes, even though I have no idea what the rules are or how the game is actually played. Both routes head to the polo grounds. You can stop and watch the action if there is any. The short route pretty much just heads to the park and back. The medium takes a slightly more circuitous route there and adds a little extra loop on the way back with a little extra climbing thrown in. Both routes meet up at the park and for lunch in Santa Monica. **START: THE "CORNER", Olympic Blvd, 1 block west of La Cienega in Beverly Hills.** From the Santa Monica Frwy (10), off & north La Cienega 1.2 miles, L - Olympic 1 block to R- Le Doux.



Deep spotted in Will Rogers Park in 2021

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