



LOS ANGELES WHEELMEN SCHEDULE



JULY 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.**

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

Sunday, July 3 – 8:30 a.m.

ALHAMBRA – BURBANK CAPER

(Long 45 mi & 2800 ft, Medium 39 mi & 1700 ft, Short 31 mi & 1500 ft) Alhambra and Burbank are two very different cities. Alhambra is in the San Gabriel Valley and Burbank is in the San Fernando Valley. Alhambra is largely a bedroom community while Burbank is a company town with several TV and movie studios. But whatever the differences, today we visit both these communities. We start in Alhambra, ride to Burbank and then back to Alhambra. Between the two towns are the large city of Glendale and the large expanse of Griffith Park. We will be riding through Glendale on the way out and make a trip through the park on the way back. Sounds simple enough, but here are a few more details: All three routes make it to Burbank, although the long and medium head further north than the short. On the return, all routes go through Griffith Park. The short and medium sort



Riders regroup at the Observatory in 2019 on the Alhambra – Burbank Caper

of skirt the park along the river, but the long makes the trip up and over the hill and down past the Observatory and the Greek Theater. This is a very nice climb on traffic free roads, so if you are up for the climb, it is definitely worth it. None of the routes are very long so you won't be so tired that you can't show up for tomorrow's holiday ride. **START: ALHAMBRA PARK in ALHAMBRA.** From the San Bernardino Frwy (I-10), off & north on Fremont 2 miles, R- Alhambra Rd to 4 blocks to Park. Park on Raymond on East side.

Monday, July 4th, 8:30 a.m FIRECRACKER SPECIAL. (Long 41 mi & 800 ft, Medium 37 mi & 400 ft, Short 25 mi & 300 ft). Many federal holidays always fall on a Monday, but Independence Day is not one of them. However, as happens every so often, this year the 4th actually does fall on a Monday giving us a true 3-day weekend. Not that it makes much difference to a lot of our members. I basically have a 7-day weekend every week. As usual, we will once again be riding our traditional 4th of July ride. Like most of our holiday rides, these are relatively short and easy. I suppose that is to give you time to get home and celebrate the holiday in other ways. The long and the medium are the same as they wander around the Long Beach area until they eventually stop in Long Beach or Belmont Shores for lunch. The long makes a run up to Signal Hill (for a nice view from the park up there) before returning to the start while the medium heads more directly back. The short is pretty much a shorter version of the long and medium, riding in the same area. The long has only about 800 feet of climbing and that includes Signal Hill, so you can imagine how flat the medium and short are. They are all short enough that you should get home in time to watch some fireworks. It would be nice if a number of riders would ride both yesterday and today, but I know that won't happen. If you can only ride one day this weekend, I would opt for this ride. We

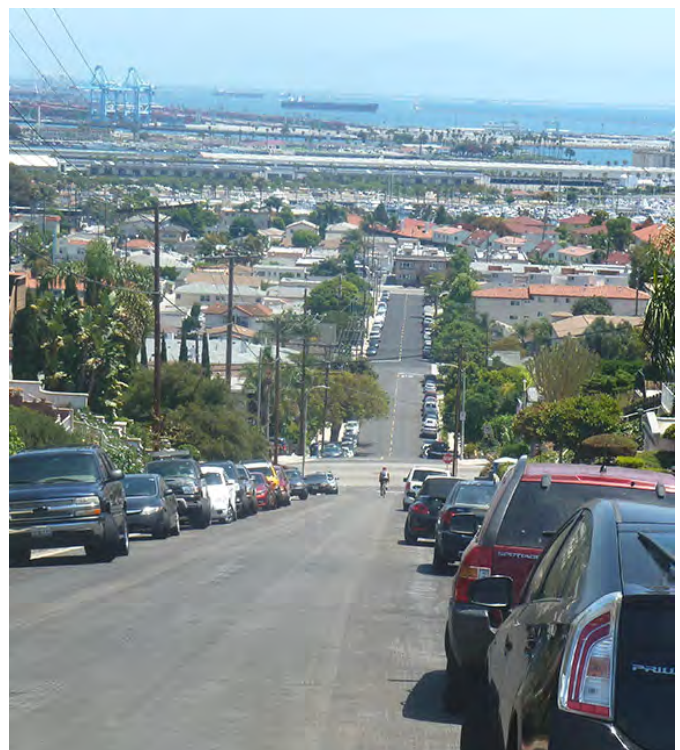
generally stay together more on this one and the trip up to Signal Hill for a group photo is always fun. We also often see a few members out on this one that we don't see on other rides. **START: EL DORADO PARK in Long Beach.** From San Diego Frwy (405), off & North/East on Studebaker 1 mi. to Park. Park in Library lot on right just before Spring St.



Annual group shot on top of Signal Hill – July 4, 2017

Thursday, July 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, July 10 – 8:00 a.m. POKING AROUND PALOS VERDES. (century 94 mi & 4100 ft, metric century 62 mi & 1900 ft) **NOTE THE EARLIER START TIME.** This is our monthly century and metric century for July. We are getting into the heart of summer, so we have picked a century that stays near the coast. Although we ride in Palos Verdes a lot, I believe when **Gary Murphy** put these routes together, he tried to take us a few places (and a few hills) we don't normally ride. Both centuries start in West LA and head down to Palos Verdes. There are a few short but sweet hills on the way down but probably not much more than 0.1 mile in length. The metric century makes a small loop on the peninsula and heads back. The full century makes an entire circle of the peninsula getting all the way down to San Pedro before heading back. It adds some climbing down in San Pedro, but you do get a very nice view of the port. The full century also does some extra looping around on the peninsula to get in the required miles. It all makes for an interesting day and you'll see some streets you probably haven't ridden before. There are no major climbs on these routes. In fact, although we spend a lot of time in Palos Verdes, we never ride to the top of the peninsula. However, there are a lot of short hills and some of them are rather steep. But the good thing about that is just about the time you start to get overheated, you reach the top and you can cool off on a downhill. More good news about these routes -- if it's really hot, the whole ride is right in our back yard and if it proves to be too much for you, it's always easy to cut the route short and jump on the bike path for an easy trip back to the start. How can you pass up a



View of the harbor on Poking Around PV

deal like that? **START: WESTWOOD PARK at Sepulveda & Ohio.** From San Diego Frwy (405), off and east on Santa Monica Blvd, Left on Sepulveda and L on Ohio and R into Park.

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

Sunday, July 17- 8:30 a.m. LONG BEACH RIDES (Long 64 mi & 1200 ft, Medium 45 mi. & 500 feet, Short 31 mi. & 500 ft) With about 3 to 4 miles of beach, Long Beach probably does have the longest beach of any Los Angeles County city. However, Huntington Beach in Orange County has several more miles of beach and if you search for the longest beaches in the United States, neither of those come close to making the top 10 list. Although one web site noted that there is some debate as to what constitutes a single “beach,” here is one top ten list: 1. Cape Hatteras, NC (70.4 mi), 2. Padre Island, TX (70 mi), 3. Myrtle Beach, SC (60 mi), 4. Virginia Beach, VA (35 mi), 5. Fire Island, NY (32 mi), 6. Long Beach, WA (28 mi), 7. Cumberland Island, GA (28 mi), 8. Biloxi Beach, MS (26 mi), 9. Canaveral National Seashore, FL (23 mi), 10. Flagler Beach, FL (19 mi) Maybe Long Beach should change its name. Well, all that is neither here nor there with respect to today’s routes because they don’t actually get to the beach in Long Beach. They do spend a lot of time in the city, however. The long and the medium routes start with a loop inland, while it is still cool, and then return to Long Beach to loop around the area the rest of the day and to stop for lunch. Other than that, it is difficult to make a detailed description of today’s routes because they loop around so much. Each makes a different tour of the Long Beach area including Belmont Shores, Naples and Seal Beach. These are among the flattest routes we have in the club library with only the long doing any significant climbing and even it never gets much over 200 feet above sea level. Although the routes don’t spend much time with each other, they do come together for lunch, if the riders can manage to get there at the same time. Flat and close to the coast – these should be the perfect routes for mid-July, 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 St.

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

Thursday, July 21 – 7:00 p.m. MONTHLY MEMBERS MEETING. Another month and again we are still meeting on Zoom. Maybe at this meeting we should discuss going back to in-person meetings. There probably won’t be much else to discuss. With the Grand Tour over, we can expect a summary of the event but beyond that, I don’t have any idea what might be on the agenda. The Grand Tour Lite hasn’t been held in a couple of years, so maybe we will discuss that. Of course, there will be the usual swapping of stories and gossip. 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, July 24 – 8:30 a.m. OFF TO THE RACES (Long 69 mi & 2800 ft, Medium 57 mi & 1800 ft, Short 35 mi & 800 ft) The Manhattan Beach Grand Prix is one of the oldest one-day bike races in the United States, but, like many annual events, it has not been held for the last two years due to Covid. But like many events, it is back this year. For almost as long as the Manhattan Grand Prix has been held, we have had a ride which takes riders down to the races to watch for a while. It’s a circuit race and there are actually a number of different races during the day, so all you have to do is find a place along the course and wait a few minutes and the racers will probably come by. With respect to our routes, we have the usual three choices. The short route is just a ride from the “Corner” down to Manhattan Beach and back with a rest in the middle as you watch some racing. For those wanting a little more, there are the long and medium routes which add a trip into Palos Verdes before getting to the races. The long makes a complete loop around the peninsula including a trip up the switchbacks on the southern side The medium only goes to Golden Cove on the west side of the peninsula, where it stops for lunch, and then it returns. Both the long and medium stop in Manhattan Beach to take in the races on their return. Racing goes on all day, so even if you ride the long, you should be able to see some racing. It’s been 3 years since we have been able to see any racing in person, so why not come on out. **START: THE "CORNER"**, Olympic Blvd, 1 block west of La Cienega in Beverly Hills. From the Santa Monica Frwy (10), off & north La Cienega 12 miles, L - Olympic 1 block to R- Le Doux.



Racing in 2019 on “Off To The Races”

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

Sunday, July 31 - 8:30 a.m. ORANGE COAST TOUR. (Long 63 mi & 1200 ft, Medium 44 mi & 800 ft, Short 32 mi & 800 ft) For a few years I have been scheduling our rides primarily based on how long it had been since we last rode a particular set of routes.

Each month I would schedule the 4 or 5 rides which hadn't been ridden for the longest amount of time. Since our library has enough rides to last about a year and a half without repeating, that meant a given ride would only come up about once every 18 months. However, that resulted in routes which we had traditionally ridden in the summer because they were coastal routes moving to other times of the year and sometimes some inland routes would be scheduled in the middle of summer. So, this year I decided to move most of the coastal back to the summer, even if it means we ride them more often than once every 18 months. We don't really have enough coastal routes to fill in the entire summer – especially since the hot days of summer seem to be lasting longer and longer. So, we may end up with a few non-coastal rides in August or September, but I'll do my best. That said, today is one of our traditional summer rides. They make for an excellent summer routes since they mostly stay at the coast. Not only do you stay near the water, but when you cross on the Balboa ferry, you will actually be on the water. The long route does do a loop inland to Old Town Irvine for lunch and this can be somewhat warm, but long riders are usually up for a little hardship. The routes are also fairly flat. So, no long climbing in the heat. The routes (long and medium) start off with a sort of crazy trip through an exclusive neighborhood on the backside of Sunset Beach.

Then we head on down to Newport and our ride on the Ferry. The long then heads over to Old Town Irvine for lunch before a return across Irvine to the start. The medium tours the Back Bay and then heads back more directly to the start. The short also makes a trip to Balboa, but in the opposite direction from the long and medium. It's possible you will pass them going the opposite direction as you ride the ferry. These are really pleasant rides, and should be good in the heat of summer, so I hope to see a lot of you out. **START: LAKE PARK in Huntington Beach.** From the San Diego Frwy (405), off and south on Beach Blvd. R on Main (Ellis is on left), L on 12th Street to Park.



Boarding the Balboa Ferry on the Orange Coast Tour