



LOS ANGELES WHEELMEN SCHEDULE



AUGUST 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.**

AUGUST NEWCOMER RIDES: As of this writing, the date and details of the August Newcomer Rides have not yet been finalized. If August follows the pattern set in July, there will be two rides – an easy ride and a more advanced ride. When available, information will be found on the club web site: www.lawheelmen.org

Thursday, August 4 – 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, August 7 - 8:30 a.m. MALIBU VISTAS (Long 63 mi & 7600 ft, Medium 51 mi & 5300 ft, Short 39 mi & 2200 ft.) Time once again for "Malibu Vistas," the cycling soap opera, back again for the 11th installment of this annual saga. Molly and Leo are the hot new couple in the club. They are beautiful, strong riders and they can't get enough of each other. They have taken to playing a private game on club rides. On all the long climbs they race to the top, beating all the other riders, and then they find some shade and make out like teenagers until the rest of the club arrives. The faster they ride, the more private time they have with each other. But Leo has an evil twin named Stephen who is hot for Molly as well. He knows about their little game and is plotting to get in on the action. The Malibu ride is coming up and it has several long climbs, so it should be perfect to hatch his plan. The morning of the ride he manages to slip Leo a mickey causing him to over-sleep. He then puts on some of Leo's usual cycling clothes and heads for the ride. Molly greets him warmly (thinking he is Leo) and says "Both the long and medium start with a long climb up Latigo – that should give us plenty of time together at the top. They both take off looking forward to the make-out session at the top. But Stephen doesn't ride as much as Leo and he is not the rider Leo is. He soon falls behind Molly and is huffing and puffing when he finally gets to the top just a few yards ahead of the rest of the club. Molly is disappointed and asks him what is wrong. Stephen is so out of breath he can hardly answer but says "we'll get them on the climb after lunch." Stephen is so tired from the climb, he can't even keep up with Molly and the other riders on the long downhill on Mulholland Hwy and on to lunch at Neptune's Net. Molly is getting suspicious because she has never known Leo to ride this poorly. Meanwhile, the real Leo is finally awake and realizes he is late and rushes to the start. He decides to do the short route which simply stays near the coast, avoids the climbs, but still goes to Neptune's Net for lunch. He figures he can catch Molly there. He arrives to find Molly and Stephen enjoying lunch. The jig is up. Molly immediately realizes what is happening and gives Stephen a big slap on the face. Stephen is forced to slink back to the start along the medium route which follows the short ride on a relatively flat coastal return. Molly and Leo continue the long which climbs Yerba Buena after lunch. They climb so fast and so well that they can



Looking Down Latigo on Malibu Vistas

enjoy a long long make-out session at the top of Yerba Buena before the other long riders get there.. And that's where we leave them at the end of this episode of "Malibu Vistas." Join us again next year for another exciting episode. **START: 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 on Left. We usually park on the street due to farmer's market in the parking lot.

Thursday, August 11 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See August 4th for details.

Sunday, August 14 – LAGUNA CANYON CENTURY (Century 96 mi & 2200 ft, metric century 63 mi & 800 ft) This is our century and metric century of the month for August. Normally when you see the word "canyon" in a ride title, you start thinking there is going to be some major climbing. Turnbull Canyon, Latigo Canyon, Topanga Canyon or La Tuna Canyon come to mind. While it is true that we will be climbing Laguna Canyon today, it must be one of the easiest canyon climbs in Southern California. We only gain about 400 feet over 5.5 miles. That's a grade of about 1.4%. Most of the time you will hardly realize you are climbing at all. Also, more often than not, you will have a tailwind going up the canyon. But if that seems like more than you want to take on, consider this: the metric century doesn't do Laguna Canyon at all. So don't let the title scare you off. This is just a pleasant ride down the coast and back. The route is fairly straight forward. From Torrance, we head down the coast (picking up PCH in Seal Beach) all the way to Laguna. Then it's up Laguna Canyon and we make our way back north using a more inland route until we reach Huntington Beach. Then we pretty much retrace our steps back to the start. The metric will start with the full century and stay with that route until Huntington Beach. It will then cut inland to pick up the return route of the full century. The long stretches on PCH where there are relatively few traffic lights make this a fairly fast century. So come on out and enjoy the day. **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.



Fixing a flat on the Laguna Cyn Century in 2020 and David Nakai in happier times

Thursday, August 18 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See August 4th for details.

Thursday, August 18 – 7:00 p.m. MONTHLY MEMBERS MEETING. Another month and again we are still meeting on Zoom. We are in the doldrums of summer with not much club business to take care of, but you should still Zoom in just to get the latest gossip and other news. 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, August 21 – BALBOA / NEWPORT (Long 66 mi & 2200 ft, Medium 49 mi & 1500 ft, Short 37 mi & 800 ft) Last week we rode up Laguna Canyon and today's long and medium routes ride down the Canyon. I mentioned last week how easy the climb is. Now you will see that the downhill is so slight that you can't coast at all. Plus, that tailwind that might have helped you last week will be slowing you down this week. But don't worry – it's still a downhill. Other than riding Laguna Canyon, today's routes don't have much in common with last week, so you shouldn't be bored if you ride both weeks. The long and the medium start with a trip southeast across Irvine down to Laguna Woods where we pick up Laguna Canyon and ride down to the beach. A trip north along the coast takes us to Balboa and the Ferry – one of several ferry rides we take this summer. Once off the ferry the medium takes a fairly direct route back to the start while the long adds a few extra miles. The short takes a more direct route down to Balboa riding some of the San Diego Creek trail and the path around the Back Bay. It joins the medium route for the ride on the ferry and the fairly direct return to the start.



Our destination today

There is not a lot of climbing on any of these routes and the scenery is pleasant. So come on down and beat the summer heat with that 0.2 mile cruise on the ferry. Since GPS units don't require the wheels to be turning to measure your speed, you can clock how fast the ferry is moving. As I recall, it's not that fast. I don't think there is a setting to show your speed in knots however. **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, August 25 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See August 4th for details.

Sunday, August 28 -- LONG BEACH BIKE PATH (Long 53 mi & 800 ft, Medium 39 mi & 500 ft, Short 29 mi & 400 ft) When it comes to building bike paths, Long Beach really knows what it is doing. The bike path that runs along the beach from Shoreline Village south down to the edge of Seal Beach is very wide and for most of the distance there is a separate parallel path for joggers and skaters. Even though some skaters seem to ignore this, it is still a much safer bike path than the path in the northern beach cities. There is usually much less bike traffic too. Today all 3 routes get to ride this bike path although the long rides it from north to south and the medium and short ride it from south to north. The long route makes a big loop almost entirely on bike trails by heading north on the San Gabriel River to Whittier Narrows, then south on the Rio Hondo/LA River trail, along the beach on the Long Beach trail and then back up the San Gabriel. Since it's almost entirely on bike trails, you climb less than 1000 feet in the entire ride. The short and the medium both head to Seal Beach and then take the Long Beach bike path to the LA River and head up river before cutting across on streets back to the start. The only difference between the two is that the medium takes a more roundabout way to Seal Beach. Riding bike trails can be pleasant for club rides. The Long Beach path offers some interesting scenery too. There is the Queen Mary across the bay and the kite surfing area. So why not plan to ride these routes this week. **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.



One of the several bike paths on today's ride