



LOS ANGELES WHEELMEN SCHEDULE



SEPTEMBER 2022

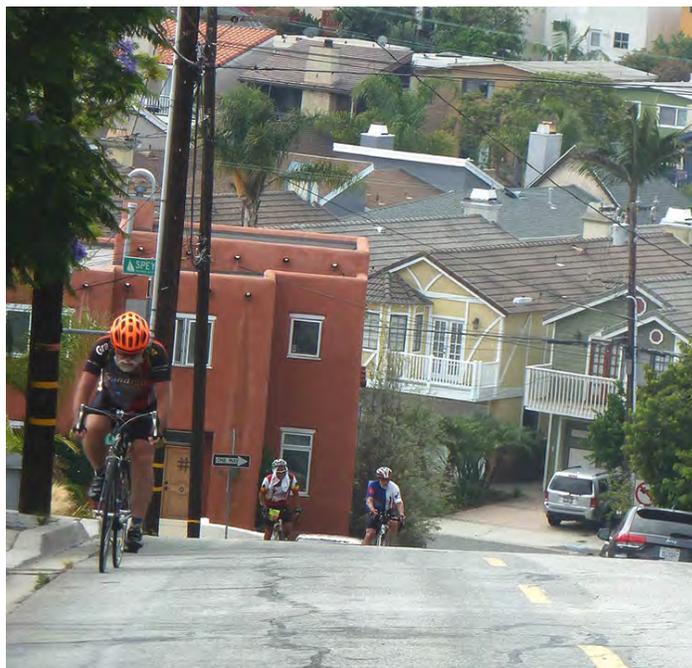
VISITORS ARE ALWAYS WELCOME. Each week the routes offered will be available on the Web. Go to www.LAWheelmen.org and click on "Upcoming Rides." Download the routes and bring them with you to the ride.

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.**

SEPTEMBER NEWCOMER RIDES: As of this writing, the date and details of the September Newcomer Rides have not yet been finalized. There usually will be at least two rides – an easy ride and a more advanced ride. When available, information will be found via the club web site: www.lawheelmen.org

Thursday, September 1 – 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 September 4 -- HILLS OF THE SOUTH BAY (Long 52 mi & 4200 ft, Medium 42 mi & 2900 ft, Short 27 mi & 1900 ft) We are starting off September by continuing my effort to use only coastal routes while the weather is still hot. I do have to warn you that we are running out of coastal routes and later in the month we will be moving away from the coast. These routes are a bit different from other coastal rides we have been doing. While they do indeed stay near the coast all day, these routes do a lot of hills. And by "a lot" I mean *a lot!* The long route has about 50 hills, all in only about 50 miles. The good news is that although there many hills, they are very short. Many of them are only one or two blocks long. Admittedly, some of them are rather steep, but when a steep hill is only two blocks long, you can usually gut it out. And there is almost always an immediate downhill to help you recover. It really is a different kind of climbing than we usually do. When **David Nakai** created these routes, his idea was to find just about every hill in the South Bay and ride up and down them. I know that sounds tough but I have ridden the entire route several times now and I can tell you -- it's not so bad. You just have to have the right attitude. You just take it one hill at a time and rest up on the downhills. It can actually be fun and gives you a nice sense of accomplishment. The long, medium, and short are all similar, and only vary by length and the number of hills they do. One of the difficulties is simply following the many turns of the route sheet. I would strongly suggest you use a Garmin (or Garmin-like device) to navigate the route. One nice thing about these routes is that they stay in the South Bay and you are never very far from the start. If the going is just too hard, you can always cut the ride short and head for home. So come on out for this unique set of routes. Just pick your length, bring a positive attitude, and you can have a very nice day. **START: DEL AIRE PARK in Hawthorne.** From the San Diego Frwy, off and West on El Segundo Blvd (1 or 2 blocks), R on Isis Ave. to park on Left.

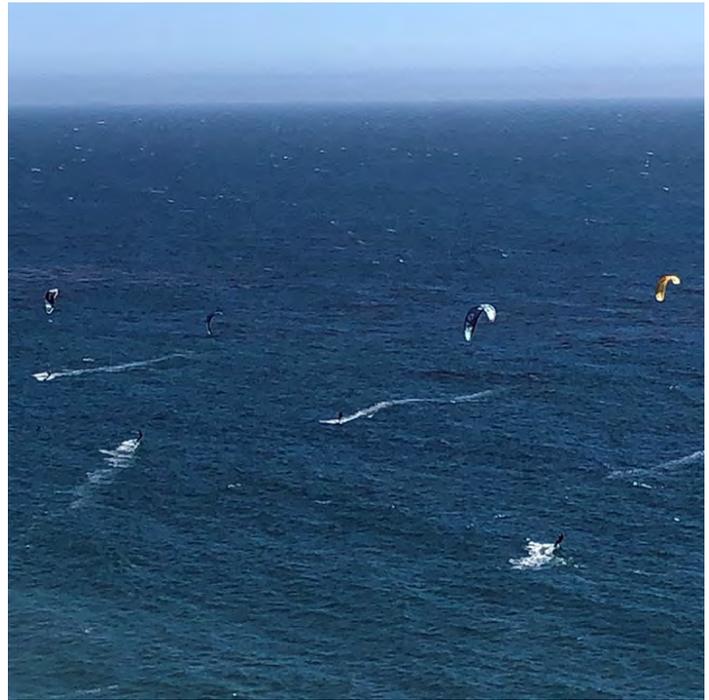


One of the many short but sweet hills of the South Bay

Thursday, September 8 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See September 1st for details.

Sunday, September 11, – 7:30 a.m. GRAND TOUR LITE (CLASSIC) (Double Metric 117 mi & 7200 ft, Century 95 mi & 2500 ft, Metric Century 67 mi & 2300 ft) The month of September used to be designated National Century Month by the League of American Bicyclists and affiliated clubs all across the country would hold century rides. I was once told that September was selected for this

because in portions of the country where winter weather forced a layoff from cycling, those cyclists could use the summer to get back in shape for a century in September. In fact, my first ever century was one of these September centuries offered in Illinois. An annual century patch was offered to those completing one of these centuries – the same patch would be issued by all the clubs in the country. I've known cyclists who had quite a consecutive string of these patches. Alas, I just checked the League's web site and apparently this tradition ended some time ago. In keeping with this tradition our club has long offered a September century – usually from the Malibu area up to Ventura and back. Even after the League ended National Century Month, we continued to offer these September centuries. It has gone by several names over the years, but most recently has been called the "Grand Tour Lite." In most years it was supported, but due to decreased ridership and the fact that Malibu has made it difficult to hold supported bike events within the city, in recent years we have offered these centuries as unsupported rides just as we do our other centuries of the month throughout the year. We will be riding the usual routes from the last few years, slightly modified to indicate locations where food and water are available. The double metric route is a challenging route (similar to the double metric offered on the Grand Tour in the past). It starts with the climb up Latigo Canyon and a descent into Westlake. It then heads east to Moorpark before returning west to Port Hueneme where it joins the other routes for the return back down the coast. The century and metric century simply travel up the coast to Port Hueneme and return. The full century adds a loop around the Oxnard/Ventura area before returning to Port Hueneme and re-joining the metric century route for the return back down the coast. The century and metric century are fairly easy as centuries go. With few stops signs along PCH, they are usually fairly fast. The double metric century, however, is much more difficult with a good amount of climbing. It would be nice if we still offered a patch for these rides, but those days are gone. **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. Park on the street due to farmer's market in the parking lot.

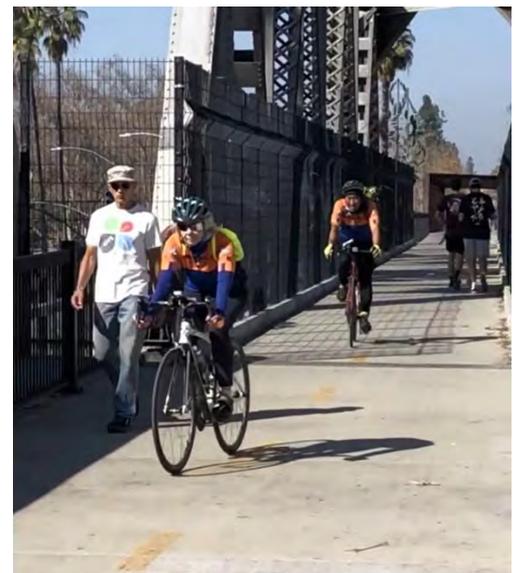


Wind surfers spotted along the coast on last year's Grand Tour Lite

Thursday, September 15 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See September 1st for details.

Thursday, September 15 – 7:00 p.m. MONTHLY MEMBERS MEETING. Another month and again we are still meeting on Zoom. Fall is starting and maybe we will start discussing reviving some club traditions which fell by the wayside during Covid. Will we have a holiday party this year? Will we ever meet in person again? Join us tonight for some of the answers to these questions. 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, September 18 - WANDERING THRU WHITTIER (long 65 mi & 1400 ft, medium 55 mi & 1200 ft, short 32 mi & 700 ft) Today both the long and medium routes ride the Whittier Greenway Trail which is a bike path which cuts through the middle of Whittier. Since Whittier is named for John Greenleaf Whittier, I have always thought it should be called the "Whittier Greenleaf Trail" but what can you do. If you have never ridden the trail, it's nice even if does have a few convoluted street crossings. It follows an old railroad right-of-way including crossing over one or two old trestles. It's well worth coming to today's ride just to do the trail. True to the title, the long and medium routes actually make two passes through Whittier today. One unusual fact about today's routes is that unlike most of our routes which visit Whittier, none of these routes go over Turnbull. In fact, today's routes spend a lot of time on bike trails. All this makes for a day which is not excessively long and not very hilly. Starting in Alhambra, the long and medium stay together as they first head east to El Monte to pick up the Rio Hondo trail south to Whittier Narrows. They make a first pass through Whittier riding the Greenway Bike Trail. They then loop south through La Mirada before returning back to Whittier for lunch. After lunch the long takes the San Gabriel River Trail all the way north to the Santa Fe Dam before returning to the start while the medium takes a more direct route back to the start. While the short never actually makes it to Whittier, it does go to the Whittier Narrows area before taking the San Gabriel River up to the Santa Fe Dam and returning to the start. So why not join us today and really see Whittier, which is more than John Greenleaf Whittier ever did. **START: ALHAMBRA PARK in ALHAMBRA.** From the San Bernardino Frwy



Crossing one of the trestles on the Greenway Trail in Whittier

(I-10), off & north on Fremont 2 miles, R- Alhambra Rd to 4 blocks to Park. Park on Raymond on East side of the park.

Thursday, September 22 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See September 1st for details.

Sunday, September 25 -- CORNER CAPER - PHASE I (Long 62 mi & 2700 ft, Medium 50 mi & 2500 ft, Short 34 mi & 800 ft) I've held this ride until the end of the month because today we head out to the San Fernando Valley and I'm hoping that by late September the weather will be cool enough to make this a pleasant ride. As the name implies, we are supposed to caper today and if it's 100 in the Valley we won't feel much like capering about. Then again, maybe the title refers to a "caper" as in a crime. I've never been too sure. These routes probably date back to the very early days of the club since they are basically simple routes out to the valley and back. Back in the 50's that was probably more of novel ride than it is today. Both the long and medium climb Benedict Cyn but descend into the valley by different routes. The medium makes a small circle in the valley with lunch in Reseda while the long makes it to the west valley with lunch out there. Both return back over Sepulveda. The short stays on this side of the hill and simply tours the west side and Culver City. So why not join us today? We can either caper about or pull a caper – whichever suits your fancy. **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.

Thursday, September 29 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See September 1st for details.



One of the interesting sights to be seen in the Valley on today's ride.