



# LOS ANGELES WHEELMEN SCHEDULE



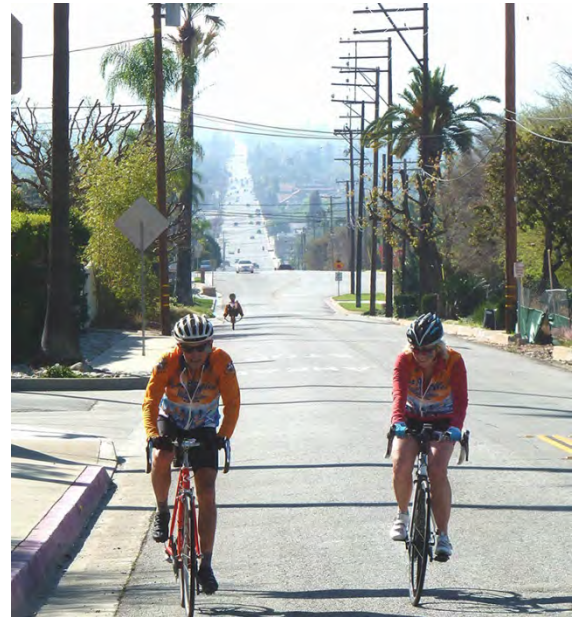
OCTOBER 2022

**VISITORS ARE ALWAYS WELCOME.** Each week the routes offered will be available on the Web. Go to [www.LAWheelmen.org](http://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.**

**OCTOBER NEWCOMER RIDES:** As of this writing, the date and details of the October 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](http://www.lawheelmen.org)

**Sunday, October 2 - 8:30 a.m. PASADENA PASSION** (Long 63 mi & 2300 ft, Medium 51 mi & 1800 ft., Short 31 mi & 1100 ft) People who live in Pasadena are passionate about the city. I once dated a woman who lived in Pasadena and you could no more pry her out of that city than you could get me to move out of the Westside. We were doomed. Today maybe we can get a glimpse of why Pasadenaites are so passionate -- but only a glimpse because, while these routes start in Pasadena, they don't actually spend much time there. In fact we visit a total of 17 cities on the long route. Here they are in the order we pass through them: Pasadena, Sierra Madre, Arcadia, Monrovia, Duarte, Irwindale, Azusa, Glendora, San Dimas, La Verne, Pomona, Walnut, West Covina, Baldwin Park, Temple City, San Gabriel, and San Marino. If you plot those cities out on a map you will see that we will be traveling east through the San Gabriel Valley and then back. That's the long route, but the medium is similar except that it doesn't go quite so far east. The two routes are together for the first 25 miles and come back together for the last 18. The short stays closer to Pasadena and simply tours some of the nearby cities. So I don't know if this ride will give you an appreciation for those who are passionate about Pasadena, but it might awaken a passion for one of those other cities. Who knows. Come out and see which cities strike your fancy. **START: PASADENA HIGH SCHOOL near the intersection of Orange Grove and Sierra Madre Blvds.** From the Foothill Frwy (210), off & north on Sierra Madre Blvd to school on left.



**Climbing one of the hills in the San Gabriel Valley on Pasadena Passion**

**Thursday, October 6 – 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](mailto:nancydomx@icloud.com) for details.

**Sunday, October 9, 7:30 a.m. EAST ROAD, WEST ROAD, ALL AROUND DOWNTOWN** (Century 96 mi & 2500 ft, Metric Century 63 mi & 1600 ft) (**NOTE EARLIER START TIME**) This is the official century and metric century of the month for October. We have two rides in our library with this same name. This one is the clockwise version and the other is the same route ridden in the opposite (counter-clockwise) direction. But we haven't ridden the other route in years because most riders didn't care for it as much as this one. It's funny how the same route ridden in the opposite direction can sometimes seem so different. In any case, this century is a surprisingly nice route for an urban century. Both the century and metric century loop through downtown with the long extending the circle all the way out to ride East Road and West Road in La Habra Heights. Both routes start in Culver City and first head downtown to ride through the heart of the city in the early morning hours. You ride along Broadway and can see all the old theaters that line that street. Some of them are still being used as theaters on one kind or another. Then it's on to Alhambra and West Covina. The metric skips the loop along East Road and West Road, but joins the full century in Whittier for lunch. From lunch, the full century makes a longer return to the south while the metric century makes a more direct return going back through downtown.

The full century includes a couple of moderate climbs which the metric misses. These are Brea Canyon Cutoff and Fullerton Road as well as the hills along East Road and West Road. After lunch, the return on both routes is fairly flat. These are distinctly urban centuries, but you will be surprised at how pleasant much of it is. East Road and West Road are always fun. Come join us and see for yourself. **START: CARLSON PARK in Culver City.** From San Diego Frwy, off and east on either Culver or Washington (careful--neither exit actually put you directly on those streets). Right on Overland and Left on Braddock a few blocks to park. We will meet near the restrooms. **(Check parking signs around park – if you drive, you may need to park a block away.)**

**Thursday, October 13 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE** See October 6th for details.



**Topping out on Fullerton Road and ready for the downhill on East Road**



**Some of the odd trees growing up at the top of Mount Wilson**

as Clear Creek Station before returning. The Short simply tours the Pasadena area without going up Angeles Crest at all. So why not give it a try. You might really surprise yourself and the feeling you get at the top is terrific. That's really why I love the Cosmic Café – the satisfaction I get from just getting there. **START: BROOKSIDE PARK - just south of the Rose Bowl.** From Ventura Frwy (134) or Pasadena Frwy (110), off & north on Orange Grove, L - Rosemont, L - Seco and L- Arroyo to Park on left. Meet near the Aquatic Facility / tennis courts.

**Thursday, October 20 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE** See October 6th for details.

**Thursday, October 20 – 7:00 p.m. MONTHLY MEMBERS MEETING.** Another month and again we are still meeting on Zoom. We are into Fall now and should be discussing our plans for the winter. The Dead of Winter Double will be coming up so that will probably be a topic. Maybe we will have a holiday part once again. We should at least discuss the possibility. Join us tonight for these and other items of interest. We hope to see you there. If you would like to join the meeting, contact **Mel Cutler** at [cutlerme@earthlink.net](mailto:cutlerme@earthlink.net) for the necessary information

**Sunday, October 23 -- DAVID DOES DESCANSO** (long 37 mi. & 3100 ft, medium 31 mi. & 2300 ft, short 26 mi. & 1500 ft) **David Nakai** has created a couple of route sets for the club. One is “Hills of the Southbay” which we ran last month and another is today’s ride. Both those rides are hilly because David likes hills. So it is somewhat ironic that we are scheduling these rides at a time when his ongoing recovery from his accident has limited his climbing ability. But he returned to riding in September, so who knows –

he might be up for today's ride. I would never count him out. All routes head up to Descanso Dr and on to Montrose for lunch before an easy return to the start at the zoo. The difference between the three routes is mostly in how much climbing they do. It would be amazing if David is ready for the long which includes the most difficult climbing. It starts with a relatively easy climb though Elysian Park which if follows up with the somewhat more difficult climb over Mount Washington. Then, it hits the really tough climb up and over Camino San Rafael between Verdugo and Chevy Chase. This is about a 2 mile climb and is very steep. Once over this hill, the long finishes the day's climbing by the going over the last portion of Chevy Chase smf climbing Descanso. But if all that is too much for David, he could do the medium. It skips the initial climb in Elysian Park and first does the Mount Washington climb. Then, instead of the difficult climb over Camino San Rafael, it takes Chevy Chase all the way from the bottom to the top where it joins the long on Descanso. But maybe even this will be more than David wants to tackle and he will go for the short. It skips both the the Elysian Park and Camino San Rafael climbs and simply takes Chevy Chase up to Descanso. No avoiding some climbing no matter which route you choose, but at least the short offers the easiest way to go. All routes return together, so if you wait at lunch for everyone to show up, you can have a nice friendly return which is mostly downhill. Of course there is always the possibility that David will be feeling so good by the end of October that he will return to doing brevets and won't even be riding with us. **START: Los Angeles Zoo parking lot at the NORTH end.** From Ventura (134) Frwy or Golden State Frwy (5), exit near Griffith Park at any exit marked by signs to the Zoo or to the Autry Museum. Follow signs into the park and to the Zoo lot.



**David Nakai at today's destination**

**Thursday, October 27 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE** See October 6th for details.

**Sunday, October 30 -- SAUGUS SPECIAL** (Long 67 mi & 4100 ft, Medium 56 mi & 4000 ft, Longer Short 39 mile & 1800 ft, Shorter Short 26 mi & 1700 ft) Someday we will have to change the name of this ride because no one will remember where Saugus is. It was never an incorporated city and in 1987 when Santa Clarita incorporated as a city it included the former community of Saugus as well as Newhall and Valencia. As time goes by people will probably use those old names less and less. We could change the name to "Santa Clarita Special" but it doesn't have the same ring. Anyway, the highlight of these routes is two great southern California canyons. Both the long and medium ride up San Francisquito and come back down on Bouquet Canyon, but the long goes further up than the medium. The medium will only go up as far as Green Valley (the medium lunch stop) and then cut over to Bouquet on Spunky Canyon. The long will go all the way to the end and cut over to Bouquet on Lake Elizabeth Road (riding along the San Andreas fault) with a stop in Leona Valley for lunch. San Francisquito is the site of the famous dam which failed in 1928, but you have to know where to look these days to see any of the remains of the dam. On Bouquet you will see the picturesque Bouquet reservoir. If all this sounds too tough, there are two short routes which simply ride around the Santa Clarita area without doing as much climbing. We don't get out this way more than once or twice a year, so make your plans to ride this one this week. Fall is a nice time in this area even if there aren't that many trees turning colors. **START: PARK & RIDE LOT on Newhall Ave near Sierra Hwy in Newhall.** From the I-5 north take the 14 Frwy east for 2 miles and exit at Newhall Ave. Park & Ride lot is at bottom of ramp to the south. Toilets available at nearby Carl's



**Heading up San Francisquito Canyon on the Saugus Special**