



LOS ANGELES WHEELMEN SCHEDULE



NOVEMBER 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.**

NOVEMBER NEWCOMER RIDES: As of this writing, the date and details of the November 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

COFFEENEURING RIDES: On each of the first 3 Sundays in November there will be a "Coffeeneuring" ride starting from the Culver City Steps at 8:30 a.m. Don't know what "Coffeeneuring" is? Well, it is sort of like randonneuring but way easier. An explanation and description of each week's ride can be found via the club web site: www.lawheelmen.org/upcoming-rides/

Thursday, November 3 – 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, November 6 – 8:30 a.m. -- WINDING ROADS OF ORANGE COUNTY (Long 61 mi & 3000 ft, Medium 53 mi & 3000 ft, Short 32 mi & 800 ft) **NOTE: Daylight Saving Time ended last night. Turn your clock back or you will be very early to the ride.** Two days until the election and then all those campaign lawn signs will disappear. I'm always surprised at how fast they come down. Today we will be riding in Orange County and no place seems to have more lawn signs than Orange County. And since very few of us are actually from Orange County, we don't have to worry about getting into any arguments over which candidates we are supporting. We can just enjoy the wide variety of signs and candidate names as we wind around the county. That's pretty much what today's routes do. They twist and wind around Orange County without really going anywhere particular. The climbing is mostly long gentle grades so you won't be working too hard. All three routes stay together for the first 17 miles, so you can wait and see how you are feeling before deciding which route you want to finish. The long and medium are similar but the long adds a loop (and a hill) in the middle before rejoining the Medium. The short makes its own way back to the start. The riding is pleasant on mostly wide roads. Plenty of lawn signs to distract us. I sometimes think the realtor signs tend to get lost among all the campaign signs this time of year. It's hard to advertise and open house when people just think "Open House" is the candidate's name.



One of those Winding Roads of Orange County

Anyway, come on down and wind around with us today and if you are actually from Orange County, keep your opinions to yourself. **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, November 10 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See November 3rd for details.

Sunday, November 13 - 8:00 a.m. CIRCLING SAN FERNANDO CENTURY (century 94 mi & 6100 ft, metric century 68 mi & 4200 ft) This is our century and metric century of the month for November. **NOTE EARLIER START TIME** This time of year I always worry that slower riders (like me) might have a hard time finishing a century in daylight, so, I try to pick easier centuries. This

one is really only 94 miles, which probably saves at least half an hour off doing a full 100 miles. There is a bit more climbing than I would like to see this time of year, but according to my records, we last ran this one in late October when the days would not have been much longer so it should be OK. The routes pretty much go around the perimeter of the Valley. However, we will be starting in West LA, so no need to drive out to the valley for this one. We start with a climb up Sepulveda (the biggest climb of the day) and then along Mulholland Dr. to the east. We then go to the northeast corner of the valley (this is a long gradual uphill which actually takes you to the same elevation as the top of Sepulveda). Then it is west across the valley and around the Chatsworth lake area before heading south. Finally, instead of going back east to complete our circle, we head out Mulholland Hwy from Calabasas and cut to the coast on Malibu Canyon and circle back to the start on the coast. Besides the initial climb there are several other smaller climbs sprinkled throughout the route that will probably get your attention, but nothing you can't handle. We offer a metric century as well. It will start with the full century but makes a smaller circle of the valley and returns back over Sepulveda. It stays with the full century for about the first 43 miles to the early lunch location on the full century and then splits off for the shorter return. If you are doubtful of finishing in daylight on the full century, you can always switch to the metric at this half-way point. If all this sounds like too much, in two weeks we will be riding another club ride called "Ring Around the Valley" which makes much easier circles around the Valley. **START: WESTWOOD PARK 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.



View of the Valley from Mulholland before we begin to circle

Thursday, November 17 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See November 3rd for details.

Thursday, November 17 – 7:00 p.m. MONTHLY MEMBERS MEETING. Another month and again we are still meeting on Zoom. At last month's meeting we began discussions of once again holding our annual installation lunch and a holiday party. These will not be on Zoom, so perhaps we will soon return to in-person meetings. Tonight we will probably continue discussions of the installation lunch and holiday party. The difficulty with the holiday party might be in finding a venue, so if you have any ideas, please attend tonight. 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, November 20 -- 8:30 a.m. -- SANTA FE DAM (Long 54 mi & 2400 ft., Medium 45 mi & 1300 ft., Short 40 mi & 1100 ft) I remember the first time I ever rode the Santa Fe Dam. I was riding with a group of people I didn't really know. (If you want to know why, let's just say there was a woman involved.) One of them said, "Let's go ride the Santa Fe Dam." They said there was a really nice bike path on the dam. I had never heard of it, but I was game and off we went. Well, I was really blown away. The crest of the dam is about 2.5 miles long and there is nothing but bikes and joggers. You get some really nice views and it's flat. (It wouldn't make much sense if the top of dam wasn't flat.) Well, the dam is the destination of today's routes. Starting from Monterey Park, all routes head over to the San Gabriel River bike path and head up to the dam. There we ride 2.5 miles of the crest and then go through some of the open area on the other side. The short splits off for a fairly direct return. The medium and long continue together over to Pasadena where you have a choice of lunch spots from Carl's and others. After lunch, the medium heads straight back to the start while the long climbs up to the top of Lake Street before returning. That's a pretty good extra climb for the long riders, but you don't need to decide until lunch, so why not take both routes. I imagine



DAM!!

most of our riders today have ridden the dam before, but if you never have, come out for real treat. It would be even better if there was actually water behind the dam, but don't get your hopes up. **START: BARNES PARK in MONTEREY PARK.** From San Bernardino Frwy (I-10), off & south on Garfield, R - Newmark, L - McPherrin to the Park. Early arrival is suggested in order to find a parking space before park users take them all.



Some real turkeys we formerly would see on this ride, but sadly, no more

Thursday, November 24 -- 8:30 a.m. -- THANKSGIVING DAY RIDE (Long 39 mi & 1100 ft, Medium 37 mi & 1000 ft, Short 27 mi & 600 ft) We have been running this ride at least since the 1970s when I joined the club and I think I've ridden it most years. I remember the first time. I wasn't doing anything for Thanksgiving since I don't have family in the area. I saw in the club schedule that they were holding this ride and I thought I might as well go. I didn't expect there would be too many people – just a few who, like me, had nothing else to do on Thanksgiving. But there was a big crowd. Almost all the club regulars, which back then could easily be at least 20 – 30 riders. Alas, over the years, I have seen the numbers dwindle. Hard to say why, but now I think it is rare to get 10 riders. It's still a nice ride. A short easy ride that whets your appetite for dinner later in the day and also burns off some calories before you even eat them, The long and medium head to the Palisades where the view is always nice. We usually regroup there for a photo. After the Palisades, we head down to the Marina for a break before returning to the start. (The difference between the long and medium – one uses the bike path while the other uses streets.) The short skips the Palisades, and heads directly to the Marina. All routes are short and easy, leaving you plenty of time to socialize

at the Palisades and in the Marina and still get home in time for a traditional Thanksgiving dinner. So why not join us? **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, November 24 - TRIPLE DIPPER SOUTH BAY RIDE There is no Triple Dipper Ride Today. We urge triple dipper riders to join the club's Thanksgiving Day Ride above. The distance and difficulty is about the same at the usual triple dipper ride and is close to the same area.

Sunday, November 27 – 8:30 a.m. - RING AROUND THE VALLEY (long 53 mi & 1200 ft, medium 47 mi & 1100 ft, shorter medium 35 mi & 500 ft, short 19 mi & 300 ft) Earlier this month we did a ride called “Circling San Fernando” but that was a century and metric century. A lot of you are not up for rides of that length. So, today's routes have the same idea of circling the valley, but the routes are much shorter and easier. In fact, even the long is not quite a metric century. These routes were created by **Richard Wedeen** and from short to long, each route rides an ever larger and larger circle around the Valley. A primary feature of these loops is that they all pass by the history mural in the Tujunga Wash. That way you can get a little history with your ride. The short does a small ring primarily just to take in the mural. The two mediums are slightly larger counterclockwise loops around the Valley



The mural all routes will see today

getting as far west as Balboa Blvd. The long makes the biggest ring getting as far north as Sylmar and as far west as Cal State Northridge. The routes are fairly easy and the scenery pleasant for an urban route. Even if you rode the century or metric century earlier in the month, you will see some different territory on these rides, so why not join 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. We will be meeting at the NORTH end by the “Camel” sign. Don't confuse us with other groups which sometimes start here.