



LOS ANGELES WHEELMEN SCHEDULE



JANUARY 2023

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.**

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

Sunday, January 1 - 7:00 a.m. 2023 KICK OFF CENTURIES

(full century - 101 mi & 3100 ft, metric century - 67 mi & 2300 ft) The title of this ride was intended to have a double meaning. First, it is on the first day of the year and kicks off a new year of riding. Second, it is held on the day when traditionally the major college football bowl games, including the Rose Bowl, are played and it was a reference to those kick-offs. But this is one of those odd years in which the 1st falls on a Sunday and the bowl games are pushed to the 2nd. I think originally this was because the Rose Committee didn't want to hold the parade and game on a Sunday for religious reasons, but today I think it has more to do with not wanting to compete with a full NFL schedule today. I guess if you are into the NFL, there are still plenty of football kick-offs today, but mostly this ride is intended as a kick-off of a new year of cycling. In any case, this is the 20th year we have offered a century and metric century to start your new year off right. The full century is pretty easy as centuries go – just up the coast to Ventura and return. No hills bigger than those along PCH. The metric century follows the full century up the coast to Camarillo where it stops for brunch or lunch. It then simply turns around and retraces the route back down the coast to the start. There is no support on these centuries, but none is really needed. January 1st is a fairly quiet day on PCH – everyone has a hangover.. Kick the year off with a century and you won't regret it. Be sure to report your century or metric century for the club's Century Challenge in 2023 and get the club kicked off to a good start as well. **START: MALIBU CIVIC CENTER.** Take the Santa Monica Frwy west to the end and then PCH north to R on Webb Way and R on Civic Center Way.



Snow on the mountains seen from Camarillo on last year's century

Monday, January 2 - 7:00 a.m. ROSE PARADE RIDE (14 mi & 400 ft) Yes, you read that correctly – the Rose Parade is on January 2nd this year. This happens every so often when the 1st falls on a Sunday. It would seem the Pasadena city fathers thought it inappropriate to hold a parade on a Sunday, so when this happens, the parade is on the following Monday. This works out great for us because if you want to ride the traditional Kick-Off Century (see above) but would still like to see the parade and maybe watch the bowl games, this year you can do both. This is a great way to see the parade. If you have never seen it in person, you owe it to yourself to see it at least once. The colors are more vibrant and the sounds are clearer than on TV. And there is a spirit in the air which simply does not come through on TV. And riding to the parade is the best way to get there. No battling the traffic either before or after the parade and no parking problems. Simply drive to Alhambra and it's just a short easy 7 mile bike ride away. Not only do you get to see the parade, but the route takes you down Orange Grove Avenue where the floats all line up prior to the parade and you get to preview the floats up close and personal. Take a selfie with any float that strikes your fancy. Even the thousands of other people watching the parade in person along the route can't do that. So, if you want to see the parade, I don't see how you can pass this up. The ride is incredibly easy. It's a fairly flat 7 miles followed by a rest of a couple of hours as you watch the parade and then an easy 7 miles back.

Even if you are suffering a hangover from last night, or rode a century yesterday, how bad can 7 miles be? **START: ALHAMBRA PARK.** From San Bernardino Frwy (I-10), off & North on Freemont, R - Alhambra Rd, R – Palm Ave to Park. NOTE: we are starting on the West side of Alhambra Park rather than the East side as we usually do.

You can get up close to the floats before the parade starts on the Rose Parade Ride



Thursday, January 5 – 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, January 8, 8:30 a.m. ACTION IN ACTON

(Long 51 mi & 3700 ft, Medium 35 mi & 3600 ft, Short 17 mi & 1500 ft) Originally, this ride was titled “The Frozen Tush Ride” because it gets pretty cold out there in the high desert and we usually rode this one in the winter. But then we would sometimes ride it other times of the year and the name didn’t make as much sense. We actually had another ride which was titled “Action in Acton” which we don’t ride at all any longer because it rode the aqueduct bike path which hasn’t been open in years. So we took that name and gave it to this ride. Following me so far? Well, this year we are doing this ride in early January, so it might be appropriate to bring back that original title. Although the ride starts in Newhall, it heads for Acton which is at about 2700 feet above sea level and the ride actually tops out above 3000 feet. It can get cold at that elevation even it is fairly balmy at the start. All this is to say “Dress warmly today.” Actually, only the long route gets out to Acton. You ride for miles along an almost deserted Soledad Canyon and you pass Shambala – the place where Tippi Hedron has rescued a number of lions and tigers. We usually stop to see if we can catch a glimpse of them through the fence. On the way back there is an optional stop at Vasquez Rocks. Lunch is traditionally in Acton but the last few times we scheduled this ride, several of us continued on to have lunch at the Halfway Café on Sierra Hwy. This turned out to be a nice local community café and I would go back there again. So, you see this ride has a lot to offer. Although the medium route doesn’t make it to Acton, it goes half way and turns off at Agua Dulce It misses Shambala but does pass Vasquez Rocks and the Halfway Cafe. The short stays mostly in the Newhall area. What with global warming



Tiger seen at Shambala in 2019

and all, it might not be as cold as it used to be. But come prepared anyway. **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 southeast. Toilets available at nearby Carl's.

Thursday, January 12 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See January 5th for details.

Sunday, January 15 – 8:30 a.m. SOUTH BAY SURPRISE (Long 68 mi & 1200 ft, Medium 41 mi & 1000 ft, Short 27 mi & 900 ft) In Los Angeles we tend to think of Orange County as being to the south. We say things like “This ride is down in Orange County. So it has always surprised me somewhat that this ride starts in Torrance in Los Angeles County and heads pretty much due east and ends up at Knott’s Berry Farm in Orange County. So today we are not going down to Orange County – we are going sideways to Orange County. All routes head to Orange County from Torrance. While the long makes it all the way to Knott’s, the medium and short each cut off a little earlier to circle back through Long Beach, rejoining the long route along the way. All of these routes are fairly flat. That is actually the “surprise” of the title since these routes were created by **Ralph Boethling** who was known for creating hilly routes. The long used to actually stop at Knott’s for their famous fried chicken. However, over the years a few of us have come to believe that, famous or not, the chicken just isn’t that good for the price they charge. So we have added an alternative lunch on the long besides Knott’s. But some still like the stop at Knott’s so you can take your pick.



Peeking through the fence at Knott’s Berry Farm

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 by the school.

Thursday, January 19 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See January 5th for details.

Thursday, January 19 – 7:00 p.m. MONTHLY MEMBERS MEETING. As of this writing, things are still up in the air, but we are thinking of once again holding the annual holiday party and it was thought that if we held it on a Thursday we could not only keep venue costs down, but also combine it with our first monthly members meeting to be held in person since the pandemic began. As I say, things have not been nailed down yet, so you will probably be receiving an e-mail when we know more. However we hold the meeting, nominations for officers will close at this meeting. At the December meeting all but the Treasurer agreed to run again. Assuming we find a replacement treasurer and there are no other candidates, the new board will be elected by acclimation at this meeting. You wouldn’t want to miss that.

Saturday, January 21 - 7:30 a.m. JANUS SEQUENTIAL CENTURIES - DAY ONE (Full Century 101 mi & 5100 ft, Metric Century 64 mi & 2300 ft) Over 20 years ago the original challenge of this ride was to ride back-to-back centuries on two consecutive days and to make it interesting, the second day would be the same route as the first day but in the opposite direction. Originally a lot of riders did just that. Some would ride one day or the other. Then it got to where hardly anyone rode both days but still many did one century. A few years ago we added the metric versions of the centuries to attract a few more riders, but I’m not sure it did. We still get a few riders each year and I hate to end a 20+ year tradition, so once again, here it is. As mentioned, the two centuries are really the same century, but ridden in opposite directions on each day. The route consists of a large loop around Ventura County, but on Saturday we ride the loop in a counterclockwise direction and on Sunday we ride clockwise. The course is essentially the classic Grand Tour Highland loop without Casitas Pass. On Saturday we start from Thousand Oaks with the trip over Erbes to Moorpark, then over Grimes Cyn to Santa Paula and then over Dennison Grade to Ojai. Then it’s down to Ventura for a swing through Oxnard and on to the final climb of the day – Potrero. The metric century stays with the full metric for the first 7 miles over the initial hill but then cuts west to rejoin the full century near Port Hueneme and the final steep climb up Potrero and to the finish. Although this is subject to debate, I have always considered today’s route to be the more difficult one because you climb Potrero (a very steep hill) near the end of the ride. However, last year I modified my route to skip Potrero. Although not the official route, I would be happy to pass this on to anyone who wants it. See below for the reverse ride. The Janus Centuries are a challenge, but really – come with the right attitude and you can do it. **NOTE:** It is usually very cold at the start, so come prepared. **START: CROWLEY HOUSE PARK in THOUSAND OAKS.** From Ventura Frwy (101), off & north on Hampshire Rd, L - Thousand Oaks Blvd (at T) for ½ mile, L - Oakview and L - Pleasant Way to Park. Check Parking signs.

Sunday, January 22 - 7:30 a.m. JANUS SEQUENTIAL CENTURIES - DAY TWO (Full Century 101 mi & 5100 ft, Metric Century 65 mi & 2600 ft) See above for background on these centuries. Today is the clockwise route. It’s the reverse of yesterday so it

starts with the downhill on Potrero. Then it's on to Ventura and up to Ojai, over Dennison Grade to Santa Paula and over Grimes Canyon to Moorpark and back. Although more of the climbing is in the 2nd half of the ride today, it tends to be less steep than day one and I feel it is a little easier. In the years I rode both days, I usually had a faster time on the 2nd day despite being tired from riding day one. The metric route stays with the full century for the first 32 miles and cuts straight over to the Moorpark area to rejoin the full century on the final few miles of the return. This metric century cuts out much of the climbing of the full century. **START:** The start location today is the same as day one – see above.



Ojai Valley seen from near Dennison Park on the 2022 Janus Centuries

Thursday, January 26 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See January 5th for details.

Sunday, January 29 - VALLEY VENTURE (Long 51 mi & 3300 ft, Medium 49 mi & 2000 ft, Short 35 mi & 1000 ft) Earlier this month we rode “South Bay Surprise” where the surprise was how flat the ride was considering that it was created by **Ralph Boethling** who was known for hilly routes. I believe these routes were created by Ralph as well and they are more typical of the sort of thing he liked. Both the medium and long routes are hilly with the long being very hilly. Fortunately, both routes do the bulk of the climbing in the first half of the ride. Each makes a trip up to Mulholland Drive and ride along that street before descending back to the valley and then heading west to lunch. The medium climbs up Coldwater. This is a moderate climb. The long really ups the ante with a climb up Encino Hills Drive which is only one mile, but extremely steep. I often doubt whether I can make this one without walking. The long also throws in a few other climbs before joining the medium for the descent back to the valley and on to lunch. If this sounds like too much, the short routes simply heads to the common lunch in the west valley by a fairly flat route. All routes have the same return from lunch. So, you really have a choice today from a very easy trip



Topping out on Encino Hills Dr. in 2019

across the valley to a rather difficult climb and yet we can all come together for lunch. So I guess in January, we are giving you both the best and worst of Ralph Boethling inspired rides or the other way around, depending on your preferences. **START: Reseda Park - Reseda & Victory Blvds in the San Fernando Valley** From Ventura Frwy (101), off and north on Reseda, right on Victory one block to park.