



# LOS ANGELES WHEELMEN SCHEDULE



MAY 2023

**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.

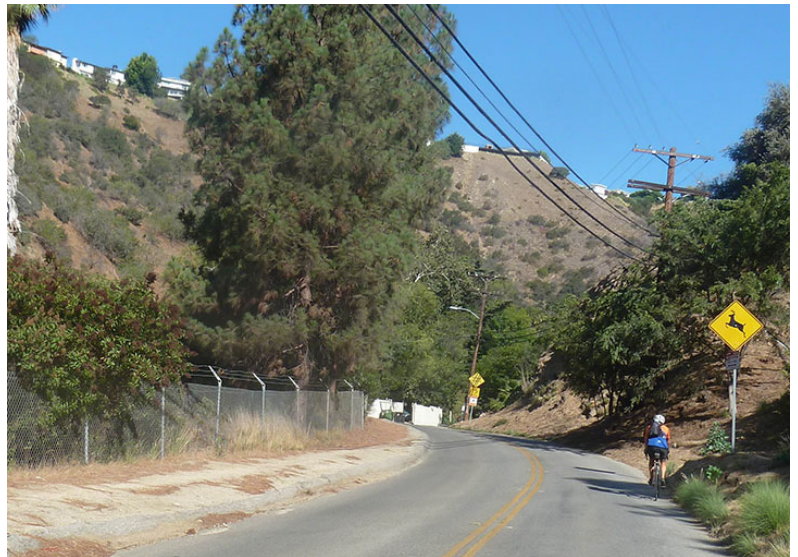
**NOTE: Recent CDC pronouncements indicate that cycling is safe without a mask for **VACCINATED** people. Most club members have already been vaccinated. We urge all potential riders to become vaccinated before riding with us.**

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

**Thursday, May 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](mailto:nancydomx@icloud.com) for details.

**Sunday, May 7 - 8:30 a.m. VIVA SAN FERNANDO**

(Long 60 mi & 2900 ft, Medium 56 mi & 2300 ft, Hilly Short 28 mi & 1400 ft, Flat Short 25 mi & 1000 ft) "Viva San Fernando" would basically translate into "Long live San Fernando." I'm not sure what that means exactly when applied to the Valley since the Valley is in no danger of dying, either in actuality or in our memory. I suspect we are using the term "viva" more loosely to simply mean "Hooray for San Fernando." Of course maybe the title of this ride refers to the saint for which the Valley is named. Of course he has been dead for centuries, but it could mean "Long live his memory." BTW, San Fernando was the king of Castille and the conqueror of several Muslim cities (which probably helped him become a saint). He died in 1252 and was canonized in 1671. Wow – it took 400 years. Anyway, as you might guess, today we are riding to the San Fernando Valley. Actually, only the long and medium routes go there. The two routes are somewhat different and only spend a little time together. The long climbs Nichols Canyon which is very pretty and only really steep at the very end. The medium gets to the Valley via Cahuenga, which is much easier. The two routes use the same route to head west across the Valley to lunch. Here they split again. The long returns over Topanga to the coast and back to the start via Santa Monica. The medium returns back over Sepulveda. Meanwhile, there are two short routes which don't go to the Valley at all, but tour West Los Angeles – one with more hills than the other. So I guess for those two routes we say "Viva the Westside." These are all nice routes close to home, so no reason to avoid showing up today. **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.



**Climbing Nichols Canyon on today's long route**

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

**Sunday, May 14 - 7:30 a.m. BEACHES TO BREA CANYON CENTURIES** (full century 100 mi & 2900 ft, metric century 66 mi & 1300 ft) Today we ride our centuries of the month for May. The rides start at Polliwog Park in Manhattan Beach (I notice that they spell it "Polliwog" and not "Pollywog.") There is a pond in the park (which they call a "lake") so I suppose there could be some



**A pretty section of today's century back in 2016**

polliwogs there. They turn into frogs or toads, so I suppose the easiest way to find out is to drop by the park at night to see if you can hear them croaking. The days are long in May so I certainly hope I won't be at the park after dark. I'll just take the city's word for it that there are polliwogs there. Today's routes provide a nice mixture of terrain. Along the way we ride beaches, river trails and a canyon. You can't beat that. The century starts by heading down to Long Beach to ride the Long Beach Bike Trail and then up the Coyote Creek bike trail about 9 miles. We work our way over to Brea and ride up Brea Canyon before the downhill on Pathfinder. Then it's on to East Road and West Road which is always fun. We will be riding it in the direction which I think is easier. After lunch in Whittier, it is back along the river and a long stretch on Del Amo Blvd. There are some ups and downs (including a short but sweet climb on 190th St.) but most of the climbing is spread throughout the ride and is usually not very steep. The metric century is much

the same as the full century but cuts out the center portion of that route. This cuts out the trip up Brea Canyon and the ride over East Road and West Road, but leaves you with a fairly easy route as far east as Buena Park and back. Join us today and if you ride really really really slow, maybe you will finish around sunset so you can listen for the frogs. **START: POLLIWOG PARK in Manhattan Beach.** From San Diego Frwy off and West on Manhattan Beach Blvd (Inglewood Blvd Exit). Go 1.4 miles to park. Park on the street near the east side of the park.

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

**Thursday, May 18 – 7:00 p.m. MONTHLY MEMBERS MEETING** This month we were planning to meet at the Westchester home of **Gary Murphy**. However, Gary signed up to host before his recent accident which resulted in his using a walker for a few weeks. As I write this in April, it is doubtful he will feel up to hosting duties in May. So, we are looking for a substitute host, but haven't gotten one quite yet. Watch your e-mail and we will call an audible to change the location of tonight's meeting. But for now, make your plans to attend wherever it might be. The Grand Tour is only a month away. We didn't hear anything from Kermit last month so we have to assume he has things well in hand. But hopefully we will get a report at this meeting. There will probably be a few other things to discuss. So, why not show up? Gary will probably be back as a host later in the year and we wish him a continued recovery. **PLACE: TBD.**

**Sunday May 21 – 8:00 a.m. MOUNT BALDY VILLAGE** (Long 58 mi & 6100 ft, Medium 48 mi & 5000 ft, Short 34 mi & 3600 ft) Today's ride is another of our former Grand Tour trainers which has been converted into the standard three level (long, medium and short) Sunday ride. This was always one of our most popular trainers and hopefully it will continue to be popular as a Sunday ride. The long is the traditional trainer route. We start by heading up Hwy 39 to East Fork and a break at the Camp Williams store. Then it is up Glendora Mountain Road (a fairly tough 5 mile climb) and then along Glendora Ridge to Baldy Village for lunch. The trip along Glendora Ridge is mostly up, but not as steep as Glendora Mountain Road. The return is back along Glendora Ridge and straight into Glendora Mountain Rd for the fantastic 9 mile downhill back down to Sierra Madre Ave and back to the start. I consider this downhill to be one of the most enjoyable in Southern California. The medium cuts off about 10 miles and 1000 feet of climbing but still goes to Baldy Village for lunch. It does this by first heading east through the San Gabriel Valley to Claremont where it takes Baldy Road straight up to the Village. While shorter, it packs almost all the climbing up to the village into about 6 miles. That means it is very steep. Some might consider this more difficult than the long route. After lunch in the village, the medium returns with the long route back on the Ridge Route and that fantastic downhill on Glendora Mountain Road. The short doesn't make it to Baldy Village. It stays with the long route up Highway 39 and East Fork Rd. After the break at Williams Camp, it stays with the long ride up the five mile climb on Glendora Mountain Road, but at the intersection of Glendora Mountain



**One of my proudest moments – making it to the ski lift on Mount Baldy in 2019**

Road and Glendora Ridge, the route turns right to go down

Glendora Mountain Road instead of left to go to the Village. This still gives you that great downhill. The long and the medium both offer the further option of climbing from the Village up to the ski lift and back down. This adds another 10 miles round trip and adds approximately another 2000 feet of elevation gain. The trip up to the ski lift is very difficult. The climbing on all of today's routes is somewhat more difficult than usual Sunday rides, but remember that the routes are short, so you can take your time. I have often stopped to rest several times on the way up. When the climbing gets tough, just slow down, look around you, and enjoy the scenery. And remember that all 3 routes get the 9 mile downhill near the end which is really worth all the effort. **START: Pioneer Park in Azusa** From Foothill Frwy (210) off and north on Azusa Ave, R on Sierra Madre Ave 1 block to Dalton & Park

**Thursday, May 25 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE** See May 4th for details.

**Sunday, May 28 - 8:30 a.m. LONG BEACH BOOGIE** (Long 64 mi & 2700 ft Medium 54 mi & 1600 ft, Short 34 mi & 600 ft) Tomorrow is Memorial Day which is the unofficial beginning of summer. One way of looking at today's ride is that it is the last ride of spring. It's been an interesting spring. Lots of rain to start but now we are heading into some great summer riding. So let's say a fond farewell to spring with today's ride. If it were summer, we might want to head to the beach, but not today. Even though the ride starts and ends in Long Beach, we don't get to the beach today and we don't get to see the ocean. In fact all routes head inland on Coyote Creek to start the day. The long and medium riders head up Coyote creek almost 10 miles all the way to Santa Fe Springs. The long then makes a long loop over to Brea and around back to Santa Fe Springs. This includes a significant climb over Colima and a climb on Pathfinder. The medium skips this loop but still does a climb over West Road and East Road. The two routes come back together for lunch. The short gets off Coyote Creek a little earlier than the other two routes and tours northern Orange County on its way back to the start. One last spring ride and tomorrow you can spend breaking out your summer clothes. Put away the long sleeve jerseys, the full finger gloves and the tights. Dig out you light weight jacket. I would say get out your bright summer colors, but we tend to wear bright colors all year round. So, join us today and say goodbye Spring, hello Summer. **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.



**Lunch on the long and medium route – seems to change its name every time we do this ride. This was in 2021**