



LOS ANGELES WHEELMEN SCHEDULE



AUGUST 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.**

Thursday, August 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, August 6 - 8:30 a.m. SOUTH BAY TYPICAL

(Long 45 mi & 3400 ft, Medium 36 mi & 2000 ft, Short 28 mi & 1500 ft) Well I promised we wouldn't be going to Huntington Beach in August, but I didn't say we wouldn't be going to Palos Verdes which we have already done twice last month. Let's face it, if we are going to stay near the coast, there are a limited number of places to go. But it's worth it. In the last weeks of July, most of Southern California was broiling, but our rides near the coast were comfortable. So, today's routes spend the entire day in and around Palos Verdes. All routes are short, but the longer ones have more climbing. And don't worry – we don't expect any houses to fall on you while riding these routes. The long makes two trips up to the top of the Palos Verdes peninsula before finally descending down into San Pedro for lunch. The medium doesn't go to the top of the peninsula but does circle it on a rolling route to eventually meet up with the long route in San Pedro for lunch. After lunch, the two routes return together. The short heads directly to San Pedro for a break and returns without actually riding on Palos Verdes at all, but does skirt the peninsula on the east side. The long is by far the most scenic route and even with all the hills, it is only 45 miles, so you can take your time and enjoy the view. So why not come out for a typical day with the Wheelmen in the South Bay? BTW – next week we head north. **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 (on Ellenwood) by the school.



The group on South Bay Typical in 2020. Remember masks?

Thursday, August 10 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See August 3rd for details.

Sunday, August 13 --8:00 a.m & 9:00 a.m. WHALE OF A CENTURY (full century - 104 mi & 2400 ft; metric century – 63 mi. & 2000 ft). So far all summer we have been staying near the coast by riding south, but today, for our century and metric century of the month, we head north. All the way to Santa Barbara to be exact. This should provide us with a nice change of pace and plenty of cool ocean breezes. Much of the route is within sight of the ocean. Also, these centuries are very flat with long stretches with no stop signs, so it should be a fairly fast and easy day. The full century route runs from Camarillo up to Santa Barbara and back. It gets its name because it makes a loop to view the huge whale skeleton on display at the Santa Barbara Museum of Natural History. The long stretches along the coast account for it being relatively flat. The profile shows 5 distinct hills, but none of them are very long or very

high. The metric century rides the center portion of the full century. This gives you the best portion of the full century and with the later start time, a chance to still ride with the full century riders. Starting in Ventura, it joins the full century route up to Santa Barbara and back to Ventura. It still does the bulk of the climbing of the full century. And there is a treat for Habit fans. Although we have shifted the lunch location on many of our routes to the Habit, today you get to visit the original Habit location. See where it all started. **NOTE** there are two separate start locations and start times. **START (Full Century – 8:00 a.m.): VALLE LINDO PARK IN CAMARILLO.** Take the 101 Frwy North to Camarillo and exit north on Carmen Dr. Left on Ponderosa Dr & Right on Valle Lindo Dr to park. Park where Valle Lindo Dr curves left. **START (Metric Century – 9:00 a.m.) PARKING LOT NEAR MISSION PARK IN VENTURA** Take 101 Frwy to Ventura and exit at California St. Go 1 block north to a left on Santa Clara St. Go 4 blocks west to parking lot on the right opposite Junipero St.

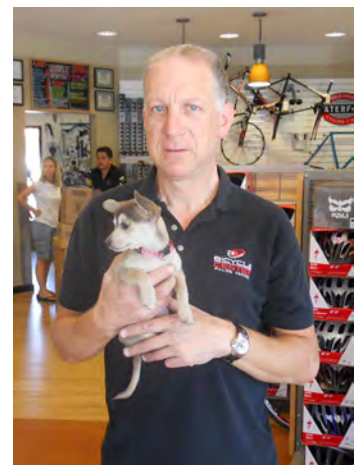


The whale in 2021 (and basically every other year we have run this ride)

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

Thursday, August 17 – 7:00 p.m. MONTHLY MEMBERS MEETING We skipped last month's meeting, so we should have twice as much to discuss this month. Of course some would say that twice nothing is still nothing. Well, I'm sure there will be some things to bring up. If nothing else, we will discuss whether to begin having meetings every two months as a regular procedure. We are moving into fall. Maybe we will once again hold a supported Grand Tour Lite. We would need to discuss that. Is it too early to bring up the holiday party? We shall see. Our host this month is our very own President, **Kermit Ganier**. Although he has hosted before, I believe it has been fairly rare. However, many of you may be familiar with his home because he has hosted the holiday party on a number of occasions in the past. So why not join us. Many object to the long drive out to Malibu. Just leave early and enjoy some time listening to the radio. Carpooling makes the time go faster. Usually once you get past Topanga, the traffic lightens up. **PLACE: KERMIT GANIER'S HOME, 3706 Malibu Country Dr., Malibu.** Take PCH north to a R on John Tyler Dr. (which is the first right past Malibu Canyon at the top of Pepperdine Hill). Take an immediate left on Malibu Country Dr. Kermit's home is near the top of the hill on the right. For meeting night directions, call **(310) 367-0458**.

Sunday, August 20 --8:30 a.m. BYWAYS OF PALOS VERDES (Long 77 mi & 4000 ft, Medium 60 mi & 2300 ft, Short 49 mi & 1200 ft) We return to Palos Verdes for yet another of our summer coastal rides. These routes are converted from one of our former Grand Tour training rides. The long is the complete training ride, the medium is a shortened version we added to the trainers last year, and the short is a new ride we added to complete the set. Starting in West LA, all routes ride down to Palos Verdes and return by the same route. The differences are all on the peninsula. The long, as a former Grand Tour trainer, is a fairly difficult ride. Once in Palos Verdes, it circles the peninsula making no less than 3 trips to the top. The last is up the rather steep Hawthorne Blvd. At the top of the last climb it stops at what I like to call the "Steve Bowen Memorial Habit Burger." It's a Habit built on the site of Steve's former bike shop. In fact, Steve originally put this route together so he could provide lunch at his bike shop. After lunch, the route returns to the start and along the way uses a portion of the bike path along the Expo Line, which I do not believe any of our other routes use. The medium follows the long up the first climb to the top of the peninsula, but then cuts straight over to the Habit for lunch, skipping the trip around the peninsula and two of the climbs. The return is the same as the long. The short gets to the peninsula but stops for lunch at Malaga Cove without doing any climbing in Palos Verdes. It also returns with the long and medium routes. All in all, three good choices for a day of riding on the coast. **START: Westwood Park at Sepulveda & Ohio.** From San Diego Frwy (405), off and east on



Steve Bowen for whom the Memorial Habit is named

Santa Monica Blvd, Left on Sepulveda and L on Ohio and R into Park.

Thursday, August 24 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See August 3rd for details.

Sunday, August 27 - 8:30 a.m. MALIBU VISTAS

(Long 63 mi & 7600 ft, Medium 51 mi & 5300 ft, Short 39 mi & 2200 ft.) Time once again for “Malibu Vistas,” the cycling soap opera, back again for the 12th installment of this annual saga. But wait – there is a writer’s strike and no new episodes can be written. Then some dumb studio executive said “I know – we’ll turn it into a reality show. We don’t need no stinking writers for a reality show.” The executive was familiar with the Malibu routes sometimes ridden by the Los Angeles Wheelmen and he thought they could use those for the show. So they changed the name of the show to “Malibu Vistas Family Challenge.” The idea was they would recruit teams of 3 family members each – a father, mother and one child. The father would ride the long route, the mother would ride the medium route and the child would ride the short route and their combined times would be added together and the team with the best combined time would win. Three teams would race on the show. All they needed was a bunch of cameras to follow the action. They purposely selected only moderately experienced riders and didn’t really tell them how tough some of the climbing would be. The studio thought it would provide good entertainment value to watch these riders sweat and strain over the course. The day of the race came. The children’s route was from Malibu to Neptune’s Net and back using only some moderate hills along the way to avoid PCH as much as possible. Unfortunately even these hills were a bit much for the 14 and 15 year olds they recruited (they would have been fine for adults) and charges were later brought for child cruelty. The studio settled for millions. The husbands and wives started out together on the long and medium by climbing Latigo. This proved to be so difficult for some of the riders that two of the couples got into fights with each other which almost ended in divorce. They later sued for intentional infliction of emotional distress and won millions. Their routes then took them down Mulholland Hwy and on to Neptune’s Net for lunch. After lunch the wives on the medium route returned on the same route as the children, but the husbands on the long had to climb Yerba Buena before coming back down to the coast and returning along the coast. This proved to be so difficult for the relatively inexperienced riders that two of them lost their temper and severely beat up one of the cameramen. Although the cameraman sued for battery, he lost because it was ruled he caused the fight by first taunting the riders. All in all, the studio lost millions in legal fees and penalties and viewers hated the show because it seem unnecessarily cruel to innocent contestants. The studio executive was fired and we can only hope the studio learned the value of its writers. For course, the LA Wheelmen laughed to watch the show because they are experienced riders and know how to take those climbs, and despite the difficulties, they know how to enjoy a day in the Malibu hills. **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.



Latigo Canyon on Malibu Vistas

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Thursday, August 31 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See August 3rd for details.