



# LOS ANGELES WHEELMEN SCHEDULE



SEPTEMBER 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.**

**Sunday, September 3 – BALBOA / NEWPORT** (Long 63 mi & 2200 ft, Medium 48 mi & 1600 ft, Short 37 mi & 800 ft) Today we return one more time to the Balboa/Newport area and take one last ride on the ferry this summer. This is also one of our Tustin ride starts which formerly started from Pine Tree Park. We have been moving those starts to Camino Real Park because Pine Tree Park was undergoing renovations. Those renovations are supposed to be done by now, but I thought we would start one more time from Camino Real Park so that we can make sure Pine Tree Park is actually open before moving back. It turns out we have another ride start from Tustin at the end of September, so we can check out Pine Tree Park today and then go back at the end of the month if it is open. Or maybe we will decide we like Camino Real Park better and move all our Tustin starts there. We shall see. In the meantime, we have today's ride. The long and the medium start with a trip southeast across Irvine down to Laguna Woods where we pick up Laguna Canyon and ride down to the beach. A trip north along the coast takes us to Balboa and the Ferry. Once off the ferry the medium takes a fairly direct route back to the start while the long adds a few extra miles. The short takes a more direct route down to Balboa riding some of the San Diego Creek trail and the path around the Back Bay. It joins the medium route for the ride on the ferry and the fairly direct return to the start. There is not a lot of climbing on any of these routes and the scenery is pleasant. So come on down and beat the summer heat with that 4 MPH cruise on the ferry (see photo). Also, moving the start location shortened each route by about one mile, so now they are even easier. **START: CAMINO REAL PARK IN TUSTIN.** From Santa Ana Frwy (I-5) in Tustin, off & east on Tustin Ranch Rd (one exit past Red Hill where we formerly exited), L-El Camino Real about one block to park at Parkcenter Lane. Parking is on the street – along Parkcenter Lane.



Photo showing the Balboa Ferry gets up to 4 MPH

**Thursday, September 7 – 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, September 10 – 8:30 a.m. WILL ROGERS STATE PARK** (Medium 35 mi & 2200 ft, short 29 mi & 1400 ft) This is another coastal route just in case the heat of summer persists into September. It has the last few years so there is a good chance today will be warm. Technically, this isn't a coastal ride because I don't believe we ever get more than one brief glimpse of the ocean (and I'm not even sure about that). But we do spend most of our time in the Palisades and Santa Monica and that's coastal enough for me. Today's routes are a bit unusual in that there is only a medium and short – no long. But if you really need the miles, there are plenty of ways to extend the ride on your own. They are some nice routes in any case and are the only routes we have that go to the polo grounds in Will Rogers State Park. They are often playing polo when we get there. I know nothing about the game but it's still fun to watch for a while. I usually end up feeling sorry for the horses. Particularly if it's a hot day. Seems a little cruel to me to make horses basically run wind sprints up and down the field. But I suppose the welfare of the horses is taken into account somehow. Both routes head to the polo grounds. The short route pretty much just heads to the park and back. The medium takes a slightly more circuitous

route there and adds a little extra loop on the way back with a little extra climbing thrown in. Both routes meet up at the park and for lunch in Santa Monica. A couple of years ago I added a lunch stop at Holy Cow BBQ, but have yet to stop there myself. Maybe this will be the year. **START: THE "CORNER", Olympic Blvd, 1 block west of La Cienega in Beverly Hills.** From the Santa Monica Frwy (10), off & north La Cienega 1.2 miles, L - Olympic 1 block to R- Le Doux.



Watching polo last year at Will Rodgers Park

**Thursday, September 14 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE** See September 7th for details.

**Sunday, September 17, – 7:30 a.m. GRAND TOUR LITE (CLASSIC)**

(Double Metric 117 mi & 7200 ft, Century 95 mi & 2500 ft, Metric Century 67 mi & 2300 ft) Our club has a long tradition of running a century in September similar to today's ride. This tradition goes back to the days when the League of American Bicyclists designated September as national century month and clubs all across the country offered a century (usually giving out a national century patch to those completing the ride – see image on right). Our century has gone by different names (it was called the Petticoat Century for many years) and the route has varied somewhat from year to year. However, most years it was a ride from Malibu up to the Ventura area and back which is what our routes do today. Many years it was supported with at least one rest stop, but we have not done that in recent years and will not be doing it today. We will be riding the usual routes from the last few years, slightly modified to indicate locations where food and water are available. The double metric route is a challenging route (similar to the double metric offered on the Grand Tour in the past). It starts with the climb up Latigo Canyon and a descent into Westlake. It then heads east to Moorpark before returning west to Port Hueneme where it joins the other routes for the return back down the coast. The century and metric century simply travel up the coast to Port Hueneme and return. The full century adds a loop around the Oxnard/Ventura area before returning to Port Hueneme and re-joining the metric century route for the return back down the coast. The century and metric century are fairly easy as centuries go. With few stops signs along PCH, they are usually fairly fast. The double metric century, however, is much more difficult with a good amount of climbing. It would be nice if we still offered a patch for these rides, but those days are gone **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.



National Century Patch from my first century

**Thursday, September 21 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE** See September 7th for details.

**Thursday, September 21 – NO MEETING THIS MONTH** As we did in July, we have decided to skip the September meeting. I believe we already have a host for the October meeting so we look forward to seeing you in October.

**Sunday, September 24 - 8:30 a.m. ORANGE THRILL AT REDHILL** (Long 62 mi & 2700 ft, Medium 42 mi & 1700 ft, Short 27 mi & 800 ft) This is yet another of our Tustin ride starts. While we have been moving the start location of these rides to Camino Real Park while Pine Tree Park was being renovated, I am leaving the start today at Pine Tree Park. The renovations are supposed to have been completed over a month ago so I think it should be ready. But the real reason is the ride name. Pine Tree Park is at Redhill Ave. and Camino Real Park is not. How can we have a thrill at Redhill if we don't even go to Redhill. The routes remain the same of course. The profiles for both the long and medium look like a roller coaster ride, so maybe that is where the "thrill" comes in. The long and medium both head southeast from Tustin, staying together for the first 17 miles. The long goes all the way down to Capistrano and Dana Point before heading back to the start. The medium doesn't go quite that far, turning around in Laguna Niguel. The long has lunch in Dana Point while the medium stops in Old Town Irvine for lunch on the return. The short pretty much follows the medium route, but only goes as far as Lake Forest before returning. It too stops in Old Town Irvine for lunch. NOTE: on the chance that Pine Tree Park is not ready, we can still start there. We just won't have access to the restrooms, but I'm sure we can find alternative facilities. **START: PINE TREE PARK in TUSTIN.** From Santa Ana Frwy (I-5) in Tustin, off & east on Redhill, L-Bryan one block to park.



**Orange Thrill ride start in 2015 when we had a good sized group**

**Thursday, September 28 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE** See September 7th for details.