



LOS ANGELES WHEELMEN SCHEDULE



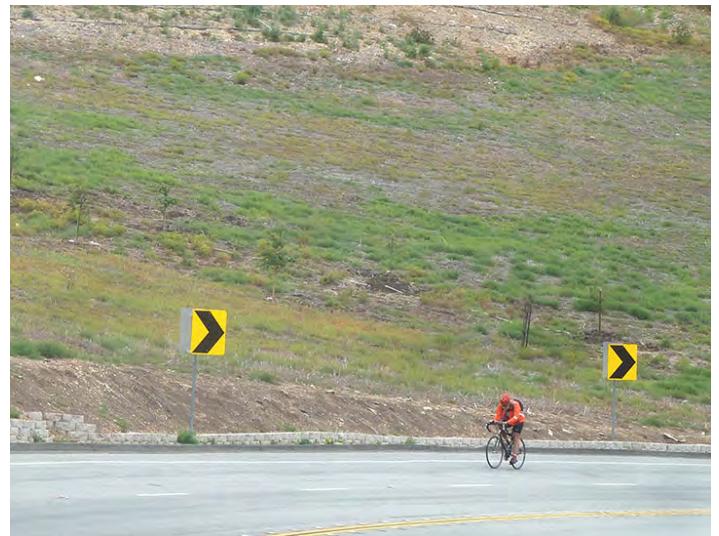
OCTOBER 2023

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.**

Sunday, October 1 --8:30 a.m. BYWAYS OF PALOS

VERDES (Long 77 mi & 4000 ft, Medium 60 mi & 2300 ft, Short 49 mi & 1200 ft) If this ride sounds familiar, it's because it was scheduled just last August. But that was the weekend of the infamous "Hurriquake" and no one rode that day. So, I have rescheduled it again for today. As I noted last August, 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 use the same route down to Palos Verdes and the return. 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 Santa Monica Blvd, Left on Sepulveda and L on Ohio and R into Park.



That's me climbing the switchbacks in Palos Verdes on this ride back in 2018

Thursday, October 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, October 8 - 8:30 a.m. PICO RIVERA & BIKE TRAIL (Long 75 mi & 2400 ft, Medium 48 mi & 800 ft, Short 36 mi & 400 ft) It's October so I think we can move back to doing some inland routes. Although these routes start in Pico Rivera, which is pretty far inland, they do head down to the coast and back so we are easing into the non-coastal routes. All the routes are primarily on river bike trails, so the riding is fairly easy too. The long is the only route which does any significant hills, but it does this early while you are still fresh. After some hills in Whittier (where the rich people in Whittier live) and a cruise along West Road, it heads into Orange County to pick up the Santa Ana River trail south to the coast. After lunch in Huntington Beach, it continues north to the San Gabriel River trail and up that river back to the start. The medium travels down to Seal Beach for lunch, going down on the Coyote Creek and San Gabriel River trails and returning back up the San Gabriel. The short never quite makes it to the coast, but travels down and back on the San Gabriel with a loop in Long Beach for lunch. So join us today and ease into fall riding. **START: PICO PARK in PICO RIVERA.** From San Gabriel Frwy (605), off & west on Beverly Blvd to Park on left. (If coming from the North, the Beverly exit puts you on San Gabriel River Rd which you follow for 1.3 mi. to Beverly).

**One of the more scenic
Views on “Pice Rivera &
Bike Trails**



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

Sunday, October 15 - 8:30 a.m. MOUNT WILSON (Long 48 mi & 5400 ft, Medium 29 mi & 3100 ft, Short 24 mi & 1600 ft) We have been riding primarily coastal rides for several months, and they don't tend to be very hilly. So I feel a little guilty suddenly throwing Mount Wilson at you without much warm up. But this has become something of an October tradition and I don't want to break with tradition. The good news is that in terms of miles, this is a short ride and if you really can't hack it, you can go as far as you feel comfortable and then turn around and practically coast back to the start. (I've done that.) So don't shy away from this ride just because you haven't been doing much climbing lately. The café at the top is usually still doing a brisk business this time of year with both cyclists and hikers. Admittedly, the food is nothing to write home about, but a hotdog and some chips can really hit the spot after climbing 5000 feet. (NOTE: The café should be open, but check their Facebook page for any special events which sometimes cause it to be closed.) I know what some of you are thinking. It's too hard. 5000 feet is too much. Well, consider this – it's only 48 miles and only half of that is up-hill. So you've got 24 miles of climbing – not so bad. And the climbing is never excessively steep – the worst of it comes near the beginning. So, you can just take



Two happy riders who made it all the way to the Cosmic Café at Mount Wilson last year

your time and enjoy the fall scenery. Only the long route goes all the way to the top of Wilson and then returns back down the way you came. The medium makes it as far as Clear Creek Station before returning. The Short simply tours the Pasadena area without going up Angeles Crest at all. So why not give it a try. You might really surprise yourself and the feeling you get at the top is terrific (see photo above). That's really why I love the Cosmic Café – the satisfaction I get from just getting there. **START: BROOKSIDE PARK - just south of the Rose Bowl.** From Ventura Frwy (134) or Pasadena Frwy (110), off & north on Orange Grove, L - Rosemont, L - Seco and L- Arroyo to Park on left. Meet near the Aquatic Facility / tennis courts.

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

Thursday, October 19 – 7:00 p.m. MONTHLY MEMBERS MEETING. This month we are meeting at the Westchester home of Gary Murphy. Not sure when we were last here, but in 2020 – 2022 we were meeting on Zoom and the year before that all our meetings were at the Culver City Veterans Memorial building, so we might not have been here since 2018. In any case, it will be nice to get back Gary's comfortable living room. Nothing special on tap for this meeting. There is an issue with CABO I want to bring up and maybe we should discuss the schedule for our meetings in the coming months. The Dead Of Winter Double is coming up and it might not be too early to begin thinking about the holiday party. So, there will be some discussion. Of course there will be refreshments. Worth the price of admission right there. So why not show up tonight and take part in running your club. **PLACE:** 6364 West 85th Place, Westchester. From the San Diego Frwy, off and West on Howard Hughes Pkwy., L on Sepulveda to a R on Manchester, R on Kentwood Ave (1st R) and immediate R on 85th Place to 6364. Meeting night directions: **(310) 641-7719.**

Sunday, October 22 - 7:30 a.m. TRIPLE DAM CENTURY (Full Century 96 mi & 3100 ft. Metric Century 60 mi. & 1700 ft) **NOTE EARLY START TIME.**

This is our official century and metric century of the month for October. This ride is so named because we will travel over three dams today – the Whittier Narrows Dam, the Santa Fe Dam and the Puddingstone Reservoir Dam. But I notice that it could also be called the “Triple River Century” because we will also be riding the Rio Hondo, the San Gabriel and Coyote Creek today. Oddly, our third dam of the day isn’t on any of these rivers. In fact, I can’t find any named stream on the map which drains the Puddingstone Reservoir. There must be one, but maybe they never let any water out. In any case, a combination of river tails and dams makes for a fairly flat ride. So what’s the route? Well, we start in Long Beach and head over to the LA River/Rio Hondo bike trails and ride up them to our first dam -- the Whittier Narrows Dam. Then we make our way to the San Gabriel River and up to our second dam – the Santa Fe dam. We ride along the top of that one. After that, it’s



Riding the rim of dam #2 on today’s ride

on to San Dimas where we ride along the top of our third dam. Voila – 3 dams in one day. We will also have a metric century route for this one as well. The route will only hit the first two dams and then head back. It should be a fairly fast century or metric century so why not come out and join us. BTW, a sharp eyed rider may notice that we go over a 4th dam and if you count the portion of the LA River we ride before it becomes the Rio Hondo, we actually hit four rivers. **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.

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

Sunday, October 29 – 8:30 a.m. & 7 a.m. BOBBI FISHER MEMORIAL RIDE

(Medium – 38 mi & 1100 ft, Short – 29 mi & 500 ft, 100K Permanent – 64 mi & 1700 ft.) **Bobbi Fisher** was a former Vice President of the club and a very active member for many years. She passed away recently and we are holding a memorial ride/event in her honor. There will be brief rides followed by a lunch and remembrances of her such as photo displays and perhaps stories of her time with the club. Even if you did not know Bobbi, you are encouraged to join for this event. The pre-lunch rides include a short and medium route as well as a RUSA (Randonneurs USA) 100K Permanent. The short and medium routes will start from Lindberg Park in Culver City and both head to the coast.



Bobbi with Kermit Ganier in Paris at the start of Paris-Breast-Paris

The Medium will head south to Palos Verdes and back while the short will head north to Santa Monica and back. Both are fairly flat routes. When you return to the park, lunch will be served starting around noon.

Because Bobbi was very active in Randonneuring and had many friends from that cycling world, **David Nakai** will be riding a RUSA 100K permanent (don’t worry if you don’t know what that is – just think metric century ride) prior to the lunch. He will be inviting many of Bobbi’s old friends from the RUSA world to join him, but anyone can join him if you want a longer ride today. You don’t have to be a member of RUSA. His route will start earlier (7 a.m.) and leave from a Starbucks in Culver City. His route will be somewhat similar to a combination of the short in medium routes because it will travel to the coast and then go north to Santa Monica and then return south all the way to Palos Verdes and then return to Culver City. On the way back, David will stop for the memorial lunch in Culver City. **START:** Medium & Short at 8:30 a.m. **LINDBERG PARK** (5041 Rhoda Way, Culver City 90230) From Overland Ave just north of the intersection with Jefferson in Culver City go west on Virginia Ave about 5 blocks to park. 100K Permanent at 7:00 a.m. **STARBUCKS** at 9718 Washington Blvd in Culver City – at triangle where Washington Blvd meets Culver Blvd.