



# LOS ANGELES WHEELMEN SCHEDULE



NOVEMBER 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.**

**Thursday, November 2 – 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, November 5, 8:30 a.m. ACTION IN ACTON** (Long 51 mi & 3700 ft, Medium 35 mi & 3600 ft, Short 17 mi & 1500 ft) These routes were originally created by **Lou Steinhauer** and he named this ride the "Frozen Tush Ride." That might have been because he originally rode it in winter and it does get pretty cold out there in the high desert in the winter. The high point on the ride is a little over 3000 feet above sea level. But I have found that riding it in the fall can be pleasant. Pleasant enough that we changed the name. Actually there was another club ride named "Action in Acton" but we no longer do that one, so the name was available. That said, you should probably come prepared for variable weather. Only the long route gets all the way out to Acton. You ride for miles along an almost deserted Soledad Canyon. You pass a few summer camps or resorts (which seem almost abandoned now) a movie ranch (which you can't see) a large county mental health facility and, of course, Shambala. Shambala is 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 (see photo). 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 is a nice local community café, occasionally seen in movies, TV, and commercials. 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. **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.



**A couple of lions at Shambala out near Acton**

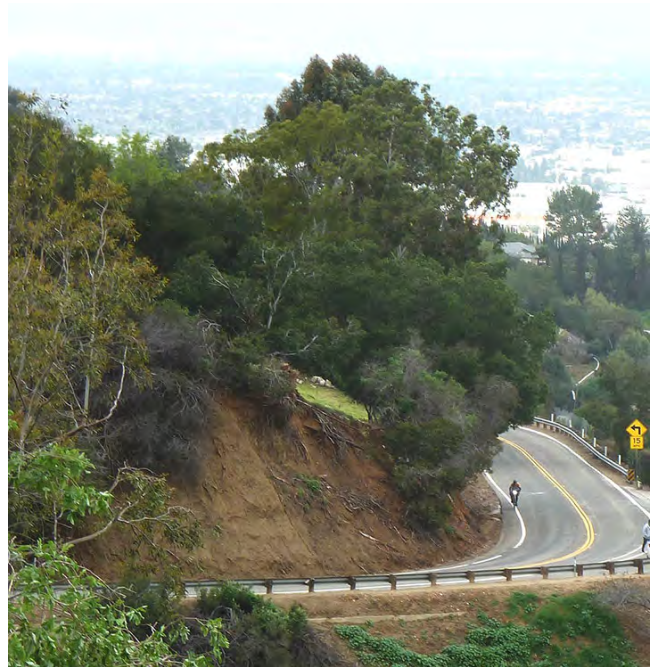
**Thursday, November 9 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE** See November 2nd for details.

**Sunday, November 12 - 8:30 a.m. VALLEY RALLY** (Long 50 mi. & 3500 ft; Medium with hill, 40 mi & 1700 ft; Medium without hill, 42 mi & 1100 ft; Short 33 mi & 1200 ft.) It's been a couple of years since we rode this one and even then it was on the day after Christmas and I suspect there were not many riders that day, so this ride might seem almost new to a lot of you. When I see the word "Valley" in the title, I usually assume that means the San Fernando Valley, but today it means the San Gabriel Valley. The routes start in Whittier and head east. The longer the ride, the further east it goes with the long route making it all the way to the edge of Pomona. Despite travelling in the same general area, today's routes don't stick together much. The Long makes it all the way to Pomona and then returns via Diamond Bar Blvd and Brea Cutoff to Industry for lunch. After lunch it's a quick hop over Turnbull back to the start. The two mediums head to Industry to join the Longs for lunch (probably beating them there) either by going over Turnbull or around

it. They both make an easy return. The Short doesn't go quite as far east as the mediums before returning to Whittier. The only major hill today is Turnbull on the long and one of the medium routes. However, the medium does it going out and the long hits it coming back. I suppose doing a major climb near the end of a route is more difficult than doing it at the beginning, so it is appropriate that we hit the hill at the end of the ride on the long route. I notice that the long and both mediums have lunch at a Carl's. We used to go to Carl's on most of our rides but we do it so seldom these days, it almost might be refreshing. Actually, on the long route there is an opportunity to go to a Habit (our new default lunch stop) earlier in the ride, but it's at about the 25 mile point and might be a bit early for lunch. Well, you can decide when you get there. **START: Sorensen Park in Whittier** From 605 Frwy, off and east on Washington 0.5 mi. to left on Broadway to Park on right.

**Thursday, November 16 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE** See November 2nd for details.

**Sunday, November 19 – 8:00 a.m. - BIKEWAYS OF ORANGE COUNTY** (Full Century - 95 mi & 2500 ft, Metric Century – 64 mi & 800 ft) These centuries are our centuries of the month for November. While we often ride the Santa Ana River trail or the San Diego Creek trail in Orange County, these routes are designed to use some of the lesser known bike trails in the county. The principal trail (only on the full century) is the Aliso Creek trail. This is an interesting trail which follows Aliso Creek from near Cook's Corner down close to the ocean. It winds and twists a lot sometimes going through parks and other times running right down in the channel with the creek. I don't know why it doesn't make it all the way to the ocean. Obviously the creek gets there and when I look at the map, there doesn't seem to be a lot of buildings which would prevent a bike path from continuing on to the ocean. Another oddity is that there is a break in the middle where you would need to get off the path for a short distance and then pick it up again. Today the full century rides most of that trail but in two pieces. After riding the first portion of the Aliso Creek trail from the north down to where there is the break in the trail, we leave Aliso Creek to go do a good climb or two thrown in for variety. Then we get back on the Aliso Creek trail near the southern end and ride up to a point near where we had to get off earlier. The metric version stays with the full century through some of the early bike trails and then cuts off to later meet up with the full century as it makes a 14 mile run back up the coast to the start. The metric century cuts off most of the climbing of the full century. Besides Aliso Creek, the routes hit several other trails you may not have seen before. With much of the ride on bike trails, the course is relatively flat. The really good news is that you don't have to drive down to Orange County to do these rides. We start from El Dorado Park in Long Beach – about a half hour drive from West LA. **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 Street.



**Climbing Turnbull on Valley Rally**



**Riding the Aliso Creek Trail on Bikeways of Orange County**

**Thursday, November 23 – NO TRIPLE DIPPER RIDE TODAY** Please join the Thanksgiving Day Ride below

**Thursday, November 23 -- 8:30 a.m. -- THANKSGIVING DAY RIDE** (Long 39 mi & 1100 ft, Medium 37 mi & 1000 ft, Short 27 mi & 600 ft) This is our traditional Thanksgiving Day ride which we have been doing for over 50 years. According to one web site I looked at we burn about 300 calories per hour riding at a moderate pace. Today's long route is about 40 miles and at a moderate pace that would probably be 3½ hours of riding. So you could expect to burn 1050 calories. (I think that is a conservative estimate.) Unfortunately, according to another web site I looked at, the average traditional Thanksgiving dinner runs to 3000 – 4000 calories. So today's ride will only make a small dent in your holiday intake. But every bit helps. I would suggest riding with us on Sunday as well, but even that probably won't cover eating the leftovers. These are short and easy routes, which accounts for the low amount of calories burned, but also leaves you time to get home for that traditional meal. The long and medium head to the Palisades where the view is always nice. We usually regroup there for a photo. After the Palisades, we head down to the Marina for a break before returning to the start. (The difference between the long and medium – one uses the bike path while the other uses streets.) The short skips the Palisades, and heads directly to the Marina. The break in the Marina is nice, but anything you eat there takes away from the calories you just burned. But hey – it's a holiday and what are holidays for in not for going off your diet. You have a whole month to work today off before the next set of holidays roll in. **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.



**League Patch for Thanksgiving Ride in 1992**

**Sunday, November 26 - 8:30 a.m. RESEDA PARK - PHASE I** (Long 83 mi & 4900 ft, Medium 57 mi & 4300 ft, Short 28 mi & 700 ft) It's sorta killing me to write these route descriptions these days. When I scheduled the rides, I looked forward to doing many of these routes with challenging climbs and beautiful vistas. I really wanted to ride Mount Wilson in October. But I've had a long layoff from riding and as I write the route descriptions, I so much want to ride them, but I realize I won't be doing it. Today's long ride is another one I would love to ride. I'm writing this in October so by the time this ride comes up I hope to be doing at least the short routes. If I'm diligent about getting back in shape, I might even be able to do the medium, but that includes two trips over the Old Road to Santa Clarita and back. Even if I'm in shape for the miles, there's a good chance I won't be up for the climbing. But I'll be dreaming of the days when I'm back up for some of the long routes again. But there's no reason you should not enjoy today's routes. Both the long and medium head out to Santa Clarita for lunch, but the long gets there by the long climb up and over the two peaks of Little Tujunga (nothing little about it). It's a tough climb but very pretty at times and usually has little traffic (especially since the Wildlife Way Station closed). The medium heads out the Old Road – a somewhat lesser climb, but still a climb. Both return back over the Old Road. Both routes have an optional climb up Kagel Canyon although they do it in opposite directions. There are other options which allow you to customize these routes to your taste. Of course there is always the short route which stays in the San Fernando Valley for a relatively flat ride. I hope to see you there even if I'm only riding the short. So don't let the climbing keep you away since you can always join me on the short. **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.



**Climbing Little Tujunga**

**Thursday, November 30 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE** See November 2nd for details.