



# LOS ANGELES WHEELMEN SCHEDULE



**JANUARY 2024**

**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.**

**Monday, January 1 - 7:00 a.m. (full century) & 8:00 a.m. (metric & half centuries) 2023 KICK OFF CENTURIES** (full century - 101 mi & 3100 ft, metric century - 67 mi & 2300 ft, half century - 52 mi & 2200 ft) This has been a New Year's Day tradition now for 21 years. My original idea was simply that if you can ride a century on the first day of the year, you will have kicked off the new year with a bang. Over the years we have added the metric century option and this year we are bringing back the half-century option which we offered a few years ago but discontinued for reasons I don't remember. But whatever your distance, it feels great to get a good ride in on the first day of the year. It makes you feel like there is nothing you can't do on a bike in the coming year. For one day you will be on pace to ride 36,600 miles for the entire year (or 18,300 miles if you do the half century). Of course that number drops dramatically if you don't ride in the next few days, but it's still a great feeling. For a first ride of the year, we don't make this particularly difficult. All routes are simply a trip from Malibu north up PCH and back. The full century adds a loop around the Ventura/Oxnard area to make up the miles with a lunch stop in Ventura. The metric rides into Camarillo for lunch and then returns back down the coast. The half century simply rides to Point Magu and returns, stopping for lunch at Neptune's Net on the way back. January 1st is a fairly quiet day on PCH - everyone has a hangover or stays home to watch football. Kick the year off with a century and you won't regret it. Be sure to report your century or metric century for the club's Century Challenge in 2024 and get the club kicked off to a good start as well. **NOTE:** We are suggesting a later start time for the metric and half centuries this year because otherwise you may arrive at lunch locations too early and who wants to get up earlier than you have to on New Year's Day anyway. **START: MALIBU CIVIC CENTER.** Take the Santa Monica Frwy west to the end and then PCH north to R on Webb Way and R on Civic Center Way.



**A beautiful New Years Day for a ride on the coast**



**Me, with the Illinois float last year**

**Monday, January 1 - 6:35 a.m. ROSE PARADE RIDE** (14 mi & 400 ft) Last year the Rose Parade was held on January 2nd and we were able to ride both the Kick Off Centuries and this Parade ride. Alas, you have to make a choice this year, but I suspect it's an easy choice for most because the two rides are worlds apart in nature. While the centuries above are meant to be a challenge to kick off a big year of cycling, this ride is the shortest and probably easiest ride we offer all year. While the purpose of the centuries is the riding itself, the purpose of this ride is to see the Rose Parade and the cycling is only incidental. That said, if you want to see the Rose Parade, this is the way to do it. No battling the traffic either before or after the parade and no parking problems. Simply drive to Alhambra and it's just a short easy 7 mile bike ride away. Not only do you get to see the parade, but the route takes you down Orange Grove Avenue where

the floats all line up prior to the parade and you get to preview the floats up close and personal. Take a selfie with any float that strikes your fancy. Even the thousands of other people watching the parade in person along the route can't do that. If you have never seen it

in person, you owe it to yourself to see it at least once. The colors are more vibrant and the sounds are clearer than on TV. And there is a spirit in the air which simply does not come through on TV. So, if you want to see the parade, I don't see how you can pass this up. The ride is incredibly easy. It's a fairly flat 7 miles followed by a rest of a couple of hours as you watch the parade and then an easy 7 miles back. Even if you are suffering from a hangover from last night, how bad can 7 miles be? This ride is being promoted on Meet-Up as it was last year and we are expecting a good crowd, so why not join us. **START: ALHAMBRA PARK.** From San Bernardino Frwy (I-10), off & North on Fremont, R - Alhambra Rd, R - Palm Ave to Park. NOTE: we are starting on the West side of Alhambra Park rather than the East side as we usually do.

**Thursday, January 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, January 7 - 8:30 a.m. AMAZING MAZE**

(Long 66 mi & 3900 ft, Medium 56 mi & 2000 ft, Short 41 mi & 800 ft) We used to ride this one during the holidays and the “maze” section would often pass a lot of nicely decorated houses. Maybe a few will still have their decorations up today, but I think most people take them down the minute New Year's Day is over. There are always a few lazy homeowners however. All routes today ride through the “maze” portion in Villa Park after lunch although it is not as much of a maze as it used to be. The differences in the routes are both before lunch and after the “maze.” The Long gets to lunch by a roundabout way via Santiago Canyon. On the return, the long takes Skyline through the Tustin Hills, which is a very pleasant portion of the route. It's a short climb followed by a long downhill section. The medium makes a loop to the south before getting on the Santa Ana River trail for a long stretch to lunch. After lunch and the “maze,” it takes a less hilly return than the long. The short gets to the Santa Ana River by a more direct route than the medium and then rides with them to lunch. The short makes an abbreviated trip through the “maze” and a slightly shorter route back to the start than the medium. All routes are very pleasant and they all come together for lunch. If you are having a bad day, you can always switch to a shorter route at lunch. **START: PINE TREE PARK in TUSTIN.** From Santa Ana Frwy (I-5) in Tustin, off & east on Redhill, L- Bryan one block to park.



**Plenty of water in the San Gabriel River on the medium route in 2022**

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



**Legg Lake (in summer)**

**Sunday, January 14 – 8:30 a.m. LEGG LAKE** (long 57 mi & 1500 ft, medium 55 mi & 1500 ft, short 41 mi & 1500 ft) You might have thought the holiday season was over, but this is a 3-day weekend with tomorrow being Martin Luther King Day. I don't think we'll be seeing any inflatable MLK-Day decorations however. What would that be anyway? A large blow-up of Martin Luther King or maybe the words “I have a dream” inflated across the lawn. Maybe some day. The inflatable decoration industry needs something to fill the gap between Christmas and Easter. Although I can't think of any connection to MLK, our destination today is Legg Lake in the Whittier Narrows area. Only the medium and short riders go into the park to actually see the lake, but the long riders ride past the entrance. The long and medium head through San Marino and Alhambra to the San Gabriel River which they take to the Whittier Narrows area for lunch. The long continues the river north to the Santa Fe dam for a long loop back. The Medium takes a shorter route back after circling Legg Lake. The short simply takes a more direct route to Whittier Narrows where it joins the Medium for the tour of the lake and the return. The three routes today are close to the same in distance and elevation gain, so it might be hard to make a choice today. Bring all 3 routes sheets to the ride and see how you feel at the start of the ride. And if you want a few more miles, you can always do a few laps around the Rose Bowl at the end of the ride. **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, January 18 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE** See January 4th for details.

**Sunday, January 21 - 8:30 a.m. BRONSON CAVES** (Long 40 mi & 3200 ft, Medium 26 mi & 1600 ft, Short 19 mi & 900 ft) We haven't ridden this ride since 2021. I think I was reluctant to schedule it because you can no longer walk through the cave and what's the point of going there if you can't go into the cave? But that's the wrong attitude because the cave is still a unique and interesting sight (or site), even if you can't go in. Not only that, but these routes pack a lot of other iconic Los Angeles locations into relatively short rides. On the long route, before the cave, you ride Mulholland Drive, circle the Hollywood reservoir and take in a popular view of the Hollywood sign. After the cave you visit Griffith Park and the Observatory. All that in a 40 mile ride. The medium cuts off the ride along Mulholland and the trip to the Observatory while the short cuts off just about everything except the trip to the cave. The cave is the highlight of the day, even if you can't walk through it. Many people are unaware that such a cave exists in the heart of Los Angeles. However, even if you have never been there – I just about guarantee you have seen the cave. It is a very popular film location and has appeared in many TV shows and commercials. It was the entrance to the Bat Cave on the old TV version of Batman. A couple of caveats: The long and the medium include a couple of short but very steep hills. They are short enough that if you had to, you could easily walk the last portion of them. Also, the route is somewhat convoluted. If there was ever a route which would be helped by downloading the route into a Garmin or similar device, this is it. With those caveats aside, this is a most enjoyable ride. You really should make an effort to join us on this one. **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.



**Alas, the cave is closed**

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

**Saturday, January 27 - 7:30 a.m. JANUS SEQUENTIAL CENTURIES - DAY ONE** (Full Century 101 mi & 5100 ft, Metric Century 64 mi & 2300 ft) We have been riding this event for over 20 years. I almost skipped it this year because ridership has fallen off to just a handful of riders, but decided to keep it in the schedule one more time. The original challenge was to ride back-to-back centuries on two consecutive days and to make it interesting, the second day would be the same route as the first day but in the opposite direction. Originally a lot of riders did just that. Then it got to where hardly anyone rode both days but still many did one century. A few years ago we added the metric versions of the centuries to attract a few more riders, but I'm not sure it did. Maybe next year I will simply offer both centuries on Sunday and riders can pick their poison. Actually, you could do that now. There is really no rule that says you have to ride the Saturday centuries on Saturday or the Sunday routes on Sunday. In any case, we are offering the original plan at least one more year. As mentioned, the two centuries are really the same century, but ridden in opposite directions on each day. The route consists of a large loop around Ventura County, but the Saturday route does the loop in a counterclockwise direction and on Sunday we ride clockwise. The course is essentially the classic Grand Tour Highland loop without Casitas Pass. On Saturday we start from Thousand Oaks with the trip over Erbes to Moorpark, then over Grimes Cyn to Santa Paula and then over Dennison Grade to Ojai. Then it's down to Ventura for a swing through Oxnard and on to the final climb of the day – Potrero. The metric century stays with the full metric for the first 7 miles over the initial hill but then cuts west to rejoin the full century near Port Hueneme and the final steep climb up Potrero and to the finish. Although this is subject to debate, I have always considered today's route to be the more difficult one because you climb Potrero (a very steep hill) near the end of the ride. However,



**The twisty road of Grimes Canyon on the century**

this year I plan to add an option to the route sheet which will skip this climb in favor of an easier climb. See below for the reverse ride. The Janus Centuries are a challenge, but really – come with the right attitude and you can do it. **NOTE:** It is usually very cold at the start, so come prepared. **START: EL PARQUE DE LA PAZ (CROWLEY HOUSE) in THOUSAND OAKS.** From Ventura Frwy (101), off & north on Hampshire Rd, L - Thousand Oaks Blvd (at T) for ½ mile, L - Oakview and L - Pleasant Way to Park. Check Parking signs.

**Sunday, January 28 - 7:30 a.m. JANUS SEQUENTIAL CENTURIES - DAY TWO** (Full Century 101 mi & 5100 ft, Metric Century 65 mi & 2600 ft) See above for background on these centuries. Today is the clockwise route. It's the reverse of yesterday so it starts with the downhill on Potrero. Then it's on to Ventura and up to Ojai, over Dennison Grade to Santa Paula and over Grimes Canyon to Moorpark and back. Although more of the climbing is in the 2nd half of the ride today, it tends to be less steep than day one and I feel it is a little easier. The metric route stays with the full century for the first 32 miles and cuts straight over to the Moorpark area to rejoin the full century on the final few miles of the return. This metric century cuts out much of the climbing of the full century. **START:** The start location today is the same as day one – see January 27 description.