



# LOS ANGELES WHEELMEN SCHEDULE



**FEBRUARY 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.**

**Thursday, February 1 – 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, February 4 - 8:30 a.m. FLINTRIDGE EXPRESS** (Long 56 mi & 4000 ft, Medium 38 mi & 2100 ft, Short 30 mi & 900 ft) Actually, only the long route makes it to Flintridge today, but here are a few interesting facts about Flintridge. First, I had always thought the name came from the fact that some flint was found in the rocks of the area, but no, it was named for developer Frank P. Flint. Second, there really is no Flintridge any longer. In 1976 the unincorporated area known as Flintridge joined with the unincorporated area known as La Canada to form the city of La Canada Flintridge. No hyphen – apparently a state official inadvertently put a hyphen between the names on some official forms and it caused an uproar. La Canada was really behind the merger. They had tried two times to incorporate and failed. Including Flintridge increased their chances of success on the third try. They had to convince Flintridge to join them, but Flintridge came around when it was pointed out that they would probably be gobbled up by Pasadena otherwise. End of history lesson. Today's routes offer a wide range of options like our long, medium and short program should. None of the routes is excessively long, but they vary quite a bit in difficulty. The long route includes some difficult climbing with 4000 feet of gain in only 56 miles. Much of this climbing is in relatively short but very steep climbs. We start off with some hills in Monterey Park. I don't normally think of Monterey Park as a hilly place, but you will be surprised. Then we head over to La Canada Flintridge and ride up Crown and Starlight Crest. This is very steep, but take it slow and bring low gears and you can do it. The heavy climbing is over after Flintridge, but there is another good climb in Pasadena and a final hill back in Monterey Park. The medium is somewhat easier. The medium skips the hills in Monterey Park and takes a less hilly route over to the Pasadena area, but it doesn't miss all the fun. Once in Pasadena, the medium riders go down Chevy Chase to Eagle Rock before returning to the start. Then there is always the short route. It hardly does any hills at all. It spends a relatively flat day in Alhambra, South Pasadena, San Marino, Arcadia and Pasadena. Sounds like we have something for everyone. So why not join us – what have you got to lose? **START: BARNES PARK in MONTEREY PARK.** From San Bernardino Frwy (I-10), off & south on Garfield, R - Newmark, L - McPherrin to the Park. Park where you can - we'll meet at corner of McPherrin & Park Ave.



**Unusual sight on this ride a few years ago Will we see it this year?**

**Thursday, February 8 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE** See February 1st for details.

**Sunday, February 11 - 8:30 a.m. EXPLORING THE ENVIRONS** (Long 57 mi. & 3700 ft; Medium 51 mi. & 2800 ft; Short 24 mi. & 1300 ft) Today is Super Bowl Sunday (I checked and it is "Super Bowl" and not "Superbowl"). However, neither of LA's teams is in the running, which means most of you should be free to ride today. Today's routes don't go anywhere most of us haven't been many times before, so it's hard to call it "exploring." But sometimes I pretend I'm seeing the area's I ride through for the first time.

For instance, I remember how awed I was the first time I rode through Topanga Canyon. It helps appreciate the ride. Today's routes are a good chance to try this trick. We take in a wide variety of places today, which if you were seeing them for the first time, might be interesting. On the long and medium routes, in a relatively short ride we get to see West Los Angeles, the Santa Monica Mountains, the San Fernando Valley, Topanga Canyon and the beach. That's a wide variety to terrain for just 50 odd miles. You just have to pretend you have never seen these places before. Both the long and medium make a loop hitting the locations mentioned above, but by different routes. The long goes over Beverly Glen, while the medium uses Sepulveda. The long goes west through the Valley via a somewhat hilly route while the medium uses a flatter route. The long goes to the coast via Old Topanga, the medium uses "New" Topanga. Meanwhile, the short never goes to the valley at all. It goes up Franklin Cyn to the nature center (exploring the environs in another sense). Take your time and enjoy the changing vistas. Even if these routes are old hat for you, you might see things you never saw before if you pretend it is all new. And if you really want to see the Super Bowl, these routes are short enough they should get you back in time for the game. **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.



**Upper Franklin Canyon Reservoir on today's short route**

**Thursday, February 15 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE** See February 1st for details.

**Thursday, February 15 – 7:00 p.m. MONTHLY MEMBERS MEETING.** Tonight is our bi-monthly meeting, but unfortunately, once again, as of this writing, we do not have a confirmed host. Negotiations with prospective hosts have broken down but we think both sides will submit to binding arbitration. If that doesn't work we may have to call in the local national guard to act as a substitute host. In any case we expect to have a host before the meeting date and the club will be able to go forward. Members will be notified later by separate e-mail as to the place for this meeting. This will be the last meeting presided over by the old officers, but since the new officers at the next meeting will be the same as the old, I don't expect surprise moves such as presidential pardons etc. Even without knowing who the host will be, I'm relatively confident in saying there will be refreshments. Heck, if the host refuses to provide refreshments, I'll bring them. So why not show up tonight and take part in running your club. **PLACE: TBD**

**Sunday, February 18 - 7:30 a.m. OAK RIDGE RIDES** (full century 102 mi & 4200 ft, metric century 67 mi & 3200 ft, half century 49 mi & 2600 ft, quarter century 26 mi & 1500 ft) Back when I first started cycling, the AYH (American Youth Hostels) would from time to time sponsor a series of rides starting with a quarter century, then a half century, then a 75 mile ride and finally a full century. You earned a little patch for each one and the goal was to complete the set. It was sort of an early version of what Randonneuring Brevets do today, but much shorter. I am reminded of this because today's ride more or less provides the same range of routes. We have a quarter, half and full century and instead of the 75 mile ride, we have a metric century. Ideally, if you were a new rider, you would do each of the 4 routes over 4 months as you build from a quarter century to a full century. However, today we offer all 4 routes at once, so you will just have to pick the level you think you are ready for. All routes head west from the West Valley and return. It's just a question of how far west you go before turning around. The quarter century turns back in Simi Valley. The half century makes it to Moorpark before turning back and the metric makes it to Camarillo. The full century goes all the way to Oxnard. All routes do Santa Susana pass in both directions, which might be more climbing than usual for the short route, but it's short enough that you can take your time. Besides Santa Susana, the long adds some climbing riding along the Oak Ridge west of Moorpark, but none of this is very difficult. The century and metric century are our centuries of the month for February, but we do have the other routes for those not into centuries. We moved the start location of these routes to the Winnetka Recreation Center a few years ago and that has worked



**Look for the alpacas on today's long route**

out well. **NOTE:** I have moved the start time to 7:30 because it is February and the days are still short, and I want the century riders to have plenty of daylight. **START: WINNETKA RECREATION CENTER (on Winnetka Ave just north of Roscoe).** From Ventura Frwy (101), off and north on Winnetka Ave 3.5 miles to park on left.

**Thursday, February 22 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE** See February 1st for details.

**Sunday, February 25, 8:30 a.m. STRAIGHT COW MOUNTAIN** (Long 56 mi & 2300 ft, Medium 47mi & 1900 ft, Short 32mi & 600 ft) It's been a few years since I explained the origin of this ride's name, so for our newer members, here goes: It was once suggested that the club could double its ride library by simply running all of its rides in reverse. This ride was the only product of that idea. The club had a ride called "Turnbull Canyon" (which ironically we no longer ride) and when they reversed it, today's ride resulted. Since it was the reverse of Turn – Bull – Canyon, they felt the name should be Straight – Cow – Mountain. Anyway, the highlight of today's ride is a trip over Turnbull Canyon. We will be riding it from east to west which is indeed the reverse of the usual direction. Actually only the long and medium routes go over Turnbull. Today's long does some extra miles and a little extra climbing (Grand Ave) before Turnbull, while it's the only major hill for the medium. Both have lunch in Whittier after going over Turnbull. As mentioned, the short doesn't do Turnbull at all but rides to Whittier Narrows and cruises the Rio Hondo before returning to the start. BTW, the club currently has a ride named "Turnbull Revisited" which does Turnbull in the opposite direction from today's ride, but it is not the original Turnbull ride which was used to create today's routes. **START: ALHAMBRA PARK in ALHAMBRA.** From the San Bernardino Frwy (I-10), off & north on Fremont 2 miles, R- Alhambra Rd to 4 blocks to Park. Park on Raymond on East side of the park.



**Lunch during the pandemic was usually outdoors**

**Thursday, February 29 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE** See February 1st for details.