



LOS ANGELES WHEELMEN SCHEDULE



MARCH 2024

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, March 3 - 8:30 a.m. AMAZING MAZE (Long 66 mi & 3900 ft, Medium 56 mi & 2000 ft, Short 41 mi & 800 ft) If this ride seems familiar, it's because these routes were scheduled only two months ago. But it rained that day and no one rode, so we are going to give it another shot today. No guarantee it won't be raining in March either, but there is a better chance of good weather. Here's a little behind the scenes insight into my route scheduling thinking. We have enough routes in our ride library that, in addition to certain routes which for various reasons we ride every year, we can go about 18 months without repeating a ride. I wish we had enough routes that we would only need to repeat a ride once every two years. That way we wouldn't get as tired of the same routes and summer routes would only come up in the summer and winter routes only in the winter. So, when I get a chance to re-schedule a route a second time due to rain, I do it because it makes our route library last longer and gets us closer to running rides only once every two years. That said, here's the same basic description of today's route I used in January: 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.



Starting Group for Amazing Maze in 2022

Thursday, March 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 for details.

Sunday, March 10 - 8:30 a.m. RESEDA PARK - PHASE II (Long 61 mi & 2600 ft; Medium 51 mi & 2200 ft; Short 32 mi & 800 ft) These routes start in the Valley and head west out through Simi Valley and then return. We did something very similar about a month ago, but the long and medium on those routes were a century and metric century. Only two riders rode those routes. Perhaps those routes were a bit too much for most of us. I myself did not feel up to the trip over Santa Susana Pass at the time. Today's routes are shorter and should be available to many more of us. Today, all routes start in Reseda and basically head west. The longer the route – the further west it goes. The short simply goes as far as the west valley for lunch and returns with no major climbing. Both the long

and medium routes go further west through Santa Susana pass to Simi Valley. The medium has lunch in Simi and then returns back over the pass. The long also goes to Simi but continues west all the way to Moorpark for lunch before returning. The long also adds a trip through Box Canyon on the way to Simi which is interesting, but includes a very steep climb. The trips over and back through Santa Susana Pass are the only major climbs on the long and medium routes. You can avoid the Box Canyon climb (by adding a few miles) but it is an interesting area up there. It's unlikely I will feel ready for Box Canyon myself, but I have high hopes I will be up for going over Santa Susana and back. So why not join us. We rarely get out to Simi Valley and it's worth seeing once in a while. And if you are up for the challenge, the trip through Box Canyon is really worth it. But, no kidding – it's steep. **NOTE:** Daylight Saving starts today, so re-set your clocks or you may be late to the ride. **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.

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

Saturday, March 16 – 8:00 a.m. BIENNIAL ROSE BOWL CENTURY (100 mi & 3400 ft) We only hold this novelty ride every two years. It is not the century of the month for March – we will be holding another century later in the month. Today is meant to offer an unusual challenge. The idea is simple enough – ride 100 miles entirely on the circle road that runs around the Rose Bowl. It takes about 33 laps to make an entire 100 miles. I don't consider this to be a test of physical endurance so much as a test of mental toughness and determination. The mental aspect of the ride is really the challenge. Riding the same 3 miles over and over takes mental strength. Of course there is the boredom of seeing the same scenery all day long, but worse than that is what is known in the legal biz as "moral hazard." That's just a fancy term for temptation to do something wrong. Every lap you will be passing your car and you will be tempted to call it a day and quit. On some rides you may be tempted to cut a route short, but on no other ride will you be tempted every 3 miles. That's the challenge. Can you steel your mind and defeat temptation? Probably a strong Catholic background would help. In truth, it is not that bad. As for the boredom, the scenery *does* change with every lap because you will be passing an ever changing parade of joggers and other cyclists all day long. With very few cars and nothing but right turns all day, it's a fairly safe course for carrying on conversations with your fellow riders and that can turn a boring ride into a pleasant one. Riding with others can help keep your resolve up and prevent you from giving into temptation. To help you along, there is a toilet and water stop opportunity every 3 miles. And if a full century is not your thing, simply set your mileage goal and come out and ride laps for that goal. Come and join us for as many laps as you feel comfortable doing. Just show up and wait – riders will be coming around every 10 to 15 minutes and you can join in. A group makes it more fun, so consider joining us. Some ride from home and only ride enough laps to get in a century combined with their miles to and from home. That's fine, but I'm not sure you will have proved yourself against that demon temptation. As for the physical aspect of the ride: it's a relatively easy century. There is about 100 feet of elevation gain on each lap, which adds up to about 3300 for the entire century but the climbing is spread out over the entire ride and you do get the matching downhill on each lap as well. **NOTE:** there is a snack bar at the golf course with a limited selection of items for lunch. It closes early in the afternoon and is not available for a later snack stop. In the past some riders have brought their own lunch from home and eaten it picnic-style. You don't have to carry it all day since you will be passing your car every lap. This would be convenient for a snack stop as well. **START: ROSE BOWL PARKING LOT - just south of the Rose Bowl.** From Ventura Frwy (134) or Pasadena Frwy (110), off & north on Orange Grove, L - Rosemont, L - Seco. Park near intersection of Seco and Arroyo



Interesting sight in Box Canyon on Reseda Park - Phase II



Starting another lap at the Rose Bowl

Sunday, March 17 - 8:30 a.m. AMAZING MAZE (Long 66 mi & 3900 ft, Medium 56 mi & 2000 ft, Short 41 mi & 800 ft)
NOTE: THIS IS A CHANGE FROM THE ROUTE ORIGINALLY LISTED FOR THIS DATE IN THE SCHEDULE PREVIOUSLY SENT TO CLUB MEMBERS AND POSTED ON THE CLUB WEB SITE. It turns out the routes previously scheduled for today would have interfered with the Los Angeles Marathon route. It would have been bad enough if our routes had simply crossed the marathon route – we might have been able to deal with that – but our routes are actually contiguous with the marathon for a short distance. That was too much to deal with. But what ride should we run in its place? Ah ha – just two weeks ago we attempted to run “Amazing Maze” for the second time this year but it was rained out again. So, why not try it again. The third time will be the charm. So here is the description from two weeks ago: All routes 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.

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

Sunday, March 24 – 8:00 a.m. LOOKING FOR LEONA CENTURIES

(century 101 mi & 6800 ft, metric century 65 mi & 5400 ft, half century 54 mi & 4600 ft) This is our monthly century and metric century for March, but this year we have added a shorter half century route. These are more difficult than recent centuries, but we are in daylight saving time now and by my calculations, starting at 8 a.m. you should have a little over eleven hours of daylight to complete this one. Plenty of time. All three routes go up San Francisquito Canyon and ride down Bouquet Canyon. I believe we have only one other ride which does that. The full century starts at nearby Reseda Park in the Valley, but takes us all the way out to Leona Valley and back. Along the way we ride two picturesque canyons – San Francisquito Canyon and Bouquet Canyon mentioned above. Leona Valley itself is a tiny town consisting of not much more than a gas station and café.



The big pipe on Looking For Leona. I used to think this was the top of San Francisquito but I know better now

We start by riding over to Santa Clarita via the Old Road. Then the route will take us up San Francisquito Canyon all the way to Lake Elizabeth Road. After a stop in Leona Valley, we will ride Bouquet Canyon back down. The long climb up San Francisquito is the big climb of the day, but there are plenty of lesser climbs too. The long downhill on Bouquet Canyon is fun, but there are a couple more short hills near the end including going back over the Newhall Pass to the Valley. The metric century and half century start at a different location. This is to allow riders to ride the best portion of the full century route. We will be starting the metric century from Santa Clarita and riding the century route up San Francisquito. The metric century follows the full century to Leona Valley before going down Bouquet. The half century stops for a break in Green Valley and then takes Spunky Canyon over to Bouquet Canyon to rejoin the metric route on its return. While the metric and half century still includes plenty of climbing, they eliminate the trip over the Old Road at the start and the trip back at the end. **FULL CENTURY 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. **METRIC & HALF CENTURY 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.

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

Sunday, March 31 – 8:30 a.m. -- FUNNY BUNNY EASTER RIDE.

(Long 44 mi & 1900 ft; Medium 34 mi & 1300 ft; Short 25 mi & 500 ft)

This is our traditional Easter ride which falls in March this year. I thought this was fairly rare, and did some research. The earliest Easter can occur is March 22nd, but don't hold your breath – the last time that happened was in 1818 and it won't happen again until 2285. But Easter on other dates in March is not so rare. In fact there is about a one in four chance that Easter will fall in March. So, today is the 31st and I guess that's not such a rare date for Easter. It doesn't really matter because there is nothing religious about today's ride. If you hear someone say "He has risen," it just means someone has just climbed a hill. If you hear someone call out "Hallelujah" it also probably means they have just finished climbing a hill. Speaking of hills, there are a few small ones today, but nothing major. All routes are short. They all head down to the Marina for brunch where we can dine al fresco and soak in the rays. The long and medium do those few small hills in Beverly Hills first (nothing real bad) before heading south to the Marina. The short skips the hills. The long takes an extra loop on the return for a couple of more hills and some extra miles. These extra miles take you past some very nice homes in the Holmby Hills area (including the former Playboy mansion), although many of them are behind walls. So come out and enjoy Easter in March. Next year it's back to April and stays there until 2027, just 3 years away. **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



A funny bunny on the Funny Bunny Ride in 2023