



LOS ANGELES WHEELMEN SCHEDULE



AUGUST 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.**

Thursday, August 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 for details.

Sunday, August 4 – 8:30 a.m. SOUTH BAY RAMBLE

(Long 55 mi & 2800 ft, Medium 44 mi & 2000 ft, Short 36 mi & 1800 ft) First, a little history about this ride: It used to be sub-titled "the ice cream ride" because at the end of the ride, we would gather for ice cream. Originally, a member would host the ice cream party. For many years it was hosted by **Nancy Domjanovich** and then by **Gary Murphy**, both of whom lived close to the start/finish of the ride in Westchester. But when they declined to continue hosting we decided to move the ice cream social to a local ice cream parlor near the ride start. At first we tried a frozen yogurt place in Westchester, but a member's bike was stolen right in front of our eyes while we were enjoying our yogurt, so we weren't too thrilled with the idea of going back there. Then two years ago we moved the ice cream social to Playa Provisions in Playa del Rey. That worked out, but it wasn't very close to the start/finish at Westchester Park. However, Westchester Park had become a large homeless encampment and it was thought better to move the start/finish anyway, so we moved it to the Del Rey Lagoon in Playa Del Rey, only a couple of blocks away from Playa Provisions. This worked out really well, because then riders who drove to the ride could pack up their bike in their car at the end of the ride and then easily come over to Play Provisions for ice cream. For those who rode to the start, there was plenty of bike parking in the patio area at Play Provisions where we could keep an eye on the bikes. So, there you have it – the evolution of this ride. However, through all that, the routes remain pretty much the same. These are coastal rides and should be good for August. All routes head south to Palos Verdes. The long circles the peninsula in a clockwise manner. The medium only goes as far as the whale watch before returning. The short only tours the Malaga Cove area before returning by a shorter route than the medium and long. All routes are relatively easy although the long does some climbing. **NOTE:** Because Palos Verdes Drive remains closed in the Portuguese Bend area, a slightly shorter detour route is provided for the long. Again, each route will swing by Playa Provisions only about a quarter mile from the end. It is my hope that riders will stay together on the ride and thus show up for ice cream at about the same time for a little afternoon ice cream social of our own. Wouldn't that be nice? **START: DEL REY LAGOON** in Playa del Rey. From San Diego Frwy off and west on Culver Blvd (or off and west on Jefferson, which runs into Culver) (approx 4 mi). R – Esplanade St. to park. Meet on the east (inland) side of the lagoon near the bathrooms.



Post-ride Ice Cream at Playa Provisions Last Year

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

Sunday, August 11 - 8:30 a.m.

ORANGE COAST TOUR. (Long 63 mi & 1200 ft, Medium 44 mi & 800 ft, Short 32 mi & 800 ft) This is one of our traditional summer rides which takes a ride on the Balboa Ferry. This time last year there was talk that the ferry would have to shut down because it was being required to convert to electric power and this was turning out to be either too expensive or impractical. However, a while back I saw an article that some money was forthcoming which would probably allow the ferry to be saved. We'll see, but for now it will be there for us to ride today. It would certainly be a shame to revise all the routes we have using the ferry. It wouldn't be too hard to do, but I would really miss the boat ride.



View from the Balboa Ferry on today's ride. Bon Voyage!

It seems to me that more and more I am forced to revise routes for road closures or other problems. We have more or less lost much of Palos Verdes for who knows how long. We haven't been up to Chantry Flats in years, although I read they may re-open that this fall. Mulholland Drive was closed for quite a while. What is it? Is that the infrastructure is getting too old and we can no longer keep up with repairs? Or is the increase in storms etc. causing more landslides and closures? I don't know, but I'm really getting tired of losing perfectly great riding routes. OK, rant over. As I said, these routes are still good. They make for excellent summer riding since they mostly stay at the coast. Not only do you stay near the water, but when you cross on the Balboa ferry, you will actually be on the water. The long route does do a loop inland to Old Town Irvine for lunch and this can be somewhat warm, but long riders are usually up for a little hardship. Plus, as you return to the coast you should be riding into a cooling headwind. The routes are fairly flat so no long climbing in the heat. The routes (long and medium) start off with a sort of crazy trip through an exclusive neighborhood on the backside of Sunset Beach. Then we head on down to Newport and our ride on the Ferry. The long then heads over to Old Town Irvine for lunch before a return across Irvine to the start. The medium tours the Back Bay and then heads back more directly to the start. The short also makes a trip to Balboa, but in the opposite direction from the long and medium. It's possible you will pass them going the opposite direction as you ride the ferry. These are really pleasant rides, and should be good in the heat of summer, so I hope to see a lot of you out. **START: LAKE PARK in Huntington Beach.** From the San Diego Frwy (405), off and south on Beach Blvd. R on Main (Ellis is on left), L on 12th Street to Park.

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

Thursday, August 15 – 7:00 p.m. MONTHLY MEMBERS MEETING This is our bi-monthly members meeting. Funny thing – “bi-monthly” can mean either twice a month or once every two months. Just to be clear – we now hold meetings once every two months. It's hard enough to find a host every other month – I can't imagine trying to do it twice a month. Speaking of which, we have a new host this month: **Andy Pollack**. Let's all give him a nice welcome to hosting duties so that he will do it again someday. This will be our first meeting since the Grand Tour, so we should be able to get a report on how that went. No doubt there will be a few other items to be discussed. I can think of two or three right now, but I won't reveal them here so that you can be intrigued. And of course there will be plenty of good gossip and refreshments – really the only reason I go. So I hope to see many of you there. **PLACE: ANDY POLLACK'S HOME**, 7540 Ogelsby Ave., Westchester. From San Diego Frwy (405), off and west on Howard Hughes Parkway, L – Sepulveda (At T), R – 77th Street, R – Kentwood 1 block to R – Ogelsby. Andy's house is on the right immediately after turning onto Ogelsby.

Sunday, August 18 --8:00 a.m & 9:00 a.m. WHALE OF A CENTURY (full century - 104 mi & 2400 ft; metric century – 63 mi. & 2000 ft). I remember when **Dennis Miller** first put together this route, he told me it was the flattest century he knew of. At only 2400 feet for a century, it is very flat, but I checked our route library, and it actually isn't the flattest. The Paul Neuerburg Century, the Coastal Cruise Century and the Laguna Canyon Century all have less elevation gain and there are a couple more that are close to the same amount of climbing or have just a little more. We just rode the Laguna Century in June, the Coastal Cruise Century has a problem with getting through Palos Verdes and Paul Neuerburg isn't really a summer century. So that leaves us with this one as the flattest option for August. Unlike all those other centuries, which basically head south into Orange County, this one heads north – all the way to Santa Barbara in fact. This should be a nice change of pace. There should be plenty of cool ocean breezes since much of the route is within sight of the ocean. There are long stretches with no stop signs, so it should be a fairly fast and easy day. The full century route runs from Camarillo up to Santa Barbara and back. It gets its name because it makes a loop to view the huge whale skeleton on display at the Santa Barbara Museum of Natural History. The long stretches along the coast account for it being relatively flat. The profile shows 5 distinct hills, but none of them are very long or very high. The metric century rides the center portion of the full century. This gives you the best portion of the full century and with the later start time, a chance to still ride with the full century riders. Starting in Ventura, it joins the full century route up to Santa Barbara and back to Ventura It still does the bulk of the climbing of the full century. There is a treat for Habit fans. Although we have shifted the lunch location on many of our routes to the Habit,

today you get to visit the original Habit location. See where it all started. **NOTE** there are two separate start locations and start times. **START (Full Century – 8:00 a.m.): VALLE LINDO PARK IN CAMARILLO.** Take the 101 Frwy North to Camarillo and exit north on Carmen Dr. Left on Ponderosa Dr & Right on Valle Lindo Dr to park. Park where Valle Lindo Dr curves left. **START (Metric Century – 9:00 a.m.) PARKING LOT NEAR MISSION PARK IN VENTURA** Take 101 Frwy to Ventura and exit at California St. Go 1 block north to a left on Santa Clara St. Go 4 blocks west to parking lot on the right opposite Junipero St.

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

Sunday, August 25 -- LONG BEACH BIKE PATH (Long 53 mi & 800 ft, Medium 39 mi & 500 ft, Short 29 mi & 400 ft) Today we start from El Dorado Park in Long Beach where we start a lot of our summer rides, so I thought a little history might be appropriate. The park consists of about 640 acres of land sold to Long Beach by the Bixby family (a name that is all over Long Beach history). The first portion of the park was opened in 1964 and the last section was opened in 1974. A contest to name the park was held among school children and was won by both a 5th and 6th grader at two different schools who each came up with the same name: “El Dorado.” Some of the contours within the park were created with dirt removed during the construction of the San Gabriel Freeway. The library near where we usually park was opened in 1970. Today all routes ride the Long Beach Bike Path which came much later than El Dorado Park. Although the path was proposed in the early 1970s, opposition from local residents resulted in it not being completed until 1988. It’s a very nice path however. Running along the beach from Shoreline Village to the edge of Seal Beach, it is very wide and for most of the distance there is a separate parallel path for joggers and skaters. Even though some skaters seem to ignore this, it is still a much safer bike path than the path in the northern beach cities. There is usually much less bike traffic too. Today all 3 routes get to ride this bike path although the long rides it from north to south and the medium and short ride it from south to north. The long route makes a big loop almost entirely on bike trails by heading north on the San Gabriel River to Whittier Narrows, then south on the Rio Hondo/LA River trail, along the beach on the Long Beach trail and then back up the San Gabriel. Since it’s almost entirely on bike trails, you climb less than 1000 feet in the entire ride. The short and the medium both head to Seal Beach and then take the Long Beach bike path to the LA River and head up river before cutting across on streets back to the start. The only difference between the two is that the medium takes a more roundabout way to Seal Beach. Riding bike trails can be pleasant for club rides. The Long Beach path offers some interesting scenery too. There is the Queen Mary across the bay and the kite surfing area. So why not plan to ride these routes this week. **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



A different view of the whale on the “Whale of a Century” Ride



View from the Long Beach Bike Path on today’s ride

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