



LOS ANGELES WHEELMEN SCHEDULE



MAY 2025

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.

Thursday, May 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 **Lewis Singer** lewissinger@gmail.com for details.

Sunday, May 4 – 8:30 a.m. DAVID DOES DESCANSO

(long 37 mi. & 3100 ft, medium 31 mi. & 2300 ft, short 26 mi. & 1500 ft) Today all routes eventually get to Descanso Dr – home of Descanso Gardens. In 1937 the property was purchased by E. Manchester Boddy, then the owner of the Los Angeles Illustrated Daily News. He operated it as a working ranch which he called Rancho del Descanso. (in Spanish "Descanso" means "rest") He built a 22 room mansion on the property which apparently is still within the Gardens property. In 1953 he sold the property to Los Angeles County which now manages the property in conjunction with the Descanso Gardens Guild, Inc., a non-profit corporation formed to operate the Gardens. The Gardens consist of 150 acres containing a wide variety of fruit trees and flowers. We pass the Gardens on a number of rides, but in all the years we have been riding past them, I've never know anyone to actually stop and go in. There is a fee, so that might explain it but mostly I think we are just more interested in completing our ride for the day. As I said, all routes go up to Descanso and then on to Montrose for lunch. After lunch all routes return to the start together. It is the ride before reaching Descanso where the 3 routes vary. The long does 3 distinct climbs of increasing difficulty. First up is a relatively easy climb through Elysian Park. Then it is on to a slightly more difficult climb over Mount Washington. Finally it rides the much more difficult climb over Camino San Rafael between Verdugo and Chevy Chase. Then it's a short trip over to Descanso (which is a short climb itself). The medium skips the initial climb in Elysian Park and first does the Mount Washington climb. Then, instead of the difficult climb over Camino San Rafael, it takes Chevy Chase all the way from the bottom to the top where it joins the long on Descanso. The short skips both the Elysian Park and Mount Washington climbs and instead of the Camino San Rafael climb, it simply takes Chevy Chase up to Descanso. No avoiding some climbing no matter which route you choose, but at least the short offers the easiest way to go. Since all routes have lunch together, if you wait for the longer riders to show up, everyone can have lunch together than then ride back together. The return is almost all downhill, so it shouldn't be hard to stay together. **START: Los Angeles Zoo parking lot at the NORTH end.** From Ventura (134) Frwy or Golden State Frwy (5), exit near Griffith Park at any exit marked by signs to the Zoo or to the Autry Museum. Follow signs into the park and to the Zoo lot. We generally park near the "Camel" sign



Dodger Stadium as seen from today's route -- The Dodgers are out of town today, so no traffic problems in Elysian Park

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

Sunday, May 11 – 8:30 a.m. CAPISTRANO CAPER (Long 67 mi & 3100 ft (2500 without hill), Medium 47 mi & 2400 ft (1800 without hill), Short 31 mi & 1300 ft) Today we start from Capistrano and head south. I know Capistrano is a long drive, but you get to see things on these routes you never get to see on any of our other rides. We only run this one every couple of years so why not check it out. As I said we head south. All routes make it to San Clemente, former home of President Nixon. I suppose we could rename this ride the Nixon Memorial ride. We don't actually get to ride past his former home, but we do ride along Avenida del Presidente which I'm guessing was named in honor of Nixon. Riding to San Clemente and back is pretty much all the short route does. However it continues south past San Clemente just enough to pass the famous trestles surfing location and on to see the San Onofre Nuclear Power Plant before turning back. The power plant is moth balled now but I believe there is still a lot of spent fuel on the premises they

don't know what to do with, so bring your Geiger counters if you are worried. The medium and the long ride to San Clemente, but they take an optional very steep climb before getting there. You can skip the worst of this climb if you wish. The medium continues south past the power plant and goes all the way to the edge of Camp Pendleton. This takes you through the San Onofre Bluff campground and along the old highway which is now closed to traffic. The long follows the medium down to Pendleton, but then continues south to Oceanside for lunch. In the past we have ridden through Camp Pendleton which was a nice traffic free route. However, in past years the Marines have made it more and more difficult to do this, so we have been riding the shoulder of the I-5 freeway down and back. This is a wide shoulder and in the past I have found it fairly clean of debris. You still get to see some of the sights in Pendleton from the freeway. I think it is such a hassle to get the permit to ride through Pendleton, I'm taking that option off the route sheets this year. However, if you really want to do it, see the information about riding through Pendleton below. So to sum up – today you get to see San Clemente, Trestles Beach, the San Onofre Power Plant, the San Onofre Campground, Camp Pendleton and Oceanside and when you get back to Capistrano – who knows – maybe you can spot some of the famous swallows. Not a bad day or riding and definitely worth the drive. **START: SAN JUAN CAPISTRANO CITY PARK.** From San Diego Fry (I-5), off and R on Junipero Serra Rd, L - El Camino Capistrano .7 mi. to park. Park on street near restrooms.



San Onofre Power Plant (taken with radiation sensitive film)

RIDING THROUGH CAMP PENDLETON: YOU MUST OBTAIN A PERMIT IN ADVANCE AND YOU CAN ONLY DO SO IN PERSON AT THE BASE. To get the permit you will need to present a Real ID or a birth certificate. For information go to:

<https://www.pendleton.marines.mil/Main-Menu/Base-Access/Recreational-Bicycling/#BATAB/recreational-bicycling>

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

Sunday, May 18 - HOLLYWOOD SIGN RIDE (Long 44 - 2500 feet, Medium 20 - 1500 feet) Today we ride to the Hollywood sign, so here are a few important dates about the sign. It was first erected in 1923 (102 years ago) as the "HOLLYWOODLAND" sign. The "LAND" was taken off in 1949. In 1978 the sign was completely replaced with the current metal sign. 2023 was the last time we rode up to the sign. We actually ride to a point immediately above the sign where we are looking down on the sign (see photo). As you look up at the sign from Hollywood you can see an antenna array above the sign. That's where we are headed. You also get a view down on the Hollywood Reservoir from up there and you can look down on both the Valley and downtown from the same location. It's quite a view. But, admittedly, it's not so easy to get there. The climb includes a couple of very steep stretches. The steepest is only a few tenths of a mile long and the last 1.3 miles to the top are on a closed road so the only competition are the many hikers on their way to the top too. We only have two routes today and both start by going up to the sign. Due to the difficulty of the climb, the routes are short. The medium simply goes up to the sign and then turns around and comes back to the start. It is 10 miles up and ten miles back. The long route goes up to the sign with the medium but after coming back down makes a loop taking you out to the Valley and back. This long route was originally put together by **Steve Bowen** and was intended to take in 3 Los Angeles lakes. After coming down from the sign, it first makes a loop around Silver Lake. Then it heads out to the Valley via Griffith Park and passes near Toluca Lake (although you can't see it). Finally, on the return the route takes you up along Mulholland where you descend to the start by going past Franklin Canyon Reservoir – the third lake. While in the Valley, there is a point where you can look up and see the antennas where you were not so long ago. So, yes, the climb is difficult, but the view is worth it and you can brag to your friends that you were up there. The really steep parts probably total less than 3 miles and you can always stop to rest as often as you wish. So why not give it a go. **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.



Top of Hollywood sign with Hollywood Reservoir in the distance as seen from today's route

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

Thursday, May 22 – 7:00 p.m. MONTHLY MEMBERS MEETING. Normally we meet on the third Thursday of the month, but May has 5 Thursdays and we gave our host, **Gary Murphy**, the choice of the 3rd or 4th Thursday and he chose the 4th. It may seem like it's been a long time since we have had a meeting, but we are counting the holiday party in January and the Awards Lunch in March as meetings, so this is actually the third meeting of the year. But it's been a while since we have had a meeting at which we actually conducted business, so there will probably be plenty to discuss tonight. The Grand Tour is coming up in a month, so that will probably be one topic. Of course there will be refreshments. Worth the price of admission right there. So why not show up tonight and take part in running your club. **PLACE:** 6364 West 85th Place, Westchester. From the San Diego Frwy, off and West on Howard Hughes Pkwy., L on Sepulveda to a R on Manchester, R on Kentwood Ave (1st R) and immediate R on 85th Place to 6364. Meeting night directions: **(310) 641-7719.**

Sunday, May 25, 8:00 a.m. EAST ROAD, WEST ROAD, ALL AROUND DOWNTOWN (Century 96 mi & 2500 ft, Metric Century 63 mi & 1600 ft, Half Century 56 mi & 1400 ft) **(NOTE EARLIER START TIME)**

There is an old song named "Sidewalks of New York" which was written in 1894, but which has continued to be used through the years as a campaign song and for other purposes. As recently as 2011 a version with different lyrics was created to mark the 10 year anniversary of 9/11 terrorist attack. One of the best known lyrics of this song is "East side, west side, all around the town." I have always assumed that when **Gary Murphy** created these routes and named them, he was thinking of this song. Starting in Culver City, the routes travel east to El Monte (half century) or points further east (metric and full century) so you definitely could say these routes travel the west side and the east side of Los Angeles like the song. But that's not what the title of this ride really refers to. It refers to the full century riding East Road and West Road in La Habra Heights. But we do ride around Downtown on all the routes – more precisely – through Downtown. So this ride still fits the old song lyric. This is the official century, metric century and half century for the month for May. These are distinctly urban routes, but I have always found them fairly pleasant. Despite staying close to the city, they find a lot of open areas to ride. Even riding through downtown in the early hours of the day is nice. All routes start in Culver City and first head downtown to ride through the heart of the city in the early morning hours. You ride along Broadway and can see all the old theaters that line that street. Some of them are still being used as theaters of one kind or another. Then it's on to Alhambra and West Covina where the routes begin to diverge. The long continues east as far as Walnut. It then climbs Brea Canyon Cut-Off and a bit later Fullerton Road to the top of East Road. East Road and West Road are always fun. After lunch in Whittier, the return is fairly flat as it heads west through Lakewood and then north to complete the loop. The metric and half centuries are somewhat similar except that the metric century heads a little further east before turning back. They join up again for lunch and then make a direct return taking them back through downtown. The metric and half centuries miss the Brea Canyon Cut-Off, Fullerton Road and East Road/West Road hills done by the full century so they have somewhat less total elevation gain. You might want to dig up a copy of the old song so you can hum it to yourself as you ride along. **START: CARLSON PARK in Culver City.** From San Diego Frwy, off and east on either Culver or Washington (careful--neither exit actually put you directly on those streets). Right on Overland and Left on Braddock a few blocks to park. We will meet near the restrooms. **(Check parking signs around park – if you drive, you may need to park a block away.)**



Graffitied and abandoned building downtown on today's route

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