



# LOS ANGELES WHEELMEN SCHEDULE



**JULY 2025**

**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.

**Thursday, July 3 – 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](mailto:lewissinger@gmail.com) for details.

**Friday, July 4th, 8:30 a.m. FIRECRACKER SPECIAL.** (Long 41 mi & 800 ft, Medium 37 mi & 400 ft, Short 25 mi & 300 ft). It's the 4<sup>th</sup> of July and we are now one year from the 250<sup>th</sup> birthday of the country. My understanding is that this will be called the "semiquincentennial" which means half of 500. I would rather think of it as making it a quarter of the way to a millennium. Either way it's a major birthday. Not as great as the bi-centennial maybe, but still significant. I'm a little surprised there hasn't been more said about it. The lead-up to the bicentennial started a couple of years before the actual event. Well, I'm sure that as we approach next year's 4<sup>th</sup> of July at least some companies will run semiquincentennial sales. This year the 4<sup>th</sup> falls on a Friday which means everyone will be enjoying a 3-day weekend. Our rides today are a good way to kick it off. Like most of our holiday rides, these

are relatively short and easy. I suppose that is to give you time to get home and celebrate the holiday in other ways. The rides are so short, you really need to slow down or you will arrive at lunch before the restaurants open. The long and the medium are the same as they wander around the Long Beach area until they eventually stop in Long Beach or Belmont Shores for lunch. Our usual stop at Five Guys has closed, so the route has been shifted a little to get us to a Shake Shack. The long makes a run up to Signal Hill (for a nice view from the park up there) before returning to the start while the medium heads more directly back. The short is pretty much a shorter version of the long and medium, riding in the same area. The long has only about 800 feet of climbing and that includes Signal Hill, so you can imagine how flat the medium and short are. They are all short enough that you should get home in time to watch some fireworks. You will also get home in time to calm your pets for a night-long barrage of illegal fireworks that usually doesn't stop until about 3 a.m. We generally stay together on this one and the trip up to Signal Hill for a group photo is always fun. We also often see a few members out on this one that we don't see on other rides. **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.



**Usual gathering on top of Signal Hill at last year's 4<sup>th</sup> of July ride**

**Sunday, July 6 – 8:30 a.m. JOHN'S RIVER RIDE** (Long 61 mi & 1800 ft, Medium 53 mi & 1100 ft, Short 36 mi & 500 ft) Today is the last day of the 3-day 4<sup>th</sup> of July weekend so if you didn't get to celebrate with a ride earlier, here is your last chance. And if you did get out on our usual 4<sup>th</sup> of July ride and you get out for this one too – well good for you. As the name implies, we spend a lot of time on a river today. The river in question is the Santa Ana. Today the short route goes down the river almost to the coast, has lunch and then returns up the river. Both the long and medium take the river all the way to the coast and then head over to Balboa Island followed by the Back Bay and a portion of the San Diego Creek trail. The long makes a few extra loops for added mileage and adds a climb through the Tustin Hills, but both work their way back toward the start, eventually hitting the river once again for the final portion of the return. So you get the river at the start and at the end. Only the long does any significant climbing and even that is not so bad. This time of year I like to schedule coastal routes and these routes do go to the coast. However, they start and return inland so the return could be hot. If the heat is too much, I would suggest switching from the long to the medium which cuts the return short and

avoids some significant climbing. **START: BOYSEN PARK** in Anaheim. From Artesia/Riverside Frwy (91), off & south on State College Blvd, R - Vermont to Park

**Thursday, July 10 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE** -- See July 3rd for details.

**Sunday, July 13 – 8:30 a.m. OFF TO THE RACES** (Long 63 mi & 2600 ft, Medium 57 mi & 1800 ft, Short 35 mi & 800 ft) We are not a racing club. In times gone by some of our members may have done some amateur racing and maybe even had a USAC license, but racing has never been the focus of our club. That doesn't mean we can't enjoy watching races however. I never miss watching the Tour de France on TV (which is happening this month). Watching racing in person can be more exciting. Most of us can't get to France, and even if we did, the best we could do would be to see the riders whiz by one time. It might be exciting if we got a spot at the top of a big climb or at the finish, but even then the excitement would last only a few seconds. What we are offering today is a chance to see some racing in person and because it is circuit racing, you get to see the riders fly by more than once. Plus, there is more than one race today because there are races for a range of categories, ages and sexes. We have held a ride from the "Corner" down to view the Manhattan Beach Grand Prix for many years now. The short route simply rides down to Manhattan Beach for the races and then returns. The long and medium routes are for those who want to get in a few more miles before stopping at the races. They each continue on to Palos Verdes first and then return to Manhattan. The medium simply travels to Golden Cove on the west side of the peninsula for lunch and then returns. The long, which was changed last year due to the landslide area in Palos Verdes, adds a little climbing as well as miles. It travels up Hawthorne and then down Crenshaw into Torrance for lunch before returning to Manhattan Beach and the races. After watching the races all three routes have the same direct return to the start. Racing takes place all day, so no matter when you arrive you should be able to see some. Then you can go home and catch a replay of today's stage of the Tour de France which is racing of an entirely different sort. **START: THE "CORNER"**, Olympic Blvd, 1 block west of La Cienega in Beverly Hills. From the Santa Monica Frwy (10), off & north La Cienega 12 miles, L - Olympic 1 block to R- Le Doux.

**Thursday, July 17 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE** -- See July 3rd for details.

**Thursday, July 17 – 7:00 p.m. MONTHLY MEMBERS MEETING** Tonight's host is **Nancy Domjanovich** and according to my records, the last time she hosted was the first in-person meeting we held after the pandemic. We all survived that, so I think we can trust her again now. Remember how awful those zoom meetings were: a short time limit and it was sometimes hard to know who was talking and NO Refreshments!! So nice to have a leisurely meeting and engage in club gossip. Items on the agenda this month will no doubt include a discussion of the Grand Tour just held last month. Always fun to hear a few stories from that event. So, why not join us for an evening of lively discussion and REFRESHMENTS! **PLACE: NANCY DOMJANOVICH'S HOME**, 7221 Ogelsby Ave., Westchester. From San Diego Frwy (405), off and west on Howard Hughes Parkway, L – Sepulveda (At T), R – 77<sup>th</sup> Street, R – Kentwood 1 block to R – Ogelsby. Nancy's house is on the left near the bottom of the hill. For meeting night directions, call **(310) 641-5038**.



Alas, this cycling mural seen on the Santa Ana River Trail on John's River Ride has been partially erased.



See races for all ages at today's "Off To The Races"

**Sunday, July 20 --8:00 a.m & 9:00 a.m. WHALE OF A CENTURY** (full century - 104 mi & 2400 ft; metric century - 63 mi. & 2000 ft; half century 55 mi & 1600 ft).

When we first began running this ride back in 2015, for some reason we always rode it in the spring. Perhaps we thought that since it was a fairly easy century we should run it while the days were still short. But then a couple of years ago I realized it was the perfect summer century since it spends most of the day on the coast. Since we hardly have enough coastal rides to get us through the summer, it has now become one of our annual summer rides. It's a great ride taking you up to Santa Barbara where I don't think any of our other regular rides go. Reason enough to ride with us today. There is very little climbing and there are long stretches without a single stop sign. All that makes for a pleasant and easy ride. The ride gets its name from the large whale skeleton on view at the Santa Barbara Museum of Natural History. Both the full and metric century take you to view this. You also get to see the Santa Barbara Mission.

The full century route runs from Camarillo up to Santa Barbara and back so yes there are a few non-coastal miles at the start and at the end. The metric and half centuries start in Ventura and ride 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, they join the full century route up to Santa Barbara and back to Ventura. The only difference between the two is the half century skips the trip up to the whale in Santa Barbara (sorry - no whale for you). 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 one of the earliest Habit locations. The Habit got its start in Santa Barbara although I think our lunch location today is not the original Habit. **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 and Half Centuries - 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.



**Group shot up at the whale skeleton last year**

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**Thursday, July 24 - 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE -- See July 3rd for details.**

**Sunday, July 27- 8:30 a.m. LONG BEACH RIDES** (Long 64 mi & 1200 ft, Medium 45 mi. & 500 feet, Short 31 mi. & 500 ft) With a name like "Long Beach Rides" you would expect this to be a coastal ride but today you will spend relatively little time actually at the coast. However, you do spend much of the day riding in and around Long Beach, so you never really get too far from the coast and there are no major hills in Long Beach to prevent the cooling ocean breezes from reaching most of the city. Each route does start with a short run inland with the long actually going as far in as La Mirada. But these little forays away from the coast come early in the ride and even if you ride the long route, you should be returning back towards Long Beach by about 10 a.m. before the day has had a chance to really warm up. Once we get back to the Seal Beach and Long Beach area all routes seemingly wander aimlessly around the area finally stopping for lunch. Long Beach is a notoriously bike-friendly city. You will see numbered bike route signs all over which, frankly, I have never been able to make sense of. Nonetheless, it makes for pleasant riding. These are among the flattest routes we have in the club library with only the long doing any significant climbing and even it never gets much over 200 feet above sea level. Although the routes don't spend much time with each other, they do come together for lunch, if the riders can manage to get there at the same time. Well, that's not very likely, but it would be nice if it happened. Flat and close to the coast - these should be the perfect routes for July. **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.



**One of the more interesting sights to be seen in Long Beach on today's ride**

**Thursday, July 31 - 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE -- See July 3rd for details.**