



LOS ANGELES WHEELMEN SCHEDULE



AUGUST 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.

Sunday, August 3 - 8:30 a.m. MALIBU VISTAS (Long 63 mi & 7600 ft, Medium 51 mi & 5300 ft, Short 39 mi & 2200 ft.)

[For the fourteenth year, here is another episode of the long running soap opera "Malibu Vistas."] Inspired by the downsizing of the national government, the president of the LA Wheelmen has decided the operation of the club could be streamlined as well. He proposes to do this by using AI to take care of a few normal club functions. First, he uses ChatGPT to write the club schedule for August. This seems to come out fine, so then he decides the route sheets can be written by ChatGPT as well. The vice president, although happy to have his work load reduced, is not so sure these are good moves. The first ride of August comes up and it is the annual ride called "Malibu Vistas" which starts at the Malibu Civic Center. First, several riders arrived late for the ride and missed the normal start. This is because the speed limit through Malibu has been reduced to 25 mph. Three riders were stopped for speeding and given tickets and several others, obeyed the new limit, but this made them late to the start. The vice president had intended to include a warning about this in his ride description, but AI left it out. Those arriving late decided to simply ride the short route since they would be far behind the long and medium riders. The short simply rides north along the coast to Neptune's Net for lunch and then returns. It stays off PCH as much as possible, but this means going up and down a few more hills than simply riding PCH. Those who did arrive on time realized the long and medium routes were the same to lunch so they all started off together. This meant they first rode up Latigo Canyon with its twin peaks. At Mulholland Hwy they turned left to head toward the coast but first the route took them on a loop on Encinal Canyon before returning to Mulholland. At Mulholland they encountered a sign saying Mulholland was closed. The AI version of the route sheet hadn't mentioned this. This stretch has been closed for years, but bikes can go through. The vice president's version of the route sheets had mentioned this giving riders the option of continuing down Mulholland to the coast or going up and over on Yerba Buena. Without knowing what to do, some of the riders continued on down Mulholland and others searched their phones for an alternative and eventually took Yerba Buena. They all came back together at Neptune's Net for lunch. The long return required going up Yerba Buena before coming back down to the coast on Encinal. Those who had just ridden Yerba Buena didn't want to ride it again, so they chose the medium route which returns to the start using the same route along the coast ridden by the short riders. Only a couple miles from the end, all routes were directed to make a right on Malibu Road, but there was a sign saying "No Right Turn." Again, AI had not mentioned this and riders were unsure what to do. Of course, the vice president's version of the route sheets had mentioned this. So, some riders did a last unnecessary hill after a long day of climbing because they weren't sure they could make a right on Malibu Road. At the next meeting of the club, it was decided to abandon AI although the meeting was sparsely attended because the Chat GPT version of the schedule had gotten the directions to the meeting wrong. **START: MALIBU CIVIC CENTER.** North on PCH to Malibu (just before hill up to Pepperdine) and Right on Webb Way one block and Right on Civic Center way to Civic Center on Left. Park on the street due to farmer's market in the parking lot. **Note that the speed limit out to Malibu has been reduced and is being enforced.**



Our lunch destination today. Lots of other cyclists there – maybe not our kind of cyclists

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

Sunday, August 10 - 8:30 a.m. HUNTINGTON BEACH GO-ROUND (Long 70 mi & 1100 feet, Medium 57 mi & 700 ft, Short 38mi & 500 ft) As the name implies, today's routes do in fact essentially go around Huntington Beach. So I thought I would give a little history of that town here. It was once known as Shell Beach, then the town of Smeltzer and then Gospel Swamp, followed by Fairview and then Pacific City. Finally in 1903 it was changed to Huntington Beach, named for railroad magnate Henry E. Huntington (as are most things with the name Huntington in California). At one time an encyclopedia company gave away free parcels in Huntington Beach with the purchase of a complete set of the encyclopedias. This turned out to be a surprisingly good deal for some when oil was later discovered on the land. Although originally agriculture was the primary business of the area, oil took over when it was discovered. A major sugar processing plant was converted to an oil refinery. Oil has declined in the area but some wells are still in use. The high school teams are known as the Oilers in honor of this history. Today it is largely known as a beach community and tourism has become a major economic factor. All of today's routes start in Long Beach and head down to Huntington. The long and medium loop around a little in the Long Beach and Seal Beach area before heading to Huntington while the short heads there more directly. The long and the medium go past downtown Huntington and circle back through the town. The long goes all the way down to Newport Beach for a lap around the Back Bay before heading back to Huntington while the medium doesn't go quite so far. All routes go down to Huntington by an inland route and return back along PCH. This should make for a nice cool return in the heat of the afternoon. These are some of the flattest routes we have with the long of 70 miles climbing only about 1000 feet. How can you pass this up? **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.



On the road to Huntington Beach today

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

Sunday, August 17 – 8:30 a.m. SOUTH BAY RAMBLE (Long 55 mi & 2800 ft, Medium 44 mi & 2000 ft, Short 36 mi & 1800 ft) Wikipedia defines an "Ice Cream Social" as "an informal social event at which the main focus is the serving and eating of ice cream. Ice cream socials typically include multiple ice cream flavors and a variety of toppings." By that definition, today's ride certainly includes an ice cream social at the end. We are definitely an informal group and Playa Provisions, where we end our ride today, offers a variety of ice cream flavors as well as toppings. Their covered patio is the perfect place to relax at the end of the ride and enjoy some ice cream with friends. Plenty of bike parking where you can keep an eye on your bike and it's only a couple of blocks away from where we started the ride, so you don't have far to go after the ice cream to get back to your car. All of today's routes start in Playa del Rey and head south to Palos Verdes and back. The long formerly made a complete loop of the peninsula, but with the landslide closure it now makes a shorter loop around and up and over the peninsula. This makes the route shorter but adds in a major climb. The medium simply heads to Golden Cove for lunch where they are joined by the long riders after they come over the top of the peninsula. Both routes then head back to Playa del Rey together. The short goes as far as Malaga Cove and stops for lunch in Torrance on the way back. Once back in Playa del Rey, it's time for our ice cream social.



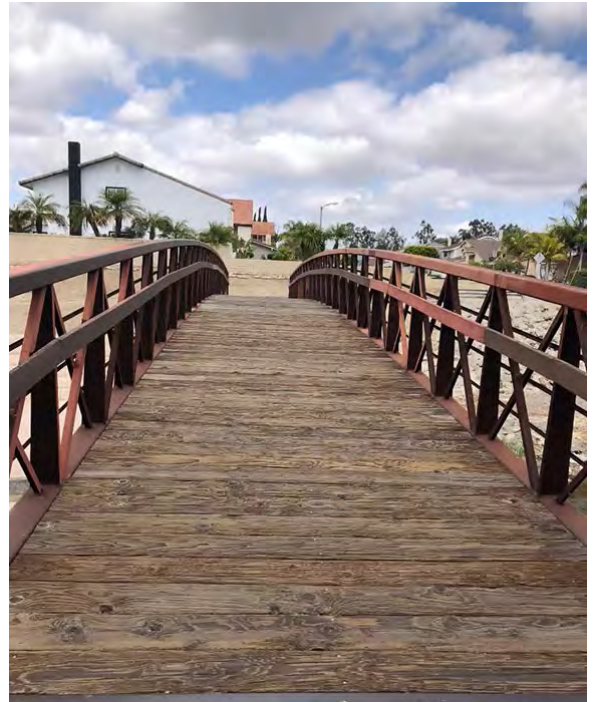
Ice cream social at end of the ride last year

What a nice way to end a August Sunday ride. **Bonus:** If you really aren't up for the ride down to Palos Verdes today, there is a CicLAvia event today running between Culver City and Venice. Venice is only a short hop from Playa del Rey, so why not do a leisurely ride with the CicLAvia riders and then come on over to join us at the ice cream social. The rest of us should be there some time in the mid-afternoon. **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.

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

Sunday, August 24 – 8:00 a.m. - BIKEWAYS OF ORANGE COUNTY

(Full Century – 95 mi & 2500 ft, Metric Century – 64 mi & 800 ft, Half Century – 52 miles & 700 ft) If you are getting a feeling of déjà vu about this ride, you are not wrong. We rode this one only last April. I'm sorry about that. I hate to repeat a ride in the same year much less only 4 months later. I had originally planned a different century of the month for April, but couldn't use that one because of the fires, so I substituted this one because we hadn't ridden it in a while. Unfortunately, I failed to realize this was one of the few summer (coastal) centuries in our library which was still available to us after the fires and the Palos Verdes landslide. I simply didn't have enough of those centuries to fill out the summer months and was forced to run this one again. It looks like we only had 7 riders last April and I was one of them. I don't mind riding this one again and hope the others don't mind either. I also hope some of you who didn't ride in April will come out for these routes this month. As usual with our monthly centuries, these routes now include a full century, a metric century and a half century. While we often ride the Santa Ana River trail or the San Diego Creek trail in Orange County, these routes were designed by **Gary Murphy** to use some of the lesser known bike trails in the county. The principal trail (only on the full century) is the Aliso Creek trail. This is an interesting trail which follows Aliso Creek from near Cook's Corner down close to the ocean. It winds and twists a lot sometimes going through parks and other times running right down in the channel with the creek. Another oddity is that there is a break in the middle where you would need to get off the path for a short distance and then pick it up again. Today the full century rides most of that trail but in two pieces. After riding the first portion of the Aliso Creek trail from the north down to where there is the break in the trail, we leave Aliso Creek to go do a good climb or two thrown in for variety. Then we get back on the Aliso Creek trail near the southern end and ride up to a point near where we had to get off earlier. The metric version stays with the full century through some of the early bike trails and then cuts off to later meet up with the full century as it makes a 14 mile run back up the coast to the start. The metric century cuts off most of the climbing of the full century. The half century route starts and ends with the other two routes, but cuts out the middle which means it misses most of the bike trails. It does hit a little bit of bike trail riding however. Besides Aliso Creek, the routes hit several other trails you may not have seen before. With much of the ride on bike trails, the course is relatively flat. The really good news is that you don't have to drive down to Orange County to do these rides. We start from El Dorado Park in Long Beach – about a half hour drive from West LA. **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 Street.



One of the many bridges on the Aliso Creek Trail on today's ride

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

Sunday, August 31 - 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 and another opportunity to ride the Balboa Ferry this year (our last chance comes next month). I always enjoy a ride on the ferry. It's probably less than a quarter mile ride, but it's a nice chance to cool off after the ride down to Balboa and before you begin the rest of the ride. The fare is now \$1.25 for bikes, but the way things are going, it might be more by the time this ride rolls around. Starting in Huntington Beach, all routes head down to Balboa and back. The short takes a fairly direct and slightly inland route down and then a more coastal return. The medium and the long stay together on the trip down to Balboa. They start by looping around a little first in the Huntington Beach area before heading south to the ferry. After the ferry the two routes split. The medium heads back by a fairly direct route. The long adds a loop over to Old Town Irvine for lunch. Now most of our summer routes don't get too far from the coast, but this extra loop gets pretty far inland. I've ridden it several times in the summer heat and as you trek across Irvine, it can feel a little like you are crossing the Sahara. Then in the distance – is it a mirage? – No it's an oasis known as Knowlwood which claims to have the “world's best hamburger.” World's best may be an exaggeration, but after slogging across the wastelands of Irvine, who is going to argue. OK, the ride to lunch probably isn't that bad, and it's only on the long route. Long riders should expect a little hardship on their ride. Toughens them up. You do have to re-cross



Yo ho ho – Riding the ferry on today's ride

Irvine back to the start, but at least on the way back you are often riding into a slight headwind. It may make the riding a little harder, but it cools you off as you ride. So there you have it – a nice choice of routes today. Everyone gets to ride the ferry and, if you want to test your fortitude, a ride to reputedly the “World’s Best Hamburger.” **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.