



LOS ANGELES WHEELMEN SCHEDULE



MARCH 2026

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, March 1, 8:30 a.m. STRAIGHT COW MOUNTAIN

(Long 56 mi & 2300 ft, Medium 47mi & 1900 ft, Short 32mi & 600 ft) For years we have had fun reversing "Turnbull Canyon" into "Straight Cow Mountain" but I've never really stopped to wonder where Turnbull Canyon got its name. Turns out it's no big mystery – it was named for Robert Turnbull who was a Scottish immigrant who purchased some land in the area in the 1870s and who planned to raise sheep. For unknown reasons 10 years later he sold the land back. He then became locally well know as a drunkard (maybe that had something to do with his selling the land back) and was later murdered. Although he wasn't a prominent local citizen or leader, it was decided to name the canyon after him. So now today we will be riding his canyon. Only the long and medium routes go over Turnbull. Today's long does some extra miles and a little extra climbing (Grand Ave) before Turnbull, while it's the only major hill for the medium. Both have lunch in Whittier after going over Turnbull. The short doesn't do Turnbull at all but rides to Whittier Narrows and cruises the Rio Hondo before returning to the start. There is a problem with the lunch on the long and medium. In the past we have stopped at a Jersey Mikes at the corner of Beverly & Norwalk in Whittier, but that has closed. There are a few other eateries at the same intersection including a Subway (not so different from Jersey Mikes), a Starbucks, a Wingstop, a Wienerschnitzel, and a few others such as a Thai place that might be interesting. I'm sure we will find one of them acceptable. **START: ALHAMBRA PARK in ALHAMBRA.** From the San Bernardino Frwy (I-10), off & north on Fremont 2 miles, R- Alhambra Rd to 4 blocks to Park. Park on Raymond on East side of the park.

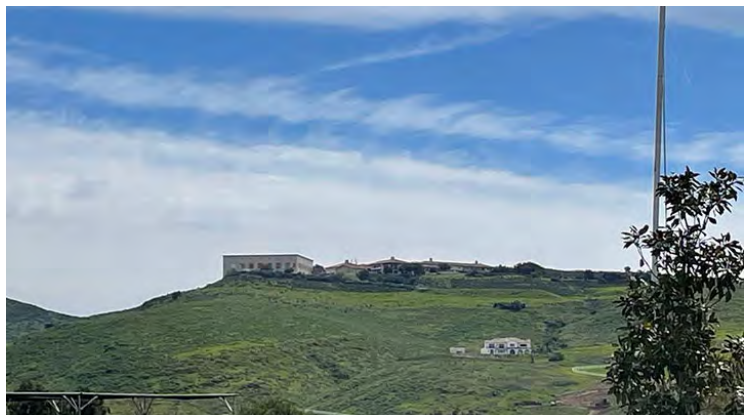


View of Mt. Baldy on this ride 2 years ago. With luck the view will be similar today

Thursday, March 5 – 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, March 8 - 8:30 a.m. RESEDA PARK - PHASE II

(Long 61 mi & 2600 ft; Medium 51 mi & 2200 ft; Short 32 mi & 800 ft) Today's long route goes through Box Canyon at the west end of the Valley. The first time I ever went through the canyon I thought it was so neat. It was like travelling through the land that time forgot. Houses tucked into the rocks with chickens running around. Ancient farming equipment rusting away even though there doesn't seem to be any place to use it. It's a place you should really see at least once. Unfortunately, to get there you have to do an extremely steep climb. I'm not kidding – you think you have done the worst of it and you go around a bend and it just gets worse. I really wish I was in the kind of shape where I could do it again, but not now – maybe not ever. But if you are up for a challenge and have some low gears, you really should come out and try it. But even if you are not up for that, today's routes offer much easier alternatives, so



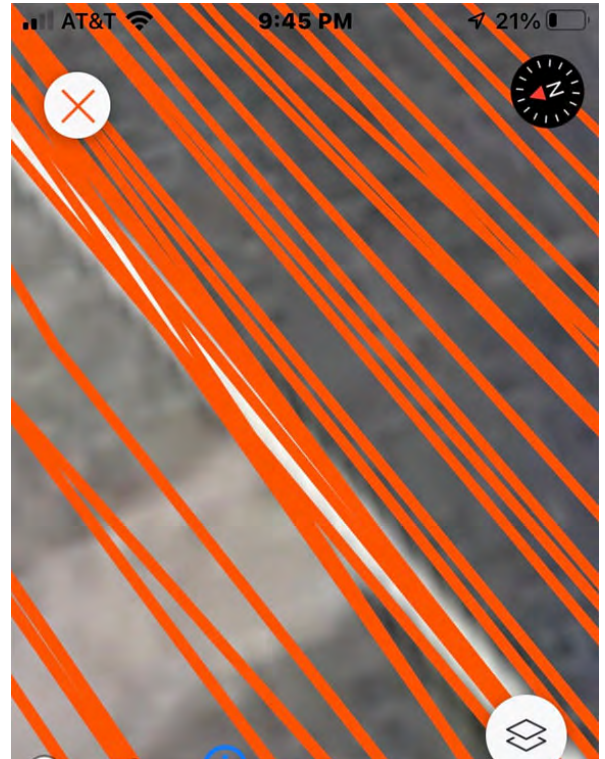
View of Reagan Library on today's long route. You can't see it but Air Force One is inside that building

don't let the tough climb scare you away. Today, all routes start in Reseda and basically head west. The longer the route – the further west it goes. The short simply loops around and 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 trips over and back through Santa Susana Pass are the only major climbs on the medium route. The long also goes to Simi but continues west all the way to Moorpark for lunch before returning and adds the trip through Box Canyon on the way to Simi. You can avoid the Box Canyon climb on the long route (by adding a few miles) if you desire. 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. **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 12 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE -- See March 5th for details.

Sunday, March 15 – 8:00 a.m. BIENNIAL ROSE BOWL CENTURY

(100 mi & 3400 ft. or anything less) We have held this ride every two years now for quite a few years. In the past it has been held on Saturday and was not the official ride of the week and not the century of the month. But I've had a hard time coming up with a century each month since we lost a few of our regular centuries due to the closure of Palos Verdes Drive. So, I decided to move this to Sunday and make it the century of the month for March. Normally we offer a full century, a metric century and a half century and you could say we are doing that today, but actually, you can set your own distance today with as little as 3 miles and up to 100. Today is a novelty ride which provides an unusual challenge. The idea is simple enough – ride up to 100 miles entirely on the circle road that runs around the Rose Bowl. One lap is a tad over 3 miles so It takes about 33 laps to make an entire 100 miles. But you can ride as many or as few laps as you wish. I don't consider this to be a test of physical endurance so much as a test of mental toughness and determination. 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 the temptation to quit. 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? But 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. As for the physical aspect of the ride: it's a



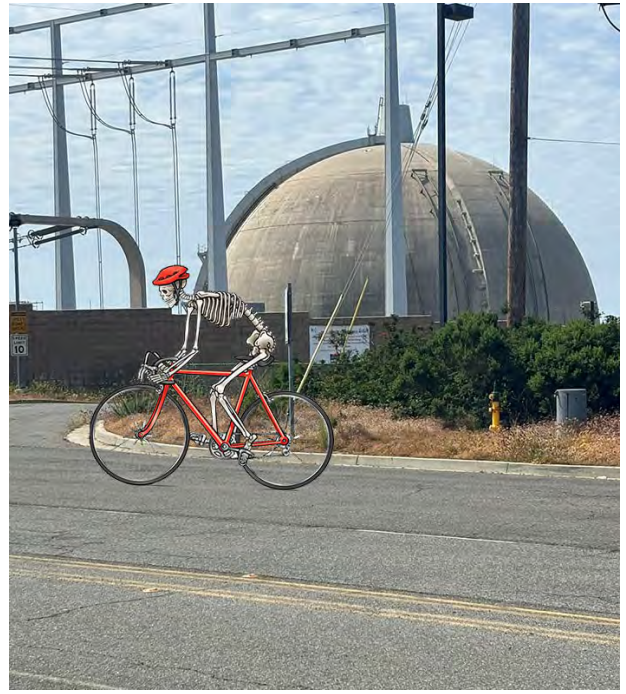
Close up of a Strava track when you do 33 laps past the same point

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. To help you along, there is a toilet and water stop opportunity every 3 miles. There are limited opportunities for food. There is a snack bar on the golf course, but it closes in the early afternoon. However, since you pass your car on every lap, in the past I have brought my own cooler with some soft drinks and the makings for lunch and that way I can stop for a break any time I feel like it. Having your car available every lap also allows you to drop clothing during the day as it warms up without carrying it on the bike the rest of the day. So come and join us for as many laps as you feel comfortable doing. You don't even have to show up at the designated start time. 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. **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

Thursday, March 19 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE -- See March 5th for details.

Sunday, March 22 – 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) We are riding today's routes at the request of **Mario Solano** who thought it might be interesting to go to Capistrano at the time when the swallows make their annual return and maybe we could spot some of them. The official return of the swallows is St. Joseph's Day which is March 19th (3 days ago), but it's my understanding that the swallows no longer return en mass on a single day but sort of trickle in at this time of year. Traditionally they nested in the old Mission, but they don't all nest there any longer. However, Capistrano has taken measures to entice them back to the Mission and there should be some there today. All routes pass the Mission at the end of the ride, so we would simply have to stop and go into the Mission grounds to see them. No guarantee we will see them, but I think we have a good shot. As for the routes themselves, all 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. All routes make it to San Clemente, former home of President Nixon. We don't actually get to ride past his 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 (which is permitted). 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've taken that option off the route sheets. 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 of 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.



Cyclist passing San Onofre nuclear plant taken with X-Ray 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/Staff/Principal-Staff/Security-and-Emergency-Services/Base-Access/#recreational-cycling>

Thursday, March 26 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE -- See March 5th for details.

Sunday, March, 29 – 8:30 a.m. AWARDS LUNCH PRE-RIDE. (31 mi & 1200 ft)

Today is our annual Awards Lunch (formerly our Installation Lunch, but since the officers haven't changed, we will dispense with their installation and just focus on awards). As usual, we will have a short ride prior to the lunch. The awards lunch will be held at the same location as last year, and this is the same route we rode as our pre-ride for last year's Awards Lunch. There are several highlights on the route. It gives you the option of climbing to the Baldwin Hills Overlook for the view. It rides through the USC campus and downtown past the Crypto.com Arena, Grand Park and the Disney Concert Hall. You also get a close-up look at those half-completed skyscrapers covered in graffiti. The route starts and ends at our lunch location and is a relatively simple loop taking us downtown and back. We start by riding down to Ballona Creek and take that east a few miles. We get off to do the climb up to the Baldwin Hills Overlook. This is the only significant climb of the day and it's optional (the 1200 feet of elevation gain for this route includes this climb). We then continue east to the USC campus and on to the downtown area. Sunday is the best time to ride downtown since traffic is minimal. After a brief tour of downtown, we head back west mostly on Beverly Blvd, 4th St. and Venice Blvd. A short jog over to Washington Blvd and we are back at the park and ready for lunch. Even if you do not ride, we hope you will come to the lunch. It will start at noon with awards being given out after lunch but before we cut the cake. **RIDE START & LUNCH LOCATION: CULVER WEST ALEXANDER PARK in Culver City** (4162 Wade Ave., Culver City, 90066). The park is at the end of Wade Ave. which is a dead end street which can only be accessed from Washington Blvd. Take Washington Blvd west from the 405 to a few blocks past Centinela Ave. Turn left on Wade Ave to end. **NOTE:** there is very limited parking at the park and on Wade Ave. You can also park on Moore St on the west side of the park or on McConnell Blvd on the east side of the park (and access the park through a walkway. **We recommend parking on Moore St.**



Tom White receiving the Jack Flynn Award last year