



# LOS ANGELES WHEELMEN SCHEDULE



MAY 2026

**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.

**Sunday, May 3 - 8:30 a.m. IVAN'S RIDE** (Long 38 mi & 2500 ft, Medium 35 mi & 1900 ft, Short 34 mi & 1500 ft) I had originally planned to run the "Canyon Lakes" ride today--a club favorite from back in the days when we used it as a Gand Tour training ride. But, when I checked to make sure the roads were open, it turned out Hughes Road is currently closed. It's been closed since last June and is actually due to be opened the first of this month, but I don't trust their re-opening dates. Maybe we can try it in June. So this is my replacement ride which is nothing like "Canyon Lakes" but at least I'm relatively sure all the roads will be open. Here's a little history of the ride: It was originally run in 1980 as a memorial ride for club member **Ivan Gadik** who had died a year earlier in a bike crash. Ivan was a noted climber so the original ride took everyone up Sepulveda to Mountaingate Drive and climbed that very steep street. It wasn't ridden again until 1985 and the route was substantially changed. It still went up Sepulveda but the climb up Mountaingate was eliminated and loops through the Valley were added. In addition, all routes rode past the "Great Wall of Los Angeles" mural depicting the history of Los Angeles (see photo). These are essentially the routes we still ride today. As mentioned, all routes still head to the Valley by going up Sepulveda although the long adds a little extra climbing at the top by heading west on Mulholland for the death-defying plunge down Encino Hills Dr. After a few more hills, the long rejoins the medium and short routes which simply took Sepulveda down into the Valley. All routes come together to view the Great Wall mural and proceed to lunch. After lunch, the short makes a relatively easy return over Cahuenga while the long and medium return up and along Mulholland to descend down Deep Canyon and Benedict Canyon back to the start. I know most of you have probably seen the history mural before, but I always notice something new each time I ride past it, so let's take another look today. **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.



Portion of history mural – "We can't live on \$5 per week" How long ago must that have been?

**Thursday, May 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](mailto:lewissinger@gmail.com) for details.

**Sunday, May 10 - 8:30 a.m. CIRCLING SAN FERNANDO CENTURY** (century 94 mi & 6100 ft, metric century 68 mi & 4200 ft, half century 54 mi & 3200 ft) This is our century, metric century and half century of the month for May. It's also Mother's Day. Although many countries celebrate Mother's Day, it is often not on the same date as the United States version. In some places, it's tied to Lent and therefore moves from year to year. The U.S. version started in 1908 and has been fixed at the second Sunday in May. Our club is aging and it is not likely many of our members have living mothers, but many may be mothers or married to mothers. So here's the question – do you celebrate Mother's Day or do you go riding (which I know is what you would prefer)? Well, I suppose if it really comes down to a choice, Mother's Day will win out. But there are some of us who, for various reasons, have no plans to celebrate Mother's Day and so, we offer today's ride for you. The goal of today's routes is to ride around the perimeter of the San Fernando Valley. To cut down on driving, we start in West LA and ride Sepulveda to the Valley. The full century rides up to Mulholland Drive to begin our loop around the Valley. The climb up Sepulveda is actually the biggest climb of the day. We then ride along Mulholland Dr. to the east and go to the northeast corner



Seen on half or metric century in 2024  
Wanna bet they are still there?

of the valley (this is a long gradual upgrade which actually takes you to the same elevation as the top of Sepulveda). Then it is west across the valley and around the Chatsworth lake area before heading south. Finally, instead of going back east to complete our circle, we head out Mulholland Hwy from Calabasas and cut to the coast on Malibu Canyon and circle back to the start on the coast. Besides the initial climb there are several other smaller climbs sprinkled throughout the route that will probably get your attention, but nothing you can't handle. We offer a metric and half century as well. They start with the full century but make smaller circles of the valley and return back over Sepulveda. The metric stays with the full century for about the first 43 miles to the early lunch location on the full century and then splits off for the shorter return. The half century cuts off even earlier and stops at a separate lunch before rejoining the metric century for the return to the start. Of course, only the full century riders can say they have ridden the perimeter of the San Fernando Valley, but the others can say they have ridden around the East Valley, and that's something. **START: WESTWOOD PARK Sepulveda & Ohio.** From San Diego Frwy (405), off and east on Santa Monica Blvd, Left on Sepulveda and L on Ohio and R into Park.

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

**Sunday, May 17 - 8:30 a.m. TURNBULL REVISITED** (Long 78 mi & 4400 ft, Medium 52 mi & 2300 ft, Hilly Short 37 mi. & 1400 ft, Flat Short 36 mi & 600 ft) I was reading the description of these routes from the last time we rode them in 2024 and I noticed that I said "these routes are some of the few we have left that go to Carl's Jr. for lunch." Well, guess what – I noticed that there is a Habit Burger that we can pass on the long and medium routes with only a minor change in the routes. So, that's where we will be going for lunch today, at least on the long or medium routes. I looked for a Habit on the two short routes and I found one, but it would require major changes to the routes, so I think I will leave those routes as they were. Well, enough about lunch. We don't do these rides just for the lunch, do we? Today the highlight of these routes is of course Turnbull Canyon. Three of the four routes today go up and over Turnbull. This happens at the start of the routes when we are fresh. We will be traveling west to east, which is the opposite of our "Straight Cow Mountain" ride which does a "reverse Turnbull." Turnbull is the only major hill for everyone except the long riders. The long and the medium also do a short climb on Grand, but that's not so bad. The long and the medium are identical as they climb over Turnbull and make their way over to the top of the San Gabriel River Trail in Azusa and then take the river trail back to the start. The only difference is that the long makes an extra trip a few miles up San Gabriel Canyon to the East Fork and back before going down the river. The short routes simply go over or around Turnbull, but pretty much stay in the area. I may still look for an alternative lunch for the two short route, and if I find one, the mileage given above may change a little. **START: PICO PARK in PICO RIVERA.** From San Gabriel Frwy (605), off & west on Beverly Blvd to Park on left. (If coming from the North, the Beverly exit puts you on San Gabriel River Rd which you follow for 1.3 mi. to Beverly)



**David Nakai chasing Chris Hedberg up Turnbull in 2020**

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

**Sunday, May 24 - 8:30 a.m. REVEL THE ROLLIES FROM REDHILL** (Long 63 mi & 3300 ft, Medium 50 mi & 2800 ft, Short 28 mi & 500 ft) People love rollercoasters because of the thrill they get from going up and down, up and down. Riding a bunch of rolling hills will give us some ups and downs today so we should be thrilled. Of course, riders on a rollercoaster don't have to do the work to get up to the top of each hill. But I have always found a certain satisfaction in climbing a hill. You can say "Look what I did" when you get to the top and feel a bit smug about it. And then, of course, you get the thrill of the downhill. So that is why we can "revel" the rollies today. Don't worry -- except for the long route, the hills really aren't very bad. The short simply loops around the Irvine area with only a few moderate climbs. The medium route heads southeast down to Mission Viejo and then back through Irvine. There are more hills on this route than the short but no huge climbs. The long starts with the medium but adds a loop in the middle taking us all the way down to Capistrano for lunch. On the return from this loop to rejoin the medium route, the long rides up Pacific Island Drive. This climb of about a mile is definitely steep and does not fit my idea of a rolling hill. The rest of the route is fine, but I just want to warn you about that one climb. I guess you must expect a little more difficulty on a long route. So, that one hill aside, why not join us and see if you can revel in the rollies today. Former member **Ruth Barnes**, who designed these routes, would probably have said that hill climbing is good for your legs, good for your health and good for your soul. Every time I reach the top of a hill, I feel just a bit better about myself. So even if you can't revel in them – remember that they are good for



**The long gets to Dana Point today**

you. **START: PINE TREE PARK in TUSTIN.** From Santa Ana Frwy (I-5) in Tustin, off & east on Redhill, L- Bryan one block to park.

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

**Sunday, May 31 -- 8:30 a.m. LA TUNA MELT** (Long 52 mi & 2900 ft; Medium 40 mi & 2200 ft; Short 32 mi & 1400 ft.) Last Thanksgiving we did a ride that took us through some of the Palisades burn area, but I do not believe we have done a ride through the Eaton burn area since the fire. Today we do. One of the highlights of today's long and medium routes has always been a trip up the famous Christmas Tree Lane in Altadena. This is within the Eaton fire area although, amazingly, the trees were not burned and only a few houses on that street were lost. However, after we reach the top of Christmas Tree Lane, we do a long stretch on Altadena Drive which will take us through the heart of the burn area. The worst of it is actually north of Altadena Drive, but many of the houses along the drive were lost as well. That said, let's look at the routes. Starting from the Zoo, the long heads out Glenoaks Blvd to make the climb up La Tuna Canyon (for which the ride is named) to Montrose. Only the long route does Tuna Canyon. We will then continue to the Rose Bowl area to meet the medium riders who rode up the slightly easier Chevy Chase. The two routes stay together the rest of the day. Together, they then make a loop over to Altadena and ride up to the top of Christmas Tree Lane. We then ride down into San Marino along Altadena Drive through the heart of the burn area. We will pass the former site of the famous rabbit museum which was lost in the fire. From San Marino we ride to Pasadena for lunch. The return is a fairly direct route back down through Eagle Rock and Glendale to the start. The short takes a slightly easier and shorter route up to the Rose Bowl. It skips the trip to Christmas Tree Lane and the burn area and goes right to the common lunch spot of the long and medium. It then returns with them to the start. Christmas Tree Lane is steep, but not very long. If you can make it, you can add another California Historical Landmark to your list of places you have seen. **START: Los Angeles Zoo parking lot at the NORTH end (near Camel sign)** 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 will be meeting in the Northeast Corner of the lot near the camel sign. Other groups often meet here, so make sure you are with the Wheelmen.



**Going up Christmas Tree Lane in 2024**