



LOS ANGELES WHEELMEN SCHEDULE



MAY 2024

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.

NOTE: Recent CDC pronouncements indicate that cycling is safe without a mask for **VACCINATED people. Most club members have already been vaccinated. We urge all potential riders to become vaccinated before riding with us.**

Thursday, May 2 – 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 **Nancy Domjanovich** nancydomx@icloud.com for details.

Sunday, May 5 - 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) Today is Cinco de Mayo, so you can consider today's ride as our own little celebration of the holiday. I have read that Cinco de Mayo is a much bigger holiday in the United States than it is in Mexico. Maybe that's not surprising. It's not Mexican Independence Day (September 16) as some think. It celebrates a relatively minor victory of Mexico over the French which was undone a year later when the French retook control of Mexico. It's a wonder it is celebrated at all. But for some reason, it's a big deal here in California. Maybe we'll even hear some mariachi music as we ride along. There are a couple of locations where this might happen. The first is our start/finish location of Pico Park where maybe there will be a holiday celebration going on. The second is on the return of the long and medium routes which rides the San Gabriel River path. We used to pass a Mexican rodeo along the river. I'm not sure it is there any longer, but if it is, they might be celebrating the holiday with some music. But the highlight of these routes is of course Turnbull Canyon. Three of the four routes today go up and over Turnbull. It 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 and back before going down the river. The short routes simply go over or around Turnbull, but pretty much stay in the area. These routes are some of the few we have left that go to Carl's Jr. for lunch, but I believe there are also some Mexican restaurants in the area and they may be playing mariachi music at one of those. So come on out and celebrate the holiday with the Wheelmen. **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)



**Your's truly negotiating one of the many curves on
Turnbull in 2022**

Thursday, May 9 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See May 2nd for details.

Sunday, May 12 - 8:30 a.m. APPLE BLOSSOM TIME (Long 56 mi & 4900 ft, Alternate Long 43 mi & 3800 ft, Medium 37 mi & 3800 ft, Short 29 mi & 1600 ft). I only schedule this one about once every three years. There are a couple of reasons for that. First, it's a long drive out to Redlands and not something most of us want to do very often. Second, there is sort of a short window for these routes. In the summer, it is too hot and in the winter it is too cold. That leaves spring and fall. Originally we rode this one in the spring to see the apple blossoms up in Oak Glen, but it was often still too cold at the time the blossoms came out. Fall was nice, but there is a lot more tourists in the fall as people go up there for apple picking and other fall festivals. It was so busy the last couple of times I was there in the fall that I skipped lunch in Oak Glen and rode back down to Yucaipa for lunch. So, for the first time since 2015, I'm scheduling it in the spring again, but probably too late to see any blossoms. Hopefully this will be the ideal time. I know it's Mother's

Day, but there are a bunch of gift shops in Oak Glen and you can always pick up a gift to show her you were thinking of her. All but the short route go up to Oak Glen for lunch. You have to try the apple pie. One nice thing about these routes is that it's almost all uphill to lunch and then almost all downhill on the way back. The Medium heads straight up to Oak Glen while both Longs take a roundabout way through Beaumont. The Short route simply tours the Redlands area. I don't think you will regret the drive. It is a tough climb (it is one of the climbs on annual Breathless Agony ride) but the routes are not long so you can take your time and rest when you need it. There is spectacular scenery and you get to see it on no other ride. And remember – it is almost all downhill after lunch. In fact, if you find the going just too tough, you can always just turn around and make an easy return which is exactly what I did the last time when it was very windy on the climb up to Beaumont. **START: SYLVAN PARK in Redlands** Go east on San Bernardino Frwy (10) to Redlands, off and left on University. Left on narrow road just after crossing RR tracks into park.

Thursday, May 16 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See May 2nd for details.



Gary Muephy overlooking the valley he will be circling a bit later

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 23 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See May 2nd for details.

Sunday, May 26 - 8:30 a.m. REVEL THE ROLLIES FROM REDHILL (Long 63 mi & 3300 ft, Medium 50 mi & 2800 ft, Short 28 mi & 500 ft) This is a change from the proposed May schedule published last month. I realized the long route of the proposed ride was too similar to last week's ride and also started close to the same place as last week's ride. We haven't been to Orange County this month, so I substituted these routes. We have several "Revel the Rollies" rides but this is the first created by **Ruth Barnes**, a former member who was a very strong rider and liked hills. I'm not sure we would all agree, but don't worry -- except for the long route, the hills really aren't very bad today. 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 have to 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

Sunday, May 19 - 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. I've always liked the idea of perimeter rides -- rides that go around the edges of some geographical location such as a city or county etc. There is the Perimeter Bicycling Association in Arizona which likes this idea too. They are responsible for "El Tour de Tucson" and a few other rides in Arizona. It gives one a sense of satisfaction to be able to say "I've ridden completely around that city, lake, or whatever. So that is the genesis of today's century – to ride almost completely around the perimeter of the San Fernando Valley. To cut down on driving, we start in West LA and ride Sepulveda 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 of the valley (this is a long gradual uphill 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

today. Ruth probably would 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 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.



Nancy Domjanovich climbing one of the “rollies” on today’s ride

Thursday, May 30 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See May 2nd for details.