



LOS ANGELES WHEELMEN SCHEDULE



JULY 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, 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 4th of July and it falls on a Thursday this year. I imagine that means a lot of people will be taking tomorrow off to make it a 4-day weekend. Reminds me of when I worked for a bank and we never got the Friday after a holiday (such as Thanksgiving) off because there is a depression era law that prevents banks from being closed more than 3 days in a row. A lot of us would try to take the Friday off as a vacation day, but we couldn't all do that at once and they wouldn't believe you if you called in sick. Well, those days are behind me and now I don't even know where the weekend begins or ends. Every day is a weekend day. Anyway, we will be celebrating the 4th as usual with our own bike ride. 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. 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.



The sort of thing you might see on today's ride

Thursday, July 4th – NO TRIPLE DIPPER SOUTH BAY RIDE TODAY We would hope that the usual Triple Dipper riders will join us down in Long Beach for the Firecracker Special ride above. It's not a very long drive and the routes are shorter and easier than the usual Triple Dipper rides.

Sunday, July 7 – 8:30 a.m. JOHN'S RIVER RIDE (Long 60 mi & 1800 ft, Medium 56 mi & 1100 ft, Short 36 mi & 500 ft) The river in today's title is the Santa Ana river and all three routes ride down this river trail from Anaheim to the Huntington Beach. A few years ago many cyclists were hesitant to ride this river because of the extensive homeless encampments along the banks. However, those have been removed and the last time I was down there, they have not crept back in (at least on the same side of the river as the bike path). So, don't let that keep you away. 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



A Sailing We Will Go On John's River Ride

Thursday, July 11 – 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, July 14 – 8:30 a.m. OFF TO THE RACES (Long 69 mi & 2800 ft (maybe), Medium 57 mi & 1800 ft, Short 35 mi & 800 ft) For many many years (with a few off for Covid) Manhattan Beach has hosted the Grand Prix bicycle races each summer. For almost as long our club has held a ride from the “Corner” down to Manhattan Beach to watch the races and then return. These are circuit races meaning the cyclists race several laps around a course of a mile or two and that makes them easy to watch. Simply stand somewhere on the course (preferably near the finish line) and the racers will come around every few minutes. It's a thrill to watch them whiz by. There are actually several races during the day (different classes etc.), so you can show up almost any time and see the exciting finish of a race. Assuming we won't be getting down there before 10 a.m., here's the race schedule taken from their web site:



Peloton coming down the stretch at last year's races

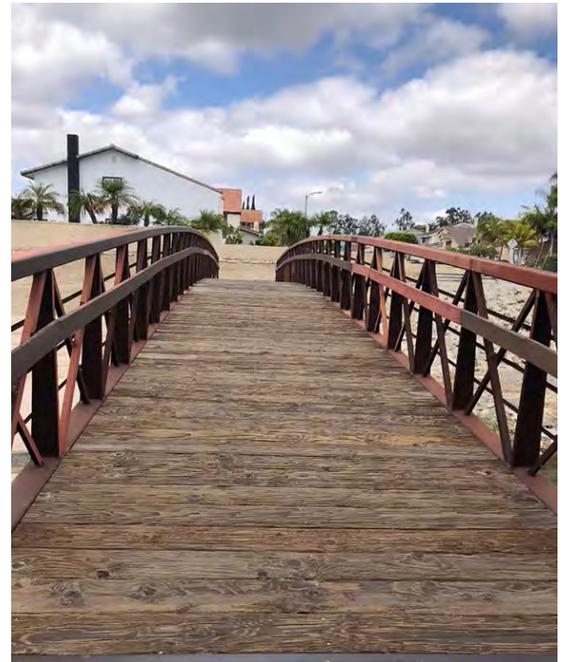
40+ Cat 1-3	10:15
Men Cat 3 State Champ	11:10
Kids Races	12:00
Men Pro +1+2 State Championships	1:00
Women Pro+1+2+3 State Championships	2:35
Men Cat 5 & Novice	3.35

You can choose which you would like to see. As to our routes, we have the usual three choices. The short route is just a ride from the “Corner” down to Manhattan Beach and back with a rest in the middle as you watch some racing. For those wanting a little more, there are the long and medium routes which add a trip into Palos Verdes before getting to the races. The medium only goes to Golden Cove on the west side of the peninsula, where it stops for lunch, and then it returns to the races. Traditionally, the long makes a complete loop around the peninsula including a trip up the switchbacks on the southern side. **However**, Palos Verdes Drive through Portuguese Bend may still be closed to bicycle traffic due to the land movement. In that case a shorter version will be provided which goes up and over Hawthorne instead of completely around the peninsula. Both the long and medium stop in Manhattan Beach to take in the races on their return. As you can see by the above schedule, racing goes on all day, so even if you ride the long, you should be able to see some racing. 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 18 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See July 11th for details.

Sunday, July 21 – 8:00 a.m. - BIKEWAYS OF ORANGE COUNTY (Full Century - 95 mi & 2500 ft, Metric Century – 64 mi & 800 ft) These centuries are our centuries of the month for July. We rode these routes only last November, but I have a limited number of coastal centuries to choose from for the hot months and it turns out two of them, which I would have preferred to run, use the portion of Palos Verdes Drive which is currently closed to cyclists so they are out. Although these are not entirely coastal routes, they do end with a long run along the coast from Huntington Beach back to Long Beach during what would probably be the hottest portion of the day. While we often ride the Santa Ana River trail or the San Diego Creek trail in Orange County, these routes are designed 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. 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 many bridges crossed on the Aliso Creek Trail today

Thursday, July 25 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE See July 11th for details.

Sunday, July 28- 8:30 a.m. LONG BEACH RIDES (Long 64 mi & 1200 ft, Medium 45 mi. & 500 feet, Short 31 mi. & 500 ft) I feel like we are short of coastal routes for the summer months, so I was surprised we did not even run this one last summer. Maybe that is because the routes don't spend that much time actually at the beach. But most of the day they don't get very far away either and should be close enough to feel the cooling breezes from the ocean. The long and the medium do make loops pretty far inland, but they do this early when the temps should still be relatively cool, so that should be OK. The long and medium start with these inland loops. The long goes further inland than the medium. They then return to the Long Beach area and loop around so much it is hard to even describe the routes. Each route makes a different tour of the Long Beach area including Belmont Shores, Naples and Seal Beach. 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. If all goes well, they will probably become part of my permanent summer ride list. **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.



**The start 10 years ago on this ride – Looks like a small group that year
We should be able to do better this year**