



LOS ANGELES WHEELMEN SCHEDULE



SEPTEMBER 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.

Sunday, September 1 - 8:30 a.m. MALIBU VISTAS (Long 63 mi & 7600 ft, Medium 51 mi & 5300 ft, Short 39 mi & 2200 ft.) Thirteen years ago I thought the title "Malibu Vistas" sounded like a good title for a soap opera, so every years since then I have always written this description as if it were another episode in the long running show. This year I gave ChatGPT some information about the ride and asked it to come up with an episode. I've edited the response a little, and here it is.

As the sun rises over Malibu, the coastal breeze sets the stage for an intense yet scenic bike ride. The core characters of the show—Emma, Lucas, Serena, and Dante—decide to break away from their tumultuous personal lives and embark on a group cycling trip with the Los Angeles Wheelmen through the breathtaking landscapes of Malibu, but as always, drama is never far behind. As the group meets at the Malibu Civic Center ready for their adventure, they face three options: 1. The Long Route: A grueling 63-mile ride that includes two difficult climbs, infamous for the mental endurance required to finish them. 2. The Medium Route: A challenging but more moderate 51-mile ride, which features the first climb (Latigo Canyon) of the long route, but an easier return. 3. The Short Route: A somewhat easier 41-mile ride along the rolling coastline, perfect for sightseeing, but less of a challenge than the long and medium. Emma, ever the overachiever, insists on the long route, determined to prove that she can conquer anything—on the road and in her crumbling marriage to Lucas. Lucas, already dealing with his guilt from a recent affair, agrees to the medium route to stay close to Emma, but without the overwhelming pressure of the second major climb. He's hesitant, aware that his choices weigh heavily on his conscience and his relationship. Serena, carefree and fiercely independent, chooses the short route, hoping for some reflection time. Little does she know, her ex-boyfriend Dante, who secretly still loves her, also picks the same route. Dante, harboring deep feelings for Serena, opts for the short route with ulterior motives. He hopes this will give him a chance to talk to Serena about his regret over their breakup and the love he never stopped feeling. As the characters set off, the scenic backdrop of Malibu seems to promise a moment of serenity, but inner turmoil quickly takes over. Emma takes the lead on the long route, conquering the first climb with determination. But, after lunch, as she reaches the second, her physical and emotional exhaustion hit. She pulls over at a vista point, where she's unexpectedly joined by a fellow rider—a mysterious stranger who sparks something in her that she hasn't felt in years. She wrestles with the temptation of what could be another mistake in her life or a new beginning. Lucas, on the medium route, faces his own uphill battle as he approaches Latigo Canyon. Battling fatigue and guilt, he begins to question if he's strong enough to save his marriage to Emma. Mid-climb, he has a heart-to-heart conversation with his riding partner, a mentor figure, who urges him to be honest with Emma about his feelings. By the time Lucas reaches the top, he's made a decision that could change their relationship forever. Meanwhile, on the short route, Serena and Dante ride side by side. At first, the conversation is light and filled with nostalgia about the good times they shared, but tension builds as Dante finally confesses that he never truly moved on. Serena is conflicted—she still has feelings for him but is also enjoying her new single life. The peaceful, rolling ride contrasts with the emotional storm brewing between them. The episode ends with the characters each returning to the start, but not without new revelations and decisions. Emma returns from the long route, physically exhausted but emotionally charged after her encounter with the stranger. She's unsure whether to share the experience with Lucas or keep it hidden like another secret between them. Lucas, rejuvenated after his ride, returns with a newfound determination to fight for his marriage—but he doesn't yet know what Emma has been up to. Serena and Dante stop at a beachside café, where their unresolved feelings come to a head. The episode closes with Dante taking Serena's hand, the question lingering in the air: will they rekindle their romance or finally let each other go? As the



Lunch on today's ride

sun sets over the Malibu coastline, the bike ride that was supposed to bring clarity has only deepened the characters' entanglements. The scenic landscapes may be behind them, but the emotional climbs are far from over.

Not bad ChatGPT – a little long, but I didn't tell ChatGPT to make it short. May our actual ride be as momentous. (NOTE: a more complete description of the routes will be on the club web site the week before the ride.) **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.

Thursday, September 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 **Nancy Domjanovich** nancydomx@icloud.com for details.

Sunday, September 8 - 8:30 a.m. HUNTINGTON BEACH GO-ROUND

(Long 70 mi & 1100 feet, Medium 57 mi & 700 ft, Short 38mi & 500 ft) Labor Day was last week and by tradition you should no longer wear white. I couldn't find a definitive answer to the question of where this rule came from, but two major contenders are that it was either a class thing (rich versus poor) or a rule which only made sense in northern climes where lighter and cooler colors were only appropriate in the summer. Whatever the source of the rule, there seems to be universal agreement that no one needs to follow it any longer – not even the fashion conscious. I don't imagine this matters much to us because I have rarely seen white cycling clothes – either shorts or jerseys. But what does matter is that it is still technically summer and we are going to stick to our coastal rides a bit longer. I suppose you have to expect a few trips to Huntington Beach if we are going to stick to the coast. This is our third or fourth trip down that way this summer and we will be headed that way again next week. But the routes are all different, so you won't actually be repeating yourself too much. All of today's routes start from Long Beach so, unlike some of our other routes, they spend a lot of their miles just getting down to Huntington and back. The medium and short barely makes it into Huntington Beach at all. The short is similar to the medium but doesn't go quite as far south in Huntington Beach. The long and the medium are the same except the long extends the trip south to make a complete loop around the Back Bay in Newport. Unlike some of our other rides that reach the Balboa area, this one does NOT ride the ferry. These are among the flattest routes we have with the long only climbing about 1000 feet in 70 miles. Perfect for a summer day. All return back along the coast on PCH which is usually a fast run and should keep us cool in the later part of the day. So what's not to like. We hope to see you there and I promise next month we will return to inland routes and won't be seeing more of Huntington Beach for a while. **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.



Enjoying lunch on this ride in 2021

Thursday, September 12 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE -- See September 5th for details.

Sunday, September 15 – BALBOA / NEWPORT (Long 63 mi & 2200 ft, Medium 48 mi & 1600 ft, Short 37 mi & 800 ft) Today we return one more time to the Balboa/Newport area and take one last ride on the ferry this summer. This is also one of our Tustin rides which formerly started from Pine Tree Park but got moved to Camino Real Park because Pine Tree Park was undergoing renovations. The renovations are done now so please don't be confused, but I am moving the start of this ride back to Pine Tree Park. This is a little bit of extra work for me since I have to revise the RideWithGPS maps and the route sheets, but after thinking it over, I think it is best. Both parks are about equal in facilities (parking and restrooms) but Pine Tree is easier to find and to get to. Also, we never moved all of our Tustin rides to Camino Real Park and I think it would be less confusing if all of our Tustin rides started from the same location. So, we are moving back. Either way, the routes don't change much. The long and the medium start with a trip southeast across Irvine down to Laguna Woods where we pick up Laguna Canyon and ride down to



Our last ride on the Balboa ferry this summer

the beach. A trip north along the coast takes us to Balboa and the Ferry. BTW: on a previous ride on the ferry, my GPS showed that the ferry was moving about 4 mph, but last month, it was moving so slow, it failed to register on my GPS at all. I hope they can get a little more speed on today's ride. Once off the ferry the medium takes a fairly direct route back to the start while the long adds a few extra miles. The short takes a more direct route down to Balboa riding some of the San Diego Creek trail and the path around the Back Bay. It joins the medium route for the ride on the ferry and the fairly direct return to the start. There is not a lot of climbing on any of these routes and the scenery is pleasant. So come on down and beat the last of the summer heat. **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, September 19 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE -- See September 5th for details.

Sunday, September 22, – 7:30 a.m. GRAND TOUR LITE (CLASSIC) (Century 95 mi & 2500 ft, Metric Century 67 mi & 2300 ft, Half Century 52 mi & 2200 ft) This is our annual September Century – a tradition that goes back probably almost to the founding of the club. The past few years our 3 routes were a double metric century, a century and a metric century, but the double metric century was way out of character with the other two routes (it had

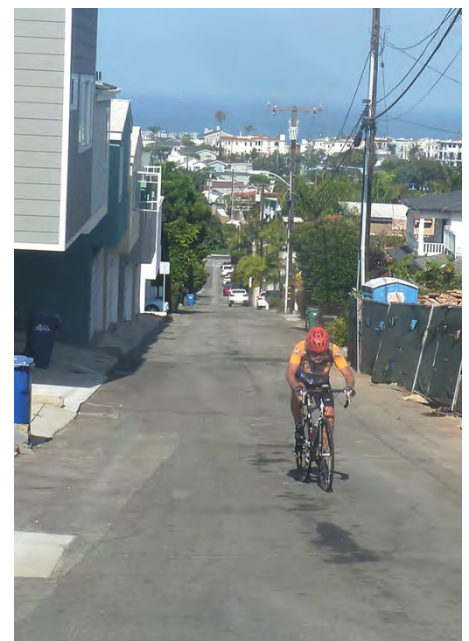


We used to see pumpkins every year on this ride, but not lately

over 7000 feet of climbing) and was a bit difficult to ride unsupported (it had originally been offered when this was a supported ride). In addition, I don't think anyone had been doing that route in recent years. So, I decided to cut the double metric out and instead add a half century route. Hopefully this will attract a few riders for whom the metric or full century are a bit much. In truth, the half century is the exact same half century route we run on New Year's Day as our Kick-off Century. In fact, all of today's routes are somewhat similar to the Kick-off Century routes. Like the New Year's Day routes, all of today's routes ride north up the coast and return. The half century only goes as far as Las Posas before returning. The metric goes into Port Hueneme for lunch before returning. The full century does a loop in the area (different from the New Year's Day century) and then has lunch in Port Hueneme before returning. The routes are fairly easy as centuries go. With few stops signs along PCH, they are usually fairly fast. Summer is officially over today, so we probably won't be riding north up the coast again until the Kick-off Century in January, so take this chance and join us today. **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.

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

Sunday September 29 -- HILLS OF THE SOUTH BAY (Long 52 mi & 4200 ft, Medium 42 mi & 2900 ft, Short 27 mi & 1900 ft) We don't run this one very often (it's been two years) and I think that might be because I feel many riders see the word "Hills" in the title and shy away. I wonder if more riders would show up if we called it "Downhills of the South Bay." I could describe it like this: When **David Nakai** created these routes, his idea was to find just about every downhill in the South Bay and whiz down them. What fun! The long is only about 50 miles but he managed to pack almost 50 downhills into those miles. Whee, whee, whee. Of course most people would realize that to do that many downhills, you would have to climb them first, but just keep thinking about that whee, whee, whee to come. Also, in order to cram that many downhills into 50 miles, none of the related uphills can be very long – many are only a few blocks long – then whee, whee, whee. Sounds like a great day of riding to me. OK, let's get serious here: when the day is done, you will probably remember the climbs more than the downhills but you should also have a nice sense of accomplishment that you did all those hills. I'll admit, some of the climbs are steep, but usually the steeper the climb, the shorter it is. All but a couple of the climbs top out at about 200 feet above sea level or less, so how bad can they be. Once again, think whee, whee, whee. The long, medium, and short are all similar, and only vary by length and the number of hills they do. We spend the entire day looping around the South Bay. In fact, one of the difficulties is simply following the many turns of the route sheet. I would strongly suggest you use a Garmin (or Garmin-like device) to navigate the route. The nice thing about staying in the South Bay is that you are never very far from the start. If the going is just too hard, you can always cut the ride short and head for home. So you see, there is really no reason to shy away from this ride. It can be fun if you stick together – regroup at the top of each hill.



**One of today's hills
But followed by a downhill**

Just pick your distance and come on out. And just remember: Whee, whee, whee. **START: DEL AIRE PARK in Hawthorne.** From the San Diego Frwy, off and West on El Segundo Blvd (1 or 2 blocks), R on Isis Ave. to park on Left.