



# LOS ANGELES WHEELMEN SCHEDULE



OCTOBER 2024

**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.

**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, October 3 – 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](mailto:nancydomx@icloud.com) for details.

**Sunday, October 6 - 8:30 a.m. SIERRA DONUT RIDE** (Long 47 mi & 2100 ft, Medium 42 mi & 2100 ft., Short 18 & 900 ft) Let's start with a brief discussion – is it "doughnut" or "donut?" "Doughnut" was the original spelling which was simply a description of the item as a lump (or nut) of dough. "Donut" came along later as no more than a simplified spelling – not unlike using "thru" for "through." The simplified spelling has gained acceptance and most dictionaries and usage guides would allow for the use of either one. Still a few dictionaries and style sheets would prefer the older spelling. Me – I'm all in favor of simplified spellings, but the real reason we are using "donut" in today's ride title is because our destination today is the Sierra Donuts shop in Sierra Madre and that's how they spell it. (See photo) Starting from the zoo, both the long and the medium today head to the donut shop. The medium heads fairly directly up to Sierra Madre and the stop at Sierra Donuts. The long adds a few miles with a loop to the south into San Marino. From the donut shop, both routes stay together on the return. The routes gently, but consistently, climb on the trip up to Sierra Madre, but it's mostly downhill back to the start. The short doesn't make it to the shop, but does visit an equally popular bake shop in Montrose. If donuts really aren't your thing, there are alternate lunch sites nearby on all routes. But the routes are short so a donut break should be all you need. You can always catch a late lunch back at the zoo. The Autry Museum has a café that is rather nice. So come on out and sample some doughnuts or donuts – whichever way you want to spell it – this ride spells a pleasant day of cycling. **START: Los Angeles Zoo parking lot – Northeast Corner** 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.



**Proof that today's destination spells it "Donuts"**

**Thursday, October 10 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE -- See October 3rd for details.**

**Sunday, October 13 – 8:00 a.m. PAUL NEUERBURG CENTURY** (Century 100 mi & 2200 ft, Metric Century 65 mi & 1000 ft) **NOTE EARLY START TIME.** This is our century and metric century of the month for October I had previously scheduled "Poking Around PV for our centuries today, but the full century on that ride travels through the Portuguese Bend area of Palos Verdes which as you may know, is closed to bicycles due to the landslide. I had hopes it would be open by now, but the landslide seems to be getting worse and until they can at least slow it down, I don't imagine that stretch will be opened to bikes any time soon. It's a shame. We have lost several good routes to that landslide. Anyway, I have substituted the Paul Neuerburg Centuries for today. I may add a half century route, as I have with other centuries, but the metric is pretty easy with only 1000 feet of elevation gain so I may just leave it at the two routes. Actually both the full century and metric century are fairly easy today. Both routes spend a lot of time on bike trails with few hills. The century travels down to Yorba Linda where it picks up the Santa Ana river trail which it takes almost all the way to the coast. Then it heads north along the coast to the San Gabriel River and Rio Hondo trails back to the start. The full century is a nice route I have always enjoyed. The metric is less scenic, but easier. It is a fairly simple route. It takes the San Gabriel River down to the

coast for lunch and then returns back up the river and back to the start. Although neither route is very hilly, the constant pedaling without a downhill to break things up might tire you more than you would think. Take it easy and you'll do fine. **START: ARCADIA PARK in Arcadia.** From San Bernardino Frwy (10) off and north on Santa Anita (5 mi) to park or from Foothill Frwy (210) off and south on Santa Anita one half mile.



Full Century spends some time on the Santa Ana River today

**Thursday, October 17 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE -- See October 3rd for details.**

**Thursday, October 17 – 7:00 p.m. MONTHLY MEMBERS MEETING** Like our last meeting in August, we have a brand new host for tonight's meeting: **David Nakai**. Not at his home down in Fallbrook, but at his family's nursery business in Hawthorne – actually in the back of the business where David lives most of the time. David seems excited to be hosting and is already planning some unique refreshments. But before we get to the refreshments, there is the meeting to get through. Topics tonight might include the Dead of Winter Double coming up, the annual holiday party and most importantly, nomination of officers for the coming year. We are losing our treasurer, so we will be looking for a new one. So why not join us. I'm sure many of you would like a chance to see David's place of work – maybe you will want to buy a small tree to take home. **PLACE: 12717 Grevillea Ave. Hawthorne.** (NOTE: the nursery is located at 4519 W. El Segundo Blvd, but we will be entering the rear which is off Grevillea, the side street next to the nursery.) From the 405, off and east on El Segundo Blvd for about one mile to a left on Grevillea. Entrance is across from the fire station. If there is no parking on Grevillea, use the nearby library lot. Go through the black iron gate and follow arrows. David warns not to antagonize the dog.

**Sunday, October 20 – 8:30 a.m. ALHAMBRA & BIKEWAY** (Long 54 mi & 2200 ft, Medium 45 mi & 1600 ft, Short 30 mi & 1000 ft) These routes do something very few do, but I wish all our routes could do. Today, all three routes (long, medium and short) stay together until lunch and then split for their separate returns. This is nice because everyone riding today gets to eat lunch together. Also it allows everyone to ride a big chunk of the ride before they decide which route they want to do. If you had planned to do the medium but are feeling good at lunch, maybe you go for the long. Conversely, if you had planned on doing the long but aren't really feeling all that strong today, you can still opt for the medium or even the short. It allows riders who might be inclined to ride the medium or short to ride with the long riders and see that they are not necessarily that much stronger and maybe that would encourage them to try a longer route themselves. Lots of good things can come from everyone riding to lunch first. Like I say, I wish all our routes could be this way. So come out today and enjoy this unique situation. All routes are together for the first 28 miles as they proceed from the start over to the Rio Hondo (the Bikeway of the title) and ride it north to the end. We then ride over to South Pasadena where we stop for lunch. After lunch, the short rides an easy 2 more miles back to the start. The long and the medium continue together on a loop over to La Canada. From there, the medium heads directly back to the start while the long adds an additional loop up into the hills above the Rose Bowl.



Small group for this ride in 2022. Let's get more this year

If you are up for it, this climb gives you some nice views of the city. So there you have it – an easy first 28 miles for everyone and then you get to pick your poison for the return. Be sure to bring all three route sheets so you can make your final choice at lunch. **START: ALHAMBRA PARK.** From San Bernardino Frwy (I-10), off & North on Freemont, R - Alhambra Rd, R - Raymond to Park.

**Thursday, October 24 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE -- See October 3rd for details.**

**Sunday, October 27 - 8:30 a.m. MOUNT WILSON**

(Long 48 mi & 5400 ft, Medium 29 mi & 3100 ft, Short 24 mi & 1600 ft) We traditionally ride up to Mount Wilson each October. This will be one of the last weekends that the Cosmic Café remains open before it shuts down for the winter, so it's the perfect time to go. While we are up there, we sometimes go the short extra distance to look at the observatory up there. Here's a little information about that. There are several telescopes there. There is the 100-inch Hooker Telescope (completed in 1917) (see photo at right) and the 60-inch telescope (completed in 1908). Also there is the Snow solar telescope (completed in 1905), the 60-foot solar tower (completed in 1908) and the 150-foot solar tower (completed in 1912) Finally, there is the CHARA array which became operational in 2004 and at the time was the largest optical interferometer in the world. I'm not sure what that is. While all the telescopes are still in use for research, increasing light pollution from Los Angeles has limited the ability of most of the telescopes for deep space research. However, apparently the inversion layer that traps smog and warm air over Los Angeles actually makes Mount Wilson ideal for interferometry. Again, I don't know what that is. Anyway, if you make it up to the top today, you might want to take a little time to go over and look at the telescopes. Only the long route goes all the way to the top of Wilson and then returns back down the way you came. The medium makes it as far as Clear Creek Station before returning. The Short simply tours the Pasadena area without going up Angeles Crest at all. The good news is that in terms of miles, these are short routes. The long is only 48 miles and only half of that is uphill. And if you really can't hack it, you can go as far as you feel comfortable and then turn around and practically coast back to the start. (I've done that.) So don't shy away from this ride just because you think it is too hard. No matter how far you go, the mountains this time of year are really nice. For those going to the top, the café should be open, but check their Facebook page for any special events which sometimes cause it to be closed. **START: BROOKSIDE PARK - just south of the Rose Bowl.** From Ventura Frwy (134) or Pasadena Frwy (110), off & north on Orange Grove, L - Rosemont, L - Seco and L- Arroyo to Park on left. Meet near the Aquatic Facility / tennis courts.



**Main telescope on Mount Wilson last year**

**Thursday, October 31 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE -- See October 3rd for details.**