



LOS ANGELES WHEELMEN SCHEDULE



JANUARY 2025

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.

Wednesday, January 1 - 7:00 a.m. (full century) & 8:00 a.m. (metric & half centuries) 2025 KICK OFF CENTURIES (full century - 101 mi & 3100 ft, metric century - 67 mi & 2300 ft, half century - 52 mi & 2200 ft) This has been a New Year's Day tradition now for 22 years. My original idea was simply that if you can ride a century on the first day of the year, you will have kicked off the new year with a bang. Over the years we have added the metric century and half-century options so that even more riders can kick off the new year with a bang. Whatever your distance, it feels great to get a good ride in on the first day of the year. It makes you feel like there is nothing you can't do on a bike in the coming year. For a first ride of the year, we don't make this particularly difficult. All routes are simply a trip from Malibu north up PCH and back. The full century adds a loop around the Ventura/Oxnard area to make up the miles with a lunch stop in Ventura. The metric rides into Camarillo for lunch and then returns back down the coast. The half century simply rides to Point Magu and returns, stopping for lunch at Neptune's Net on the way back. January 1st is a fairly quiet day on PCH - everyone has a hangover or stays home to watch football. Kick the year off with a century, metric century or half century and you won't regret it. Be sure to report your century or metric century for the club's Century Challenge in 2025 and get the club kicked off to a good start as well. **NOTE:** We are suggesting a later start time for the metric and half centuries because otherwise you may arrive at lunch locations too early and who wants to get up earlier than you have to on New Year's Day anyway. **START: MALIBU CIVIC CENTER.** Take the Santa Monica Frwy west to the end and then PCH north to R on Webb Way and R on Civic Center Way.



Malibu Restaurant wishing our New Years Day century riders a "Guppy New Year" in 2024

Monday, January 1 - 6:30 a.m. ROSE PARADE RIDE (14 mi & 400 ft) If you are not up for the centuries above, we have another way to start your year that is really hard to pass up. Unlike the centuries, this is the shortest and easiest ride we offer all year and allows you to participate in a New Year's Day tradition enjoyed by millions of people around the country - watching the Rose Parade. Unlike most of those millions, who will watch it on TV, you get to see it in person. Believe me, TV does not do the floats justice. The colors are more vibrant and the sounds are clearer than on TV. And there is a spirit in the air which simply does not come through on TV. You live in Southern California, so you really owe it to yourself to see the parade in person at least once. Lots of people travel thousands of miles just to do that and all you have to do is ride a bike 14 miles. Plus, you don't have to battle the traffic either before or after the parade and there is no parking problem. Simply drive to Alhambra and the parade just a short easy 7 mile bike ride away. Not only do you get to see the parade, but the route takes you down Orange Grove Avenue where the floats all line up prior to the parade and you get to preview the floats up close and personal. Take a selfie with any float that strikes your fancy. Even the thousands of other people watching the parade in person along the route can't do that. So, if you



One of the many floats seen up close on this ride last year

want to see the parade, I don't see how you can pass this up. The ride is incredibly easy. It's a fairly flat 7 miles followed by a rest of a couple of hours as you watch the parade and then an easy 7 miles back. Even if you are suffering from a hangover from last night, how bad can 7 miles be? **START: ALHAMBRA PARK.** From San Bernardino Frwy (I-10), off & North on Fremont, R - Alhambra Rd, R - Palm Ave to Park. NOTE: we are starting on the West side of Alhambra Park rather than the East side as we usually do.

Thursday, January 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 **Lewis Singer** lewissinger@gmail.com for details.

Sunday, January 5 - 8:30 a.m. REVEL THE ROLLIES

III (Long 65 mi & 3600 ft, Medium 55 mi & 2600 ft, Short 36 mi & 600 ft) This is our first regular Sunday ride of the year and it's a nice romp through Orange County to kick off the year. Today both the long and medium head down to Dana Point for lunch. We have a number of rides that go through Dana Point and many of you have probably noticed that several of the streets in the area are named for different colored lanterns – Golden Lantern, Blue Lantern, Ruby Lantern etc. I was wondering where those names came from. Turns out many years ago various ships in the harbor would display different colored lanterns to advertize the different sorts of wares they had for sale. I couldn't find any list of which colors meant which kind of wares, but apparently there was an established code. To honor this system, a city planner had the idea to name a bunch of the streets for these colored lanterns. At one time many of the streets displayed ornamental lanterns to go with this theme, but only a few of these are left. The area is still referred to as “The Lantern District.” The long and medium riders start with a rolling trip over to Antonio Parkway which we then take all the way to Ortega Hwy, just a hop, skip and a jump from Capistrano and on down to Dana Point. There is a short but steep hill up to lunch and then it is north along the coast. The medium heads inland on Laguna Canyon while the long goes north to Newport Coast Drive (a good climb) and through the Turtle Rock area before heading back. The short riders do their own thing, heading to the Back Bay. All routes have some hills, as the name of the ride implies. So start your year with the club off right and come on down for some nice routes which take us to a few places in Orange County none of our other rides go. **START: OLD TOWN IRVINE.** From San Diego Fry (I-5), off at west on Sand Canyon in Irvine. L - Burt St (1st left) to end and park in Lot 3.



Fixing a flat on this ride in 2023, but what a nice view

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

Sunday, January 12 -- 8:30 a.m. -- SANTA FE DAM

(Long 52 mi & 2400 ft., Medium 45 mi & 1300 ft , Short 40 mi & 1100 ft) All routes today ride the 2.5 mile rim of the Santa Fe Dam. Those who have ridden the dam before know that despite the huge size of the dam, there is never much more than a small pond behind the dam. So why is it so big? A few friends once speculated on a scenario like this: It's been a particularly wet winter with lots of snow in the mountains. A sudden hot spring melts all the snow quickly which fills all the San Gabriel River reservoirs above the Santa Fe to capacity. Then a huge spring rain storm hits. First the Cogswell Dam up the West Fork of the San Gabriel River fails, sending a wall of water down to the main San Gabriel River. This hits the San Gabriel Dam and it then fails, doubling the water heading down stream. All this is too much for the Morris Dam and it also fails now sending three complete reservoirs of water hurtling down toward the Santa Fe Dam. But, it was build just for this scenario and it holds. And that's why it is so big. Well, we haven't had a particularly wet winter this year, so I think we will be safe today. Starting from Monterey Park, all routes head over to the San Gabriel River bike path and head up to the dam. There we ride 2.5

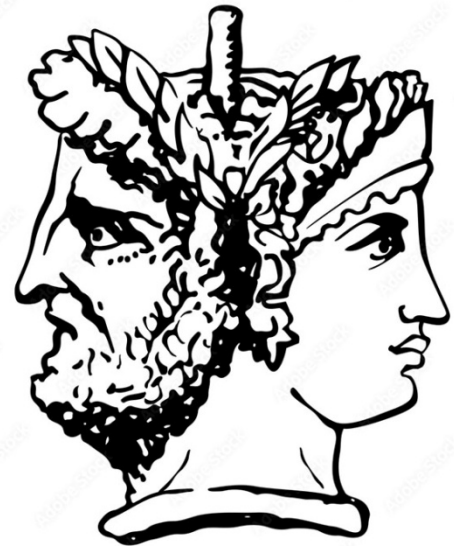


Riding the area north of the Santa Fe Dam in 2022. Note the snow capped mountains in the distance. What a nice ride

miles of the crest and then go through some of the open area on the other side. The short splits off for a fairly direct return. The medium and long continue together over to Pasadena for lunch. After lunch, the medium heads straight back to the start while the long climbs up to the top of Lake Street before returning. That's a pretty good extra climb for the long riders, but you don't need to decide until lunch, so why not take both routes. I imagine most of our riders today have ridden the dam before, but if you never have, come out for real treat. It would be better if there was actually water behind the dam, but don't get your hopes up. **START: BARNES PARK in MONTEREY PARK.** From San Bernardino Frwy (I-10), off & south on Garfield, R - Newmark, L - McPherrin to the Park. Early arrival is suggested in order to find a parking space before park users take them all.

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

Sunday, January 19 - 7:30 a.m. JANUS CENTURIES (Counterclockwise Century 101 mi & 5100 ft, Clockwise Century 101 mi & 5100 ft, Counterclockwise Metric Century 64 mi & 2300 ft, Clockwise Metric Century 65 mi & 2600 ft) For over 20 years, each January we have ridden the "Janus *Sequential* Centuries. They were "sequential" because they were two centuries (or metric centuries) ridden back to back over two successive days (Saturday & Sunday). There was a time when a number of riders would take up the challenge and actually ride both centuries, but it has been quite a few years now since anyone has done that. In the last number of years, riders would ride only one century either on Saturday or Sunday. So this year, rather than split our ridership between two days, I have simply decided to offer all four routes (both centuries and metric centuries) on one day – today. The centuries were called "Janus" centuries not only because we always ran these rides in January and Janus is the Roman god for whom January is named, but because Janus was a god who was portrayed as looking both directions – to the past and to the future – and these centuries were essentially the same route ridden in both directions. All routes ride a loop around Ventura County but two routes (full and metric centuries) ride the loop in a counterclockwise manner and the other two ride the loop in a clockwise direction. The counterclockwise full century route is a large loop which starts from Thousand Oaks with a trip over Erbes to Moorpark, then over Grimes Cyn to Santa Paula and then over Dennison Grade to Ojai. Then it's down to Ventura for a swing through Oxnard and on to the final climb of the day – Potrero. Finishing with the very steep climb up Potrero probably makes this the most difficult of the routes, but in the last year or two we have offered an option which skips Potrero for a more gentle return climb (but an extra 6 miles). The clockwise full century reverses the route so it starts by going down Potrero and then on to Oxnard, Ventura and up to Ojai. From Ojai it's over Dennison Grade to Santa Paula and then over Grimes Canyon to Moorpark and a final climb back to Thousand Oaks. Although you don't have to climb Potrero on this route, the long grade up from Ventura to the top of Dennison and the late climb over Grimes puts the bulk of the climbing in the second half of the route. The counterclockwise metric route stays with the full century for the first 7 miles over the initial hill but then cuts west to rejoin the full century near Port Hueneme and the final steep climb up Potrero and to the finish. (Because it is shorter, there is no Potrero-avoidance option on this route.) The clockwise metric route is the easiest of the four routes since it starts with the downhill on Potrero and takes a fairly flat route through Oxnard and Camarillo before doing a relatively easy climb back over to Thousand Oaks. So there you have it – a choice of two centuries and two metric centuries. With over 5000 feet of climbing, the centuries are fairly difficult for centuries so early in the year, but that was always part of the challenge. So pick your poison and come give it a try. **NOTE:** It is usually very cold at the start, so come prepared. **START: EL PARQUE DE LA PAZ (CROWLEY HOUSE) in THOUSAND OAKS.** From Ventura Frwy (101), off & north on Hampshire Rd, L - Thousand Oaks Blvd (at T) for ½ mile, L - Oakview and L - Pleasant Way to Park. Check Parking signs.



Janus, the Roman God for whom January and this ride is named. The older face looks to the last year and the young face looks to this year

Thursday, January 23 – 8:30 a.m. TRIPLE DIPPER SOUTH BAY RIDE -- See January 2nd for details.

Sunday, January 26 – 8:30 a.m. SOUTH BAY SURPRISE (Long 68 mi & 1200 ft, Medium 41 mi & 1000 ft, Short 27 mi & 900 ft) I remember when I first rode this ride. I was riding the long but was new to the club and couldn't keep up with the other long riders so I was riding alone. I didn't mind that, but back then the route sheets didn't have mileage on them and if you weren't familiar with the route (I wasn't) you never knew if the next turn was a tenth of a mile away or ten miles away. I made it down to Knott's Berry Farm and made the turn after that, but then I must have missed the next turn. After riding many miles I ran into a dead end at Disneyland. I backtracked looking for the turn I had missed and could not find it. Not being familiar with the area, I decided the best thing to do was to simply backtrack the entire route since I knew that at least would get me back. And that's what I did. To this day I am still not sure what turn I missed or how I missed it, but it was that experience that made me determined to put mileage on all the route sheets when I got the chance. Of course today, if you miss a turn and get lost, you can simply pull out your phone and figure out where you are. Better yet, I load the route into my Garmin and if I miss a turn, it beeps at me and tells me I'm off course right away. My Garmin also counts down the mileage to the next turn so I always know if it is a tenth of mile away or ten miles away. Ain't technology great? As for today's routes, they all head east from the start in Torrance and then then cut south to circle back to the start through Long Beach. While the long makes it all the way to Knott's, the medium and short each cut off a little earlier, rejoining the long route along the way. All of these routes are fairly flat. That is actually the "surprise" of the title since these routes were created by **Ralph Boethling** who was known for creating hilly routes. The long used to actually stop at Knott's for their famous fried chicken. However, over the

years a few of us have come to believe that, famous or not, the chicken just isn't that good for the price they charge. So we have added an alternative lunch on the long besides Knott's. But some still like the stop at Knott's so you can take your pick. **START: Paradise Park** in Torrance. From San Diego Frwy (405), off & South on Hawthorne 3.5 miles. R - Torrance Blvd 0.5 mile, L - Anza one block, R - Lee to Park. We usually park on the West side of the park by the school.

Today's medium route passes the house used as Ferris Bueller's home in "Ferris Bueller's Day Off"
See if you can spot it on today's ride



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