



no. 55 august-september '09
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MID WEEK MORNING RIDES

Every **TUESDAY & FRIDAY** morning meet at **PEET'S COFFEE & TEA**
2439 Main St. in Santa Monica. **leave:** 6:30 am sharp! **mileage:** 15 mile-1 hour or less
Informal Ride . No route Map . Same route every Tuesday & Friday

EAST SIDE POSSE RIDE

Join the East Side Posse every **THURSDAY** morning for a ride through Griffith Park followed by a climb up "Garbage Hill" **leave:** 6:45 sharp! **mileage:** 15 miles - 1 hour meet at: Coffee Bean & Tea Leaf (corner of Hillhurst & Ambrose)

AUGUST Ride Schedule

Please be prepared for your rides. Make sure your tires are inflated & you have tubes, water & energy bars.
Helmets Required on ALL Rides! Rain Cancels Ride! 🚲 Please Check Location of Rides & NEW EARLY SUMMER TIMES

SUNDAY 2nd 🚲 PEET'S CROSS CREEK & TRANCAS RIDE

approx. 28-48 miles MODERATE

Meet: PEET'S COFFEE - 2439 Main Street in Santa Monica

3 hour parking available across from Peet's *bring quarters. Free parking is also available on 4th St. PLEASE check the signs

Meet Time: 7:30 am Ride Out: 8:00 am

Route: Join us as we take a quick spin up Pacific Coast Highway to Cross Creek in Malibu. This is a flat ride with one small hill on the way back. Longer option How's Market- Trancas. **PCH is DANGEROUS! Use Great CAUTION!**

FRIDAY 7th BEACH CRUISE NIGHT RIDE

Meet: CHA CHA CHICKEN - 1906 Ocean Ave Santa Monica corner of Pico & Nielson Way (310) 581-1684 - parking on the street

Meet Time: 7:00 pm for dinner Ride out after dinner: 8:00ish

Bike: This is a fun ride on the bike path so bring any type of bike you've got! Make sure you have lights for your bike and dress accordingly!

SATURDAY 8th 🚲 SPORTEVE PV 3 MILE CLIMB RIDE

approx. 38-45 miles MODERATE

Meet: sporteve - 3849 Main St. in downtown Culver City 310. 838-6588

www.sporteve.com/contact_us.html

*Street parking across Culver Blvd in residential area (check signs) and in empty lot across from Trader Joes

Meet: 7:30 am Ride Out: 8:00 am

Route: We'll warm up with a flat ride through the South Bay beach area before we make our way to Palos Verdes. We have a great 3 mile climb. Shorter route will turn around at Malaga Cove.

SUNDAY 16th BIKE MS HILL TRAINING RIDE

approx.30-45 miles MODERATE

Meet: HELEN'S Cycles - Santa Monica/ 2501 Broadway -parking on the street

Time: 7:30 am Leave: 8:00 am

Route: Come out an support BIKE MS! We'll start with a quick warm up through the marina before we start our first climb, Mandeville Canyon (5 miles) followed by Bundy (2.5 miles). Bring extra water with you!

For more information & to register for BIKE MS go to: www.bikemssocal.org

SUNDAY 23rd NICHOLS CANYON

approx. 48 miles ADVANCED

Meet: HELEN'S Cycles - Santa Monica/ 2501 Broadway -parking on the street

Time: 7:00 am Leave: 7:30 am

Route: Warm up through the city before we start our climb up Nichols Canyon and ride across Mulholland to Sepulveda. Enjoy some good climbing and rolling hills on this route. The longer option will continue down Sepulveda to Whole Foods in Sherman Oaks. You'll climb back up Sepulveda before returning to Helen's.

FRIDAY 28th BEACH CRUISE NIGHT RIDE

Meet: CHA CHA CHICKEN - 1906 Ocean Ave Santa Monica corner of Pico & Nielson Way (310) 581-1684 - parking on the street

Meet Time: 7:00 pm for dinner Ride out after dinner: 8:00ish

Bike: This is a fun ride on the bike path so bring any type of bike you've got! Make sure you have lights for your bike and dress accordingly!

AUGUST, SUNDAY 30th CROSS CREEK-TRANCAS MALIBU RIDEapprox. 30-50 miles **ADVANCED****Meet: HELEN'S Cycles** - Santa Monica/ 2501 Broadway **-parking on the street****Time: 7:30 am Leave: 8:00 am****Route:** Join us as we take a quick spin up Pacific Coast Highway to Cross Creek in Malibu. This is a flat ride with one small hill on the way back. Longer option How's Market- Trancas. **PCH is DANGEROUS! Use Great CAUTION!**

SEPTEMBER Ride Schedule

Please be prepared for your rides. Make sure your tires are inflated & you have tubes, water & energy bars.

Helmets Required on ALL Rides! Rain Cancels Ride! 🚲 Please Check Location of Rides & **NEW EARLY SUMMER TIMES****SUNDAY 6th 🚲 PALOS VERDES / SAN PEDRO RIDE**approx. 18-50 miles **MODERATE-ADVANCED****MEET: HELEN'S Cycles- Manhattan Beach** / 1570-C Rosecrans Ave. / 310. 321-5290**DIRECTIONS:** 405 fwy South to Rosecrans - right. Continue to Market Street- left @ the signal (Bristol Farms Shopping Center)**Please park behind Helen's Cycles on the street****Time: 7:30 am Leave: 8:00 am Route:** We'll spin through the South Bay before we get to Malaga Cove in Palos Verdes (18 miles). The longer route will continue around Palos Verdes into San Pedro returning thru Rolling Hills. Enjoy lots of rolling hills and some good climbs on this route!**SATURDAY 12th 🚲 SPORTEVE CROSS CREEK RIDE**approx. 50 miles **MODERATE****Meet: sporteve** - 3849 Main St. in downtown Culver City 310. 838-6588*Free street parking across Culver Blvd. www.sporteve.com/contact_us.html**Meet: 7:00 am Ride Out: 7:30 am****Route:** We'll take a warm up spin through the marina before we head up the coast on Pacific Coast Highway to Cross Creek in Malibu. **PCH is DANGEROUS! Use Great CAUTION!****FRIDAY 18th BEACH CRUISE NIGHT RIDE****Meet: CHA CHA CHICKEN** - 1906 Ocean Ave Santa Monica corner of Pico & Nielson Way (310) 581-1684 - parking on the street**Meet Time: 7:00 pm for dinner Ride out after dinner: 8:00ish****Bike:** This is a fun ride on the bike path so bring any type of bike you've got! Make sure you have lights for your bike and dress accordingly!**SUNDAY 20th MANDEVILLE / BUNDY RIDE**approx 22, 30, 45 miles **MODERATE****Meet: HELEN'S Cycles** - Santa Monica/ 2501 Broadway **-parking on the street****Meet: 7:30 am Ride Out: 8:00 am****Route:** Join us for a spin through the marina peninsula before we make our way into Brentwood for our first climb. 3 route options available: climb both hills, climb 1 hill, climb no hills! Mandeville is a 5 mile climb. Bundy is a 2.5 mile climb**SATURDAY 26th 🚲 SEPULVEDA RIDE**approx. 25-32 miles **MODERATE w/climbing****Meet: PEET'S COFFEE** - 2439 Main Street in Santa Monica3 hour parking available across from Peet's *bring quarters. Free parking is also available on 4th St. PLEASE check the signs**Time: 7:30 am Leave: 8:00 am****Route:** We'll start with a quick warm up through Brentwood on our way to Sepulveda. We'll climb up Sepulveda with the option to ride down to Whole Foods in Sherman Oaks. You'll climb back up Sepulveda before returning to Peet's.

OCTOBER PREVIEW RIDE

SATURDAY 3rd & SUNDAY 4th 🚲 SHIFTING GEARS will be participating in BIKE MS www.bikemssocal.org**SUNDAY 11th PLAYA LOOP RECOVERY RIDE**approx 30 miles **EASY****Meet: HELEN'S Cycles** - Santa Monica/ 2501 Broadway **-parking on the street****Meet: 7:30 am Ride Out: 8:00 am****Route:** Join us for an easy recovery spin through the marina peninsula with a lap up Westchester Parkway in Playa Del Rey. We'll stop at PEET'S Coffee on Main Street for a quick break before returning to Helen's Cycles.