



no. 54
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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)

JUNE 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

SATURDAY 6th **CROSS CREEK RIDE & PIT STOP FOR AIDS/LIFECYCLE 8** approx miles 25 MODERATE
Meet: OCEAN AVE & SAN VICENTE BLVD - Palisades Park -parking on the street (check the meters & signs)
Time: 8:00 am **Leave:** 8:30 am **Route:** Join us for a quick spin to Cross Creek before we set up our
Congratulatory Pit Stop at the top of Ocean Ave. We'll welcome home the riders of AIDS/Lifecycle 8.
If you would like to volunteer, please contact us at: info@shiftinggearsycling.com

FRIDAY 12th 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! Let's celebrate summer!

SATURDAY 13th **SPORTEVE BUNDY RIDE** approx. 45 miles EASY/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: Beat the heat and climb Bundy! Join Shifting Gears and Sporteve for this EARLY morning ride. We'll warm up
through the marina and Santa Monica area before we head up San Vicente to climb Bundy (2.5 miles easy climb)

SUNDAY 21st **AIDS/LIFECYCLE 8 CONGRATULATORY BREAKFAST RIDE** approx. 30 miles EASY

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

Time: 8:00 am **Leave:** 8:30 am

Route: Join us as we CELEBRATE and reunite with the participants of AIDS/Lifecycle 8.

We'll take an easy spin to GOOD STUFF in Hermosa Beach for breakfast and fun! Bring your photo's and
stories. Please RSVP for this ride - we need to make reservations. RSVP: info@shiftinggearsycling.com

FRIDAY 26th 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! Let's celebrate summer together!

SUNDAY 28th **PLAYA BUNDY RIDE** approx. 30- 38 miles EASY

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

Time: 8:00 am **Leave:** 8:30 am **Route:** We'll take an easy spin through the marina peninsula and a lap up
Westchester Parkway in Playa Del Rey. We'll return for coffee at PEET'S Coffee on Main Street. Optional climb up
Bundy before returning to Helen's Cycles.

JULY 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

FRIDAY 3rd 🚲 HOLIDAY 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! Celebrate 4th of July together!

SATURDAY 11th SPORTEVE CROSS CREEK RIDE

approx. 50 miles EASY/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: 7:30 am Ride Out: 8:00 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. We'll have a quick Pit Stop on the way back at Peet's Coffee on Main St. in Santa Monica.

PCH is DANGEROUS! Use Great CAUTION!

SUNDAY 12th PLAYA-BUNDY RIDE

approx. 32-40 miles EASY/MODERATE

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

Time: 8:00 am **Leave:** 8:30 am

Route: We'll start with a flat ride through Marina Del Rey into Play Del Rey. We'll do a lap up Westchester Parkway. On our way back to Helen's, we'll have a quick pit stop at Peet's Coffee on Main St. If you're feeling good – we've added an optional 2.5-mile climb up BUNDY.

SUNDAY 19th 🚲 PANERA BREAD MALAGA GOLF COURSE RIDE

approx. 34 -40 miles MODERATE

Meet: PANERA BREAD 4720 Lincoln Blvd Marina Del Rey 310. 823-3860

*PLEASE park near US BANK (corner of Lincoln and Mindanao Way in Marina Del Rey)

Time: 8:00 am **Leave:** 8:30 am **Route:** We'll warm up with a flat ride through the South Bay beach area before we ride around the PV Golf Course. One short steep hill plus a few short climbs. Shorter route will turn around at Malaga Cove

SUNDAY 26th HELEN'S SEPULVEDA RIDE

approx. 18, 32, 40 miles MODERATE w/climbing

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

Time: 7:30 am **Leave:** 8:00 am **Route:** We'll start early to beat the heat with a quick warm up through Marina Del Rey peninsula before we make our way through Brentwood onto Sepulveda. 3 routes available: after riding through the marina, you can return back to Helen's, ride to the top of Sepulveda, or continue down Sepulveda to Whole Foods.

FRIDAY 31st 🚲 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! Celebrate summer together!

AUGUST PREVIEW RIDE

SUNDAY 2nd 🚲 PEET'S CROSS CREEK 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: 8:00 am **Ride Out:** 8:30 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 will ride to Trancas - How's Market.

PCH is DANGEROUS! Use Great CAUTION!