

1 LOOP Griffith Park -- no hill - approx. 13 miles (Level 1)

--Or--

2 LOOP Griffith Park - with a little hill - approx. 26 miles (Level 2)

Ride Leaders: Simon Harvey, Joe Celli, Bruce Heckert

From Pony Rides, Griffith Park

- 0.0 R Crystal Springs Drive
- 2.1 R Zoo Drive
- 4.2 R Zoo Drive (by Travel Town)
- 4.4 L Forest Lawn Drive

STAY ALERT!!! Watch for traffic!!!!

- 6.3 R Barham
- 6.7 R Veer right @ Olive (at Warner Bros. Studio)
- 7.0 R Riverside
- 9.7 R Riverside (at Victory & Sonora)
- 10.0 L Zoo Drive becomes Crystal Springs Drive

STAY ALERT!!! Watch for traffic!!!!

You'll pass golf course & 5 Fwy entrance
13.3 L to veer onto lower Crystal Springs and back to start

END OF 12 MILE RIDE!!

Continue on for 24 mile ride

- 13.4 R Crystal Springs Drive
- 14.6 L Griffith Park Drive (small hill)

STAY ALERT!!! Ride safely down hill

- 17.4 L Zoo Drive
- 17.6 L Forest Lawn Drive

STAY ALERT!!! Watch for traffic!!!!

- 19.5 R Barham
- 19.9 R Veer right @ Olive (at Warner Bros. Studio)
- 20.2 R Riverside
- 22.9 R Riverside (at Victory & Sonora)
- 23.2 L Zoo Drive becomes Crystal Springs Drive

STAY ALERT!!! Watch for traffic!!!!

You'll pass golf course & 5 Fwy entrance
26.6 L to veer onto lower Crystal Springs and back to

Start

END OF 24 MILE RIDE!!

Riding Tips:

Warm Up: Loosens muscles and helps prevent injuries.

Stretch legs thoroughly as well as your back, neck and arms. Cycle easily for 5-10 minutes, get into a rhythm and then slowly increase speed

Drink a lot: Drink every 10-15 minutes EVEN IF YOU DON'T FEEL THIRSTY. Your body needs the water to help replace the fluids you lose while exerting yourself. If you wait until you're thirsty, it's too late - you're already dehydrated. Sports drinks like Gatorade can help replace electrolytes, which flush muscles of lactic acid and help prevent cramps

Eat Right: You need energy to bike all day. Carb up the night before and eat during the ride. Your body will burn approx. 400-calories/hr riding at a reasonable speed.

Spin: "Spinning" refers to your cadence -- the number of revolutions (pedal strokes) done per minute. Optimal spinning is 80-100 revs/minute. It's the most efficient use of energy for long rides.

Sprints/Intervals: A brief burst of speed increases your overall heart strength and aerobic recovery. It also helps build your average speed. Try sprinting for 15-30 seconds and then spin. Sprint, spin. Do this a few times through an hour+ ride and it will help you improve your riding.

Cool Down and Stretch: Important as warming up. Stopping cold can cause muscles to stiffen and cramp. Next day soreness can be decreased when you cool down. Cycle easily for the final 5 minutes and do the same stretches you did to warm up

Drink after the ride: No matter how much fluid you ingest while riding, in hot weather you'll finish the ride depleted. There's a simple way to be sure you've rehydrated after a ride - simply weigh yourself before and after, and compare the figures. If you've lost weight, it's water you've sweated out, not fat. (Damn!) You'll need to drink 20 ounces of fluid for each pound of bodyweight you've lost while pedaling. Keep drinking until your weight has returned to normal, and your urine is plentiful and pale yellow in color. If you don't drink enough you'll notice that you feel tired the rest of the day.

Glycogen Window

One last step - but it might be the most important. Studies show that your muscles replace their fuel (glycogen) much faster and more efficiently if you eat plentiful carbohydrates immediately after your ride. Your goal is to eat 60 grams of carbohydrates (if you're an average-sized woman) or 80 to 100 grams if you're an average male. Your muscles will refuel best if you down this chow in the 15 minutes after the ride. Research also indicates that if you mix four parts carbohydrate with one part protein, your glycogen stores will top off more quickly. That's as simple as having cereal, a banana, and some skim milk for protein after your ride.

Hill Climbing Tips:

- 1) Try maintaining a cadence of about 80 rpm. If you find your cadence falling, drop into an easier gear. Don't wear yourself out in the first part of the hill. Stay in an easy gear and spin. This is much easier on the knees.
- 1) Put your hands on top of the handlebars. This opens up your chest and allows you to BREATHE. Don't forget to BREATHE while climbing. Try breathing in a rhythm to your pedal strokes.
- 2) Try sitting further back in your seat and see if that helps.
- 3) Try standing every so often for variety. You might have to switch to a harder gear before you do this.

For more info check out the CARE Exchange:

www.caree.org

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