

HELEN'S CYCLES – CROSS CREEK (MALIBU) Approx. 30 miles

or

HELEN'S CYCLES – TRANCAS Approx. 50 miles

From Helen's Cycle's, Santa Monica (Broadway at 26th Street)

R Broadway

R **7th Street** becomes **Channel Rd**
Continue through San Vicente Blvd
Steep downhill... Watch your speed

R Pacific Coast Hwy (PCH)

RIDE SINGLE FILE!!!! RIDE SINGLE FILE!!!!

Continue on PCH into Malibu

R* Cross Creek

Then, **Left** into the shopping center parking lot
to
Coffee Bean & Tea Leaf

Return To Helen's From Cross Creek:**

L Pacific Coast Hwy (PCH)

STAY ALERT!!!

R **Temescal Canyon** parking lot entrance
Follow bike path for approx. ¼ mile. Look for
the entrance to the tunnel (before volleyball
courts at Will Rogers Beach). Get off your bike
and walk it through the tunnel under PCH. Get
back on at **Channel Road**
Follow Channel Road

R **Ocean Ave** ... little hill (restrooms are at top
at Palisades Park)

L San Vicente

R 14th Street

L Broadway

... back to Helen's (at 26th Street)

*Want to add a hill on to the Cross Creek Ride?

For that extra hill climb... continue straight on PCH.
Climb Pepperdine Hill, then turn around at the
top (at Malibu/Michael Landon Park) and return to
Cross Creek to the Coffee Bean & Tea Leaf

50 mile option

Trancas Market add on

Want to add some miles and a hill climbing?
After the Pit Stop at Cross Creek continue N on PCH
for another 10 miles to How's Market. Stop at
Trancas and return the same way you came to Cross
Creek.

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 is 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.
(Darn!) 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
carbohydrate (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.

For more info check out the CARE Exchange:

www.caree.org