

## 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 26<sup>th</sup> Street)

**R Broadway**

**R 7<sup>th</sup> 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

**Pit Stop 1 - Coffee Bean & Tea Leaf, Cross Creek**

**R Out of shopping center**

**R Pacific Coast Hwy (PCH North)**

Enjoy the hills – 10 miles to next stop:

**Pit Stop 2 – How's Market – Trancas**

**Turn around and return the way you came**

**L South on Pacific Coast Hwy (PCH)**

**STAY ALERT!!!** Watch for parked cars and car doors

**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 14<sup>th</sup> Street**

**L Broadway**

... back to Helen's (at 26<sup>th</sup> Street)

### 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. (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 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](http://www.caree.org)**