

## I. Martin – Nichols Cyn – Mulholland Dr. & Sepulveda Level 3 - Approx. 40 miles

I. Martin Imports

8330 Beverly Blvd, West Hollywood

R Beverly Blvd

L Fairfax

R Fountain

L Genesee

Cross Sunset (Push crosswalk button)

Cross Hollywood Blvd (Crosswalk button)

Genesee becomes Nichols Canyon

**Use Caution may be dirt/mud on road**

L Woodrow Wilson (short steep hill)

L Mulholland

Follow Mulholland westward.

Do not go down Coldwater

L Skirball Center (before crossing 405 Fwy)

L Sepulveda (Be careful on descent)

R Constitution

L Bonsall

R Eisenhower

R Bringham turns into Montana

R San Vicente

U Turn @ Ocean Return via San Vicente

**Pit Stop @ JAMBA JUICE**

San Vicente & Montana

L Montana

R Bringham

L Eisenhower

R Bonsall

L Dowlen

L Sawtelle

L Ohio

L Thayer

R Rochester

L Comstock

R Wilshire (ride on the sidewalk!)

L Whittier

R Elevado

R Doheny

L Melrose

R Clinton

R Flores (be careful crossing Beverly)

Finish @ I. Martin

### 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:** 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/min. 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

### Post-Ride:

**Drink after the ride:**

Keep on drinking after the ride. No matter how much fluid you ingest while riding, you'll probably still 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.



Have riding questions?  
Looking for training rides & route slips?  
Check out the CARE Exchange

[www.caree.org](http://www.caree.org)