

I-MARTIN – PALOS VERDES

Approx. 59 miles

Ride Leaders: Steve Dannemiller & Liz Kinloch

From I-Martin Imports (Beverly Blvd):

- Mile
- 0.0 L **Beverly Blvd**
- 1.1 L **Doheny** (all the way to the end)
SINGLE FILE!!!
- 2.9 R **Cashio**
- 3.4 L **Beverwil Dr.**
- 3.8 L **Castle Heights** (turns into Harlow)
- 5.2 R **Bagley Ave**
- 5.4 R **Regent**
- 5.7 L **Hughes** (turns into Duquesne)
- 6.5 R **Balona Creek Bike Path**
Lift bike over railing
Always follow the bike path left
- 12.0 L **Bridge** at end of bike path
Bridge turns into **Pacific**
Do not follow bike path after bridge
- 12.5 R **Vista Del Mar** (becomes Highland)
- 18.3 R **Manhattan Beach Blvd**
- 18.4 L **The Strand**
(Bike Path that turns into Hermosa Ave)
- 20.8 **PIT STOP: Mickey's Deli** (Hermosa & 2nd)
Great pizza by the slice – that you'll have burned off before the ride is over!
- Continue on Hermosa Ave, becomes Harbor Dr.
Hairpin turn at end of Harbor Dr.
- 21.7 R **Catalina**
- 22.4 R **Esplanade**
- 24.0 R **Paseo del la Playa** (*small hill*)
- 24.8 R **Palos Verdes Blvd.**
- 25.2 **QUICK RE-FUEL FOR THE HILL @ Malaga Cove**
(on your left – turn with caution on Via Del Chico)
Hill climbing – for 3.2 miles
- L **Via Corta**
- 25.4 R **Via Del Monte**
- 27.4 R **Granvia Altamira**
- 28.6 **PIT STOP – MOBIL GAS STATION**
Granvia Altamira & Hawthorne
- 28.6 **PIT STOP – MOBIL GAS STATION**
Granvia Altamira & Hawthorne
- L **Hawthorne**
- 29.6 L **Silver Spur** (*CAUTION!!! - FAST DOWNHILL*)
- 31.2 L **Palos Verdes Blvd North**
- 32.9 R **Via Alameda**
- 32.9 L **Immediate left onto via Capay** – this runs parallel to Palos Verdes Blvd N.
- 33.4 L **Via Anta**
- 33.5 R **Palos Verdes Blvd West**
- 33.6 L **Paseo del la Playa**
- 33.6 R **Camino de Encanto**
- 34.1 L **Calle Miramar** (turns into Esplanade)
- 36.0 L **Catalina**
- 36.7 L **Beryl St.**
- 36.8 R **Harbor Dr.** (becomes Hermosa Ave – follow until it turns up into 27th St)
- 38.9 R **27th St**
- 39.1 L **Valley Dr.**
- 39.6 L **Ardmore**
- 40.9 L **Pacific**
- 41.4 L **Rosecranz**
- 42.3 R **Highland** (becomes Vista Del Mar)
- 46.7 R **Culver Blvd**
- 46.7 **PIT STOP @ TANNERS COFFEE SHOP**
(Culver & Vista Del Mar)
- L **Culver Blvd**
- R **Pacific** follow to Balona Creek Bike Path back the way we came.
Exit bike path @ **Duquesne**
- 52.7 L **Duquesne becomes Hughes**
- 53.5 R **Regent**
- 53.8 L **Bagley Ave**
- 54.0 L **Harlow** (turns into Castle Heights)
- 55.4 R **Beverwil Dr.**
- 55.8 R **Cashio**
- 56.3 L **Doheny**
- 58.1 R **Beverly Blvd**
- 59.2 **FINISH & I-MARTIN IMPORTS**

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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

Eat & 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:

- ◆ **Biking Basics**
- ◆ **Training Ride Schedules**
- ◆ **Used Bikes For Sale**

California AIDS Ride Equipment Exchange:

www.caree.org