

Pacific Design Center via the Marina and Westside. Approx. 33 miles - Level 2

Mile		
0.0	L	San Vicente
0.6	R	Beverly Blvd
1.2	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 becomes Pacific Do not follow bike path after bridge
12.5	L	Culver
PIT STOP @ TANNERS COFFEE SHOP Cnr of Culver & Vista Del Mar		
	L	Culver
	R	Pacific to end of bridge back to bike path
13.9	L	@ South Bay Bike Path Sign Do not go back the way we came
14.8	L	Admiralty Way
15.3	R	Bike Path (just past Lincoln)
16.0	@	light go straight across to Mildred
16.6	R	Ocean
16.6	R	immediate right @ S. Venice
17.9	L	Walgrove
19.0	L	Dewey St (at the curve on the hill – you will see a Dewey Street sign on your right. Pass this and move into the left-hand turn lane that goes around the curve. Turn left at the 23 rd St & Dewey sign – do not go to the top of the hill)
19.4	R	Robson / Marine
19.9	R	11 th (little hill)
23.0	R	San Vicente

OPTIONAL PIT STOP @ San Vicente & Montana
JAMBA JUICE / NOAH'S (left side of street)

26.8	L	Ohio
28.6	L	Thayer
28.6	R	Rochester
29.1	L	Comstock
29.1	R	Wilshire (ride on the sidewalk!)
30.0	L	Whittier
30.1	R	Elevado
32.1	R	Doheny
32.4	L	Melrose
33.0	L	San Vicente
33.2		FINISH @ Pacific Design Center

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

AFTER THE RIDE:

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:

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

check out CAREE
(California AIDS Ride Equipment Exchange)

www.caree.org