

## Pacific Design Center to Hermosa Beach - approx. 40 miles

Ride Leaders: Lisa Bennett, Louis Paturzo, Steve Dannemiller

Mile		
0.0	L	<b>San Vicente</b>
0.5	R	Beverly Blvd
1.0	L	<b>Doheny</b> (all the way to the end) <i>SINGLE FILE!!!</i>
2.5	R	<b>Cashio</b>
3.1	L	<b>Beverwil Dr.</b>
3.5	L	<b>Castle Heights</b> (turns into Harlow)
4.8	R	Bagley Ave
5.0	R	<b>Regent</b>
5.2	L	<b>Hughes</b> (turns into Duquesne)
6.1	R	<b>Ballona Creek Bike Path</b> Lift bike over railing Always follow the bike path left
11.5	L	Bridge at end of bike path Bridge turns into <b>Pacific</b> <b>Do not follow bike path after bridge</b>
12.0	R	<b>Vista Del Mar</b> (becomes Highland)
17.8	R	<b>Manhattan Beach Blvd</b>
17.9	L	<b>The Strand</b> (Bike Path that turns into Hermosa Ave)
20.3		<b>PIT STOP: Mickey's Deli</b> (Hermosa & 2 <sup>nd</sup> ) Great pizza by the slice – that you'll have burned off before the ride is over!
20.3	R	<b>Turn around on Hermosa Ave</b> – follow until it turns up into 27 <sup>th</sup> St)
	R	<b>27<sup>th</sup> St</b>
	L	<b>Valley Dr.</b>
	L	<b>Ardmore</b>
	L	<b>Pacific</b>
	L	<b>Rosecranz</b>
	R	<b>Highland</b> (becomes Vista Del Mar)
	L	<b>Pacific</b> follow to Ballona Creek Bike Path back the way we came. Exit bike path @ <b>Duquesne</b>
	L	<b>Duquesne becomes Hughes</b>
	R	<b>Regent</b>
	L	<b>Bagley</b>
	L	<b>Harlow</b> (turns into Castle Heights)
	R	<b>Beverwil Dr.</b>
	R	<b>Cashio</b>
	L	<b>Doheny</b>
	R	<b>Melrose</b>
	L	<b>San Vicente</b>
40.0	R	<b>Pacific Design Center Parking Lot</b>

### 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 information on biking basics visit the  
CARE Exchange

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