

## Level 3 Training Ride - The Village to Valley & Back - Approx. 42 miles

### Ride Leaders: The Chain Gang & Shifting Gears

Mile

- Start** The Village  
1125 McCadden Place, Hollywood
- 0.0 **R** McCadden
- 0.0 **R** Santa Monica
- 0.1 **R** Highland, go past Sunset to:
- 0.7 **R** Selma
- 1.3 **L** Cahuenga. *Climb baby, climb!*
- 3.5 **R** Hollycrest – top of the hill, *do not go down to Barham!*
- 4.0 **L** Lake Hollywood
- 4.0 **R** Barham – downhill...*watch the grates!*
- 4.9 **R** Forest Lawn Dr.
- 6.9 **R** Zoo Dr. Enter Griffith Park
- 7.0 **L** at stop sign, still on Zoo Dr.
- 8.1 **L** Riverside, cross the 134 Fwy...  
*watch the traffic!*
- 8.4 **L** @ traffic light, which is still Riverside.  
Continue on Riverside across the valley
- 18.0 **L** Van Nuys Blvd. Cross Ventura to
- 19.0 **R** Valley Vista
- 20.1 **R** Saugus
- 20.3 **L** Just after Greenleaf, into parking lot for:
- 20.3 **PIT STOP @ Whole Foods Market**  
(Sepulveda and Dickens)
- 20.4 **L** Out of Whole Foods onto Sepulveda,  
*climb again!*
- 23.1 The tunnel is just before the summit...  
*watch the traffic!*
- 32.7 **L** Venice Blvd.
- 33.7 **Optional Pit Stop**  
7-Eleven at Venice @ Motor

Continue on Venice

- 37.1 **L** Hauser - becomes Martell
- 39.6 **R** Oakwood
- 39.7 **L** Mansfield
- Immediate R** Rosewood
- 39.8 **L** Highland, go past Santa Monica to:
- 40.9 **R** Lexington
- 41.2 **R** McCadden - home

**Finished!**  
**Enjoy the Swap Meet!**



**CARE Exchange**  
*A site by AIDS Riders for AIDS Riders*  
 Bike & Equipment Listings  
 Training Ride Schedule  
 Buddy Program  
 Biking & Health Articles  
[www.caree.org](http://www.caree.org)

**Chain Gang Ride Leaders:**

- |               |                   |
|---------------|-------------------|
| Greg Maher    | Paul Hulse        |
| Jim Jansen    | Steve Dannemiller |
| Lisa Bennett  | Tess da Silva     |
| Liz Kinloch   | Tom Keep          |
| Louis Paturzo | Tony Zamudio      |

**Shifting Gears**

Beth Brown & Carole Nix

