



LACBC Neighborhood Bike Ambassadors

Bike West Los Angeles and More

LOS ANGELES COUNTY BICYCLE COALITION (LACBC) www.LA-Bike.org
(West LA Bike Ambassadors meet the 4th Thursday of the month 6-7pm)
Community Room @ Collins/Katz Family YMCA located at
1466 S Westgate Ave, Los Angeles, CA 90025



September 2018 (BikeWestLA) is link for sharing

The purpose of this newsletter is to connect you to adventures and opportunities that promote safe cycling in and around the Westside of Los Angeles with a few out of area opportunities that are just too fun to not share with you. <http://marvista.org/bicycle-committee>

SUNDAY FUNDAY: JOURNEY THRU LONG BEACH SEPT. 2 @ 9:30 am - 1:00 pm

Join us for an extra special Sunday Funday this September, led by our local chapter Walk Bike Long Beach in collaboration with Journey to Justice! On this ride, we will be accompanying a Journey to Justice group that is riding from Seattle to San Diego to advocate for a path to citizenship for all non-U.S. citizens. As we ride, Walk Bike Long Beach will give a tour of the area, focusing on the migrations and settlements of people across the City of Long Beach. We will be making stops at Admiral Kidd Park, Cesar Chavez Park, and the Japanese Garden. We'll also be sure to taste local



bites and refreshing beverages in the various communities we visit. Come one, come all! This ride is a no-drop ride with LACBC Ride Marshals. Riders should be able to keep a 10-12 MPH pace, and cover 12 miles.

 <p>\$5 Fondo Sept 2, 2018 Time: 8:30 roll out, 11:30-1 lunch Support: Coffee and homemade ride food at the start. Support vehicle. Rest stop at the top of Latigo.</p>	<p>Route Details 57 mi, 5,700 feet</p> <p>Start/Finish: Rustic Canyon Rec Center PCH -> Latigo -> Mulholland -> Topanga -> PCH</p> <p>Payment is accepted on site RSVP by 8/31, email your name/phone # to fivedollarfondo@gmail.com</p> 
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\$5 Gran Fondo – Sunday Sept. 2, 2018

This is the Gran Fondo of the summer! For only \$5, you can treat yourself to 57 miles and 5700 feet of good views and good vibes. Attendees will arrive at 8AM at the Rustic Canyon Rec Center to check-in, enjoy homemade cold brew, and prepare to depart by 8:30AM. During the ride, we will provide a support vehicle with homemade ride food and

water. There will also be a rest stop at the top of the Latigo Canyon climb. Lunch will be provided at the rec center at the end of the ride between 11:30AM and 1PM. **Please RSVP by August 31st by emailing fivedollarfondo@gmail.com** with the name(s) and contact #s of those who are registering. Payment is accepted as cash on site or through Venmo (@charlie-herndon) If you have any further questions, requests, or dietary restrictions, please email fivedollarfondo@gmail.com. All profits from the \$5 Fondo will be donated to a cycling camp for female, collegiate cyclists. This cycling camp is within the Western Collegiate Cycling Conference and it provides beginning women cyclists the opportunity to learn and train with both professional cyclists and their peers. We would deeply appreciate it if you supported our camp with a donation to @charlie-herndon or on the day of the Fondo.

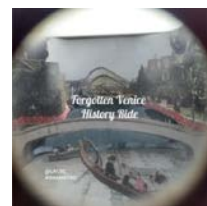


When: Saturday, September 15, 2018

Where: Culver City Experience a pop-up bike lane and improvements on Elenda St. while enjoying FREE family-friendly activities.

<http://gohumansocal.org/Pages/Events/ExperienceElenda.aspx>

BEST RIDE: FORGOTTEN HISTORY OF VENICE Sunday September 16 @ 9:30 am - 1:00 pm. Join us for a local's guided bike ride through Venice to explore the area's forgotten and hidden history, presented by LACBC and Metro's Bicycle Education Safety Training (BEST) Program, in partnership with Metro Bike Share. Join us and visit historical landmarks, listen to stories from lifelong residents, and meet the Black community that built the Oakwood/Venice neighborhood. Metro Bike Share bikes will be available FREE of charge please RSVP for the event using the [Eventbrite](https://www.eventbrite.com).



To RSVP for **Best Ride: Forgotten History of Venice** go to the link below:

<https://www.eventbrite.com/e/best-ride-forgotten-history-of-venice-tickets-49055783168?aff=efbevent>



BIKE! BIKE! INTERNATIONAL BIKE GATHERING September 27 - September 30

[Bike!Bike!](#) is an international, annual gathering organized by and for community bicycle projects. The conference is a space for participants from shops and related advocacy groups to converge in a different city each year over a 4 day period to have workshops and strengthen our social network. This year, we will have special access to Los Angeles State Historic Park ([LASHP](#)) in Chinatown, at the edge of Downtown. Our conference will start there with check-ins and be the site in which many workshops and recreational activities will take place. With support from Los Angeles River State Parks Partners, 30 large tents, sleeping bags and mats will be provided for out-of-town registrants who choose to

tent/camp as the housing option. Camping at LASHP will be a unique and memorable experience even for L.A. natives, but solidarity housing is still a viable option, and we will accommodate everyone as much as we can.

[Click here to register.](#)

BEST CLASS: BIKE 1 – BACK TO BASICS – CULVER CITY

September 29 @ 10:00 am - 11:30 am **Free**

Has it been awhile since you've been on a bike? Do you want to learn how to bike safely? The Bike 1 – Back to Basics Class, presented by [Metro](#), the [Los Angeles County Bicycle Coalition \(LACBC\)](#), and [Bike Culver City](#) will help you improve your bicycling skills. You'll learn how to start and stop with confidence, shift gears, scan, and signal. We'll show you how to adjust your bike and helmet before a ride, and teach you how to perform a simple inspection to ensure your bike is road-ready.

All class participants get a free helmet and a set of bike lights! **Who Should Sign-Up:** If you know how to ride a bike, but you aren't comfortable using a bicycle for everyday travel or recreation, then this class may be for you. To build rider confidence, this class covers the basics of bike handling and shows participants how to improve their bike control skills.

You must sign up for this class at: <https://bike1-culvercity.eventbrite.com>



SATURDAY SEPTEMBER 29th, 2018



20-60-100 MILE BIKE RIDE

Gran Fondo Santa Clarita – 2018 Saturday, September 29, 2018 The Center, 20850 Centre Pointe Parkway, Santa Clarita, CA 91351 www.granfondosantaclarita.com The third annual *Gran Fondo Santa Clarita* is coming up and whether you're a serious rider or just a beginner, this is an event you definitely won't want to miss! Brought to you by *Santa Clarita Velo* and [Road Bike Action](#); this one-day, chip-timed event will bring together cyclists from throughout California who seek to challenge themselves on the beautiful roads, rolling hills, and mountains of *Santa Clarita Valley* and beyond.

The event proudly benefits the Davis Phinney Foundation which was founded to help people living with Parkinson's disease live well today. The day promises to be a very special day helping raise support funds and awareness for one of the United States' Original cycling heroes, Davis Phinney.

Cycling Savvy Workshop – Monday, October 1 6:30 to 8:30pm @ the El Segundo Library downstairs mtg. room sponsored by [Big Orange Cycling](#) and [Seth Davidson, Bike Injury Lawyer](#) and author of [Cycling in the South Bay](#) (a must read local cycling blog). It's time to invest some time in learning how to ride safer in Los Angeles both as an individual but also when riding with your local bike club or group of friends! **Gary Cziko**, a transplant from NY and Central IL will share tips gleaned from riding our local roads and highways!



FREE BIKE REPAIR SERVICE - Know a neighbor that has a forgotten bike in their garage and needs a little help getting it road ready? Mar Vista Farmers Market offers Free (no parts) bike repairs every Sunday from 9am-1:30pm. Bike valet service too! Get your bike ready for your next leisurely beach cruise or the next CicLAvia open street events. (Sept. 30 and Dec. 2 2018) at the Mar Vista Farmers Market.



Bike Valet and Repair Stand
9am - 1:30pm

located next to the MAR VISTA COMMUNITY COUNCIL OUTREACH BOOTH (by the 13th and 15th area)

Free Bike Parking/Valet
We're here and free when water parking stands or more bike parking at the MV Farmers Market. Just remember to bring your lock and to coast back for your bike (no later than 1:30pm).

No Cost Bike Repair Stand
We're also happy to give your bike a special once-over, inflate your tires, oil the chain, to make simple adjustments - adjust brakes and tighten loose bolts. And happy to make referrals to local repair shops for supplies and service.

Bike Mar Valet is a committee of the Mar Vista Community Council
www.marvista.org in partnership with www.MarVistaFarmersMarket.org




CELEBRATE LA!
LA Phil 100 x CICLAVIA

Sunday September 30 2018
9am - 4pm*

WALT DISNEY CONCERT HALL MACARTHUR PARK KOREATOWN MELROSE HOLLYWOOD HOLLYWOOD BOWL

Celebrate LA! Sunday, September 30 - A massive, free, eight-mile street party connecting Walt Disney Concert Hall and the Hollywood Bowl, plus a free concert at the Hollywood Bowl! Join the LA Phil for a **FREE** celebration with hundreds of musicians, artists, dancers, family activities, and more! Be part of this history-making event as the LA Phil kicks off its Centennial season with an epic festival showcasing L.A.'s creative spirit, with 1800 musicians, artists, and dancers coming together to perform at the festival's six hubs and along the eight-mile route itself. And that's not all – the evening ends with a free concert at the Hollywood Bowl, where Gustavo Dudamel will lead the Los Angeles Philharmonic and welcome very special guests – including Katy Perry, Herbie Hancock, Kali Uchis, Youth Orchestra Los Angeles (YOLA), and more to the Bowl stage.

Family Cycling News and Info.

[Slow Down: Back to School Means Sharing the Road](#)

- [Kids and the Law – California State Bar Assoc.](#)
- [A Survival Guide for Teenagers – CA State Bar Assoc](#)
- [Teen safety posters](#)
- [How to walk infographic](#)
- [Take action toolkit: How to fix an unsafe school zone in your community.](#)



Car share service for kids/parents? Here's one <https://www.hopskipdrive.com> or here's another option



[Culver City Safe Routes to School Program – Bike, walk, scoot, carpool... and more!](#) **Be part of the solution!** We encourage parents to take the [3 Block Challenge](#) by parking and walking 3 blocks to school at least once a week. Parking just a few blocks away goes a long way towards reducing traffic and pollution around your school while adding some extra activity to your child's day. Soon 3 will become 4 and 4 will become 5!

[LAUSD's Walk to School Day is Wednesday, October 10, 2018.](#)

[Here's a link to the organizer resources page.](#)



<https://www.outsideonline.com/2329421/cyclists-guide-best-food-la>

In this article, former pro racer Phil Gaimon shares his favorite spots for breakfast, lunch, dinner and cookies!

(Bike/Mobility Mar Vista) is relaunching our regular meetings. **4th Monday of the month.** Meetings will be at 7pm on the 4th Monday of every month at Windward School Boardroom 1030, Building C (by baseball diamond) 11350 Palms Blvd, Los Angeles, CA 90066 (SW corner of Palms and Sawtelle Blvds.) Los Angeles, CA 90066. **Next meetings are scheduled for August 27th, September 24th, October 22nd and November 26th,**

Some Serious Charity Rides to Consider:

2018

["Tour de Hope" Road Bike Ride](#)

www.levisgranfondo.com

Sept. 30

Oct 4-7, 2018

Tustin, CA

Santa Rosa, CA (spaces sell out)

2019

www.aidslifecycle.org

[America's Most Beautiful Bike Ride](#)

June 2-8, 2019

June 2, 2019

SFO to LA (545 miles)

Lake Tahoe, NV

Some Local Cycling Resources:

- LACBC – <https://la-bike.org/>
- LADOT – Bike Program (<http://bike.lacity.org>)
- <http://www.bikeculvercity.org/> .
- [Metro Bike Share stations In Venice](#)
 - <https://bikeshare.metro.net/venice/>
 - <https://bikeshare.metro.net/>
- CicLAvia <http://www.ciclavia.org/>
- People for Bikes <http://www.peopleforbikes.org/>
- Streets Blog LA - <http://la.streetsblog.org/>
- Bicyclist - <https://bicyclist.xyz/> print and e-magazine focusing on SoCal
- [Women on Bikes Culver City](#) meets this month on Monday Sept. 10th and 24th from 8-10am.

Looking for a bike club to ride with? Here's a few to consider:

- <http://www.shiftinggearsycling.com/> - Aids Lifecycle Training Group – No Drop/Strict Safety Oriented
- <http://www.grandmasterscycling.org/> - Cycling for the ~~rest~~ Best of your Life
- <http://www.lagrange.org/> – Club for serious cyclist and bike racers
- <http://www.lawheelmen.org/overview-of-rides> – host weekly training rides to do a double century.
- [Major Motion Recreational Cycling](#) - Major Motion was formed in 1975 in Southwest Los Angeles. The name Major Motion was inspired by Marshall "Major" Taylor, a pioneer in American cycling.
- <http://www.dock52.com> - LA Dockriders – ride Sunday mornings 8:45/9am from Dock 52 in Marina Del Rey.

Bike shop sponsored rides:

- [Helen's Cycles Calendar of Rides](#)
 - [Women's Rides](#) 3rd Saturday of the month
 - [Women's Mountain Bike Ride](#) Aug. 26th
- [Performance Bicycle Santa Monica Store rides.](#)
- [Bianchi and Bike Attack - Saturday Morning Bike Ride](#) - Sept. 8th 8:30 am to 11:30am (regular Playa Vista shop rides are every Saturday from 8am to 11am)



RIDE LOS ANGELES
for a people-friendly West Los Angeles

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