



# Bike Mar Vista News and Rides!

## August 2017

*Bike Mar Vista is hosting a ride this Sunday at 10am from the Mar Vista Farmers Market for those who would like to be guided to our wonderful Ballona Creek Bike Path.* Meet us at 10 am at the corner of Pacific and Grand View Blvd in the heart of the market. Bring your bike of course, helmet and a water bottle if you have one.

And we've expanded our mission of promoting safe cycling to include general exercise, adventure and general movement. Our guest in the community outreach booth this Sunday is our **Light On Lotus** local yoga studio. They're located right on Grand View Blvd, next door to Little Fatty's! It's great studio that I hope to visit on a more regular basis. I did enjoy my Friday evening class a couple of months ago. The live band that started playing at Time Warp Records was sort of a bonus!

**Wednesday, August 16<sup>th</sup> at 6pm is the next LACBC Bike Ambassador's mtg. at Coffee Tomo.**



The next CicLAvia ride is also this  
**Sunday, August 13, 2017 from 9am to 4pm.**  
**CicLAvia - San Pedro meets Wilmington**

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

Special Event Rides (<https://socialbicyclist.com>) coming up in the next couple of months you might consider are:

- |                                    |                |
|------------------------------------|----------------|
| ➤ Mammoth Gran Fondo               | September 9th  |
| ➤ Finish the Ride Santa Clarita    | September 24th |
| ➤ Levi's Gran Fondo                | September 30th |
| ➤ Central Coast Classique          | September 30th |
| ➤ Jense Gran Fondo of Marin        | October 7th    |
| ➤ Rat Beach Bike Tour              | October 7th    |
| ➤ Westlake Village Century         | October 7th    |
| ➤ Phil's Cookie Fondo in Malibu is | Oct 14-15.     |



And of course our local bike shops and clubs offer monthly and weekly rides.

**Helen's Cycles Marina Del Rey on Lincoln – 2<sup>nd</sup> Saturday of the Month at 7:45am (intermediate)**

Full list of Helen's Cycles rides can be found at <http://helenscycles.com> under their "Events" page.

**Performance Cycles also hosts – 2<sup>nd</sup> Saturday of the Month rides @ 7AM hosted by Cindy Decker**

<https://www.meetup.com/Performance-Great-Ride-Series-Santa-Monica/>

### **MV Farmers Market Bike Repair and Valet**

Phil Fox and Bike Mike have been offering their bike tune up/no parts repair services weekly for FREE at the Mar Vista Farmers Market along with Bike Valet service while you shop! Hours are from 9am to 2pm. If you need parts or in the market for a bike be sure to shop **LA Brakeless** and **Bikerowave** DIY bike repair shop both located just around the corner from the MV Farmers Market!



# Bike Mar Vista!

## to the Ballona Creek Bike Path

### Sunday, August 13 @ 10:00am.

### Meet Up at Mar Vista Farmers Market



Join us for a family-friendly bike ride from the Mar Vista Farmer's Market to the Ballona Creek Bike Path (approximately 8 miles round trip). We'll meet at the MVCC tent at the Mar Vista Farmer's Market (corner of Grand View and Pacific) at 10:00. All are welcome. Helmets and lights are suggested.

Light on Lotus Yoga ([www.lightonlotus.com](http://www.lightonlotus.com)) will be at the MVCC Community Outreach tent, so come early and learn about other forms of movement and physical health. **LIGHT ON LOTUS**

#### World Police and Fire Games

**When:** Friday, August 10, 9:00 a.m. - 11:00 a.m. & Saturday, August 11, 10:00 a.m. - 1:00 p.m.

**Where:** Castaic Lake & Central Park, Santa Clarita The World Police and Fire Games finishes up cycling action this weekend as the Mountain Biking competition takes place this Friday at the Castaic Lake Recreation Center and Cyclocross competing at Central Park in Santa Clarita on Saturday. For more information on these events, check the LA17WPFG page [here](#).

#### Bike Check at Farmers Market - Walk Bike Burbank

**When:** Saturday, August 12, 8:00 a.m. - 12:30 p.m.

**Where:** Olive & Glenoaks, Downtown Burbank Walk Bike Burbank volunteers will check your bike and make basic repairs and it's FREE! Learn about safe bicycling through proper maintenance of your bicycle. More info [here](#).

#### Elysian Valley Slow Ride

**When:** Saturday, August 12, 10:00 a.m. - 11:00 a.m.

**Where:** LA River Bike Path & Riverdale, Elysian Valley

Elysian Valley residents who are both pedestrians and cyclists will join together in an Elysian Valley Slow Ride to enhance awareness of shared access, promote safety, create dialog and build community by creating dialog around issues that affect us all. The ride will end at Cafecito Organico for coffee and conversation. More info [here](#).

#### I <3 Cambodia Town Bike Tour

**When:** Sunday, August 13, 4:00 p.m. - 6:00 p.m.

**Where:** Mark Twain Library, 1401 E Anaheim St, Long Beach 90813

Join API Forward Movement, Metro, Healthy Active Streets, and the Cambodia Town Mural Project for a fun community bike tour of Cambodia Town in Long Beach. This will take place during the HEART OF LONG BEACH event. Stops include: Mark Twain Library, MAYE Center, United Cambodian Community, Buddhist Congregation (Chua Phat To), and Homeland Cultural Center. Facebook page [here](#).

#### Basic Bicycling Skills Class

**When:** Tuesday, August 15, 7:00 p.m. - 8:30 p.m.

**Where:** LACBC Headquarters, 634 S Spring Street, Los Angeles 90014

Whether you've been riding for a long time but still feel unfamiliar with how to ride your bike in traffic, or you're new to urban bicycle riding and don't feel confident on the road, this is class a great place to start. This **free** indoor class reviews all the basic principles of urban bicycling that you need to know. RSVP [here](#).

#### August Ride with the Mayor: Community Garden Tour

**When:** Wednesday, August 16, 5:30 p.m. - 7:00 p.m.

**Where:** Santa Monica City Hall, 1685 Main Street, Santa Monica 90401

Join Santa Monica Spoke for another Ride with Mayor on a tour of Santa Monica's Community Gardens. The ride will be cover 7 miles and wind up at one of our #BikeLocalSM favorites, Bareburger on Main Street for an extended HandleBar Happy Hour #HBHH. Meet Mayor Ted Winterer, City staff, and your neighbors while enjoying a fun bike ride in the breezy Santa Monica sunshine! More info [here](#).

<http://www.la-bike.org/calendar>

**Keep it moving Mar Vista and wear your helmet!!**