

Explore... Enjoy... Relax... Share... Hike... Join... Fun... Excitement... Active... Involve

Angel's Be Alive!



Angel Gomez,
Member Services Manager,
and former U.S. Marine



El Segundo beach volleyball courts.



The meter with summer rates.



Interesting art on a pole.

SOUTH BAY BEACH

Photos by Alive! Staff

Hello again!

Before we begin, I want to take a moment and say thank you to everyone who has emailed and called regarding the previous issues of "Be Alive." I appreciate it and glad to be of service.

The last few months we have focused on hikes in local mountains. I really enjoy the outdoors and visiting all these beautiful places, but this month I thought we would try a new adventure: Bicycling.

The path I chose is officially know as South Bay Bicycle Trail, a 22-mile paved path that runs from Will Rogers State Beach to Torrance County Beach. Most of the trail is on a paved path on the beach, except for a few sections (circumventing Marina del Rey; briefly in Hermosa Beach) on city streets. That section heads north from Dockweiler State Beach in Playa del Rey. But, for this article, we will travel south, so most of the trail is on the beach. If you notice jumbo jets and other aircraft soaring over your head, that's because the bike trail takes you are almost directly under the LAX flight paths. Take a moment and enjoy the view.

Let's begin where the 105 Freeway (after it turns into Imperial Highway) ends at the water. That's the entrance to Dockweiler State Beach, just across from our City friends at the impressive Hyperion Treatment Plant. You can drive right up and park at the beach for \$7 (all day pass), but it gets crowded on weekends.

Dockweiler is one of the few beaches in the region where it is legal to have a fire on the beach, although only in the approved fire rings (and you must reserve your time). Dockweiler is home to the only RV campground located right on the beach. RV hookups, pump-out stations, hot showers and a laundromat are right there. Also, it is the only oceanside hang-gliding facility in the county.

If \$7 is too much, you can turn left at the end of Imperial, and you will come up to a parking lot on your right (in front of Hyperion Treatment Plant). Park there for only \$2 before 9 a.m. during the week.

As you ride south on the path, you will see a small snack counter. You can stop there for food, and restrooms are below. If you continue down the path, you will see the El Segundo beach volleyball courts; it looks like a lot of fun, and I think there are lessons available, too.

Traveling at about 7 to 10 miles per hour, I could look over my right shoulder and see lots of surfers, beachgoers and of course the beautiful coast. (The path was very smooth, and everyone was very nice along the way.) And over my left shoulder, I could see many beautiful homes.

Be aware that the bike path can be a very busy place, especially on weekends. In some stretches, you might be asked to walk your bike. Even though by law the path is



The entrance to Dockweiler State Beach



At Dockweiler State Beach.



A beautiful view of the coast from the bike path.

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Parking rates.

Dockweiler State Beach.

The Dockweiler State Beach hang-gliding center.

The (temporary) end of the path along the beach between Manhattan and Hermosa Beaches. You will see a wall and have to make a left. After a (marked) brief journey on city streets, the path continues.

BIKE TRAIL

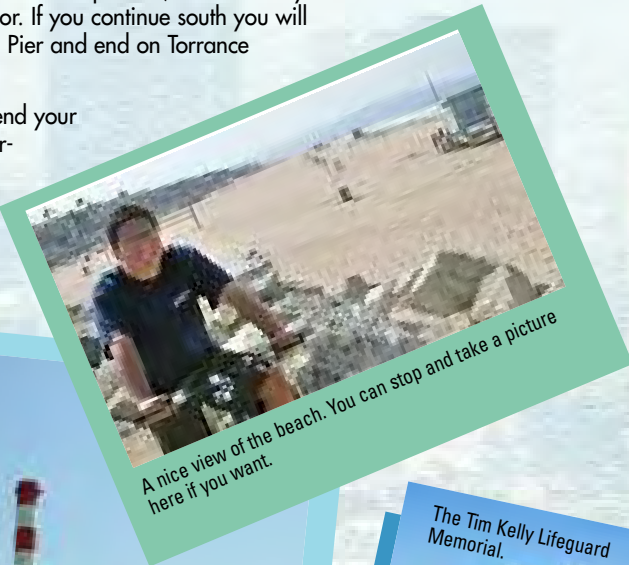
reserved for human-powered bikers only, you will most likely encounter a range of challenges: joggers, in-line skaters, walkers, dense packs of fast-moving competitive bicyclists, people toting their heavy beach coolers behind them, children who are oblivious to the fact that the path has fast-moving bikes going by, people using gas-powered mini-bikes, and the like. Be vigilant, and you will be fine, but don't be afraid to yell "bike!" as you come up to a person who may not be aware you are approaching. And, as on the road, pass on the left, and stay to the right if your speed is more leisurely.

Enjoy the view and keep drinking plenty of water. There are places on the path to grab a bite to eat or drink if you get hungry, and there are a lot of destinations in Manhattan, Hermosa and Redondo Beaches to kick back, too.

Places you will see: Dockweiler State Beach, Hyperion Treatment Plant, El Porto Beach, Manhattan County Beach and Municipal Pier, Hermosa City Beach and Municipal Pier and then King Harbor. If you continue south you will pass the Redondo Beach Municipal Pier and end on Torrance County Beach.

Bicycling is a wonderful way to spend your day. You almost forget you just exercised and traveled 14.7 miles.

Be safe and "Be Alive!"



Events in October:

HALLOWEEN EDITION

Ticket Guy Recommends:

FOR ADULTS:

Halloween Haunt at Knott's Scary Farm:

Knott's professional "scare-masters" transform the old Berry Farm into Knott's Scary Farm for another year of the world's first, biggest and most famous theme park Halloween event, organizers say. Running through Halloween, this is the original, in-your-face live Halloween experience – a 160-acre living horror movie filled with 13 chilling mazes, seven hair-raising shows, four horrific scare zones and 1,000 monsters roaming for their next "victim." Scheduled for October 3-7, 10-14, 17-21, and 24-31. Knott's Berry Farm closes at 5:30 p.m. each evening and reopens at 7 p.m. as Knott's Scary Farm. The fear continues until 1 a.m. (2 a.m. on Fridays and Saturdays). See the Club Store for Club ticket discounts.

Hollywood Horror Nights at Universal Studios:

"There's only one event big enough to scare everyone in Los Angeles: Universal Studios Hollywood's Halloween Horror Nights, the most terrifying Halloween experience in Southern California," according to Universal's Website.

Enter the worlds of Jason, Freddy and Leatherface as you encounter four all-new horrific mazes. And witness the horror as each character comes to life when you step off the Terror Tram, and onto Universal's Backlot. Runs Oct. 5-6; 12-13; 19-20; 26-27; and 28-31. See the Club Store for Club ticket discounts.

Spooky House of Horror Haunted Theme Park: The great San Fernando Valley attraction is back for 2007 with a permanent location: 21512 Nordhoff St. in Chatsworth. The haunted mansion has thrills and treats for everyone (and there's a less scary children's matinee every Sunday, from Oct. 6 – 28. Runs: Every Friday, Saturday and Sunday Oct. 5 – 31, and every night Oct. 24 through 31. Also open Nov 2 and 3. Friday-Saturday and Halloween: 7 p.m. to midnight; Sundays/week-nights: 7 to 10 p.m. See the Club Store for Club ticket discounts. Information: www.spookyhouse.com

FOR KIDS:

Mickey's Halloween Treat at California Adventure:

Mickey's Halloween Treat at California Adventure: Enjoy a special Halloween treat at Disney's California Adventure. This "spirited" event at Disney's California Adventure Park includes:

- Amazing attractions to get you spinning, looping and free-falling
 - Lively music to boogie your bones
 - Special treat stations where you can scare up some goodies
 - Creepy crafts and activities for some frightful fun
 - Plus lots more spook-tacular entertainment for little boys and ghouls
- Runs: Oct. 5, 12, 19 and 26 (7:30 to 11:30 p.m.); and Oct. 4, 11, 18, 25, 29, 30, and 31 (6:30 to 10:30 p.m.) Advance tickets are \$29 with free parking or \$39 day of event. For tickets, call (714) 781-4400.

Directions to Dockweiler State Beach:

Directions to Dockweiler State Beach: From the 405, take the 105 (Century Freeway) west. Alongside LAX, it becomes a surface street (Imperial Highway). Make sure to slow down! Take Imperial past Pershing Drive. At the beach (Vista del Mar), Imperial will lead you right into the entrance for Dockweiler.

