

Southern California's Business and Entertainment Magazine

BRNTWD

er 1997

Display Until March 1997

Barbra Streisand
Winter Fashions
Adam Arkin
Bali High
California Scenics
The Black Dahlia

Harrison Ford
HOLLYWOOD'S HIRED GUN

\$3.95/Canada \$4.95





Clubs/Organizations

KAYAKING

Southern California Boat Club

Lessons daily, open 24 hours to members, year-round. (310) 822-0073.

California Kayak Friends

Clearing house and organizer for events, seminars relating to kayaking around southern California. Check their website at www.intelnet.net/clubs/ckf, or call L.A. County coordinators at (310) 782-1906.

BICYCLING

Marina del Rey Bicycling Club

Sunday mornings at Helen's Bike Shop, 2472 Lincoln Blvd. in the Marina.

Medium to fast paced, mostly hilly rides; pace line and pack riding skills recommended.

Road bike and helmet required.
(310) 398-7665

HIKING

The Wilderness Institute

Activities for all age groups and abilities (including disabled). (818) 991-7327. Visit them on the Net at www.wildernessinstitute.com

Park Authorities

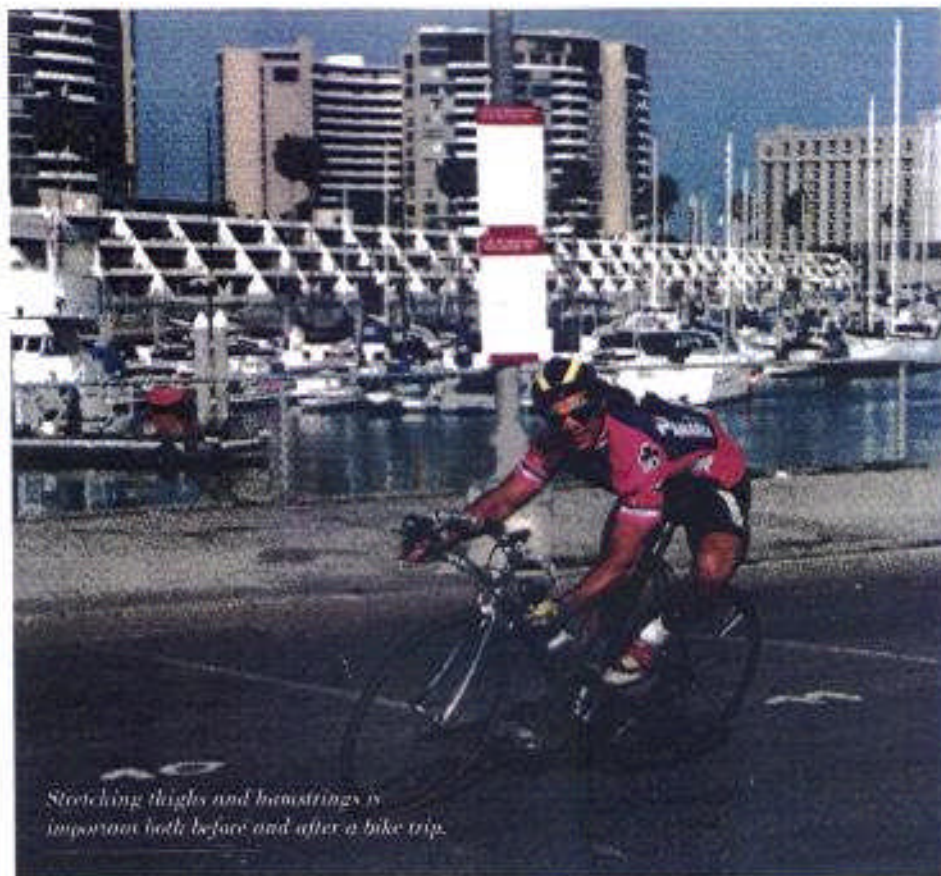
Mountain Parks information: Number 1-800-533-PARK

U.S. Forest Service Headquarters

(213) 684-0350 or

U.S.F.S. Ranger Districts

(818) 577-0050



Stretching thighs and hamstrings is important both before and after a bike trip.

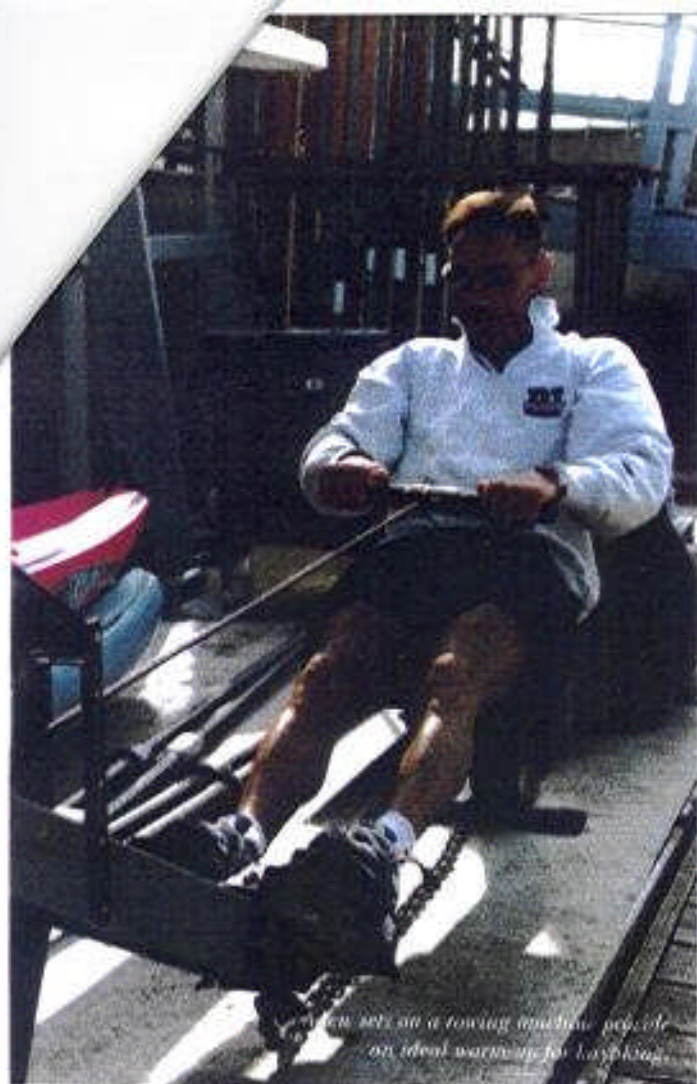
As Potero advises, "We have probably the longest bike path in the country. From Temescal Canyon all the way down to the tip of Palos Verdes is probably about 22 to 25 miles, so you can ride that whole path and it's beautiful; as a beginner that's where you can start. It's flat, but a gorgeous route is to go down to Palos Verdes, where it looks like the South of France."

Another route that leads to this Mediterranean-like character of the region comes from hiking some of the network of mountain and park trails that border the Pacific. Brad Childs, executive director of the Wilderness Institute, comments, "This is a coastal zone, so you have that influence of the fog coming in, and the plants that grow there are the chaparral plants, or the elfin forest, so they're short. Sometimes people say they're too thick to crawl, too short to give much shade, but they're too tall to see over, so it's a Mediterranean type of climate, and I think that is one of the five areas on the continent or in the country that have the Mediterranean type of climate. We have the beach influence; we have fire ecology, as we've just gone through."

Hikers taking trails just a few miles further inland also encounter a whole new range of flora and fauna. "You also have the oak woodlands, and in the canyons you can get some of these big leaf maples in

the waterfall canyon areas, and because of the ruggedness of these mountains you have mountain lions here, and there are golden eagles making it their home," says Childs, who has worked hard to protect the area around the county now designated as a national recreation area by introducing residents to the value of their landscape via hiking. "When you look around, anywhere in the world that you can have the type of variety, I guess—there's rock climbing, mountain biking, biking, people jog these trails, equestrian trails that are extensive, there's a backbone trail that runs the whole length—about 50 miles—from Griffith Park all the way out to Pt. Mugu."

Whoever avenue the would-be urban adventurer chooses to take—the mountain path, the bike trail, the marina and ocean inlets—each offers plentiful opportunities for either solitude and serenity or companionship and common interest bonding. Aside from the chance to integrate some excellent physical conditioning by way of a cardio and strength workout, hiking, biking and kayaking are steadily opening up new vistas for city dwellers to explore aspects of the urban environment absent from the daily commute. And this time, the experience is a green light one may also claim as unique. ■



Rowing on a towing machine provides an ideal warm-up for kayaking.

funts. "People notice things like the sea lions that swim along with us, the brown pelicans, and the occasional dolphin. I guess the basic thing is that you get away from L.A. - you're literally in L.A., but you're not," Tarlow reflects. "It's a two-pronged thing - it's exercise and it's escape. Some people like to do it alone, other people like to socialize, but really you can tailor your experience to what you're looking for. In L.A., those are two really hard things to get at once."

Another burgeoning method of achieving both at once, albeit back on solid surfaces, continues to be biking. Witness the growth of everything from charity bike-a-thons to increasing miles of street bike paths, along with a widening web of mountain biking trails, and the surge in this old-but-new activity becomes clearer. Some cyclists, however, rely on pedal power far much more than just leisure-time exercise.

Westside-based fitness coordinator John Potero may exemplify a coming wave of 21st century overall reliance on the bicycle around town, integrating personal, professional and physical needs as he races around town on any given day. In recent years, he has travelled lengths as distant as West L.A. to the West Valley or to the east end of the county on his bike on a regular basis, and he reckons the experience is overwhelmingly positive. "If I go from Culver City to Pasadena, it's going to take about an hour and a half to get there by car, but on my bike I can get there in an hour and fifty minutes, so in an extra twenty minutes, I've worked out," he points out.

Whether on inland or shoreline paths, biking seems to offer the most scenic route around the urban fringe of any available sport.

GETTING READY FOR THE URBAN EDGE

K A Y A K I N G

Stretching is key to preparing adequately for kayaking efficiency. These three stretches flex your torso in those directions you can move in a kayak. "C stretches" - standing with your feet slightly apart, raise your hands above your head, interlacing your fingers. Slowly lower your arms to the side so that your body makes the shape of a C. You should feel the stretch in the side you're leaning away from. Torso twists - Sitting in the boat on the ground with your back straight, twisting your chest and shoulders and concentrate on feeling the stretch. Hamstring stretches - lie flat on your back with your knees bent. Lift and straighten one leg and grab it near the ankle, gently pulling it toward you. If it's hard to reach, use something like a towel. Stretching before you kayak helps prevent muscular injuries and soreness, stretching afterward can improve your flexibility.

B I K I N G

In choosing a route, try to find an area to ride where you won't have to stop for traffic lights or otherwise interrupt your exercise by starting and stopping. If you are able to ride twenty to forty-five minutes uninterrupted, try it out in high gear and pedal at a high rotation (somewhere in the neighborhood of 90 to 100 revolutions per minute is ideal). For the most effective cardio and fat-burning effect, go at a high spin with a low intensity high gear. To prep your thighs while strength training, include some squatting and leg extension exercises in your gym workouts.

For injury prevention, your seat should be adjusted so that your leg nearly locks out at the knee. Helmets are mandatory in California. For indoors prep, advises L.A. Fitness Clubs coordinator John Potero, "The treadmill, the stairmaster, stationary cycle and versaclimber are all fine—it just depends on your likes and dislikes. Also, heart-rate monitored training is the best way to train. I strap a monitor on people because really that's the only accurate way you can find out what's going on."

H I K I N G

Bringing variety into it will bring added rewards, so for instance, try varying your intensity between fast striding and trail running. Hiking boots should be used on rocky, hilly trails. Trail running shoes, which resemble a cross between running shoes and hiking boots, are appropriate for trail running. Watch out for posted sign warnings, poison oak and poison ivy off the beaten trail. Items for your hiking checklist: backpack or daypack, map, compass, hiking boots or good walking shoes, clothing (even in L.A. - thermal underwear, rain jacket and pants or extra clothing if you're planning to hike in January or February), food, liquids, first aid kit, snake bite kit, chapstick, sunblock and sunglasses.

