

## Los Angeles Wheelmen VP Report - April 4, 2017

Hello All:

Saturday: Last Saturday was our first Grand Tour trainer of the season -- the ever popular "Canyon Lakes." There were 12 riders at the start, but later Mel Cutler, riding from home, caught us and as I was pulling out to go home, I saw Kit Gray coming in -- he must have gotten a late start. So that makes 14 total. Here's a shot Hoy Quan took at the start:



I and another rider were bringing up the rear going up Bouquet Canyon, but with the help of a flat tire, we were able to catch and finish with about 4 others. It was a nice day for our first trainer. It really only got hot for me on the final climb near Lake Castaic. I had been looking forward to the wild flowers. Last year the hill at the turn-off to go to the poppy preserve was covered with them and I figured it would be even better this year with all the rain. But I was disappointed. That hill was almost bare. Fortunately, a hill a bit later had a lot of flowers. Gary Murphy took this shot:



It's always interesting to see the state of the lakes on this ride. Both Bouquet Reservoir and Castaic looked pretty full, but that isn't necessarily due to the rain we have had since both those reservoirs can be filled with water brought down from the north. Lake Elizabeth and Lake Hughes, which are only filled by local rainfall, were still somewhat low, although not the mud flats they appeared to be last year. Here's a shot Gary took of Emma Pham above Bouquet Reservoir on Spunky Road.



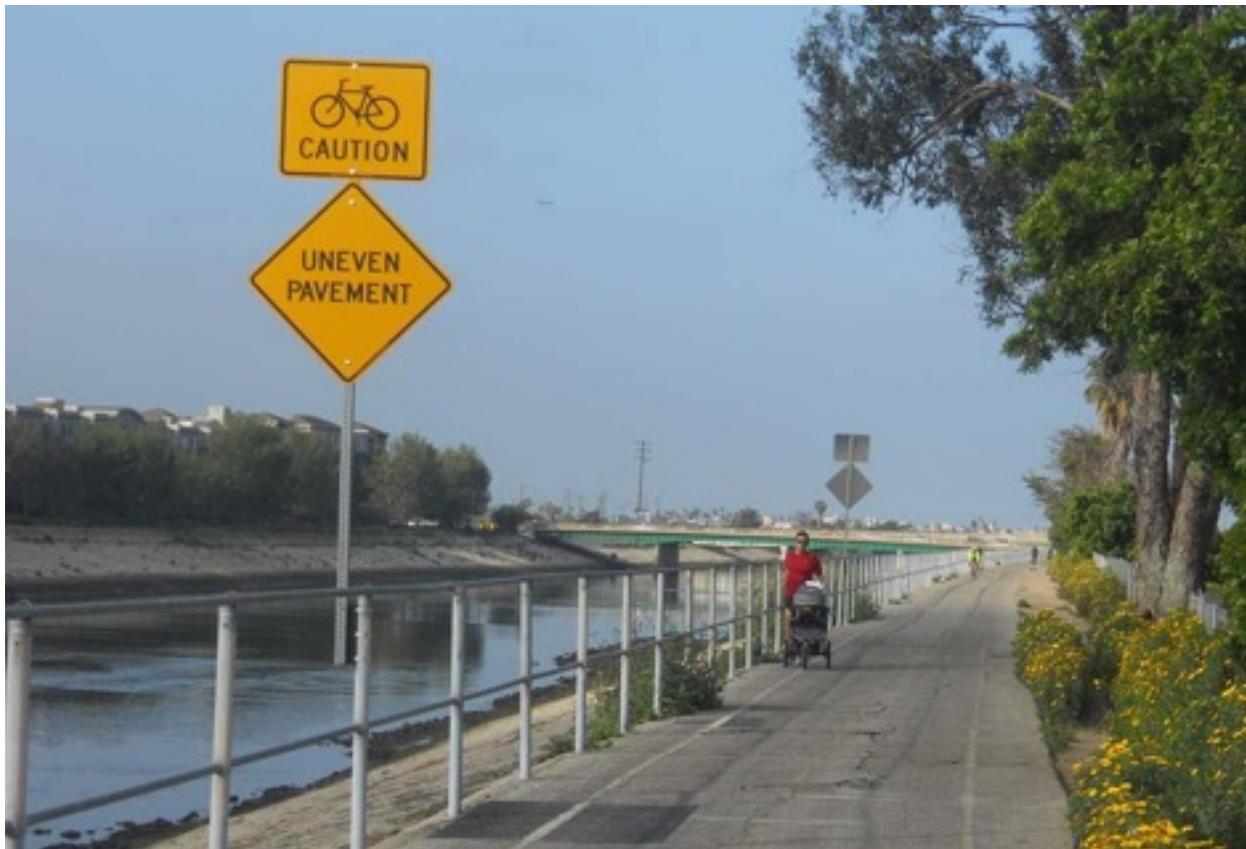
Sunday: On Sunday the ride was "La Tuna Melt" starting from the Zoo. As expected, the Saturday trainer took its toll on attendance at the Sunday ride. I think there were only 7 riders: Bill Faulkner, Nancy Domjanovich, Russ Brynes, Mark Rubin, Mike Eberts, David Nakai and me. None of my usual photographers were there so I don't have any photos from the start or elsewhere on the ride. I was the only one who rode both days, but I was tired from Saturday and decided to do the medium. Bill went with me and the rest did the long. I clearly made the right choice because the rest of the riders were almost out of sight in the first couple of miles. David submitted a report of the long route on the Yahoo Group, so some of you may have read that. It sounded like they had an interesting day. I learned a lesson. I had been dreading the 0.8 mile climb up Christmas Tree Lane in Altadena because I remembered it as very steep. But

when I got there, it was quite a bit easier than one of the climbs I had done Saturday on the trainer. My lesson is that sometimes your memory exaggerates the difficulty of past climbs. Your fears may be unfounded.

Next Week: Next Saturday is our 2nd trainer -- "Encinal Canyon." This is a bit longer than last week, but has about the same amount of climbing. However, the principal climb of the day (Encinal) goes higher and is steeper than the Bouquet climb last Saturday. There's talk of rain, but if it remains only a chance of scattered showers, I'll probably risk it and show up. I hate to miss a trainer.

On Sunday we will be riding "Tri-County Safari" which starts in West Covina. The long and the medium stay together until after lunch, so you don't have to make a choice until well into the ride. That works for me because if I ride both days again, I can wait and see how I'm feeling. Actually, the medium has fewer miles but about the same amount of climbing, so I don't know how much you would be saving by doing the medium. And the long does two of my favorite canyons -- Carbon and Brea. Lunch offers lots of choices. David Nakai mentioned something about checking out some new place. Me -- I'll be at the Habit Burger. Why? Because it's a habit.

Bike Path Repair: Those who ride the Ballona Creek trail regularly know that there is a rough stretch just east of Lincoln where some tree roots have pushed up the pavement. I noticed last week that the powers-that-be are finally on the case. Here's a photo of their solution to the situation:



Problem solved, I guess.

That's all I've got for tonight. My parting thought is that if I can ride both Saturday and Sunday, so can you. I don't want to be the only one hurting on Sunday.

See You On The Road  
Rod Doty, VP