

Los Angeles Wheelmen VP Report - October 2, 2018

Hello All:

Sunday: Last Sunday we were starting in Monterey Park for "Flintridge Express." We had 10 riders. I took this photo at the start:



From left to right, that's **Thomas Knoll**, **Jacques Stern**, **Terry Neff**, **Nancy Domjanovich**, **Ken Nishioka**, **Gary Murphy** and **Lee Meller**. After the photo was taken, **Sheila Syzmanski** and **Amy Katch** joined the group. We split evenly between the long and medium routes with Jacques, Terry, Nancy, Ken and Amy heading off on the medium and the rest of starting the long. We quickly lost sight of Thomas and Sheila -- there was some talk that they might skip the toughest hill, but I don't know if they did or not. The rest of us struggled through the early hills in Monterey Park. Gary took a few photos. The first is me crawling up one of these hills:



Here is another as Lee started down one of the hills. That's Cal State LA in the distance.



We made it over to the big hill of the day in La Canada. It was getting pretty warm by then. Lee made it most of the way up this one and then turned around and we didn't see her again. Gary and I soldiered on and finished the hill. A fast downhill took us to lunch which was very welcome for me. But we still had another major climb after lunch which all but did me in. I needed a break in the shade to finish that one and then later a stop for a cold drink before doing the final 10 miles. I was happy to have done the ride, but it was a lot harder than I remembered. Gary must have felt better than me -- when we got back, he added a few extra miles to get his total distance up to a metric century.

Next Sunday: Next Sunday we will be riding "Cal Poly By Golly" which starts in Industry. This should be a little easier than last Sunday. Although the long has plenty of hills, the total climbing is less than last week. Also, the long and medium stay together until about the halfway point, so you don't have to make a decision as to which route you are up for until late in the ride. All routes tour the Cal Poly Pomona campus which I always enjoy for the farm animals usually visible near the entrance. Lunch for the long riders is in Chino Hills where we had lunch a few weeks ago on a very hot day. I'm confident it won't be so hot this Sunday. So come on out. These are very nice routes, no matter which one you choose to ride.

For Sale (Actually For Free): Member **Bobbi Gold** asked me to include this "for sale" listing, which is a service I'm always happy to do for members.

FREE: pair of very good bike wheels, never used. Mavic S/B Aksium (Were originally \$249 list price) (See photo below) . Still in box. If interested, contact Bobbi Gold, bobbigold@ucla.edu or (310) 837-3661 To examine, come to my home in Culver City at 5929 Stoneview Drive.



Still Waiting: We are still waiting on a volunteer to provide refreshments at the October 18th meeting.

Sad: As I was beginning to write this, the Cubs lost their wild card game and are done for the season. Bummer. Well, no group of fans has more practice at saying "next year" than Cubs fans.

Parting Shot: As I was resting in the shade on one of the climbs last Sunday I noticed this in a nearby lawn. Sort of an unusual thing for a lawn ornament:



See You On The Road,
Rod Doty, VP

Los Angeles Wheelmen VP Report - October 9, 2018

Hello All:

Sunday: Sunday we were riding "Cal Poly By Golly." We had 8 riders. I took this photo:



From left to right: **Thomas Knoll, Jacques Stern, Lee Meller, Sheila Szymanski, Amy Katch, Gary Murphy and Terry Neff.** I was the eighth. Amy did the short route and the rest of us did the long. As usual, Thomas and Sheila took off, but the rest of us stayed together for most of the ride. Gary and Lee ran on ahead near the end. I think Gary was antsy to get home and watch the Dodgers. It was an absolutely beautiful day for the ride. A cool and crisp fall day. That autumn feeling was helped along by all the pumpkins for sale along the route. Here is one pumpkin patch near Cal Poly Pomona (photo by Gary)



Two other places we saw were more like small carnivals with rides for the kids and large inflatable attractions. I was disappointed there weren't more farm animals out in the pastures on the Cal Poly campus, but we did see these steers; (another photo by Gary)



I didn't have the heart to tell them that later in the day I planned on stopping at the Habit Burger for lunch. Lunch was at the same location we stopped at a few weeks ago and after lunch on both occasions we immediately rode over Carbon Canyon, but what a difference a few weeks can make. The day of the earlier ride it was over 100 degrees and the climb over Carbon was like a death march for me. This time it was a breeze -- literally -- there was a nice breeze cooling us off all the way up. At the top of Carbon Canyon I took this photo of the flags being flown by a home there.



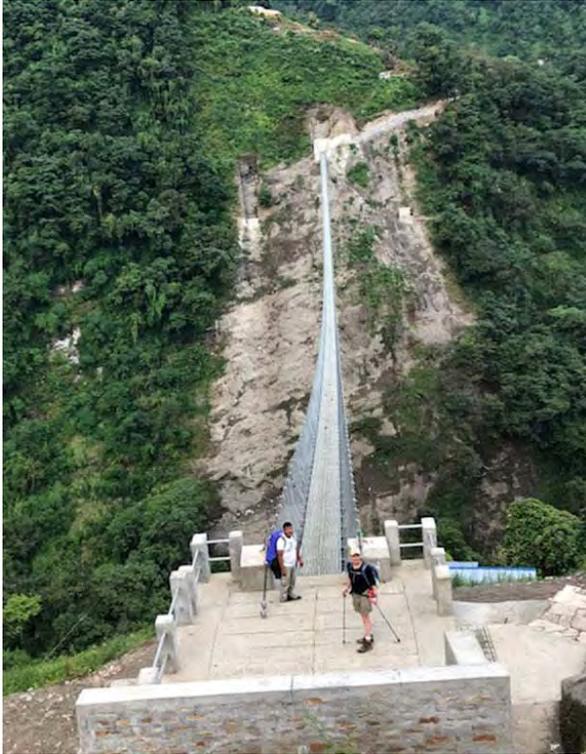
That's Canada and Japan on the left and Israel and the Czech Republic on the right. I think these people must have some really crazy ancestry.

Next Sunday: Next Sunday is our Century and Metric Century of the month. This month we will be riding "Looking For Leona" which is a century put together by Gary Murphy a few years ago. With about 6800 feet of climbing on the century, I won't lie to you, this is more difficult than most of our centuries. But it has its compensations -- you get to ride two picturesque canyons -- we go up San Francisquito and down Bouquet. You get to see downtown Leona Valley (gas station, store and cafe). I'll be curious to see the remains of the bar located half way up Bouquet Canyon which burned a month or two ago. It had been there forever and survived at least one major brush fire. If the full century seems too much, you might consider the metric century. It does all the good stuff of the full century, but starts in Santa Clarita instead of in Reseda so it cuts off the trip from the Valley over to Santa Clarita and back. Because of the difficulty, I'm planning on starting early -- maybe around 7. You are welcome to join me for the early start.

Meeting Refreshments: I want to thank **David Williams** for volunteering to bring refreshments to our October 18th meeting.

Volunteer Opportunity: A friend of **Nancy Domjanovich** is seeking help to assemble 166 bikes for kids. I believe these are new bikes still in their box. The event is on November 30th at Chavez Elementary School in Long Beach. I've attached a flyer for this event and contact information is at the bottom.

Vacation Photos: **Mel Cutler** is in Nepal (I think for hiking -- not biking). He sent this photo of a suspension bridge he crossed. It's 287 meters (941 feet) long.:



I'd like to think I would have the nerve to cross it, but I'm not sure. He also sent this photo and invited us to make our own captions:



My only thought is: why do they appear to have a bird in their logo, but then I took a closer look and that appears to be a large foot print on the left of the logo.

Parting Shot: Hoy Quan sent me a few photos he recently took while in Japan. I've put so many photos in this week's e-mail, I think I'll only include one here and try to remember to include the others later. This was taken in a 100 yen store which Hoy says is the equivalent of our 99 Cent stores:



See You On The Road
Rod Doty, VP

It's the Most Wonderful Time of the Year!

Please join other generous volunteers to spread the holiday spirit by building bicycles for some really great local children this holiday season.



Friday, November 30th at 4pm

**Chavez Elementary School Gym
730 West 3rd Street, Long Beach, CA 90802**

We have 166 bikes to assemble and we need your help!

How do you assemble a bike? https://youtu.be/9RFoZ_MpUes

- What tools do you need? Screw drivers, 14&15mm allen wrench, metric open ended wrench or adjustable wrench, 5&6mm allen keys, metric socket sets, utility knife or cutting pliers



www.bikesforkidsfoundation.org

RSVP: Gsaldana@lbschools.net

Los Angeles Wheelmen VP Report - October 16, 2018

Hello All:

Sunday: Last Sunday we were riding our century of the month -- "Looking for Leona" which traveled out to Leona Valley and back. I started early on the full century from Reseda, but no other full century riders ever caught me. I'm not all that fast, so I tend to think I may have been the only rider doing the full century. However, there was a group of metric century riders who started from Santa Clarita. I had reports from both **Gary Murphy** and **Thomas Knoll**. I didn't get any photos of the group at the start, but it consisted of (in no particular order): **Gary Murphy, Thomas Knoll, Sheila Szymanski, Lee Meller, Jacques Stern** and **Terry Neff**. Because I started earlier, I was actually a little ahead of them when we started up San Francisquito Canyon. Most of them soon caught me and I was able to ride much of the route with Gary and Lee which was nice.

Two of the riders cut the route a little short by riding Spunky Canyon over to Bouquet Canyon and skipping the trip to Leona Valley. The rest completed the ride. It was really a nice day to be out in those canyons. A day or two after a rain is almost always a nice time to ride. The air was clean and it smelled like autumn. Gary sent me a few photos:



That's Jacques, somewhere on San Francisquito Canyon.



This is me struggling up to the top of San Francisquito -- the steepest part of the entire day. In both these photos you can see how nice the scenery around us was.

On the trip down Bouquet Canyon I was anxious to see what remained of the Big Oaks Lodge. I had seen on the news last August that it had burned. Apparently it was 84 years old and had made it through several wild fires in the canyon. Although recently it was mostly a biker bar, it had quite a storied history. Alas, when I got there, here is what was left



That's a fireplace and chimney on the left. I think the stone wall in front was the patio.

Next Sunday: Next Sunday is our almost annual trip up to Mount Wilson. I love this ride. There's nothing like the feeling you get when you reach the top. Everyone has heard of Mount Wilson, so your non-cycling friends will be impressed when you tell them where you rode. The main route simply goes up to the top and back down. There is an extended version which takes you either to Newcomb's Ranch or down Big Tujunga. The medium only goes up as far as Clear Creek and the short doesn't go up at all. I know it sounds hard, but it's not a long ride so you can take your time. And if it really gets to be too much for you, you can always just turn around and practically coast back to the start. So why not give it a shot. You might surprise yourself.

Meeting Alert: This Thursday is our monthly members meeting in Culver City. Unfortunately, **David Williams**, who was going to provide refreshments, got called away on family business and won't be able to attend. So, we need someone to step up and provide the refreshments. Let me know if you can do this.

Vacation Photos: **Nancy Domjanovich** traveled to the East Coast last week. I'm not sure it was so much a vacation as a trip to visit relatives, but whatever it was, she sent this photo of Snow Hill, Maryland. She said it was their favorite place on the trip and that her great, great great grandfather was born there.



Final Shot: Here's another photo **Hoy Quan** took in Japan of a product for sale in their version of a 99 cent store:



See You On the Road to Mount Wilson
Rod Doty, VP

Los Angeles Wheelmen VP Report - October 23, 2018

Hello All:

Sunday: Last Sunday we met at the Rose Bowl for our trip up to Mount Wilson. I think there were 8 riders at the Rose Bowl. Both **Phil Whitworth** and I took photos at the start and together we got all 8 (sort of):



In Phil's photo, from left to right, that's **Lee Meller, Jacques Stern, Rod Doty, Gary Murphy, Josh** (didn't get his last name), and **Thomas Knoll**.



In my photo, from left to right, **Sheila Szymanski, Lee Meller, Jacques Stern, Gary Murphy, Josh, Thomas Knoll** and riding his bike in the background, **Phil Whitworth**.

Terry Neff had started early and two more riders rode from home and joined us en-route -- **Russ Brynes** and **Mel Cutler**. That's a total of 11 riders which isn't too bad for this kind of ride. Two riders turned around at or near Red Box, but the rest of us made it up to Wilson. Mel and Phil continued on to do the extended long taking them on up Angeles Crest to Upper Big Tujunga and taking that down.

The weather was great -- maybe a little hotter than I had expected -- but the last 5 miles on Mount Wilson Road are on the shady side of the mountain and that made for easier climbing. It was a fairly clear day and the views were spectacular. Gary Murphy took this photo showing the buildings downtown in the distance



Unfortunately, the camera makes it look more foggy than it really was. Those buildings were clearer in person. I really enjoyed my hotdog up at the "Cosmic Cafe." Having just climbed almost 5000 feet can make you feel very virtuous even while indulging in junk food. For me, that is one of the nice things about cycling. Here's a photo Gary took of some of us at the top.



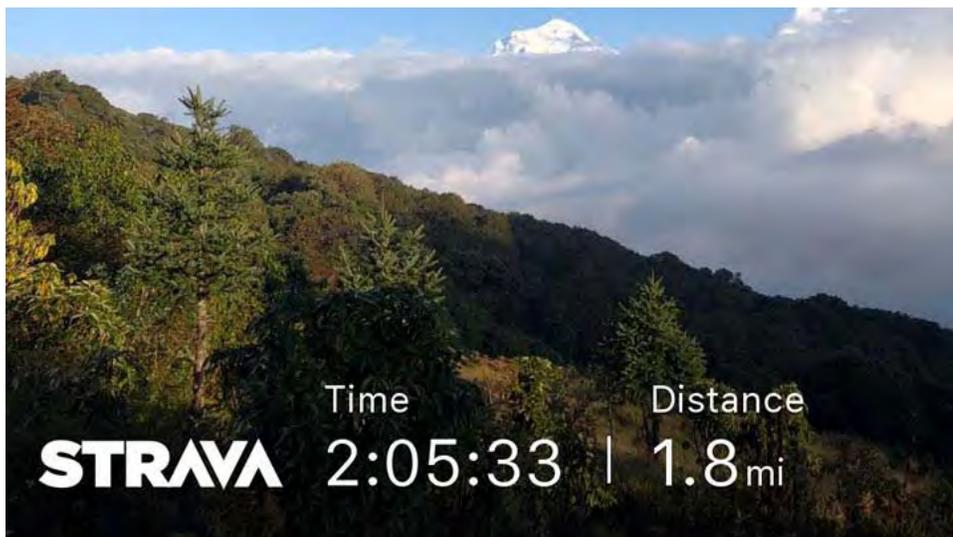
Coincidentally, it shows the 3 riders who weren't in the starting photos above. From left to right, that's **Mel Cutler**, **Russ Brynes**, **Me**, and **Terry Neff**.

And of course, the best was yet to come -- 20 miles of downhill. How can you beat that?

Next Week: Next Sunday we will be starting at the Zoo and riding "David Does Descanso." I do not believe **David Nakai** (the creator of these routes) will be doing Descanso this time, but his ears might be burning as we curse him for all the hills he put in these routes. Actually, there is only one curse-worthy climb and it's only on the long route. But all the routes do some climbing. The short goes up Chevy Chase. The medium adds a climb through Mount Washington. The long adds a climb through Elysian Park and trades the Chevy Chase climb for the curse-worthy climb up Mountain/Camino San Rafael. I know this sounds rough, but all routes are very short -- the long is only 37 miles. They all meet up for lunch in Montrose and the joint return is almost all downhill. An added bonus for the long riders -- we will be riding through Elysian Park to a point where you can look down into Dodger Stadium where the Dodgers are scheduled to be playing game 5 of the World Series later that day. (At this point, the Dodgers are hoping there will be a game 5).

Meeting News: Good news -- **Mel Cutler** has volunteered to host the November meeting on November 15th. We still need a host for the December 20th meeting. If you can do this, we would like to hear from you.

Vacation Photos: Although Mel is back now, he sent me another photo from his hiking trip in Nepal:



The peak in the center is Annapurna South. He also sent me this Strava link to his hike that day:

<https://strava.app.link/NCTRAiZ68Q>

Closing Shot: A few years ago I promised I would include in the club newsletter any X-ray photos of injured members if they sent them to me. Not too many people took me up on that offer. But **Kermit Ganier** just had an ankle replaced last week and he posted his X-ray on Facebook. Here it is.



Feel better soon Kermit.

See You On The Road,
Rod Doty VP

Los Angeles Wheelmen VP Report - October 30, 2018

Hello All:

Sunday: Sunday we were at the Zoo ("It's all happening at the Zoo" as someone once said), for "David Does Descanso." There were only 4 of us at the start, but we were joined en route by two more. Here's a photo from the start:



That's **Sheila Szymanski**, **Thomas Knoll** and **Terry Neff**. The two who joined us later were **Gary Murphy** and **Josh** (I still don't have his last name). I believe we all did the long route. The route includes three major climbs and Gary sent me photos from each one. First up was Elysian Park where we passed one of the entrances to Dodger Stadium and later could look down into the stadium from the hills above. They had just lost game 4 the night before (and would later lose game 5 that night). We noticed some pools of water near the bottom of Stadium Way -- could have been tears. Here's a shot of downtown taken from the top of Elysian Park



Notice the sculpture (?) on the left. Not sure what that is.

The next big climb was in the Mount Washington area. Here is a shot of Terry and me winding our way up that hill.



That is a very pretty area and I always enjoy that climb.

Last up was the very steep climb up Camino San Rafael. Here I am nearing the top of that one.



All in all it was a good day. It got a little hot for that last climb, but once that was done all we had left was lunch and a downhill back to the start. I was disappointed we didn't see more houses decorated for Halloween. I thought there would be a lot of them in Mount Washington, but I guess most of the homes there are build on the hillside and don't really have lawns to decorate. We finally saw a number of decorated houses when we got back down to Glendale along Mountain St and Kenneth Rd. I took a shot of this one:



I'd never seen these large inflatable decorations before. They must be the latest thing, because I saw similar inflatables at a couple of other homes.

Next Week: Next Sunday we will be starting down in Tustin for the "Amazing Maze." All routes make their way to the World's Best Hamburger" in Yorba Linda for lunch and all tour the "maze" in Villa Park. The short does this in a fairly direct and easy route. As usual, the medium adds some miles and a little more climbing and the long adds even more miles and even more climbing. The long does a nice ride through Santiago Canyon, which really doesn't have all that much climbing. It will be the first Sunday in November and that means we will be returning to Standard Time. Don't forget to change your clocks or you will show up for the ride an hour early. Three of the clocks I use the most these days (my iphone, computer and garmin) change by themselves. It's getting so you don't really have to remind people to change their clocks anymore -- the clocks do it themselves. Anyway -- I hope to see a lot of you there -- especially since you will get an extra hour of sleep Saturday night.

I don't have anything else to add tonight. I'm sorry for you Dodger fans, but as a Cub's fan, I know all about saying "Next Year." Happy Halloween. They say more and more money is spent on Halloween decorations every year. I can believe it. Here's a shot of an extensive graveyard I took in Palos Verdes last Thursday.



See You On The Road
Rod Doty, VP