

Los Angeles Wheelmen VP Report - May 2, 2017

Hello All:

Last Saturday: Saturday was our training ride to Mount Baldy. I started early so I'm not sure exactly how many were on the ride. I can think of 10 for sure, but there might have been a few others. Mel Cutler met a couple of riders in Baldy, but I was unsure if they were on our ride or just happened to be there at the same time.

I took the Baldy Road route and the others came up the traditional route along Glendora Mountain Road and the Glendora Ridge Road. It was supposed to be very windy, but the winds were manageable. I think they might have been worse for those on the Ridge Road than for me, but all but one made it to the village. I made a half-hearted attempt to ride to the ski lift, but only went about a mile and a half. The winds seemed to be getting stronger the higher I went, so I gave it up.

An organized event was going to be riding to Baldy on Sunday and they were already putting up signs for their riders. I particularly enjoyed the one on Baldy Road that said "Shut Up Legs" -- the catch phrase of Jens Voigt (and his book title) who was appearing at the ride on Sunday. An additional 5 riders who were deterred by the predictions of wind on Saturday (fake weather news -- sad) did the ride today. I understand that two of them make it to the ski lift and a third almost made it there.

I have a variety of photos from Saturday. The first was sent by Gary Murphy and is of the eagles nest on Hwy 39. It appears that there are a couple of new eaglets again this year.



This next one is another sign I found amusing. I never see this kind of sign in Culver City.



Finally, here is a photo sent by David Williams of a yucca in bloom. Normally not a very pretty plant, but when they bloom like this, the yuccas can make the mountain landscape pretty.



Last Sunday: Sunday we started from Alhambra and the the goal for most of us was Chantry Flats. I believe there were six of us. Here's an unposed shot at the start from Phil Whitworth.



From left to right that's Jacques Stern, Chris Hedberg, me, Bill Faulkner and Russ Brynes. Jacques and Chris opted for the medium route and the rest of us did the long, which is just the medium with the climb to Chantry added. I was tired from riding to Baldy the day before and had initially thought I would skip the climb to Chantry, but when I got to the bottom I decided "What the Heck" and went for it. Once I was at the top, of course I then felt glad that I had done it. Isn't that how it always is? Lots of hikers up there. I think we began encountering parked cars almost a mile and a half below the top where the trail heads are. One of the things that got me up that hill was the thought of the chili fries I wanted to order at lunch. I would have felt guilty eating them if I hadn't done the climb. I still would have ordered them, but I would have felt guilty. By lunch, the group had split up and it was only Bill and me at lunch. But Phil later sent me the photo below from Fosselman's Ice Cream, so he had his guilty pleasure too. Fosselman's is only a couple of blocks from our Alhambra start location and we start a number of rides there. I sometimes think I should tack on a visit to the ice cream shop at the end of all those route sheets.



Next Week: Saturday's Grand Tour trainer is "Latigo / Stunt." There are several options on this one, but the basic route with the coastal return is the exact reverse of the trainer we did two weeks ago. So, instead of flying down Latigo, we climb all those twists and turns. And after lunch, instead of zipping down Stunt Road, we will be grinding our way up that 4 mile hill. Once at the top, we whiz down Saddle Peak and Fernwood Pacific. Once in Topanga, you pick your option. It's either the coastal return or an inland return. The inland route adds two more medium climbs -- up and over Old Topanga and over Sepulveda. There is a century option which adds about 10 extra miles to the inland return. We run this particular trainer every year and I like to use it as a gauge of my training at about the half-way point to the Grand Tour. Last year I suffered just finishing the coastal return option. This year, I hope to do the inland return.

Sunday we will be down in Orange County for "Orange Thrill at Redhill." These routes are not too difficult as they wind around Irvine and points south. I hope to be there, but I use these Sunday rides as recovery rides from Saturday, so I might settle for the medium or a very sedate-paced long. So why not join me. There's talk of rain on the weekend, but I'll believe it when I see it (more fake weather news -- so sad).

Closing: I'm racking my brain here for something to close with tonight, but I got nothin'. Cubs are leading their division, but they do not appear to be the team of destiny they were last year. Guess it's harder to swing a bat with that heavy world series ring weighing you down.

See You On The Road,
Rod Doty, VP