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## LA Wheelmen VP Report

1 message

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Rod Doty <roddoty@roadrunner.com>

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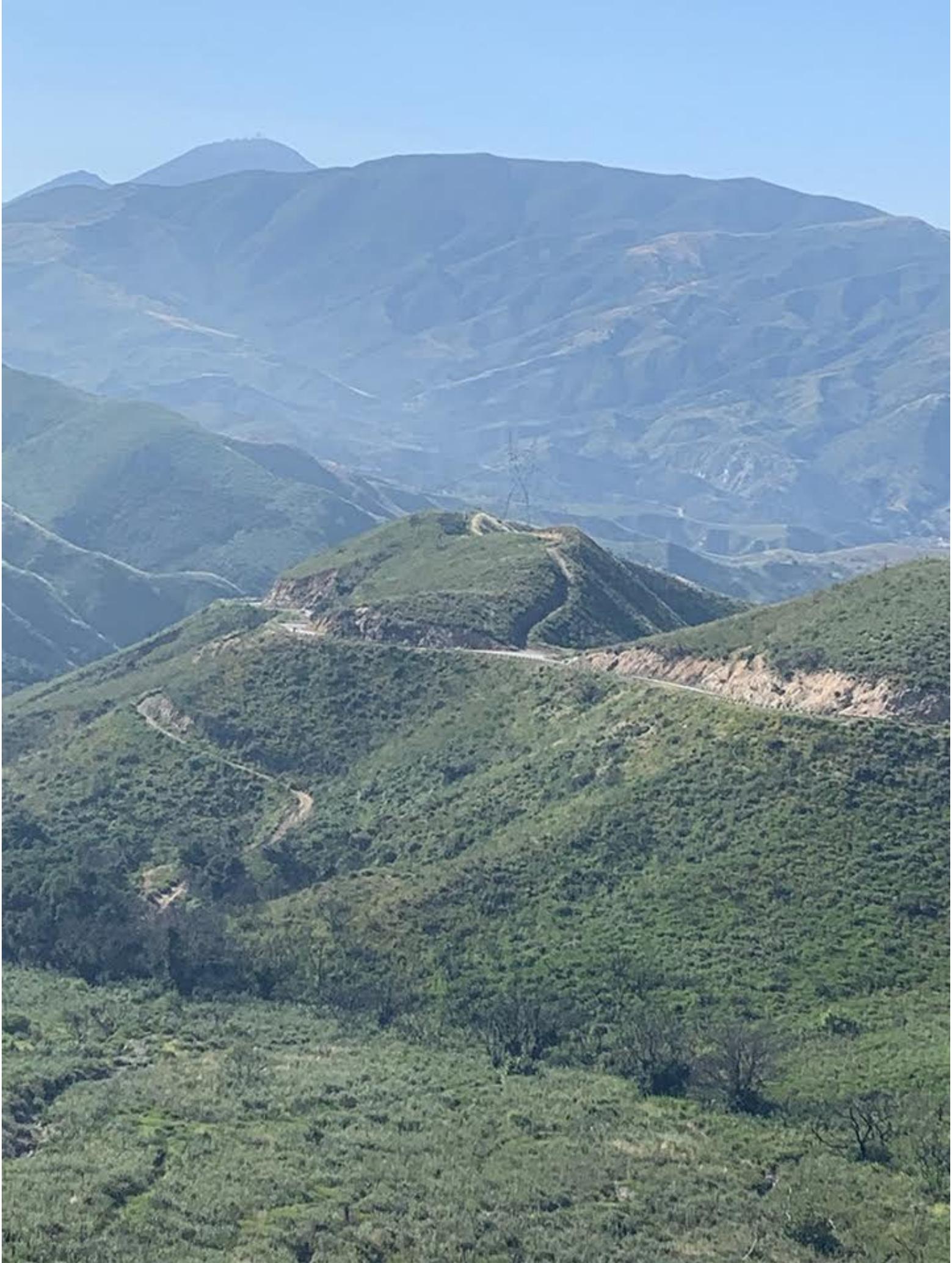
Hello All:

**Last Weekend:** On Saturday we were riding the 9th Grand Tour Trainer: "Two Terrible Tujungas." I got an early start so I wasn't at the scheduled start, but **Gary Murphy** sent this shot:



I can't identify everyone in the photo, but I have a pretty good idea who was on the ride. Besides myself, **Dale Aaronson** got an early start. **Mel Cutler** rode from home and had some trouble with his bike before he got to the start, so he started late. At the scheduled start were **Gary Murphy**, **Sheila Szymanski**, **Thomas Knoll**, **Phil Whitworth** and past member **Alysha Webb** who was riding with two friends who were named **Christa** and **Andrea**. That makes 10 in all, which is pretty good for a tough ride. I saw most of the riders out on the course. Thomas and Sheila caught me just before lunch in Acton and Gary came into lunch before I left. I saw Alysha and friends when they were turning back because they had over-shot Acton. I later learned that one of her friends had a problem with the bike and took an Uber back to the start. But everyone else finished the ride. I may have started early, but I finished last -- but then I did the extended route -- I don't know if anyone else did that.

It was a beautiful day for the ride. Not too hot like it sometimes is. Dale sent this photo showing how great it looks up in the mountains



We passed by Tippi Hedren's lion rescue place out on Soledad Canyon Rd and as we usually do we stopped to take a peak through the fence to see if we can spot any animals. Often we can't see any, but Saturday was a good day. I caught this shot of a tiger:



And later Gary got this shot of a lioness



I had hoped to get a photo of me crossing the line at the top of Mill Creek Summit where a week earlier the Tour of California awarded King of the Mountain points. But apparently they don't paint a line, or if they do, they are very good about removing it because there was no sign of it. Bummer.

**Sunday:** Sunday the scheduled ride was "The Long Beach Bike Path." Rain was predicted in the afternoon and so I didn't go. It turns out **Jacques Stern** was the only rider to show up. In deference to the predicted rain, he rode the medium route and never saw rain. In fact, he said he probably could have done the long before the rain came. I had left my bike in the car after Saturday in the hopes of riding Sunday, so it was still there on Monday and since it was a holiday and traffic would be light, I drove down to Long Beach and rode the ride by myself. I had a nice ride, even if it was a day late.

**Next Week:** On Saturday the trainer is "Fullbore for Fillmore." At 115 miles this is our longest trainer and at over 7000 feet of climbing, it may well be our most difficult. But the Grand Tour is only weeks away so this is no time to be taking it easy. Unlike many of our trainers which ride huge climbs taking us thousands of feet above sea level, the highest peak on this ride is only about 1700 feet above sea level and the other peaks don't get above 1500. It's not the height of the climbs, but the number of climbs which make this trainer more difficult. I'm not doing a very good job of selling this ride, but it's actually one of my favorites because I always feel so good about myself when I finish. And isn't that why a lot of us ride the Grand Tour?

On Sunday we are riding "Arcadia & Stuff." which starts in Alhambra. The routes wander around the Pasadena and Arcadia area, but the highlight (only on the long) is a trip up to Chantry Flats. If you didn't ride Saturday, this shouldn't be too hard for you. I hope to ride both days just to prove to myself I'm ready for the Grand Tour, but I make no promises. You should come out Sunday just to see if I can do it.

**Thank You:** A thank you goes out to **Sheila Szymanski** for showing me how I can completely disassemble the nozzle on a Camelbak podium water bottle for cleaning. I wasn't aware that it came apart in so many pieces. I tried it when I got home

Saturday it it's great. No more worries about the mold growing in the nozzle.

**Parting Shot:** I noticed this teepee off to the left in Little Tujunga Canyon which I thought was interesting. Is it someone getting back to nature? Native Americans reclaiming their land? Hard to say. I took a picture of it, but Dale sent me one too and his was better than mine, so here it is:



See You On The Road

Rod Doty, VP

