

LA Wheelmen VP Report

1 message

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Los Angeles Wheelmen VP Report - January 14, 2020

Hello All:

Sunday: On Sunday we were starting at the "Corner" for a ride out to the Valley and back. There were 6 riders. I took this photo at the start.



That's **Jacques Stern**, **Rafal Karpinski**, **Gary Murphy** and **David Nakai**. We were later joined by **Phil Whitworth** who must have arrived a little late. We all rode the long route which took us up Nichols Canyon -- a climb we don't do very often. It's a nice canyon climb as it twists back on itself several times although the last couple of blocks on Woodrow Wilson up to Mulholland is rather steep. After descending down into Burbank, we went west across the Valley to lunch and completed the

day with a climb over Old Topanga to the coast and back through Santa Monica. Gary sent me a couple of photos from the ride. This first is of most of the group at lunch at the Stonefire Grill.



This second photo is of me coming around a corner not far from the top of the Old Topanga climb. You can see what a nice day we were having.



I had mentioned in my description of the ride that this was a very old club route and that perhaps it was even ridden back in the 40s when the club was formed. I suggested that although the route was old, many of the streets and sites we would pass were probably much the same as they were back then. As we passed the famous Bob's Big Boy in Burbank, David pointed out that the restaurant chain was founded in the 1930s so it was probably there when our earliest members rode this route. I checked and the Burbank location wasn't built until 1949, but that was only 4 years after the club was formed, so our first members probably did pass it. Here's a photo taken from the Wikipedia page for the restaurant



This Weekend: This Saturday and Sunday we will be riding the Janus Centuries -- a tradition that now goes back about 20 years. The challenge is to ride a century (or metric century) on Saturday and then again on Sunday. The centuries are essentially the same route both days, but on Saturday we ride in a counter-clockwise direction and on Sunday we the route clockwise. Few actually ride both days, do don't feel shy about coming out for only one day. The centuries are not easy --

about 5000 feet of climbing. The Saturday century includes a climb up Potrero which is very tough. (the metric centuries cut out much of the climbing, but the Saturday route still goes up Potrero.) I always consider this ride my annual showdown with Potrero. It's me against the hill and sometimes the hill wins and sometimes I beat the hill. For me, winning is just getting up the hill without stopping and also not feeling like death at the top. I've won the last two years, so will I make it three? I usually start early to give myself maximum daylight, I hope to see you out there.

Holiday Party: Last Saturday we held our annual holiday party at the home of **Kermit Ganier**. It was a very pleasant evening with good food and good company. Not sure how many attended -- maybe around 20 - 30. It would have been nice if there had been more. Having a home as the venue allows for people to drift from group to group and engage in conversations with many of the guests. However, it also means that at any one time the guests are all over the place and I couldn't really get a group photo. Here are a couple of the smaller groups.



In the dining room it's **Sandy Weiner** (who I think could do a pretty good Bernie Sanders impersonation), **Nancy Domjanovich** and **Bill Faulkner**.



In the TV room we have **Rick Gordon** (left) and **Mike Wapner** (right) and I'm sorry, but I don't know the person in the middle.

It was a nice evening. Thank you **Kermit** for opening your home to us.

Bike Fit: Member **Rafal Karpinski** is seeking advice on getting a professional bike fit. I do not have any personal experience with this, but I know that a number of members have had a fit performed at various shops around the city. If you have any recommendations or experiences you would like to pass on, you can send them to me and I'll pass them on the Rafal or you can e-mail him directly at rafalk20@gmail.com I'm sure he will appreciate any advice you can give.

Closing Remarks Again I don't have a closing photo, but I would like to say that even though it's a couple of weeks into the new year, it's not too late to start a resolution to ride more this year. Looks like we might have a stretch of good weather later in the month, so let's get out and ride.

See You On The Road

Rod Doty, VP