

Los Angeles Wheelmen VP Report

1 message

Rod Doty <roddoty@roadrunner.com>

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Hello All:

Last Weekend: We had rides on both Saturday and Sunday. On Saturday we rode our traditional 4th of July ride. We had an excellent turnout. We didn't get a photo at the start but I think there were 14 riders. It was my first regular club ride since February and I did the short route. 5 other riders went with me so we had a nice little group. I was fairly tired after the 25 miles, so it's clear I have some work to do before I graduate to the medium routes. It turned out the usual lunch spot (5 Guys) was closed. Not sure why -- I don't think it had anything to do with Covid-19 closures because there was just a hand-written notice on the door that they would be closed that day. The short was short enough we just skipped lunch entirely. Those on the medium and long found other places to eat in Belmont Shores. Here is a photo from **Rafal Karpinski** showing part of the group at lunch.



David's report indicated that there was a minor spill and several flat tires (David had 2), but other than that, it sounds like the rest of the ride went well. Although lunch split the group up somewhat, apparently most of them came back together for the traditional photo at the top of Signal Hill. This photo was sent by **Gary Murphy**



On Sunday we were riding "Flintridge Express." I had hoped to go. However, the mind was willing but the body was not. Turns out I would have been riding the short alone anyway. According to **Jacques Stern's** report, there were only 4 riders and he took this selfie:



That's **Chris Hedberg, David Nakai, Rafal Karpinski** and **Jacques**. It's impressive that all 4 were also at the Saturday ride as well. David and Rafal did the long while Jacques and Chris did the medium. I assume they had a good day.

Other Rides: The Thursday Triple Dipper ride changed things up a little. After the usual break in Palos Verdes, a group rode up to the radar domes. **Gary Murphy** sent this photo of the group:



Next Week: This Sunday we will be riding our monthly century and metric century -- "The Triple Dam Century" These routes start in Long Beach and manage to ride over and along the top of 3 different Southern California dams. As I point out in the the schedule description, dams are usually found on rivers and if we use river trails to get to them, that makes the routes fairly flat. That is certainly true of the first two dams. The third dam involves a little climbing to get there, but only the full century does that one. It should be a nice ride. Unfortunately, since 25 miles was my limit last week, I don't think I'll be ready for the metric this week, so I don't plan on being there.

New Club Jersey:

ALERT: NEXT MONDAY IS THE LAST DAY TO GET YOUR ORDER IN

If you have not done so yet, be sure to order your new club jersey (and other apparel items) this week. To do so, go to this site:

<https://www.voler.com/browse/cat2/?cat=grp&store=34467>

To help you make your choice between the various options available, **Nancy Domjanovich** has provided this additional information:

Jerseys:

Here are the main differences between the Pro and Peloton jerseys feature wise: The Pro jersey will have a lighter, more breathable fabric, has a fourth zippered pocket, and a more streamlined armband.

The Pro Race jersey compared to the Peloton Race jersey, will be a little shorter in both the front and back, sleeves will be about 1.5 inches longer and waist will be an inch smaller.

The Pro Club jersey compared to the Peloton Club jersey, will be a little shorter in the back, chest will be a little smaller, and sleeves will be about 1.25 inches shorter.

Vests:

The wind vests have changed a little bit since 5 years ago but I would recommend sticking with the same size for the thermal vest. The thermal vest is designed to be a little bit bigger than the normal wind vest because it is usually layered with other garments. The thicker material also will not stretch as much so it needs to fit a little looser. The other differences will be the extra length in the back to help with spray from the rear tire and the taller collar for extra warmth.

Parting Shot: I don't really have a parting shot, but **David Nakai** keeps sending me photos of doughnuts. Here is this week's entry: I'm not sure doughnuts should ever be blue.



See You On The Road

Rod Doty, VP

