

Los Angeles Wheelmen VP Report

1 message

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Hello All:

Sunday: Last Sunday we were out in Reseda for "Reseda Park - Phase II" **Phil Whitworth** took this photo at the start:



From left to right that's **David Nakai**, **Gary Murphy**, **Me**, and **Rafal Karpinski**. Not in the photo is **Jacques Stern** (who parked in a different location) and **Nancy Domjanovich** and **Lora Chen** (who started a little early). BTW -- the blue Honda in the photo is my new car which I had just purchased the day before. That makes for a total of 8 riders which is good, but I had hoped for more. I did the medium route and all the others did the long, but 3 of them avoided the steep climb through Box Canyon by going around on Santa Susana. Phil also sent me this photo from their lunch in Moorpark:



That's **Jacquies Stern** on the left and on the right are **Nancy Domjanovich** (seated) and **Lora Chen** (standing) -- the 3 riders (other than Phil) missing from the photo above. Nancy reported that the group mostly stuck together on the long and that they had good weather except that it was hot coming back over Santa Susana Pass in the afternoon. Although I finished earlier, I experienced the same. Gary sent me the obligatory photo of the flying pig in Box Canyon:



This photo also shows some of the interesting rock formations to be seen in the area. On the return, David took a detour to ride Black Canyon which is apparently very steep and seldom ridden (or driven for that matter). That might be because of the sign in this photo which David sent me:



Other Rides: There was of course the usual Triple Dipper ride on Thursday which continues to have a lot of riders showing up. I have some photos from last week's ride, but they are so much like all the other photos from past weeks, I think I'll pass on putting one here. However, I did put one of the photos on the last page of the ride schedule which I just sent out yesterday.

As usual, **Mel Cutler** also did a Saturday ride, which once again was a RUSA route known as the "3 River Trails" 200k Permanent. He sent a number of photos, but most were obligatory photos at control points and not really all that interesting.

Lora Chen completed a triathlon last week consisting of a 900 yard swim, 18 mile bike ride and 4 mile run. She sent this selfie at the conclusion of the event:



She looks plenty fresh after the event. I'm not sure where the photo was taken, but it looks nice.

Next Week: This Sunday we will be starting at Paradise Park in Torrance and riding "South Bay Typical." These routes are entirely in and around Palos Verdes. The long is somewhat hilly, making two trips up to the top of the peninsula, but the medium and short are less hilly. But even the long is only 45 miles, so you will have plenty of time, even if you go slow. I think I'm ready to tackle a long route and I plan to do that -- but I may be slow on the hills. So why not join me. We are in the midst of a heat wave right now, but they say it will cool down by the weekend. Also, these routes are near the coast where it should be relatively cooler.

Personal Goal Met: Just today **Mel Cutler** did a ride which took him over his annual goal of 10,000 miles. It's not even October yet and he's got 10,000 miles in. That is amazing. Obviously the pandemic did nothing to slow him down. Maybe it even gave him more opportunities to ride. Congratulations Mel!! With 3 months to go, you should easily make 12,000. (Note: I am happy to report any personal achievements here if you send them to me)

Parting Shot: This is a photo Mel sent me from his Saturday Ride. I include it only because I think it is odd considering Mel's well known aversion to chain restaurants. To be fair, this could be a required control photo, the the quality is so good, Del Taco could use it in their ads.



See You On The Road

Rod Doty, VP