

Los Angeles Wheelmen VP Report

1 message

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Hello All:

Last Week: Last Sunday we were riding "Corner Caper I" which left from the "Corner." I took this shot at the start:



That's **Gary Murphy, Phil Whitworth, Nancy Domjanovich, Ravi Karpinski and Jacques Stern**. They are holding up a "V" for "Vaccinated." There were two other riders (**Chris Hedberg** and **Thomas Knoll**) who are apparently too young to be vaccinated. Thomas took off to ride the long route by himself. Surprisingly, Jacques and I were the only other two to do the long. The rest rode the medium route. In Beverly Hills Phil took this shot which we took to be another "V" for "Vaccinated."



On the way up Benedict Canyon we passed this Easter Display. Both Phil and I took a shot of it. This is mine:



I particularly like the bunny coming out of one of the eggs.

It was the first really hot day of the year and I think it was getting to me by the end of the ride. I took a very long break at the bottom of Sepulveda before doing the final climb back over to the start. Other than the heat, it was a very nice ride.

This Week: We have rides both Saturday and Sunday this week. First up is the beginning of the Grand Tour training ride series. I'm always excited by the training rides. They are tougher than our usual Sunday rides, but they always give me such a nice sense of accomplishment when I finish each ride. And they are often more beautiful and take us places our Sunday rides just don't go. By long standing tradition, our first trainer this Saturday is "Canyon Lakes" which takes us up past Bouquet Reservoir and then down Lake Hughes Road to Lake Castaic. Normally this is the height of poppy season and the hills out on Lake Elizabeth Road are covered with them. I've heard on the news that this is a bust of a poppy season because of the lack of rain. We will see on Saturday.

Sunday is Easter and we will be holding our usual Easter "Funny Bunny Ride" which starts from the "Corner." The long and the medium do a little climbing in Beverly Hills before heading down to Westchester and then on to the Marina for lunch/brunch. The short skips the climbing and heads straight to Westchester and the Marina. After the break, the short and medium head back to the start, but the long adds on a little more climbing. I plan to ride both days, but we will have to see how I feel after the Saturday trainer.

Rafi Rides His First Double: Last week Rafi Karpinski rode the Solvang Double to complete his first double century. He sent in this report which I think I will just insert here:

I arrived on Friday and stayed at Hampton Inn (overpriced). I started at 4:50 am with Tom and Kevin. The first few hours were not remarkable, riding in the dark. I used my newfound friends for pacing. On Sunday, prior to the Solvang DC, I tried to push myself and ended up with left knee pain at about mile 100, or the start of our group ride. Both Tom and Kevin were seasoned pros with multiple DCs to their credit. We fought headwinds all the way to Morro Bay. We took the first photo at the 100th mile mark, that the one with a windmill that was wildly spinning. The rest stop at the bottom of the Morro Bay loop was in someone's driveway, it was very nice of them. It was a double rest stop, on the way there and back. It also had an all-natural bike rack. We stopped at Panda Express for lunch, cold subway sandwiches provided by Planet Ultra were not an exciting option. Cliff bars are your friend! We reached the last aid station after dark. I had hot Cup O' noodles soup and did not care about 1060mg of sodium, it was hot and the weather was getting cold. I also had a left-over subway sandwich and was grateful for Panda Express. On the way back we had a tailwind, which was very

nice. Frogs kept us company, I forgot how loud they can be. I manage to see a sky full of stars. The last stretch was not fun, descending in the dark was not fun, I realized later that my muscles around my shoulder blades hurt due to being rigid and clutching handlebars too hard and the descent was slow. The post ride meal was a cold pizza, which gave me a heartburn. I got in the car and drove home. On Sunday I only managed to get some food and sleep.

Not exactly a ringing endorsement of the food offered on the ride. Below are a couple of photos he included. The first is the spot with the windmill mentioned in his report and the 2nd is the drive-way rest stop he mentioned.



Congratulations Rafi!! You are one of us now.

For Sale: We received this ad for a bicycle from David Crandall (dcrandal@ucla.edu)

1976 Bob Jackson touring bike, 23" frame, Dura Ace front derailleur, Shimono Crane rear derailleur, New Race Lite 700x23 tires, New Weismann wheels, 2 gears at pedals and 8 at rear wheel. It has a minor scratch on the front fork. I live in West LA and am asking in the \$1,000 range. Photo below:



Parting Shot: I saw this billboard on Sunday (in Van Nuys)

A billboard advertisement for Van Nuys Cannabis. The main text is in large, bold, black letters on a tan background. Below the main text is the website URL and a license number. To the right, a dark blue section contains the company name and a phone number.

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I don't think it says much for Van Nuys when you apparently need drugs to make it tolerable.

See You On The Road

Rod Doty, VP