

Los Angeles Wheelmen VP Report

1 message

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Hello All:

Last Week: On Saturday, our 10th Grand Tour trainer was "Fullbore For Fillmore." With **Greg Analian** on the injured list, I think I may be the only one who rode this one. I was apprehensive since I was unable to complete last week's trainer and at 126 miles and 7500 feet of climbing, it is the most difficult trainer of the year. I'm happy to report I made it. I was out there for almost 14 hours, but that included one flat tire and quite a few breaks. It was really a nice day which never got too hot or too windy. Unfortunately I only stopped once to take a photo. This is the view from near the top of Grimes Canyon. Seems like I take this shot every year because I like to look down on the road I just climbed. It gives me a good sense of accomplishment.



On Sunday the scheduled ride was "South Bay Surprise." I was totally wiped out from Saturday's ride, so I didn't even think about going to this one. But there was a pretty good turnout. **Phil Whitworth** sent me this shot from the start:



From the left: **Bill Faulkner, Gary Murphy, Russ Brynes, Jacques Stern, Nancy Domjanovich, Chris Hedberg, Rafi Karpinski and Ben King.** With Phil that would make 9, but I was told that **Kit Gray** had started early so that makes a total of 10. That's pre-pandemic numbers. Bill, Gary and Russ did the medium while the rest rode the long route. Here's a shot Gary took shortly after they split off on the medium. The Jacarandas look nice.



Gary pointed out to me that the route took them past Ferris Bueller's house from the movie. Who knew it was in Long Beach? Here's a shot Phil took of a portion of the long group, also in Long Beach.



Looks like everyone had a good time.

This Week: Our usual 11th Grand Tour trainer is Angeles Crest & San Gabriel Canyon, but it uses Newcomb's Ranch as a lunch stop and that remains closed due to the pandemic. With no other alternatives for food and water on a very difficult route, I felt we couldn't schedule that route. I have put together an interesting alternative. It turns out the cafe up at Crystal Lake at the top of San Gabriel Canyon is open (I called them yesterday to make sure) So, we will be riding the brand new "**Crystal Lake Trainer.**" Starting from Encanto Park in Duarte (the same place the Angeles Crest trainer would have started) we will simply ride straight up to Crystal Lake for lunch and then return back down. The entire ride is only 50 miles so that means it's basically 25 miles up and then 25 miles down. Crystal Lake is almost at 6000 feet, so that 25 miles going up is one heck of a climb. I once did this climb many years ago and it's a long haul. But we have all day and it's a fantastic downhill coming back. I'm looking forward to it. Although no one else has been doing the trainers, because this is a brand new ride, I hope maybe a few other riders would want to come out and check it out with me. I'll start at the scheduled time of 7 a.m. I hope to see some of you there. NOTE: There is no opportunity to get food or water on the way up, so be prepared to carry enough to get you to Crystal Lake. And don't worry -- I don't think this is the Crystal Lake of the Friday the 13th movies.

On Sunday we will be riding "Life Begins at 8:30." These routes start in West LA. The long and medium head out to Malibu Canyon and take that inland to Mulholland Hwy. The long turns left to go to lunch in Agoura and then a return by the coast. The medium turns right and returns through the Valley. The short simply tours the westside. I haven't been able to make the Sunday rides for a while now, but maybe I can show up for the medium on this one. No promises.

My Grand Tour: I've always said that if you can make it through "Fullbore For Fillmore" you are ready for the double century. I was waiting until I rode that trainer to see if I would do the Grand Tour this year. I did make it so I guess I will be riding the Grand Tour. Since it's virtual, I can make up my own

course. I've put together a route that starts from my home in Culver City. Basically, it's the "Whale of a Century" route which goes from Camarillo to Santa Barbara and back, but starting and ending in Culver City. With a few tweaks, it is 201 miles and almost entirely on the coast, so heat should not be a problem. It also has no hills much bigger than Pepperdine Hill on PCH but still totals up more than the required climbing. My plan is to ride on Saturday, June 26 and to start at about 3 a.m. I want to start that early so that it will still be light when I come back through Malibu at the end of the ride. I'm mentioning all this because I would still like to invite other riders to join me. Another option would be that if you felt like riding a century that day, you could simply ride the Whale of a Century route and meet up with me somewhere on that route. If anyone is interested, I can send you route sheets and the RideWithGPS maps.

No Parting Shot: I have no photo to end with and no parting thoughts either. Just one of those weeks.

See You On The Road

Rod Doty, VP