

Los Angeles Wheelmen VP Report

1 message

Rod Doty <roddoty@roadrunner.com>

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Hello All:

Last Week: Last Saturday was the last of our Grand Tour training rides. As usual, **Greg Analian** and I rode although I never saw Greg. I believe Greg and I were the only riders to do all 12 trainers, although in my case I did not complete 3 of them. However, this week I was joined by **Mario Biagioli**, our newest member. Things were going well, but then near the top of Hawthorne Blvd in Palos Verdes, Mario hit a bump in the street and went down. Fortunately there was a policeman on the spot who immediately called paramedics and two other passing doctors stopped to give assistance. Although he was initially knocked out, he came to and was fairly lucid by the time the paramedics arrived. He later e-mailed me that although he had a number of minor injuries, there was nothing serious. I hope he is recovering well and that he won't let this inauspicious first ride with the club deter him from riding with us again.

It turned out that hitting the same bump that took Mario down had caused my front tire to go flat. After fixing that, I considered calling it a day, but decided I should finish the trainer since it was the last one. I did finish, but near the end I realized my rear tire was slowly going down. I think the slow leak may have been caused by the same bump that took out my front tire. All in all, quite a bump. I didn't take any photos, but fortunately, Greg did. Most of the day was overcast and even foggy, so there weren't a lot of good photo opportunities. Here's a shot of Ballona Creek from the bridge in Marina del Rey and the second shot is taken from up on Palos Verdes.





On Sunday, our scheduled ride was "Winding Roads of Orange County II." Again, I didn't go after having done the trainer on Saturday. However, 8 riders did show up and **Phil Whitworth** took this shot of the group at the start:



From the left: **Bill Faulkner**, **Rafi Karpinski**, **Gary Murphy**, **Ben King**, **Nancy Domjanovich**, **Thomas Knoll** and **Chris Hedberg**. Bill and Thomas did the medium route while the others did the long. Gary reported that it was overcast for the first 10 miles but then developed into a very nice day. Here is a nice shot Gary took of some of the riders doing some of the rolling hills on the ride:



This Week: The training rides are over so there won't be a Saturday ride, but on Sunday we will be riding "Cruise & Climb in Claremont." These routes start out in Claremont and ride many of the familiar areas out that way such as past Puddingstone Reservoir. The long is fairly hilly, but no huge climbs. The medium route and the two shorts cut out some of the climbing as well as some of the miles. I am planning on riding the Grand Tour on Saturday so I am sure I will not be making the Sunday ride.

Minutes of the Meeting: The minutes of the meeting held on June 17th are attached. Happy reading!

My Grand Tour: It looks like **Rafi Karpinski** and **Greg Analian** will be joining me on my Grand Tour route this Saturday. I don't know if we will ride together, but at least we will start together and it will be nice to know that there are a couple of other riders out there. Rafi has already ridden several doubles this year and Greg and I did all or most of the training rides, so I guess we are about as ready as can be. I'm still a bit apprehensive because I had trouble with a few of the trainers and I will definitely miss the usual support and rest stops of the regular Grand Tour. But I have high hopes. Wish me luck.

Parting Shots: Here are two photos **Phil Whitworth** included in his "Relive" video from last Sunday's ride. What I thought was interesting is that according to the map which places the location of the photos on the route, the two photos were not taken particularly close to each other.



See You On The Road

Rod Doty, VP