

Los Angeles Wheelmen VP Report

1 message

Rod Doty <roddoty@roadrunner.com>

Tue, Aug 3, 2021 at 10:18 PM

Los Angeles Wheelmen VP Report - August 3, 2021

Hello All:

Sunday: Last Sunday we were riding "Viva San Fernando" which, not surprising, took us out to the Valley. With temperatures in the Valley predicted to be near 100, I thought there was a good chance I would be the only one at the start. I was pleasantly surprised when 5 other riders showed up. I took this photo:



That's **Gary Murphy, Rafi Karpinski, Jacques Stern** and **Nancy Domjanovich**. Not in the photos is **Phil Whitworth** who was taking his own photo of the starters. Jacques and Nancy took the medium route over to the Valley while the rest of took the long. Once in the Valley we met up and we all completed the long route which finished by going over Old Topanga to the coast. The long took us up Nichols Canyon which is very nice, but it does have a killer last tenth of a mile up to Mulholland Dr. Here is a photo Rafi took of Phil as he neared the top.



When we got down into the Valley, I was pleasantly surprised that it wasn't nearly as hot as I had expected. But it was still early. As we rode to the west end of the Valley for lunch it kept getting warmer and warmer. Fortunately, it didn't really get hot until after lunch and at that point all we had to do was the 1.5 mile climb up Old Topanga and we would be able to coast down to the cooler coast. We split into two groups for lunch. Gary and I just had a liquid lunch and hit the hill early. Here is a shot Gary took of me near to top of the Topanga climb.



We had taken a couple of breaks in the shade, so the climb wasn't too bad. The downhill was great. According to the data collected by my Garmin, the temperature dropped at least 25 degrees between the Valley and the coast. All in all, I had a good day and I think it shows that if you ride smart, you can ride on these very hot days. I had a good time, but Nancy had a flat coming down Topanga which, through various mishaps, took over an hour to fix.

As usual, Rafi had extended his ride by putting in some miles before the scheduled ride started. He took a number of photos, including this one at dawn.



I believe that is the Whittier Narrows dam. His nighttime photos always look so good. Not to take away from his skill as a photographer, but I think he uses the new iphone which has improved low light capabilities.

This Sunday: This Sunday we will be riding our monthly century and metric century. Our route will be the "Coastal Cruise Century" which we usually ride in the summer. The route runs from Playa del Rey down to Huntington Beach and back (with the metric only making it to Long Beach) The route stays near the coast all day so even if the heat wave continues, we should be fine. (Actually, I believe it is supposed to cool down a bit by Sunday.) There are a few hills on the route, but if you know what to do, they are easy to avoid. I hope to see a lot of you out for this one. NOTE: For those who have ridden this one before, we have moved the start location from the west side to the east side of the lagoon in Playa del Rey. This is due to construction on the west side.

I have nothing else tonight, so I'll end with this:

Parting Shot On Sunday, as we were climbing Nichols Canyon, we were overtaken by about 40 other cyclists. Rafi did some detective work and it turns out this was a joint ride by two clubs. One was the Trash Panda Cycling club and the other was Girls Who Cycle club. They both have a presence of Instagram and I took this photo of their group from an Instagram post



Reminds me of years ago when our club would have groups of that size. Of course they were all a lot younger than we are. The fact that Instagram is their social media of choice sort of indicates that. The Trash Panda Cyclists claim to do "no drop" rides, but I think if I rode with them they might abandon that policy. I started up Nichols ahead of them and they all passed me before the top. Ah, youth. I just keep saying to myself: "I wonder how many of these will be riding up Nichols when they are 71?"

See You On The Road

Rod Doty, VP