

Los Angeles Wheelmen VP Report

1 message

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Hello All:

Sunday: On Sunday we were riding "Bike Trails Galore." We spent most of the day riding river trails which meant we were definitely "rolling on the river" so of course here is tonight's theme music for this e-mail: <https://www.youtube.com/watch?v=02QUmKVsyFY>

We had 7 riders at the start where **Phil Whitworth** took this shot:



From the left: **Lee Meller**, **Robert Fullem** (a newcomer who will be with us for a few weeks), **Jacques Stern**, **Me**, **Chris Hedberg** and **Nancy Domjanovich** (back from her injuries a couple of months ago). We were later briefly joined by **Gary Murphy** who rode from home. Chris, Nancy and Robert decided to ride a modified medium route which started from a different location, so they got back in their cars and drove off. We encountered them later at lunch. The rest of us rode the long route. It was a beautiful day with more sun than I had been expecting. I was worried the recent rains might have left some problems on the route, but there was only one short stretch of sand on the Rio Hondo trail which had not been cleared as seen in this photo from Phil.



The recent rains did put more water in the San Gabriel River than usual. Phil took this shot on our return up the river



The bike trails don't make for a particularly scenic ride so it was hard to come up with nice photos. When we got down to Long Beach I took this shot of the Queen Mary because I thought it looked particularly good from across the bay.



Speaking of the Long Beach harbor, I noticed that almost all the container ships which filled the bay only a couple of months ago are all gone. The two largest ships I saw parked out there were actually cruise ships. So apparently they have caught up on the backlog of unloaded ships. If you can't get that bike part from Japan you have been waiting for, it's not because it's stuck on a ship. It might be stuck on shore waiting for a truck -- but it's not in the harbor.

This Week: This Saturday and Sunday we will be riding the traditional "Janus Centuries." This is a tradition which goes back decades now and which challenges you to ride a century on Saturday and then a second century on Sunday. Ah . . . I remember the days when I would actually do that. I haven't ridden both centuries in many years and I don't think anyone else has recently. But many riders show up for one or the other century. A few years ago we added metric centuries, so that also makes the challenge a bit easier. The century is a large loop around Ventura County and on Saturday you ride the loop in a counterclockwise direction and on Sunday you ride the same course but in the opposite direction. Both days have about 5000 feet of climbing so the courses are not easy and on the Saturday course you go UP the dreaded Potrero Canyon. The metric centuries cut out quite a bit of the climbing, but the Saturday course still goes UP Potrero. Although I say one route is for Saturday and one is for Sunday, you are of course free to ride any of the courses either day. Currently I plan to ride the century on Saturday, but I have come with an alternation of the route which will allow me to skip the dreaded Potrero. If I feel up for it, I might come back on Sunday to ride the metric, but I wouldn't count on seeing me then. As usual this time of year, I will be starting earlier than the stated start time in order to give myself maximum daylight. Anyone is welcome to join me for an early start.

More 2021 Achievements: I heard from 3 more members who reported their achievements for 2021:

David Pagel reported riding 3669 miles with 184,104 feet of elevation gain. He said this was down from previous years but he was recovering from hip surgery early in the year and later a torn rotator cuff.

Mike Eberts rode 6249 miles and noted that this was the 34th consecutive year that he has ridden more than 6000 miles in the year.

Bob Wyman reported 5389 miles with 328,563 feet of elevation gain, which is a lot of climbing for the miles.

David Nakai Update: We have heard more from David. It turns out the hip was broken beyond repair and they performed a hip replacement. The good news is that they typically get you up and around relatively quickly after the surgery, so David has been home for almost a week now and is hobbling around with a cane or walker. His reports are upbeat and I'm sure he will want to be back on the bike before his doctor or his wife will let him.

Monthly Meeting: We will be holding our January club meeting this Thursday at 7:00 p.m. via Zoom. Nominations for this year's officers will close at this meeting so if you want to throw your hat into the ring, you must attend. I've been thinking of making a change in the way we run the Grand Tour training rides in April through June and I want to bring that up. I'm sure there will be other business and gossip so why not Zoom in. For information you can contact **Mel Cutler** at cutlerme@earthlink.net. Just to make it easy, the meeting ID is 822 465 9666 and the password is LAW (all caps).

Parting Shot: Again this week, I don't have a photo, but I do have a link to a video. **Phil Whitworth** sent me the video, but it was too large to include as an attachment, so I found it on YouTube. I'm sure it is making the rounds among cyclists. It is truly an amazing video.

https://www.youtube.com/watch?v=y903_M1vDCg

See You On The Road

Rod Doty VP

