

Los Angeles Wheelmen VP Report

1 message

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Hello All:

The Weekend: As usual this time of year we had two rides last weekend -- the "Three Hills Trainer" on Saturday and the "Sierra Donut Ride" on Sunday. As soon as I heard this song, I knew it was our theme for this e-mail. You really should listen to all the lyrics

<https://www.youtube.com/watch?v=1aL7uM4YjMw>

Saturday: On Saturday we actually doubled our participation from last week -- from one to two. Both **Phil Whitworth** and **Rafi Karpinski** rode, but Rafi told me he didn't get started until about noon, so they didn't ride together. However, as luck would have it, they ran into one another up on Mt. Wilson and Phil took this selfie:



Phil was probably coming down as Rafi was going up. Here are a couple of panoramic shots from Rafi. The first is taken from Griffith Park at a point where commercials are often shot because of the nice view of downtown. The second is up on Mt. Wilson and shows that they were climbing above the clouds that day.





Phil sent this photo of the unusual trees that only grow at the top of Mt. Wilson, which of course proves he completed the climb.



All in all, it looks like they had a good day in the hills.

Sunday: On Sunday 8 riders met at the Zoo for the ride to Sierra Donuts. I took this shot:



From the left: **Jacques Stern**, **Nancy Domjanovich**, **Chris Hedberg**, **Rafi Karpinski** (riding two days in a row), **David Williams**, **David Nakai** and **Bill Faulkner**. We all did the long route which was only a few miles longer than the medium, so why not. In South Pasadena or San Marino I took this shot which shows that the Jacarandas are still in bloom this week:



Of course the goal was the Sierra Donut shop. David Nakai beat us there and had already purchased a dozen for himself.



David likes donuts, but not quite that much. The rest of us helped him eat his dozen. I think they were all gone when we left. Fortunately, with all those donuts weighing us down, the trip back was mostly downhill. Another good ride. I noticed that when we got back the Zoo lot was almost full, so it looks like the Zoo is getting back into the swing of things post-pandemic. Of course, it was a holiday weekend.

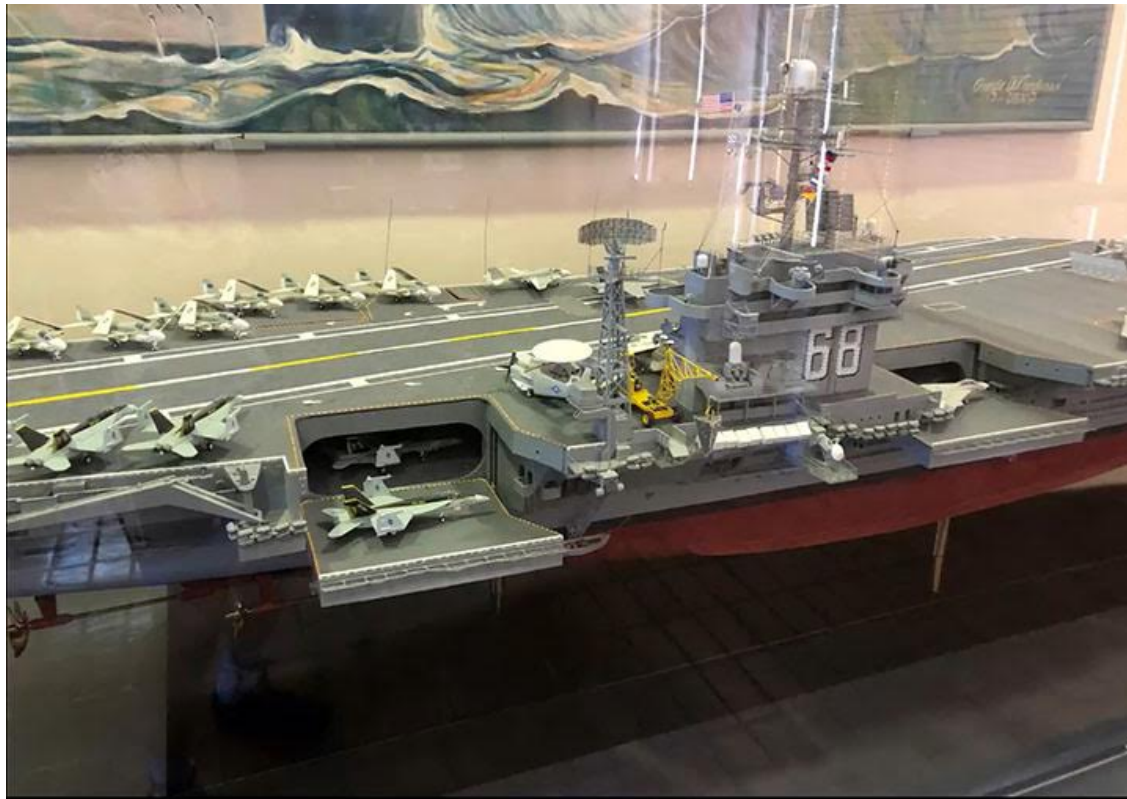
Triple Dipper Ride: On Thursday, the Triple Dipper Riders did one of their occasional destination rides and went down to visit the Maritime Museum in San Pedro. One of the staff took this group shot for us.



That's Nancy Domjanovich, Andy Pollack, Phil Whitworth, Steve Suchard, Me, Gary Murphy, Howard Wedin, David Williams and Jacques Stern. It was an interesting museum. Here is a shot from Gary of one of the displays inside.



They also have detailed models of a number of naval ships. Here is a photo of an aircraft carrier taken by Phil



Just another interesting day with the Triple Dippers.

This Weekend: On Saturday the trainer is "Fullbore For Fillmore." At as much as 119 miles, this is easily the longest trainer and with up to 7200 feet of climbing, it may well be the most difficult too. However, unlike our recent trainers where the climbing was all in one or two big climbs, on this trainer, the climbing is spread throughout the route in a number of smaller climbs. I generally find this a bit easier since you get a rest and a downhill between each climb. We do have a "lite" version this year which starts out in the Valley and therefore avoids the two trips over Sepulveda (over and back).

On Sunday the ride is "Soup to Knotts" which starts at a park near Knott's Berry Farm (within view of some of the taller rides). The long and medium both head to Yorba Linda for lunch, but the long takes a hillier and more roundabout way (including going over Turnbull Canyon). The short does an easier tour of Orange County. Our former lunch spot

is gone and I'm seriously considering trying McDonald's chicken sandwich offerings. They have had them for several years, but I have never given them a try. Maybe they are OK. There is a Starbucks there and I know that is enough for some of our riders.

Injury Report: In late March **Mike Eberts** took a bad spill on his bike while riding in Griffith Park which resulted in several broken bones. The good news is that he is recovering nicely and rode 50 miles this week. Sadly, Mike currently holds the record for most consecutive Grand Tour's ridden and he will be breaking his string this year. But he also currently holds the record for most Grand Tours ridden and that record is likely to remain intact for some time. We wish him a full recovery and hope to see him back on the Grand Tour next year.

Parting Shot: Although we didn't plan it that way, the Triple Dipper trip to San Pedro last Thursday coincided with "Fleet Week." There were a few sailors walking around and Phil took this shot:



In the popular media, "Fleet Week" in places like New York is associated with sailors invading the city and having a wild time. These guys look like they are wondering where the wild time is located.

See You On The Road

Rod Doty, VP