

## VP Report - September 20, 2016

Hello All

Last Sunday we started from Pico Park and rode over Turnbull Canyon. It was predicted to be very hot and they weren't wrong. Two riders (**Sheila Szymanski & Thomas Knoll**) decided to beat the heat and started an hour early. I had a report from Thomas and he said they rode the medium, skipped lunch and were done before noon. He also mentioned that this was Sheila's first club ride since her accident earlier in the month and that she was looking good. Six of us started at the regular time. Although some thought about doing the long route, by the time we got to the decision point, it was so hot, we all turned to do the medium. **Phil Whitworth** took this photo at the start:



From left to right that's **Emma Pham, Nancy Domjanovich, me, Jacques Stern** and **Terry Neff** and of course Phil was taking the photo. We all pretty much stayed together except I dropped back at the end. At the top of Turnbull I discovered that I had forgotten to bring my Cytomax. It was the wrong day to forget my electrolyte replacement and by the end of the ride I was really dragging. I hope I never do that again. The medium was only 52 miles, but Nancy and Phil still had enough pep at the end to go out for another 8 miles so they could record a metric century in the club's century challenge. Hats off to them.

This Sunday we will be riding "Cal Poly By Golly" which starts at the Puente Hills Mall. All the routes tour the Cal Poly Pomona Campus. The long does quite a number of hills, but nothing too big -- hills like Grand Avenue and Carbon Canyon. Of course the medium does less climbing and the short does hardly any at all. They are talking heat again by the weekend and these routes will take us inland so be warned. I plan to be there with my Cytomax. It's possible some will want to start early to beat the heat. You should check the club's Facebook page to see if anyone posts about starting early.

Last week members **David Nakai** and **Mel Cutler** participated in a nighttime brevet. David sent me this very rare photo of Mel eating at (what appears to be) an In and Out Burger place. When you are riding late night, you can't always pick and choose where you can eat and Mel's rule against chain restaurants apparently went out the window. Looks good to me, Mel.



Last week I included a photo from the Thursday Triple Dipper ride which that week had only included male riders. Just to show that the Triple Dipper ride isn't always a stag ride, here's a shot **Phil Whitworth** took of **Emma Pham** and **Nancy Domjanovich** (two of our regulars) who were back with us last Thursday.





Just a reminder that it is not too late to sign up for the Grand Tour Lite on October 2nd. So, if you weren't able to make it on its original date, maybe you can make it on its new date. Information is on the club web site.

Finally, not that you would ever want to, but if you ever want to re-read one of these e-mails, we are now placing them on the club web-site. They are found under "VP Newsletter" under the "Rides" heading. Actually, the hope is that newcomers will see all your smiling faces in the photos and it will look like we are having so much fun that they will want to join the club.

See You On The Road  
Rod Doty, VP