

Los Angeles Wheelmen VP Report

1 message

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Hello All and happy 4/20 (if you are into that sort of thing)

Last Week: On Saturday we were riding our 3rd Grand Tour trainer (and the century of the month): the "Laguna Canyon Century." I started about 7:20 and was the only one there at that time. I didn't see anyone else all day, so I don't know if anyone else rode Saturday. However, a group of 6 had decided to ride the century on Sunday instead of Saturday. **Phil Whitworth** took this photo of the group at the start:



That's **Nancy Domjanovich, Jacques Stern, Rafi Karpinski, Ben King** and **Andy Pollack**. They all rode the full century. I'm told Ben took off and was spotted only one more time on the ride. There is talk that he is using a new protein drink and that's why the group couldn't keep up with him. Nancy reported that they encountered quite a bit of headwind on the ride and it was also a very warm day. I had some wind on Saturday, but I think the wind was much stronger on Sunday.

Of special note was Rafi's ride. He used the century as a portion of his virtual Hemet Double course. The century was fairly flat, so he needed to do some climbing to achieve the required amount of elevation gain. He did this by riding a portion of the "Hills of the South Bay" ride (see below) and some hills in Palos Verdes before getting to the start of the century. Then after the century he still needed to add some miles to make the double century total. Very impressive. Riding at night past one of the refineries, he took this photo. He said it reminded him of the original "Blade Runner" movie.



On Sunday the scheduled ride was "Hills of the South Bay." These routes are a very hilly tour of the beach cities. The long route does about 50 hills in 50 miles. Five riders showed up: **Thomas Knoll, Gary Murphy, Dennis Kokas, Amy Katch** and me. Amy, who has not ridden with the club for some time, took off and we only saw her briefly later in the ride. Dennis peeled off after about a quarter of the ride and I peeled off shortly after that. My legs were just too tired after the century on Saturday. My last hill was 190th St. and it was about all I could do to get up that one. Gary and Thomas however completed the entire long route. Congratulations to them. Before I quit, Gary took this shot of me struggling up one of the steeper climbs.



Of course, every climb has a downhill, so here we are enjoying one of those.



Other Ride: I had a lengthy report from **David Nakai** who rode the DeLuz 200K brevet a couple of weeks ago. He rode with a couple of other riders and it sounds like he had good time although they barely made the time cut-off. David wondered where all the time had gone and decided they had just been having too much fun.

This Week: This week we have the 4th Grand Tour Trainer on Saturday. The ride is "Encinal Canyon" which starts in Brentwood. The principle climb of the day is of course Encinal Canyon which climbs from the coast up to where it joins Mulholland Hwy. We make the plunge down into Westlake and then follow a fairly common course through Agoura and into the Valley before returning over Sepulveda. Encinal is the major climb of the day, but there are a few other moderate climbs as well.

On Sunday, the scheduled ride is the "Santa Fe Dam" which starts from Monterey Park. All routes head over to the San Gabriel River and ride up to and around the top of the Santa Fe Dam. The short makes a direct return while the medium and long head back to Pasadena for lunch. The long adds a loop after lunch which includes a rather difficult climb to the top of Lake Street before rejoining the medium on the return. I once again plan to ride both days and hopefully this week I won't poop out on Sunday. But the nice thing about these routes is that you really don't have to decide between the long and medium until lunch.

Minutes of the Meeting: Minutes of the meeting we held last week are attached. Read them at your leisure.

I don't have anything else to report this week. Covid numbers keep dropping in LA County which is good, considering they are going up in other places around the country. Maybe we will get back to normal by summer. The places I have stopped for lunch on recent rides still don't have indoor dining, but maybe they will change that soon. I prefer to eat outside anyway, but when there is no indoor dining, it is sometimes hard to find a table outdoors.


Parting Shot: Before I bailed out of Sunday's ride, I did see this passenger in a parked car.



Too late for that seat belt to do him much good.

See You On The Road

Rod Doty, VP

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