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**Los Angeles Wheelmen VP Report**

1 message

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# See Below For Opportunity To Purchase Club Apparel

Hello All

**Last Week:** On Sunday the scheduled ride was "Cruise & Climb in Claremont" but I didn't go because I was recovering from my Grand Tour ride and I didn't get a report from anyone who did ride. I think it's possible that, due to the heat, no one rode this one. Now that summer is here I've tried to schedule more coastal rides, but we really don't have enough of those to fill out the entire summer schedule, so we can just hope for a break in the heat when the non-coastal rides come up.

**Grand Tour:** As planned, I rode my virtual Grand Tour last Saturday. **Rafi Karpinski** and **Greg Analian** rode with me. Our route was fairly simple -- from Culver City up to Santa Barbara and back, staying close to the coast most of the day. I had long had a goal of riding a double century when I was 70, and I'm glad to say I met that goal, but for me it was anything but fun. It started out fine. We really made good time up to Santa Barbara. The only photo I took all day is of Rafi and Greg at lunch



Things started to fall apart for me on the return. My back started aching and I would stop to rest it. At first this would be good for almost 15 miles, but as the ride wore on I was stopping more and more. By the end I was stopping almost every half mile. To make matters worse, while cutting through the parking lot near Temescal to avoid PCH in the dark I hit a curb and went down twice. No serious injury, but it certainly didn't help how I felt. I really have to thank Rafi and Greg for hanging with me. They were very patient through all my rests. I was surprised to see that my average ride speed was 12.3 mph and the riding time was about 16.5 hours. Not bad for me. But what that doesn't show is my down time. My overall time was about 21 hours which meant I spent 4 and half hours off the bike. Now that I have ridden a double at age 70, I thought maybe I would just hang it up, but now that a couple of days have gone by, I'm already thinking about next year.

After the window for completing a Virtual Grand Tour is over, I'll have a complete report of the riders this year, but **Mel Cutler** has sent me a few partial results. Most notable to me was **Mike Eberts** who completed his 32nd Grand Tour while suffering with a kidney stone. He managed to finish and a few days later had the stone removed with the laser procedure. Wow!

**Other Rides:** I don't have many photos this week, but here is a photo sent to me by **Marc Spigleman** from last Thursday's Triple Dipper Ride. It's a nice shot of the Santa Monica Bay from up on Palos Verdes. From up there you can actually see that it is a bay.



**This Week:** This Sunday is the 4th of July and we will be riding our usual Independence Day routes -- "The Firecracker Special." These short and easy routes start in Long Beach and pretty much simply ride around that area. The highlight is a trip to the top of Signal Hill which is only on the long route. There are some nice views up there and we often gather for a group photo. Since the 4th falls on a Sunday, there is no other scheduled Sunday ride. I hope that increases the turn-out. I look forward to seeing a lot of you there.

**Tour de France:** I was surprised to see the Tour de France being televised on the NBC Sports Network. I had thought they weren't going to televise that any longer. So at least I have something to watch on TV for the next 3 weeks.

## **New chance to purchase club apparel**

We have recently had requests for the LA Wheelmen 75th jerseys et al, so we are opening another order. This is the link:

<http://www.voler.com/custom/ordering/li/39830>

In addition to the usual shorts, bibs, jerseys, jackets, vests & gaiters, arm warmers will be available in 2 different weights. These arms warmers will match up with other Wheelmen clothing you may have, as well.

We do have to meet a minimum number of items ordered for the order to go through. The end date to order will be July 14 & delivery will be August 27. Take a look at the web site above. Tell your friends. Send questions to Nancy Domjanovich: [nancydomx@icloud.com](mailto:nancydomx@icloud.com) or text 310-415-8285.

**No Parting Shot:** Nothing else to report tonight. If I don't see you Sunday, have a good holiday.

See You On The Road  
Rod Doty, VP