

Los Angeles Wheelmen VP Report

1 message

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Hello All:

Last Sunday: On Sunday the scheduled ride was our monthly century and metric century: "The Paul Neuerburg Century." High temperatures were predicted, so I wasn't too surprised when only one other rider showed up. That was **Kit Gray** who rode the metric. I was determined to get my July century in and I figured it was possible even with the heat. The first portion would be fine because it was in the morning before it really got hot. The middle portion was at the coast, where it would still be cooler. I was only worried about the last 30 miles as I rode back inland, but that was almost entirely on river trails and should be easy riding. I had checked the map and found a place I could get off the river for a cold drink if I needed it. Actually, the ride went pretty much as planned. The only surprise was that it wasn't nearly as hot coming back up the river as I thought it would be. There was a nice breeze that kept things bearable and I did make my planned stop for a cold drink. All in all I was pretty happy to have gotten my century in as planned. Unfortunately, I didn't take any photos. Although I like the course, it really isn't all that scenic.

I did hear from **Rafi Karpinski** who rode his own century along with **Phil Whitworth**. They put together a course that stayed on the coast. They did climb up Encinal Canyon and then came back down on Decker so they actually got in more climbing than I did. Since I don't have any photos from my own ride, here are a couple posted by Rafi on Strava from his ride.



This is a popular shot from about half way up Encinal. I think I took the same photo on the Encinal trainer this year.



The fire that went through Encinal Canyon was two or three years ago, but you can still see some of the damage.

This Week: Sunday our scheduled ride is "South Bay Ramble." All three routes travel through the beach cities down to Palos Verdes and return. The differences are mostly in what they do in Palos Verdes. The long makes a complete loop around the peninsula while the medium only goes to the Whale Watch and the short only makes it to Malaga Cove. But all routes do stay near the coast, so if we are hit with another heat wave, we should still be fine. **Please note that we have moved the start location for these routes.** They now start at the beach in Playa del Rey. As we did last time we rode these routes, there is a planned stop for frozen yogurt near the end of the ride. The place we stopped last time has gone out of business, but we will be going to another one nearby.

Good News!!

We have enough orders for club apparel to meet the minimum and the orders will definitely go through. If you still want to purchase any club apparel, you can be assured that you will get your items. **However**, you must order by tomorrow (Wednesday, July 14th) So DON'T DELAY. To see the items available and to place an order, go to: <http://www.voler.com/custom/ordering/li/39830> Send questions to Nancy Domjanovich: nancydomx@icloud.com or text 310-415-8285.

Club Meeting: This Thursday at 7 p.m. we will be holding our monthly club meeting via Zoom. We would love to see you there (well, on screen actually). The log-in information is the same as in the past. If you need this, contact me or our host **Mel Cutler** (cutlerme@earthlink.net) but please do not wait until the last minute to do so.

Technology Dependence: On last Sunday's ride, the navigation features on my Garmin weren't working. I think the route file was somehow corrupted because it worked fine with a different route this morning. In any case, it kept telling me my next turn was over 2000 miles away. When it didn't work, I thought "No problem -- I have my paper route sheet -- I don't need the Garmin to tell me where the turns are." But I was surprised by how much I have grown dependent on the Garmin. I missed the 2nd turn on the ride because I was waiting for the beep to tell me the turn was coming up and the map didn't display the turn. Although I didn't miss any more turns that day, I still missed hearing the beeps and seeing the map. I really

missed being able to look down at my Garmin to see exactly how far it was to my next turn or how far it was to the end of the ride. I had to do the calculations in my head (like a caveman)!! Late in a long ride, mental math gets harder and harder. I like the technology, but I have to admit I was surprised by how much I've grown to rely on it.

No Parting Shot. Sorry, no photos this week.

See You On The Road

Rod Doty, VP