

Los Angeles Wheelmen VP Report

1 message

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Hello All:

Last Sunday: On Sunday we were riding "South Bay Ramble." In the past this has been a fairly popular ride so I was disappointed in the attendance. We only had 4 riders. I forgot to take a photo at the start but fortunately, we were still together at lunch and I took this shot



That's **Thomas Knoll**, **Gary Murphy** (on the phone) and **Jacques Stern**. You can see that it was a nice day. Much of the ride was near the coast so it remained cool enough to be pleasant. Gary took a couple of photos on the course. I'm not sure exactly where these were taken, but I think the first one may have been on the climb on Poinsettia Street in Manhattan Beach -- One of the two steep hills on the the entire course



I'm less certain where this 2nd one was taken. It had to be in the first half of the ride since Thomas is still there and he had taken off from lunch a little before the rest of us. At least it shows that we did have some downhill as well.



With the small group, we didn't stop for frozen yogurt at the end of the ride as planned, but we did decide to move the post-ride ice cream stop to a new location the next time we run these routes.

Triple Dipper Ride: I got a few photos of last Thursday's Triple Dipper ride from **Phil Whitworth**. The first is most of the group riding into Redondo Beach. We don't often ride in such a tight group, but maybe we were inspired by watching the peloton in the Tour de France



The second photo is some of the group at the usual stop at the Starbucks in Golden Cove in Palos Verdes. Actually, the lunch photo above from Sunday was taken only about 10 or 20 yards away.



This Week: This Sunday we will be riding "Revel the Rollies III" which starts down in Orange County. Although these routes start in Irvine, they head to the coast for the center portion of the ride. Hopefully, that will keep us cool. Actually, the forecast is for cooler weather this weekend anyway, so I think we will be fine. The long and medium routes stay together until shortly after lunch, so you don't have to decide until late in the ride which route you want to do. The long does add a significant climb after lunch which the medium skips so you just have to ask yourself if you feel up for that or not. I hope to see a lot of you there.

Minutes of the Meeting: The minutes of the meeting held last Thursday are attached. There really wasn't much to discuss, but you might want to read them anyway.


David Nakai On the Injured List. I received a long e-mail from **David Nakai** in which he recounts a sad tale. In short, he was mugged while waiting at a light on his bike. The assailant took his bike, but almost immediately discarded it, so David got the bike back. However, in the scuffle, David suffered some broken ribs. His e-mail seemed surprisingly up-beat, but he will probably be off the bike for a few weeks. It sounds like a scary experience, but it also sounds like it could have been a lot worse.

Parting Shot: Rafi Karpinski got up too late to join us on Sunday's ride, so he did his own route. I looked at his Strava post for his ride and it only included the one photo below which was taken out by the Malibu Lagoon. I'm not sure what it is. Is it art? I don't know, but it is interesting.



See You On The Road

Rod Doty, VP

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