

Los Angeles Wheelmen VP Report

1 message

Rod Doty <roddoty@roadrunner.com>

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Hello All:

Sunday: Last Sunday we were riding up Mount Wilson from the Rose Bowl. We had 6 riders. I took this photo at the start:



From the left: **Mario Solano, Phil Whitworth, Gary Murphy** and **Thomas Knoll**. The 6th rider was **Rafi Karpinski** who rode from home and caught us later on the climb. I did not have a good day. After about 8 miles of mostly climbing, my legs were done and I turned around and coasted back to the start. Although I have been doing plenty of long rides lately, I haven't done any extended climbs since the training rides back in June and I just don't seem to have the stamina for a lengthy climb anymore. I'll have to work on that. Gary did the medium route which took him up to Clear Creek and back. He sent this photo of downtown from up there.



You can just make you the tall buildings downtown in the center of the photo.. A lot of the time you can't see downtown at all.

The rest made it too the top. Here's a photo of Phil, Rafi and Mario at the Cosmic Cafe. Phil sent the photo, so I'm not sure who took it.



Here's a photo Rafi took of a portion of what I refer to as the electronic forest at the top.



This is only a portion of all the antennas up there. Looks like it was a good day for the ride. It was fairly warm down below, but reasonable at the top. I wish I could have made it.

Other Ride: While we were riding Mount Wilson on Sunday **David Nakai** was doing his own ride in the area which included a climb up Big Tujunga and a ride down Angeles Crest. where he passed our riders on their way up. David said the heat did a number on him and he needed an ice cream break when he got back out of the mountains. He sent this photo.



Looks like he BOTH a cone and a root beer float.

This Sunday: . This Sunday we will be riding our monthly century and metric century. The ride this month is "Beaches to Brea Canyon" and it's just like it sounds. We start in Manhattan Beach and ride down to Long Beach before heading inland all the way to Brea Canyon. After climbing the canyon we ride East Road and West Road down to Whittier for lunch. After lunch it is a fairly flat ride back west to the start. Almost all the climbing is in the center portion of the ride. The metric century starts with the full century but cuts out the center portion of the route (including all that climbing) and picks up the full century's return. Despite my poor showing on Wilson, I'm optimistic about doing the century since there are no really long climbs. I hope to see you there.

Parting Shot: Not much else to add tonight. On Sunday's ride, Phil had a blow-out near Red Box. Apparently it was so bad, the tube blew partially off the wheel and became tangled on his quick release. Rafi took this photo of the tube later when they reached the top.



I've never seen a blow out this bad. Phil didn't say what caused it. I've often wondered if the decreased air pressure as you climb a mountain could cause a blow-out, but I've never heard of it happening.

See You On The Road

Rod Doty, VP