

## Los Angeles Wheelmen VP Report

1 message

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Hello All:

**Sunday:** Last Sunday we had two rides. Our regular weekly Sunday ride was "Straight Cow Mountain" which started in Alhambra, but the highlight of the ride was a trip over Turnbull Canyon. I couldn't think of any song that would go with "Straight Cow" but then I began thinking about "Turnbull" and this came to mind:

<https://www.youtube.com/watch?v=6uqPBZncL5Q>

I like the video that goes with this version and I can really imagine listening to this music as I climb Turnbull.

We had 7 riders and, as usual, **Phil Whitworth** took a shot at the beginning.



That's **Gary Murphy**, **Nancy Domjanovich**, **Me**, **Rafi Karpinski**, **Mario Solano**, and **Jacques Stern**. You can see that it was cool enough in the morning that we were all bundled up. I later took off my jacket on the Turnbull climb, but then later regretted not putting it back on for the remainder of the ride. The long and medium routes stayed together for a while and then they split, Gary and Nancy took the medium while the rest of us did the long. The two routes come back together for the climb up Turnbull and when we got to the top of Turnbull, Gary and Nancy were waiting there for us. We all descended into Whittier for lunch together. Here's a shot of the descent I took from Jacques' Strava post.



We split up a little for lunch. Many were carrying their lunch and just had lunch in the park. Phil took this shot



It was a relatively easy 20 miles to return after lunch. Some of us added a few extra miles to get up to metric century length. I had plotted out a 5 mile loop the night before just for this purpose. All in all, a nice day.

The other ride was out monthly newcomer ride. This month it started in Culver City and headed for various art and cultural locations on the west side and up Sepulveda. **Mel Cutler** sent me this shot from the start:



Mel said they had 16 riders, most of whom are in the photo. This included **David Nakai** with his face mostly covered on the left. This was his first ride back after his hip replacement. Some riders went to the sculpture garden at UCLA. Others went up Sepulveda to the Getty Museum while even more went further up Sepulveda to the the Skirball Center. Six even did the optional climb up Mountaingate which is a very steep 1 mile climb. This included David Nakai who took this photo at the top.



In his own report, David said it was a painful climb, but I'm not surprised he did it. I guess if that new hip could make it through that climb, it is ready for just about anything.

**This Week:** We have two rides this week. On Saturday is the biennial Rose Bowl Century. I would call this a novelty ride. The idea is to ride 100 miles entirely on the 3 mile loop around the Rose Bowl. 33 laps usually does it. I always look forward to this one (I missed it in 2020 with my broken arm), but it takes a certain mind-set to really enjoy it. They have recently repaved about half the loop so almost one half of the ride will be nice and smooth. Although limited food is available in the area, I usually pack a lunch, snacks and drinks and leave them in my car. Since you pass the start every 3 miles, you can stop for a break any time you wish. Don't shy away from this one just because you don't want to ride 100 miles. Many riders do a lesser amount and some ride from home and only do enough laps at the Rose Bowl to make up a century with their miles to and from home. With the right attitude, this can be more fun than it sounds.

On Sunday our regular weekly ride is "Ivan's Ride" which starts from the Corner. The name sounds slightly Russian, so maybe we should be boycotting this ride, but it's named for former member **Ivan Gazdik** and I don't think he was Russian. The routes go over Sepulveda out to the Valley for lunch and then return. The long adds a slightly longer loop taking you west on Mulholland and the plunge down Encino Hills before rejoining the others. All routes tour the Great Wall of Los Angeles Mural before stopping for lunch. While the short takes a relatively easy route back, the long and medium re-climb up Mulholland for a descent down Deep Canyon and Benedict Canyon. All routes are fairly short compared to our usual outings. I don't know how I will feel after the century on Saturday, but I hope to make it even if I only ride the medium or even short.

**Parting Shot:** Another week with nothing else to report. I guess that means the club is running smoothly. **Rafi Karpinski** took this shot on Sunday's ride. I'm surprised I didn't see it myself.



So now there are inflatable decorations for St. Patrick's Day. I think eventually there will be house decoration holidays for every month. January - New Years Day, February - Valentines Day, March - St. Patrick's Day, April - Easter, May - Mother's Day, June - Father's Day, July - 4th of July, August -- ??, September - Labor Day, October, Halloween, November, Thanksgiving and December -- the usual holidays. This way those pop-up locations that sell pumpkins in October and Christmas Trees in December can stay open all year long and just keep changing their merchandise.

See You On The Road

Rod Doty, VP