

Los Angeles Wheelmen VP Report

1 message

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Hello All:

Sunday: On Sunday we were riding the "Tri-County Safari." Not sure it was much of a safari (I didn't see any lions, elephants or zebras), but it put me in mind of a different type of safari for tonight's theme music:

<https://www.youtube.com/watch?v=KrPDLxmfWPM> (check out how young these guys look on the album cover)

We had a good turn-out with 10 riders. **Lynn Katano** made a rare appearance and took this selfie at the start:



From the left: **Mario Solano, Jacques Stern, Nancy Domjanovich, David Nakai, Gary Murphy, Rafi Karpinski, Me, Chris** (a friend of Lynn's), **Jackie Burneson** and **Lynn Katano**. Lynn, Jackie and Chris rode the short route and the rest of us did the long. Except for a brief split for lunch, we all stayed together for the ride, which is always nice. Gary sent me this photo of the group heading up Brea Canyon after lunch:



Rafi took this photo of an obstruction on the course:



Actually, that closure has now been there for several years and I had routed around it with a turn on "Walnut." What I didn't know was that there is both a North Walnut and a South Walnut and a couple of riders took the wrong one which unfortunately didn't go where they needed to be. After a few extra miles, a phone call and some searching, we got everyone back together. What did we ever do without cell phones? All in all another good day and I got home in time for the Academy Awards. BTW -- Although I haven't been in a movie theater now for a few years, I had seen 4 of the nominated films (Dune, Eyes of Tammy Faye, Nightmare Alley, and West Side Story) because they have already been on HBO and those films won a total of 8 awards.

Other Rides: I heard from a few members about other recent rides they have done: First **Lee Meller** recently spent some time riding in Death Valley. She sent this photo of herself up at Dante's View with the floor of Death Valley behind her.



Second, **Ben King** recently celebrated his 81st birthday by riding 81 miles. He was joined by **Rafi Karpinski** on this ride and they took this photo:



Ben has 10 years on me but according to their Strava track, they rode that 81 miles much faster than I could.

Third, **Kit Gray** recently did a ride up Bouquet Canyon (where we will be riding this Saturday). He took a side trip a little off the road to visit the "falls" and sent this photo:



Training Rides: This Saturday we start our annual 12 week series of training rides. These are beautiful rides and often go places none of our other routes go. But in recent years, ridership has fallen off. I would imagine this is because many of you feel they are too difficult. To help remedy this, I am creating a "lite" version of most of the trainers this year. The lite version will still ride the featured area of the full trainer, but cut out some of the other climbing and distance. Sometimes, this will involve starting at a different location from the main ride. I don't want to deceive you -- even the lite trainers will still be somewhat difficult rides. But here's the thing about that. A few years ago I was having a difficult time completing the trainers and I thought maybe I had just gotten too old to do these rides. I felt like I just couldn't do them. But then I had a revelation. It wasn't that I couldn't do the rides -- it was that I couldn't do them in the manner I wanted to. I couldn't ride them as fast or as well as I wanted and what I wanted was to ride them the way I used to. But that meant I was competing with my younger self and, let's face it, that's a race you will never win. So the next year I adopted an attitude that said I didn't care how slow I went or how often I rested. I just wanted to finish the rides. And that year I once again truly enjoyed the trainers and I had no problem finishing them. So my advice here is this -- If you say you can't do these rides -- ask yourself if you really could do the rides if you just slowed down, took it easy and quit trying to ride like you once did. I look forward to this years trainers once again because the thrill is just getting to the top -- not how fast I get there. I hope some of you will join me.

This Weekend: As mentioned above, the training rides start this Saturday. As always, our first trainer is "Canyon Lakes." The highlight of the route is the long trip up Bouquet Canyon to the reservoir and the trip over Spunky Canyon to Green Valley for a break. The full version continues with a short but somewhat steep climb over the top of San Francisquito before riding along Lake Elizabeth Road where hopefully there will be a lot of poppies to be seen. Then it's the long 13 mile downhill on Lake Hughes Road before the final climb of the day up "Calvary" and around Lake Castaic. The lite version simply turns left at San Francisquito Road and goes down that canyon and back to the start. You will miss the poppies however.

On Sunday we will be riding "South Bay Typical" which starts in Torrance and spends most of the day in Palos Verdes and San Pedro. The long makes two trips to the top of the peninsula and has a good amount of climbing. The medium has less, and the short even less. I hope to be there, but last year I had trouble getting to the Sunday rides after the trainers. We'll see. I have never been too happy with the lunch selections on this ride, so I'm open to suggestions. If they ever complete the revival of Ports-o-call, there may be some new possibilities.

Parting Shot: Rafi rode from home on Sunday and took this shot of City Hall in the dark:



I thought I had heard on the news that they were lighting City Hall in Yellow and Blue to show solidarity with Ukraine. In fact here is a shot I took off the web:



So, what's the deal with the red lights? That's Russia's color.

See You On The Road,

Rod Doty VP.