
Los Angeles Wheelmen VP Report

1 message

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Hello All:

Last Weekend: On Saturday we had the Sand Canyon Trainer and on Sunday "Turnbull Revisited." My selection for tonight's music is for Sunday's Ride

<https://www.youtube.com/watch?v=6uqPBZncl5Q&t=17s>

On Saturday, it appears that only 3 riders started. **Gary Murphy** and I both started from home, but almost immediately I felt like I just didn't have what it would take to do that day's ride. So, after only a few miles, I turned around and went home vowing to ride Sunday's ride. Gary went further than I did, but also never rode over Sand Canyon, which was the major climb of the day. That leaves **Phil Whitworth**, who was the only rider who went to the official start location. He took this selfie of all the rides there:



Fortunately, Phil took a few photos during his ride. I believe this one was taken at the top of Sand Canyon at Bear Divide. the last time I was there, the picnic tables had been removed (maybe a Covid thing), but it is nice to see that they are back.



Looks like a nice view from up there.

I did make it to the Sunday ride. There were only 3 other riders and I took this photo at the start.



That's **Nancy Domjanovich**, **Russ Brynes**, and **David Nakai**. Nancy, Russ and I did the medium. The long route was the same as the medium except that it added a trip up Hwy 39 and East Fork to William's Camp and back down. David started this extra loop but had a flat tire which was difficult to change, so he decided to abandon the trip to William's Camp and just turned around to finish the ride. It was a nice day and most of the climbing was done before lunch, but the last 17 miles were on the San Gabriel River into a growing headwind. At least we were going down-stream, but that wind really took a lot out of me. David took a few photos. Here is one of Nancy climbing Turnbull (I think) and one of me just getting to the top of Turnbull



This Week: On Saturday we have the Mount Baldy trainer and on Sunday we will be riding "La Tuna Melt." Going up to Baldy Village is sort of an iconic ride in Southern California and this has always been one of my favorite trainers. There is generally low traffic on the roads up and back and it's very pretty. You also have the option of doing the difficult additional 5 miles up to the ski lift. We have always had two options for getting to the village and this year we are adding a "lite" version of the trainer which doesn't actually make it to the village, but does give you the chance to ride the terrific 9 mile downhill on Glendora Mountain Road. As I say, this has always been a favorite of mine, but I'm not sure I'll be there (see below).

"La Tuna Melt" on Sunday starts from the Zoo and heads up to Pasadena. The long takes a roundabout route taking you up the 4 mile climb on Tuna Canyon. The medium takes a more direct route but joins the long for a trip up "Christmas Tree Lane" in Altadena. The trees will be there, but not the lights. The short joins the other two routes for lunch in Pasadena and they all return together back to the Zoo. These are nice routes and if I don't ride Saturday, I should be there and prepared to do the long.

Not My Year: On Saturday I just didn't feel like I had what it takes to do the trainer and even on Sunday, I really struggled going up Turnbull Canyon, which is an easier climb than almost any of the climbs on the trainers. I'm not sure why I was having so much trouble over the weekend -- I have a few ideas, but sometimes you just have a couple of bad days for no apparent reason. But it made me realize that I just don't have the drive this year to push myself through all the trainers. I feel like if I forced myself, I could do it, but it wouldn't be very fun. So, I've decided to refocus my cycling goals. I might do some of the "lite" versions of the trainers, but maybe I'll just concentrate on doing the Sunday rides. I hate to give up on the trainers, but the whole point of riding for me is to enjoy it. So, I may or may not be showing up for the trainers the rest of the way, but I hope to see you out on Sunday's

Santa Monica Bike Counter: Phil included this photo from his ride Saturday:



It shows that he was the 25th cyclist past that point on that day. I was unaware that Santa Monica had this thing, but according to this article, it's been there for six years.

<https://la.streetsblog.org/2016/12/20/santa-monica-to-open-real-time-bike-traffic-counter-on-main-street/>

If we could ever get a big group together, we should all ride over there some day to push the count up for the day. Maybe the Thursday Triple Dipper Group could go.

Parting Shot: Phil also included this photo from Saturday.



I've seen signs like this before and it is usually on a hot summer day when I'm struggling up a climb and all I can think is "I WISH it was icy!!" I would jump off my bike and lay down on the ice. I think it is just cruel to leave signs like this up in the summer.

See You On The Road

Rod Doty, VP