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Los Angeles Wheelmen VP Report

1 message

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Los Angeles Wheelmen VP Report - March 21, 2023

Hello All, and welcome to Spring (even if it doesn't seem like it)

Last Sunday's ride was "Cruise and Climb In Claremont" so I thought this song would be a good accompaniment while you read tonight's e-mail:

<https://www.youtube.com/watch?v=Gx77P0VH6FA>

Sunday: Unfortunately I woke up Sunday with some sort of intestinal distress and combined with the long drive and the chance of rain, I convinced myself that I didn't want go to the ride. However, four riders did show up. **Phil Whitworth** took this selfie of the group.



From the left: **Mario Solano**, **David Williams** and **Phil**. The 4th rider was **David Nakai** who met the ride in progress. I don't have any other photos from the ride this week. I probably would have had more from David Nakai, but he lost his iphone during the course of the ride. Mario reported having seen a smashed phone back on the route and David went back looking for it, but never found it. Well, maybe he had been wanting to upgrade to an iphone 14 anyway. Based on a report from David, it sounds like all four rode the long route. I know from Strava that at least Phil did. I don't think they encountered any rain, but David said he ran into a little on the way home. In his report David complained about the hills, but I'm sure that if I had been there, he would have beat me to the top.

This Sunday: This Sunday we will be riding our monthly century and metric century. This month is the "Camarillo Centuries" which start in Brentwood and ride to Camarillo and back. Actually, only the century makes it Camarillo. The metric century goes as far as Agoura before heading back. The routes are somewhat hilly with about 5000 feet of climbing on the full century. The metric has almost as much climbing because it adds a climb which the full century misses. I hesitate to make any predictions about the weather these days, but right now it looks like Sunday will be good. I plan to be there, but I may cut it short. The first climb of the day for both routes is Topanga and Old Topanga. I'll see how that one goes and if it doesn't go well, I can simply head for home through the Valley.

LA Marathon: Last Sunday was the LA Marathon. I had mentioned that member **Thomas Knoll** would be running. He posted his finishing stats on Strava. Here they are:

LA MARATHON - MARATHON

OPEN
2558
XACT XACT XACT

THOMAS KNOLL
PACIFIC PALISADES, CA
MALE / 63

4:34:13
Division 61 Gender 3740 Overall 4881

[View All Male 60 - 64 Results](#)

FINISH Time		Location	Net Time	Clock Time	Pace	Pace Between
FINISH Net	4:34:13	START	00:00	1:23		
FINISH Gun	4:35:35	5K	29:33	30:55	9:29 /mi	9:14 /mi
		10K	58:16	59:39	9:22 /mi	9:27 /mi
		15K	1:27:40	1:29:03	9:24 /mi	9:25 /mi
		20K	1:56:56	1:58:19	9:24 /mi	9:24 /mi
		25K	2:26:10	2:27:33	9:24 /mi	9:35 /mi
		30K	2:55:58	2:57:21	9:26 /mi	10:32 /mi
		35K	3:28:45	3:30:08	9:35 /mi	14:02 /mi
		40K	4:12:21	4:13:44	10:09 /mi	16:01 /mi
		FINISH	4:34:13	4:35:35	10:27 /mi	

If I read that correctly, he finished 61st in his age group and 4881st overall, but when you consider there were about 20,000 runners, that seems pretty good to me. **Mike Eberts** also did the marathon. I found this photo he posted on Facebook (he's the one on the right).



Congratulations to both.

Minutes of the Meeting. The minutes of last Thursday's meeting are attached. It was held at the home of **Howard Wedin** who served excellent refreshments. Thank you Howard. Most of the discussion was about our up-coming Awards Lunch (see below)

Training Rides. Due to lack of riders, I decided last year to no longer run the 12 week series of Grand Tour training rides this year. However, I do plan to convert some of the favorites into Sunday rides which can be ridden throughout the year. The first up will be the "Canyon Lakes" which I have scheduled for April. However, if you want to ride any of the training rides we have done in the past, contact me and I will get you the routes.

Membership Cards: As you may or may not know, we extended everyone's membership by 18 months for free since the club was not offering all of its usual benefits (parties etc.) during Covid. That is why you have not been receiving renewal notices. It also means that for everyone who has a membership card, it is out of date. If you want a membership card, contact me and I will send an updated card to you. However, I will only be sending it by e-mail. I will send both a pdf and a jpg of the card. You can print out the pdf -- ideally in color and on card stock, but black and white on paper would be fine. The jpg can be put in your phone with your photos and you can show it at bike shops in that way.

AWARDS LUNCH -- April 2, Noon -- Lindberg Park in Culver City (5041 Rhoda Way, Culver City)

You (and significant others) are invited to our first annual Awards Lunch (replacing our annual installation lunch). There will be a nice lunch starting around noon, followed by a program hosted by our **David Nakai** and which include the presentation of various awards for the past year and other entertainment. This will be followed by CAKE!!! At 8:30 a.m. there will be a short ride starting and finishing at the same location for those wishing to get a ride in. I'll be sending our a separate invitation tomorrow, but make your plans now to attend. A good time will be had by all.

Parting Shot: I don't have a photo this week, but here is a photo from the last Installation Lunch back in 2020 just


before Covid struck.



Wouldn't it be nice if we could get that many to attend this year?

See You On The Road

Rod Doty, VP

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