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## Los Angeles Wheelmen VP Report

1 message

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### Los Angeles Wheelmen VP Report - July 18, 2023

Hello All:

Sunday's rides were the "Coastal Cruise Centuries" so this seemed an appropriate song for tonight's theme:

<https://www.youtube.com/watch?v=WlZy6cWpoMQ>

**Sunday:** I didn't make Sunday's ride. I had intended to go, but got wrapped up in watching the day's stage of the Tour de France which was supposed to be a critical stage, but as it turned out, the top standings hardly changed at all. Anyway, I had several reports. As near as I can tell, there were 7 riders, but a lot of them never saw each other. Apparently, **Phil Whitworth** and **Mario Solano** were the only ones to show up at the start time and the only ones to ride the full century. It would seem they were later joined by **Ben King** because Phil sent this selfie from atop Signal Hill:



Shortly after Phil and Mario started, **Dale Aaronson**, **Julie Shishino** and **Gary Murphy** started on the Metric Century. Dale rode from home and actually got in more than a century. Gary is still coming back from his accident a couple of months ago and only rode to Malaga Cove where he took this shot of the other two:



**Jacques Stern** was our 7th rider. He rode from home and did the metric mostly alone except when he encountered Dale and Julie briefly down near Long Beach. He did take this selfie:



They reported nice weather, and once again, while most of Southern California was sizzling, our ride near the coast was pleasant. They took a lot of photos. Here is one from Dale showing the Portuguese Bend Landslide Area in Palos Verdes which has been constantly moving for over half a century now. It's not related to the recent loss of homes sliding down in Rolling Hills Estates, but a reminder that much of Palos Verdes is unstable.

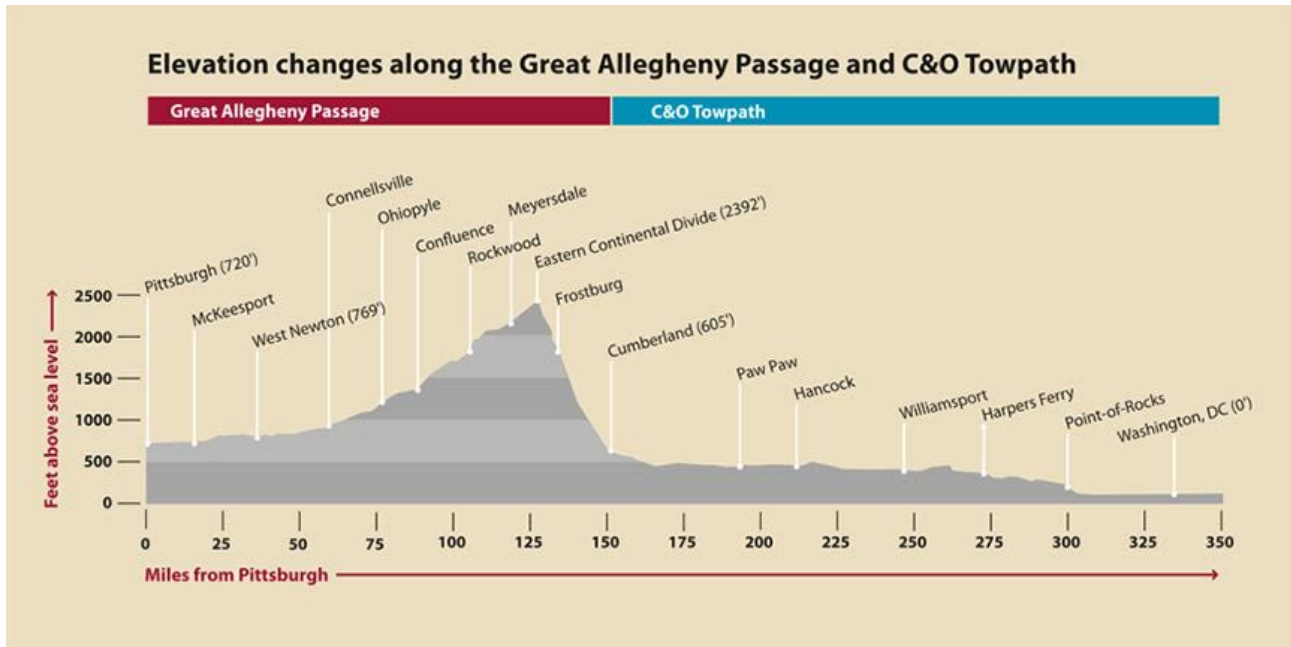




**Another Ride:** Lee Meller sent me a report of a 6 day - 350 mile ride she did recently. It took her along the Great Allegheny Passage which runs from Pittsburgh to Cumberland along a former railroad right-of-way. From there she took the C & O Canal Tow Path which follows the Potomac to Washington DC. The trip took her over the Eastern Continental Divide where she took this photo.



Here is a profile of her ride.



Although it looks like a big climb, railroad right-of-ways are never very steep. In fact if you do the math on the downhill portion of about 1500 feet in 25 miles, that turns out to be only about a 1.5% grade -- well within what railroads can do. The ride took her past a number of Civil War sites including Antietam and Harper's Ferry. Looks like it was a great trip, and almost entirely without traffic. .

**Meeting Reminder:** Just a reminder that although normally there would be a member meeting this Thursday, we are skipping the July meeting.

**New Member:** Welcome to new member **Matt Krantz**. I look forward to seeing him out on some of our rides.

**Parting Shot:** Here is another shot from Dale which was also taken near Portuguese Bend. I think I might have shown this same sign once before but I always get a kick out of it. Although the rode is bumpy in that area, I think the sign overplays just how bumpy it is.



In light of the recent landslide in the area, I imagine the sign is getting more notice these days.

See You On The Road

Rod Doty, VP