

## Los Angeles Wheelmen VP Report - January 16, 2024

Hello All:

Last Sunday's ride was "Legg Lake." The last time we ran this one I used ZZ Top's song "Legs" for the theme music, but there is another rock song involving legs so here is tonight's theme music:

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

**Sunday:** As mentioned, the ride was "Legg Lake" which started from Brookside Park near the Rose Bowl. We had 6 riders and I took this photo at the start:



That's **Russ Brynes, Julie Shishino, Mario Solano, David Nakai** and **Dale Aaronson**. We all started out on the long route (which really wasn't much longer than the medium or even the short). We all stayed together to Whittier Narrows and Legg Lake. Somehow, everyone split up at that point. I went on to the lunch stop, but no one else showed up there. I guess everyone took their own way back. Lunch was a little surprising for me. In the past the choices were a Panda Express, a Starbucks, and a Mexican place. To my surprise the Mexican place has been replaced by a Habit Burger. Great for me. Sometimes I think the Habit people got a hold of our ride library and they are putting up Habits everywhere

we go for lunch.

The only other photo I have from the ride was this one sent by David Nakai. It's of the famous suicide bridge near the start of the ride with the courthouse in the distance.





It was a very nice day for a ride. Cloudy at the start, but it cleared off for the

afternoon. I not only did the long route, but felt good enough at the end to do a lap around the Rose Bowl to get my mileage up to 60. And I still got home in plenty of time to watch the Rams lose.

**This Sunday:** Our ride this Sunday is "Bronson Caves" which starts from the "Corner." Unfortunately, it sounds like it might be raining on Sunday, but on the chance they are wrong (as they often are) here's what you can expect from the ride. All 3 routes ride to the caves which unfortunately, you can no longer enter. The medium adds a trip around the Hollywood Reservoir and a trip past a popular lookout point for a view of the Hollywood sign. The long adds to the medium a trip along Mulholland Drive and a trip up to the Observatory in Griffith Park. There are a couple of short but very steep climbs on the medium and long, so if it doesn't rain, I will probably only do the short.

**Holiday Party:** Don't forget the Holiday Party this Saturday. A copy of the invitation is attached. Please RSVP by tomorrow night so we will know how many pizzas to order. This party will also be our member's meeting for January at which nominations for officers will close. If there are no other nominations, the past officers will be automatically elected.

**Patch of the Week:** This week's patch is another one sent in by **Will Carey**. It is for the "People Powered Ride" sponsored by the Goleta Valley Cycling Club. I think I rode this one once. As I remember, it took place in much the same area as the Solvang Century but was much smaller and had a more friendly feel to it. The Goleta club still exists (although it may have merged or changed its name to "Santa Barbara Cyclists"), but I don't find any references to this particular ride being held any longer. In my search, I did find someone who was selling the 1990 patch on Ebay.



**2023 Stats:** A few more members sent in their stats for last year:

**Mary Jane McMaster** reported 2302 miles. She had entered a challenge to ride 2023 miles in the year 2023. She met that goal in November and got a couple hundred extra miles in for the year.

**Jacques Stern** reported 4,053 miles with 120,758 feet of elevation gain over 89 rides and 378 hours, 45 minutes of riding time. He said this was about half of his best year ever.

**Phil Whitworth** once again rode over 10,000 miles. He reported 10,080 miles and 406,773 feet of elevation gain over 144 rides. His riding for the year included 17 centuries, 115 metric centuries, and 47 trips up Latigo Canyon. The truly amazing stat is that he did all that with only 2 flats.

**Parting Shot:** I don't really have a photo for this spot, so I'll fall back on an old favorite -- the seafood themed puns on the sign at the Reel Inn in Malibu. Phil Whitworth, who seems to get out to Malibu about twice a week, took this one yesterday:





See You On The Road (and maybe Saturday night)

Rod Doty, VP

## 2 Attachments

- Scanned by Gmail

Preview YouTube video Rod Stewart - Hot Legs (Official Video)

