

## Los Angeles Wheelmen VP Report - July 30, 2024

Hello All:

Last Sunday's routes took us in and around Long Beach so I thought some sort of Long Beach song would be appropriate here. Unfortunately, Long Beach doesn't seem to inspire much in the way of songs. However, here is the Long Beach State Fight Song. It's the best I could come up with

<https://www.youtube.com/watch?v=xLnf3PhJNvw>

**Sunday:** We were riding "The Long Beach Rides" which started from El Dorado Park. There were 6 of us at the start and **Phil Whitworth** took this photo:



That's Phil, then way in the back is **Mario Solano**, me in front, behind me barely visible is **David Nakai**, behind him is **Jacques Stern** and on the right, **Bill Faulkner**. Phil, Mario, David and Jacques apparently all started of on the long. According to Jacques' Strava post, he did a modified long, but I think most of the 4 spent a good part of the day together. Phil included this photo of Mario finding

a ball.



According to Phil, this is the 35th ball Mario has found on rides. That's amazing. I almost never see any balls on rides. I guess Mario is getting to them before me.

Bill and I did not do any of the scheduled routes. Instead we checked out a route for a possible future club ride which would take us to both the new International Gateway Bridge in Long Beach and the Queen Mary. These are two locations none of our current routes visit. I put together a nice 27 mile loop that hit them both. The climb up to the top of the arch of the bridge proved to be a little more strenuous than I thought it would be (about a 1.3 mile long climb), but was still nice. Here are a couple of shots from the top.





We then went on to the Queen Mary. Although this shot is taken from across the parking lot so I could get the entire boat in the picture, you can ride right up to the ship. There is also an old and very rusty submarine tied up near the Queen Mary, which I did not know was there.



The route I did will probably be the short route of a future ride. The long and medium will probably just tack on some more miles for those who want a longer ride.

**This Week:** On Sunday we will be riding "South Bay Ramble" which starts in Playa del Rey. This was formerly referred to as "the ice cream ride" because we gather for ice cream at the end. We still do that -- See below. All routes head down to Palos Verdes and return. The long formerly made a circle of the peninsula, but due to the Portuguese Bend closure, I detoured it up and over the peninsula. The mileage and total elevation gain are about the same as the old route but the detour route definitely has a more difficult climb as it goes up and over. The medium goes to Golden Cove for lunch and the short only gets to Malaga Cove. On the return we gather at Playa Provisions for ice cream. This is only a few blocks from the start/finish of the route and has a nice patio where you can park your bike. Although the medium is very similar to the Triple Dipper route I do most Thursdays, I will probably ride the medium.

**No Patches Tonight:** I am running out of patches for events which I have not yet covered, so I'm not including any tonight. If you have a patch for an event which I haven't covered yet, please send a copy to me.

**Parting Shot:** Phil included this shot from last Sunday when they rode through the Long Beach State campus. It's the famous pyramid where Long Beach State plays basketball and other sports.



There are people who believe in "pyramid power" which can heal and preserve things. I wonder if the Long Beach State teams have done any better than average by playing under the pyramid. Or maybe they suffer fewer injuries. Someone should look into this.

See You On The Road

Rod Doty, VP

Attachments area

Preview YouTube video Long Beach State University Fight Song

