

Los Angeles Wheelmen VP Report - March 10, 2026

Hello All:

Last Sunday it was still very windy out in the Valley and in Simi where our routes were headed so I don't believe anyone rode our scheduled routes. Thinking of wind, there are a number of songs about wind. When I was a kid I was a fan of the Kingston Trio so I remembered this one.

https://www.youtube.com/watch?v=6SnYPCi4X_k

When I searched for this song on YouTube, I discovered that it was written by Lerner & Loewe for the musical "Paint Your Wagon" and has since been covered by many artists besides the Kingston Trio

Sunday: As I said the wind was still blowing out in the Valley and Simi Valley, so no one rode, but it was fairly calm on the west side and in the beach cities. So a couple of our regulars rode in that area and posted a few photos on Strava. **Phil Whitworth** rode Palos Verdes and down to San Pedro. He took this shot in Palos Verdes:



I had never heard of Frog Pond Park, so I looked it up. It's just off Palos Verdes Drive East not far from the top (near Miraleste) and I've probably ridden by it a hundred times and never noticed it. When I Googled it, I came up with this short description:

Frog Pond Park sits at the crossroads of Palos Verdes Drive East and Via Colinita. Despite its diminutive size and the absence of actual frogs, the park's stream possesses a captivating aesthetic charm.

I think it's funny that there are no frogs there.

Another photo from Phil shows he made it up the the "Domes" -- probably the highest point on Palos Verdes.



The previous day's winds had cleared the air. This first photo from Phil shows Catalina from Palos Verdes and the second photo was taken by **Edwin Dair** on his own ride and shows a clear shot of Palos Verdes from the hills in either Manhattan Beach or Redondo.





This Week: This Sunday I have scheduled the "Rose Bowl Century" as our regular ride. I haven't made this our regular ride before, but I'm short of centuries for one per month and I thought "Why not." Don't let the word "Century" scare you away. This is really a ride for everyone. The basic century is simply riding around the Rose Bowl (3.1 miles per lap) until you have ridden 100 miles. But you can actually ride any distance you want. Every 3.1 miles you pass your car and you can call it a day. I plan to ride only about 50 miles, but you can do anything you want. The riding is not very hard -- there is about a 100 foot elevation gain on one side of the Rose Bowl, but then you have an easy time riding down the other side. It's not as boring as you may think. There is a constant change in the joggers you pass and the other cyclists you see. It is easy to chat while you ride since there is very little traffic. There is limited food available, but I usually bring a small ice chest with snacks and drinks for lunch and breaks. Since you pass your car every lap you can stop for a break any time. Really, it's a pleasant way to get a ride in. Why not come out and join us at least for a few laps.

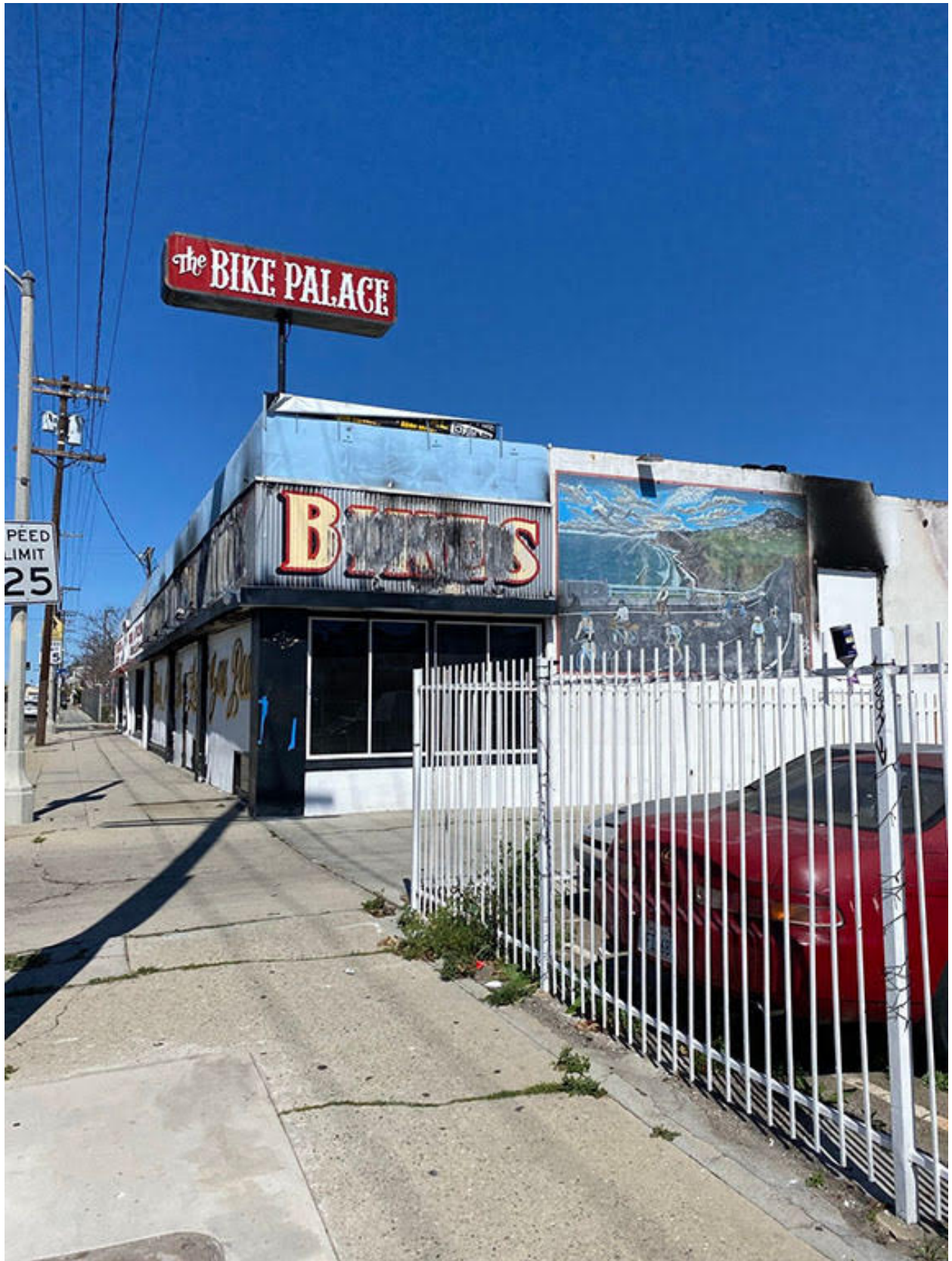
Bicycle Quote of the Week: I'm not sure I agree with all the sentiment in this one, but here it is:

"A bicycle does get you there and more . . . And there is always the thin edge of danger to keep you alert and comfortably apprehensive. Dogs become dogs

again and snap at your raincoat; potholes become personal. And getting there is all the fun." -- Bill Emerson in "On Bicycling" in the Saturday Evening Post July 29, 1967

Annual Awards Lunch -- Save the Date: Our annual Awards Lunch will be Sunday, March 29th. It's a free lunch, a little entertainment (maybe) and some award presentations. What's not to like? We always like to see a lot of our members who no longer come out to ride with us. It's a great chance to catch up. I'll be sending a more formal announcement and invitation in a couple of days, but for now, mark your calendars and plan to join us.

Parting Shot: Here's another shot Phil Whitworth took last Sunday. It's the former Bike Palace bike shop in San Pedro after the recent fire.



Actually, the building doesn't look too bad. Maybe just the interior was gutted but the building is still usable with a little repair. You can't really tell however. It would be great if they could fix it up and re-open. Probably depends on what kind of insurance they had.

See You On The Road

Rod Doty, VP

Attachments area

Preview YouTube video They Call The Wind Maria (Live)

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...from the "Hungry i"

The Kingston Trio

RECORDED IN LIVE PERFORMANCE

Original
MONO CD ONLY

