

Los Angeles Wheelmen VP Report - June 18, 2024

Hello All:

No more AI songs for now. It was Father's Day on Sunday and I was thinking father songs. Thought about "Cats In The Cradle" but then decided on this one. I always liked this song although I actually had a good relationship with my father

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

Sunday: We were riding the "Laguna Canyon Centuries" on Sunday which are our century and metric centuries of the month. I was worried ridership would be down since this was a century ride and it was. Only 3 of us showed up at the start. I took this photo:



That's **Bryan** (the newcomer from last week) and **Bill Faulkner**. However, we were joined by **Phil Whitworth** shortly after we started. The bad news is that with only 4 riders we were down 42.85% from last week, but the good news is that the newcomer came back. The three of us at the start had decided to start out on the metric century, but when Phil came by, Bryan took off with him, presumably on the full century. I thought he would be happier with Phil's pace if he was up for a full century. Phil included this photo from the end of his ride in his Strava post and it looks like Bryan enjoyed the ride.



That left Bill and me on the metric, but Bill wasn't quite up to that distance and left me when we got down near Seal Beach. I had a nice day finishing the metric on my own. Often there are some pretty strong headwinds at the end of this route, but they weren't too bad on Sunday. Being a Cubs fan, this sign caught my eye on my return through Long Beach



I looked it up and it turns out William Wrigley of gum and Cubs fame developed a stretch of Long Beach back in 1928 - 1934 and the area still retains his name.

This Weekend: Of course this weekend is the Grand Tour, the club's annual double, triple and quadruple centuries. I'm guessing that anyone up for that has already registered so I will just wish you good luck on your ride. I wish I was in shape to be out there with you.

For us more mortal riders, we have a regularly scheduled ride on Sunday: "Brentwood Flyer." These routes start at the "Corner" and head west. The long and the medium do a few hills as they head west, but when they get to Sepulveda, the long goes up and over to the Valley for lunch and then returns.

The medium continues west through Brentwood for a little more climbing before lunch and then returns to the start. The short heads west through Brentwood like the medium but without most of the climbing. I hope to do the long.

Minutes of the Meeting: The minutes from the meeting last week are attached. Interesting reading.

Patches of the Week: I don't think I have included "Ride Around the Bear" patches before, but if I have, I apologize for the duplication. I have three of these patches from **Nancy Domjanovich**, **Jackie Burneson** and **Will Carey**







This was put on by the Orange County Wheelmen and was a century from Redlands up to Big Bear and back down. I rode it once myself. A very tough climb up but a fun ride back down. I don't believe the Orange County Wheelmen offer this one any longer which is a shame because it was a classic.

Parting Shot. I don't really have a photo this week, but I have been playing around with ChatGPT and it is very addictive. Here is a brief exchange I had with it just tonight

give me a funny nickname for a bicyclist



Sure! How about "Pedal Pusher"?

more mean



How about "Spandex Warrior"?

So goodnight to all you Spandex Warriors.

See You On The Road

Rod Doty, VP

2 Attachments

- Scanned by Gmail

Preview YouTube video Father and Son (lyrics) - Cat Stevens

