

## Los Angeles Wheelmen VP Report - July 23, 2024

Hello All:

The heat wave continues and I'm really getting tired of it. Also, I'm running out of songs related to the hot weather. But here is another one I remember -- not really about the weather, but it does have the word "hot" in it. I suggest you watch the video in full screen mode -- it's a lot better that way.

<https://www.youtube.com/watch?v=OfcY7-ainaQ>

**Sunday:** We were riding "Bikeways of Orange County" which is our century and metric century of the month. I was still recovering from whatever was ailing me, so I did not ride. As near as I can tell, we had 4 riders -- two groups of two, who started separately and only saw each other briefly. First up was **Phil Whitworth** and **Mario Solano** who started early and did the full century. Here is a selfie they took



The second group was **Jacques Stern** and **David Nakai** who rode the metric

century. Here is their selfie



I had a report from both Jacques and David. Jacques said they had a good day

and David remarked that the metric was very flat -- nothing much more than a freeway overpass. Sounds good to me. Here is a photo from Phil of one of the many bike bridges on the Aliso Creek Trail which the full century spends a lot of time riding.



**This Sunday:** This Sunday we will be riding "The Long Beach Rides." These routes spend most of the day in and around Long Beach. The long and medium do made a loop inland, but they do this early in the ride before it gets really hot, so that should be fine. The rest of the day simply loops around the Long Beach area. The routes are fairly flat, so you don't need to worry about that. I have some hopes of being there -- every day I feel better and better, but damn it -- not quite 100% yet. We'll see.

**Triple Dippers:** Don't have a lot of photos tonight, so here is one **Ann Trank** took of the group on last Thursday's Triple Dipper ride.



Must have been cold at the beach since they are huddled around the fire.

**Patches of the Week:** Most patches are for events, but these are membership patches from when I belonged to the UMCA (Ultra Marathon Cycling Association.)





The UMCA was very popular for long distance cyclists at one time. Originally you reported all the rides you did that were 150 miles or more and the results were compiled for all members. Later they began including century rides. One time LA Wheelmen member **Hugh Murphy** set an early record of more than 100 centuries in one year. In fact, the reason our club's century challenge allows any ride over 90 miles to be counted is because that is what the UMCA did. I can't tell if the UMCA still exists. It appears that it may still exist as a group on Strava. Funny story -- I was once riding up Mandeville Canyon and I saw a sign that said "Join the UMCA." I thought maybe a cyclist lived there, but finally realized it stood for "Upper Mandeville Canyon Association."

**Parting Shot:** Hoy Quan took this shot while riding in Santa Cruz.



He asked if this means bicycles don't need to stop at the red light. It is ambiguous. I think what they meant was "no right turn on red -- bicycles excepted." but they certainly could have made that clearer.

See You On The Road

Rod Doty, VP

Attachments area

Preview YouTube video Buster Poindexter - Hot Hot Hot (Official Video)



