

MAJOR TAYLOR **L.A.** NEWSLETTER

JUNE 2023



PRESIDENT'S MESSAGE



Glen Banks - Whose is your favorite wheel? Me, I have several favorite wheels and it all depends on what type of ride I'm doing. I have favorite wheels for speed (anything 25+ mph), climbing (any climb longer than 2 miles), and casual club rides.

“Whose your favorite wheel?”

My favorite speed wheel is one that is speedy and knows how to slow down or move over at high speeds. No sudden or herky jerky moves or its all bad. The climbing wheel is a steady pace (cadence) wheel with no lounging or sprints up a steep portion of the climb. Just a settled into the pace wheel. The casual ride wheel is one with someone that can hold their line in the double pace line while occasionally holding a conversation.

Yeah, I have multiple favorite wheels and they are all BOMB cyclist. So I wanna take this moment to thank all my favorite wheels for being my favorites. Y'all know who y'all are.

Whose your favorite wheel and why?



2023 Officers

President

Glen Banks

Vice President

Fred Brewer

Secretary

Jim Adams

Treasurer

Harry McQueen

Philanthropy Director

Glenn Smith

Board Member at Large

Jason Dawson

Board Member at Large

Kenneth Vinson



Major Taylor **L.A.** Second Quarter 2023 At-A-Glance

January

- All Clubs LA-New Year's Gala Celebration Weekend



January 27-29 Hosted by Bahati Foundation and Methods to Winning, MTLA represented again to support this annual event.



February

- Major Taylor International Riding Challenge - February 1-28



Cheryl McQueen organized twenty-seven club members who rode 18,655 miles and 68,2011 feet of elevation. Team Captain Virgil Ford ensured MTLA finished on top! Ruthie Bernal took first place in Total Elevation-Women with 97,233! Austin Shanks came in second in Total Miles-Men and Third in Total Elevation-Men. Jahada S. and Virgil Ford's stats were equally impressive. **MTLA's goal for 2024 is to win everything Outdoors!**

- Tour De Palm Springs - February 11

For the fourth year in a row, MTCCLA partnered with Nelson Vails "Ride with Nelly" on this sponsored event designed to raise money for non-profit organizations in the Coachella Valley of California.



Major Taylor L.A. 2023 Second Quarter At-A-Glance (cont.)

• El Dorado Race Series - February-August



The race series is a criterium style event on a closed 1.75 mile loop held in Long Beach, California's El Dorado

Park. Once again, MTLA's own Nicolette Little lead the team of volunteers, many of whom are MTLA club members.

April

• Keith McCoy Memorial Ride - April 8



On April 8, MTLA, along with Riverside Bicycle Club, rode in honor and memory of the club's beloved member, Keith McCoy. The route was one of Keith's favorite routes in Murrieta, California.



• Plain Wrap Ride - April 15



MTLA continues to support this annual event which donates to Casa Colina's Outdoor Adventures program, which empowers people with disabilities by creating opportunities through challenging and exciting outdoor activities.

• Day of Service: Hands of Mercy Pre-Build - April 15



Once again MTLA volunteered to support the Rolling Hills Covenant Church by building tiny homes to be transported to families and churches overseas.

• Gran Fondo San Diego - April 23



Southern California meets Italy in this annual ride held in San Diego, California. There were three mile-age routes (100, 60 and 35) and monies raised supported a charity whose mission is dedicated to helping people who are facing challenges through sports.

Ongoing



• Major Taylor Los Angeles Clubs Rides - Saturdays

Saturday club rides feature moderate to fast paced rides, divided in 2-3 groups (Groups A-C), with varying distance and elevation routes.



• Wednesday Night Parkway Spinners



This cycling basics training ride at This cycling basics training ride at Westchester Parkway in Los Angeles is led by Virgil Ford and Tony Morris. The training covers spinning, pedaling efficiency, pacing, recognition, how to ride in a pace line and general bike handling skills.

Cyclists of all experience and skill levels are welcome. It's a fun training ride!

• Wednesday Evening Carson Training Ride



This all level, interval training ride is lead by Glen Banks and Jason Dawson. The circuit includes hill, sprint zones, recovery zones and steady paced laps on the City Bike Racing (CBR) Criterium course in Carson, California.

MTLA SPOTLIGHT

Ruthie Bernal- Ruthie's journey with MTLA is beyond incredible. Ruthie stated that her love journey with MTLA started during her first MTLA ride during Black History Month in February 2022. Ruthie said since she was new to MTLA, when the initial riders started 'rolling', she followed the group, which ended up being Group A! Ruthie said she prayed a lot to keep up and never looked back. And that's when Ruthie said "I fell in love with the sport."



Ruthie signed up for the Major Taylor Challenge 2023 after missing the 2022 MTLA Challenge by one day. Ruthie commented that the MTLA 2022 team was on fire" and she wanted to be a part of it all!

Ruthie's goal for the 2023 challenge was to win. Ruthie stated that although the first ten days were awesome, the challenge was definitely a challenge. MTLA's Ruthie Bernal took first place in the 2023 Major Taylor International Riding Challenge in Total Elevation-Women!



Major Taylor Association:

We joined the MTA on August 31, 2018. If you would like to receive their newsletter via email, please go here and sign up by

filing out a short form. <http://bit.ly/2fdcGjw>



RoadID: We recommend RoadID or other body-worn ID devices with your emergency contact and basic medical information

on it. Click here for RoadID:

<https://www.roadid.com/>

Mission Statement

Major Taylor Cycling Club Los Angeles (MTCCLA) is a 501(c)3 charitable organization dedicated to healthy living through cycling and assisting our community in becoming healthy and happy through our community involvement. We are a proud member of the Major Taylor Association.

Newsletter Input

If you have information to impart to the Club or would just like to assist with this Newsletter, please email:

info@majortaylorcyclingclubla.org

Safety Corner

Ted Peters - MTLA Safety Director Subject

Spotlight - Safety Tip June 2023



First of all, on behalf of the club leadership and myself, Thank you for your increased attention to safety during the club rides. It is noted and very much appreciated.

As we move into the Spring and Summer cycling season, now is a great time to conduct a safety check of your equipment.

Please use this checklist as a reminder throughout the season as you see fit.

- ✓ tire wear, and sidewall damage
- ✓ rim brake pad limits (limit line is usually marked on the pads)
- ✓ disc brake pad limit (brake pad retainer should not be exposed)
- ✓ helmet age, and proper fit (manufacturers recommend replacement at 3-5yrs)
- ✓ cleat wear, and proper lubrication
- ✓ proper torque of handlebar bolts, stem bolts, and steerer clamp bolts
- ✓ proper torque of seat post clamp, and saddle clamp
- ✓ chain and cassette wear.

Remember that a clean, quiet bike is a safe and happy bike.



Upcoming Events

- Major Taylor Memphis 3rd Annual Juneteenth Freedom Ride - June 16-18
- MTCCLA Quarterly Meeting—June 29th, 7 PM
- Bike SF2LA Ride - July 30-August 5



Visit the MTLA Facebook page and our website for information about these and other events. www.majortaylorcyclingclubla.org

