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Pasadena Mountain Bike Club

June 2001 Newsletter

b *Your cure for the Summertime Blues* **b**



A Doug's eye view of the wildlife

This Month's Top Stories

- Message From The President
- Get fit!
- Pain and Suffering

- Some of the usual stuff
- Handy addresses

MESSAGE FROM THE PRESIDENT

I started mountain biking in the late 80's, so I've been at this for a while. I mention this because one of the things I've learned over the years – and you would think would have

ingrained in my memory – is that you should check your equipment often, especially after a crash or other contact. I was thinking about this on a Wednesday

night ride with the GT crowd at Whiting Ranch in Lake Forest while hiking out the 4 miles I still had left on the ride. I had a sidewall blow out on my bike that I got because I did not check my equipment. I had picked up a branch on the climb that had smacked my front brake out of alignment causing the blowout. I didn't stop to check it since I didn't hear any rubbing (like I could hear anything over the sound of my own wheezing up that climb anyway) and assumed that everything was all right. Famous last words. Remember to check your bike at least after every ride. Look for cracks in the paint (a sign of possible frame trouble) when you wash it off and check your brake pads for wear and alignment before you ride. That'll save you from a little unplanned hiking. I'll try to heed my own advice.

Take my advice and remember to renew your Pasadena Mountain Bike Club membership because, someday, we'll stop sending the newsletter to you slackers who haven't paid your dues yet this year. Then you won't get to be amused and informed by my mishaps like my tire blowout story. You also won't have the 411 on our fabulous rides and what's the latest "high-guy", sure-to-fail plan, cooked up by Tony the Peck. Membership also gets you a discount on parts at our sponsoring bike shops, Velo Pasadena and Pasadena Cyclery. Check with those fine establishments for extra specials for club members and upcoming events like maintenance or riding clinics.



Something that is extra special for club members is a couple of pairs of AXO gloves that I'll be raffling off at the next club meeting. Those are courtesy of Collin Myers

at Axis Sport who distributes AXO, Gaerne and 661 products and is an old buddy of Fofos and mine. Thank Collin and buy his stuff at your local dealer. It's cool stuff anyway. You actually have to come to a meeting if you want to score some of this schwag sometimes. They are on the first Wednesday of the month at Fuddruckers Restaurant in Hastings Ranch. We will probably start meeting outside there soon since the weather's good. We might consider meeting at Burrito Express again too. They are cool with us anyway. Check the rideline before the meeting in case we make that change before the next meeting.



When you're at the meeting, you can pay your dues, get some grub, and maybe be interviewed by Forrest for his club member profile idea. He wants to feature a club member each month in the newsletter and the website. He'll ask all kinds of personal stuff about bikes, favorite rides and your sex life and take a picture of you, so take a shower before you show up. Maybe you can get some action out of it. Probably not, just stalkers. Bring your darned deposits for PMBC jerseys too, while you're at it. I'd like to get a production date for those. They (the manufacturer) are usually booked out about three months so the longer we wait on these, the later it's gonna be before you're sporting new PMBC duds. I expect the jerseys (short sleeve and maybe sleeveless – if anyone's interested) to run about \$65 each, so about \$30 up front would be nice to get things rolling. I hope to have a printout

of some new designs soon. Hopefully, by the next meeting. Gimme (or Forrest) your money. You can also suggest your favorite ride for the upcoming ride schedule. At the last meeting, we realized that it was about time to return to The Chuck Strutt Memorial Ride at Sycamore Canyon. That's a real casual ride that's just past the Ventura County line and has that fabulous beach weather that's so popular during a Summer ride. Be sure to come out for that one on Saturday, June 2nd. Expect to hit the beach after. That's a definitely an all-levels ride, even first-timers. Speaking of beach rides, don't forget the traditional 4th of July Sea to Reseda adventure. Everyone digs that one although I sometimes think I'd rather do some thirty-miler up in the Crest like the Chilao/(Eddie) Vetter Mtn. Loop added to the Mt. Hillyer loop or maybe Buckhorn to the Devil's Punchbowl on the incredible Burkhart trail. We can toss those possibilities up at the June meeting. We'll probably still do the Sea to Reseda thing but it never hurts to add one of those epics to the schedule.

mountain bikers in the area. Just remember to try not to crash, and to watch that little clip that holds your V-brake pads in their holders. If it gets too close to your tires, it might wear through and give you a nasty little cut that can't be fixed with duct tape or a tire boot.

Hasta,

Martin



Martin...your membership dollars at work

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That's all I can think of, except for the usual reminder about trail work. The next Mount Wilson Bicycling Association trail workday is supposed to be on Saturday, June 30. There's no rides, beginner or otherwise scheduled for that day (intentionally) so please make it out. I'm planning on it. Call them at (626) 795-3836 to find out the time and place to meet them for a fun-filled day in the Poison Oak and heat. Forget that last part and just remember the good you'll be doing for the local trails and the image of

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'Tis The Season (to be itchy)

by Scott Dayman

SoCal singletrack is a beauty to experience. But stay away from the flora. It's poison oak season.

During a recent Thursday Night Ride, Doug Sullivan and I headed out to La Tuna Canyon for some great riding. Where were you? During the long windy descent down the singletrack, I spaced out and neglected to stop, or even turn at a hairpin, and ended up in a soft bed of poison oak. It feels nice and cool at first, but the nasty reaction of poison takes a while to bloom, like a springtime rose. It takes a few days to really appreciate the power of poison oak:



Day 1, I head into poison oak. Not so bad, but you REALLY need to do a good job of washing off its nasty oils to reduce the irritation you'll be getting. Some people swear by Technu, but I've never used it. Others say Simple Green works well at getting rid of the oil, and isn't so bad on the skin. Just do it in a cool shower, and make extra sure that you've washed all the oils away and down the drain; not to some other part of your body.

Anything else that's touched the poison oak (your clothes, shoes, bike, whatever) also need to get cleaned to remove any of the oily residue.

Days 2&3, the rash is a bit irritating. Aloe Vera, or even Calamine is a nice way to ease the itch a bit.

Days 4&5 are the peak of pain of the rash. That's the time to slather on the soothing

lotions. This is probably the most miserable feeling rash you'll get. It's your skin's reaction to the oil it soaked in on the first day.

Antihistamines are also a help in reducing the reaction, but they'll make you drowsy. Benadryl is one remedy, but I already have a prescription for Claritin, so I used that.

I managed to make it through these days with misery that didn't kill me.

Days 6-10 are when things begin to look up. The itching is more tolerable, and the rash starts to heal.

I'm nearing day 14 right now, and it's a bit itchy, but the ugliness of the rash is going away. I expect all signs of my encounter with the poison oak to be gone within the next month.

I've made a mental note to avoid narrow singletrack in the green parts of the mountains until later this summer when the poison oak subsides and is easier to avoid.

The good news is that there was no blood, so it's just a minor inconvenience. One I hope to never face again.



Fo's cat-like abilities

Get fit, or be a slug!

by Doug Sullivan

doug@pmbc.org

[We have a new club honcho, Doug Sullivan. Our readily available fitness expert. Are you wondering what it takes to ride hard and not die? Doug's your man.]

To start a comprehensive fitness program requires you first start gathering data.

A record of your nutrition and a log of your workouts. Most of us eat about the same thing week to week, so after you have dialed in a proper diet then you only need to log periodically.

I recommend the web site www.asimba.com. You can record your food and it will give you a daily total of calories and break down the percentages of carbs., protein, and fats. I will refer to this web site a lot because it is a great way to track all your data.

When you have altered your diet and you want to add supplements then we have a great deal with MetRX, 50% off all products. I recommend using a protein supplement.

I will be available to give you more detailed advice via e-mail when you want to get started. Next month I will write about training logs.



Dreaming of Membership Dues (he looks so sad)

PMBC RideLine

(626) 577-RACE

Sponsored by Pasadena Cyclery!

Rides and Events

*Helmets required on ALL rides!
Call the RideLine at (626) 577-RACE for info*

Saturday June 2 – Sycamore Canyon, Malibu. Ride Leader – John Khao

Wednesday June 6 – Club Meeting at Fuddrucker's Restaurant in Hastings Ranch. Time – 7:30pm.

Thursday June 7 – Brown Mountain/El Prieto Trail, Altadena. Ride Leader – Doug Sullivan.

Saturday June 9 – Beginner Ride. Meet at Pasadena Cyclery at 8:30am. Ride Leader – Scott Dayman

Sunday June 10 – Sam Merrill/Sunset Ridge/El Prieto Loop, Altadena. Ride Leader – Doug Sullivan

Thursday June 14 – Chantry Flats/Winter Creek Trail Loop, ANF. Ride Leader – John Khao

Saturday June 16 – Chilao/Mt.Hillyer Loop, ANF. Ride Leader – Martin Gomez

Thursday June 21 – Josephine Peak, ANF. Ride Leader – Martin Gomez

Saturday June 23 – Beginner Ride. Meet at Pasadena Cyclery at 8:30am. Ride Leader – Scott Dayman

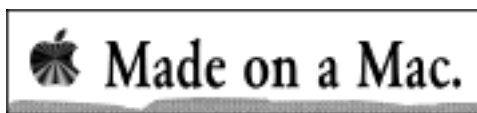
Sunday June 24 – Strawberry Peak, ANF. Ride Leader – Ray Herrera

Thursday June 28 – Sunset Ridge, Altadena. Ride Leader – Scott Dayman

Saturday June 30 – Mount Wilson Bicycling Association Trail Work Day.

Saturday June 30 – La Tuna Canyon, La Crescenta. Ride Leader – Scott Dayman

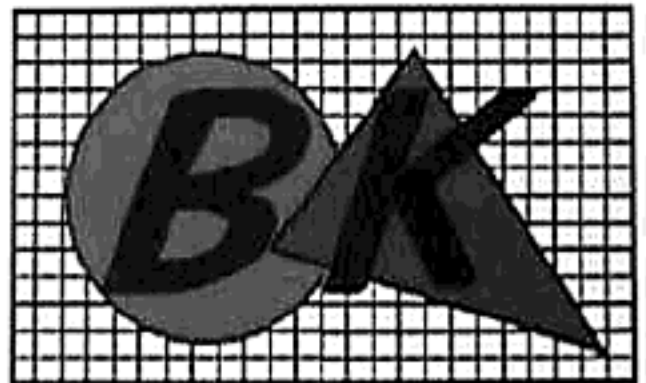
* ANF=Forest Adventure Pass required



Classifieds

1997 Blue Stumpjumper M2 – M2 X butted Metal Matrix Ceramic Composite Chassis (20% stiffer, 8% stronger). Manitou Pro Fork with coil/MCU-sprung suspension with Specialized Stout front hub. Shimano Deore XT/Deore LX Derailleurs and LX SL Rapidfire shifters. New forged Son of StrongArm crank. Avid "Single Digit" cold-forged linear pull brakes with Speed Dial brake levers. Specialized Team Control/Team Master Kevlar bead tires, Mavic 238 rims and Ritchey spokes. Made in U.S.A. Upgrades include Kore Stem & Shimano DH Pedal (or Ritchey Logic Clipless). 20.5" Frame. Like New. \$650 OBO. Call John at 310-407-7040.

18" steel hardtail mtb frame – \$199 or best offer. Call Doug Sullivan 626-683-8327 or e-mail hardtailmtnbiker@yahoo.com or MtWilsonmtnbiker@cs.com



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Club Information

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Treasurer	Forrest Hayashi (562) 621-2158 forrest@pmbc.org
Beginners' Ride Coordinators and News/Web Editors	Scott & Katrina Dayman scott@pmbc.org
Thursday Night Ride Coordinator	Piero Longhi (626) 296-3143
Racing Team Manager and Advertising Coordinator	Colette Hallman (626) 794-1245
Fitness Expert	Doug Sullivan doug@pmbc.org
PMBC Rideline	(626) 577-RACE
General Membership	membership@pmbc.org
Drive-by E-Mail	mailbag@pmbc.org



PMBC Membership Application

name _____
 address _____
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 e-mail _____
 home page url _____
 racing class: beginner sport expert semi/pro
 new members: \$25 (jan-mai), \$19 (apr-jun)
 \$13 (jul-sep), \$7 (oct-dec)

What are your interests?

- Touring
- Beginner Rides
- Racing
- Recreational Rides
- Trail Maintenance
- Thursday Night Rides
- Riding Clinics
- Maintenance Clinics
- Trail Access Issues
- Other _____

old members: \$15 (jan-mai), \$11 (apr-jun)
 (renewals) \$7 (jul-sep), slacker! (oct-dec)

mail checks only to: Pasadena Mountain Bike Club 1670 E. Walnut Pasadena, CA 91106

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