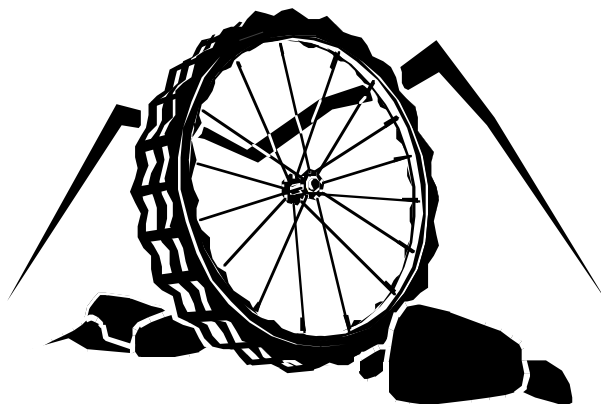




The Champagne of
Mountain Bike Clubs



PMBC

Pasadena Mountain Bike Club

www.pmbc.org

Affiliated with



I·M·B·A

November/December 2002 Newsletter

🚲 *Ultra-Efficient 2 Month Newsletter* 🚲



Martin V. sporting the latest MTB fashion craze

This Month's Top Stories

- Message From The President
- We'll "Pomp you ahp!"
- Loads of Pictures

- Some of the usual stuff
- Handy addresses

MESSAGE FROM THE PRESIDENT

Not much is new as far as the closures of the local Forests go. We're still waiting for the end of December to come around or maybe some significant rain to help us out of this dilemma. [They're open now!] This really puts a damper on a lot of things. The Mt. Wilson Bicycling Association's Pancake

Breakfast is on hold probably until the Spring. Check out their latest updates on the breakfast and trail work by calling them at (626) 795-3836. You can also forget about our usual Thanksgiving ride because the fire that burned above my place in La Verne, blazed through that part of the Forest up to

Mt. Baldy. I guess we could have a change of venue. Maybe we'll do the 4th of July, Sea to Reseda thing on the opposite holiday instead? The night ride on the San Juan Trail that some of the ex-GT people do in early November is out for the near future too. Help us come up with some creative alternatives to ride (than stuff in the Angeles or Cleveland National Forests that are closed) at the next PMBC meeting on the first Wednesday of the month at Pasadena Cyclery at 7pm.



You can also pick up your new PMBC jerseys at the meeting. They are available to paid PMBC members only! So cough up your dues, slackers. Short sleeve and sleeveless jerseys are \$55, windbreakers are \$70, and I think the wind vests are \$50. You can look stylish on your road rides, and whenever we see the dirt again, with some new PMBC gear.

Needless to say, I've been getting reacquainted with my road bike and doing a lot of riding in Bonelli Park since the places I prefer to ride are still closed. Things are starting to look up for me though because I did get a new outside sales position with our friendly neighbors to the North at Rocky Mountain Bicycles, right before the Interbike show in Vegas. They also sent me to Vancouver to see the factory and to check out the riding in the actual North Shore and it was styley – as advertised. Too bad I have absolutely NO skills. Just call me Flounder. I pretty much avoided all ladders, teeter-totters, log drops and rock roll-offs that were over a foot off the ground. Then I flailed around on the stuff I actually tried to ride. Every time I fell down, I was walking, so I guess I should've ridden more stuff. I ended up pretty beat – mostly from riding one of our freeride machines (that weighs about ten pounds more than

the bike I'm riding now) up Grouse Mountain with just platform pedals instead of my clipless ones. I only had the meager power of my down stroke to propel myself up the hill, and it was a pretty sorry sight. The pain was worth it because the riding was absolutely epic, even though I was only up there a couple of days and didn't get to ride much. The scenery was awesome. They're not kidding when they call it a rain forest. I've never seen so many trees; and so close together, too. If you weren't on the trail, you were banging trees with your bars. The city of Vancouver was pretty nice too. Real clean with almost no graffiti and trash – at least where I was taken – and there were a lot of cool bars and restaurants to hit. If it wasn't for the rain (200+ days of it) – and that whole being in Canada thing – Vancouver would be a real good place to live for a mountain biker. Everything was pretty reasonable too – if you're earning in US dollars. Check out the scene and the riding there sometime. I highly recommend it, and I might be able to hook you up with one of my friendly coworkers to show you the riding spots. Hopefully you'll see some of my pics on the website if any came out.



New PMBC jersey spotted in Canada.

Not too many of you came out for our Day of the Dead Party last weekend. We had tons of Jack's fabulous BBQ, and plenty of Craftsman's Edgar's Ale and other beverages that did not get touched so the party was pretty much a bust. I'm sure we didn't

advertise it enough and it was kind of a cool night that might have kept some people away. The Solvang Prelude was also on that day and kept Fofo and his crew away, and maybe others as well. It also has been four years since our last party, so it'll take a while to get things rolling again. I knew we weren't gonna see two hundred people like the last party at Jon Adams' pad in '98, but I was expecting more than the dozen people who made it to this one. You people suck. We didn't even have enough people to race trikes. Doug's wife even supplied arcade games for us to play. We spent the evening playing Ms. Pac-man, Afterburner, and Galaga. We also got to eat and drink as much as we could stand since you losers left more for us. I guess I'll drag the rest of the keger to the meeting this week, and the bottled stuff will be an excuse for another party. We talked with Doug about having a New Year's Eve bash since he's up the block from the parade route and we can ride around from his place and crash in his yard or garage. We can possibly park at Pasadena Cyclery, which is just a few blocks away.

Check back on the website for details and whatever ride schedule we can come up with around the National Forests. Also, check out the bikes I'm pushing at www.bikes.com

And keep praying for rain.

Hasta,

Martin ☹️



Sporting a rare Canadian souvenir.

Winter leg training program

by Doug Sullivan

It's winter and you are not really riding as much but you want to make use of this down time. Go to the gym and train your legs, here's how:

1. Start with a good warm up at least 5 minutes on the Life cycle



2. Stretch for about 10 minutes.

3. First exercise – SQUATS, warm up with just the bar and get your form down. You need to keep your core(torso) tight, back straight and squat down to at least parallel to the floor. Some people can go all the way down but this is not recommended, it is hard on your knees. It is better to go down where the top of your thighs are parallel and that way you are keeping the your muscles contracted. To do a squat correctly it takes practice, work on form with light weights until you get that mind muscle connection to go heavy. I recommend the following set repetition combo. First set 20 reps, second set 18, third set 15, fourth set 12 reps and fifth set 10 reps. When you want to go heavy start with 12 reps and go down to 6 reps, this would be for pure strength training but don't do this until you have you technique down and after you have several higher rep leg training

workouts under your belt. Speaking of belts, don't wear them, don't wrap your knees either. You need to work your abdominal and lower back also, you don't want to be dependent on belts and wraps for stability. Core stability is the key to your balanced strength gains and the more you activate you accessory muscles, the better they will work together.



Got Legs?

Next exercise – LUNGES. This too requires balance and stability. Use the same set repetition combo but use less weight and work on explosiveness. Spring up each rep and alternate legs.

Next exercise – STEP UPS. This is where you hold a dumbbell in each hand and set up on a bench. What I do is get one of the aerobic steps from the step class and stack it up so it is a few inches below my knee when I'm standing next to it. Then step up one leg at a time for 10 reps then the other leg. You can also stand to the side of the bench and step up sideways. Do 4 sets of 10 reps, if you are doing the side steps also, you can break it down to 4 total sets.

Next – LEG EXTENSIONS. Concentrate on holding

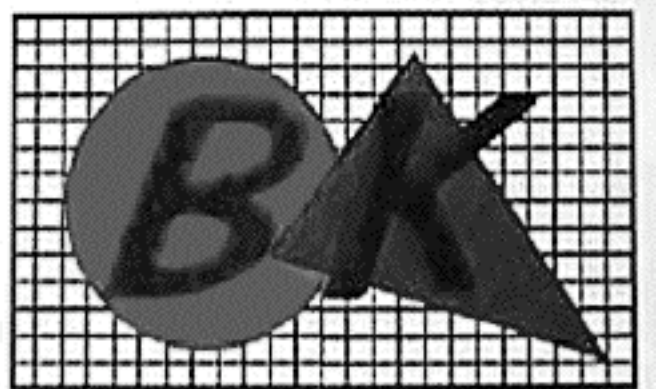
the top of the movement. 4 sets 10 reps.

Next – LEG CURLS. Same thing 4 sets 10 reps.

Last exercises – CALF RAISES. Concentrate on holding the top of the movement and you should go light enough to do 15 to 20 reps for 4 to 5 sets. This is a very dense muscle group that does not respond to low reps.

Cool down with the Life Cycle and stretching.

Legs are the biggest muscle group in your body, and as a mountain biker, they demand attention. So work them hard this winter and they may get you some attention on the trails. Not like, at the gym where all those guys with wife beaters and baggy sweats could never be seen in shorts because their arms are bigger than their legs. Send me an e-mail if you have any questions: doug@pmbc.org



**SIGNS INC.
& CRANE SERVICE**

Rides and Events



One of our smaller rides.

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

Saturday, November 16, 8:00am – Big Bear Day with Ray; Chesebro if Big Bear's closed. Meet at Pasadena Cyclery and carpool up to Big Bear for a day of riding up the chairlift and zooming down the trails. Ride Leader – Ray Herrera.

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

Sunday November 24, 9:00am – Marshall Canyon. Meet at Oak Mesa Park; or at Pasadena Cyclery at 8:00am. Ride Leader – Martin Gomez.

Thursday November 28 – Thanksgiving Day Ride TBA.

Saturday November 30, 9:00am – Fullerton Loop. Meet in courthouse parking lot; or at Pasadena Cyclery at 8:00am. Ride Leader – John Khao.

Wednesday December 4, 7:00pm – Club Meeting at Pasadena Cyclery.

Saturday December 7 – Pearl Harbor Day Dive Bomb, place TBA.

Saturday December 14, 8:30am – Beginner Ride. Meet at Pasadena Cyclery. Ride Leader – Scott Dayman.

Sunday December 15, 8:00am – Hoyt Canyon. Meet at Pasadena Cyclery. Ride Leader – John Khao.

Saturday December 21, 9:30am – Pancake Ride, Santa Monica. Ride Leader – Tony Quiroz.

Saturday December 28, 8:30am – Beginner Ride. Meet at Pasadena Cyclery. Ride Leader – Scott Dayman.

Sunday December 29, 8:30am – Brown Mountain/El Prieto, Altadena. Meet at Arroyo/JPL lot at

Windsor/Ventura. Ride Leader – Martin Gomez.

Wednesday December 31 – (possible) New Year's Eve Party/BBQ/Rose Parade Route ride at Doug Sullivan's pad. BYOE (Everything).

* ANF=Forest Adventure Pass required



North Shore : Scary obstacles.



Palos Verdes: Not so scary.

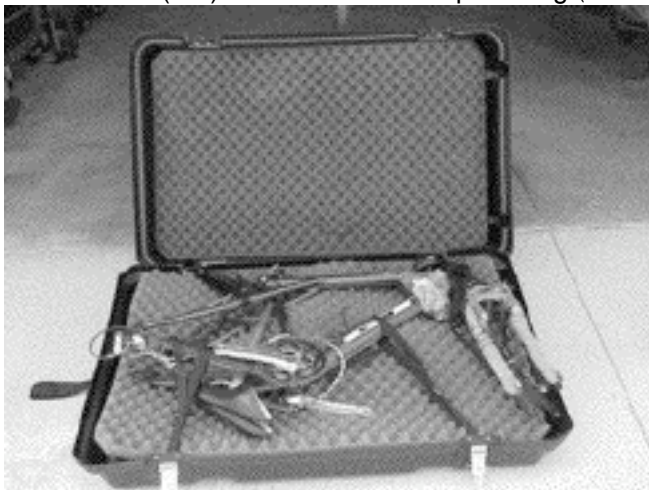
Classifieds

Vistalight VL530 system. This comes with 15W and 10W handlebar mount lights. Two spare bulbs (10W and 15W) and a helmet mount. Two NiMH night stick batteries and charger. Buy the whole set for just \$75. Retail w/o the spare bulbs is about \$160. Call Doug Sullivan 626-683-8327 or doug@pmbc.org (9/2002)

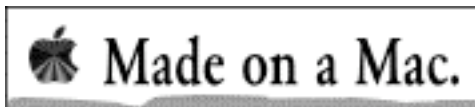
Time pedals with two sets of cleats. These are the light green plastic ones, not the heavy aluminum ones. Buy them for \$45 so Martin G. is not the only one using Times. Call Doug Sullivan 626-683-8327 or doug@pmbc.org (9/2002)

B.O.B. SUS (Sport Utility Strollers) (2) – Two jog strollers with rear suspension to give your kids a plush ride even when jogging on trails. Fold easily and have plenty of storage for baby bags, toys, etc... They also have sunshades and front brakes with a parking lock. They look great because they were used very little and need to get a twin version soon. One is blue with alloy wheels, the other green with mags. New sell for around \$300. Buy mine for \$200 each. Call Martin at (909)596-6603 or martin@pmbc.org (7/2002)

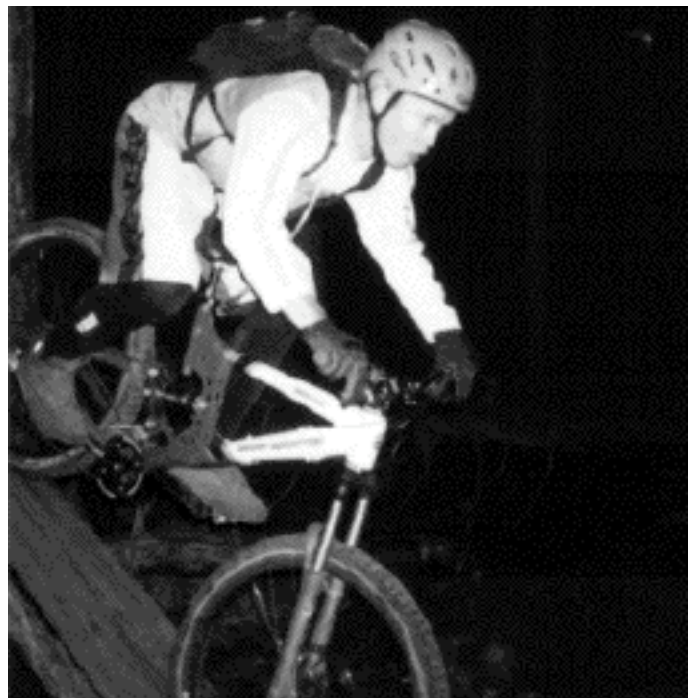
For Rent: Serfas Bike Cases – \$20 per use. I have two of these cases available for rent. Each case will hold one bike, includes a copy of breakdown & shipping instructions. Two sheets of egg-carton foam in each case protects your pride & joy from over-zealous shipping gorillas. You pick 'em up at my place in Costa Mesa, and bring 'em back after you're done using them. Call Mark at 714-343-8799 (cell) or e-mail at mark@pmbc.org (12/2001)



18" steel hardtail mtb frame – \$199 or best offer. Call Doug Sullivan 626-683-8327 or doug@pmbc.org (9/2002)



*Got bike junk to sell
or give away? Send
us your ad, or email
it to
classifieds@pmbc.org*



Buy our stuff, ride like this.

Club Information

Mailing Address	PMBC 1670 East Walnut Street Pasadena, CA 91106
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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
Racing Manager	Rob Baraga rob@pmbc.org
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



Mountains closed? Try cyclocross.

PMBC Membership Application

What are your interests?

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

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 home page url _____
 racing class: beginner sport expert semi/pro

new members: \$25
 old members: \$15
 (renewals)

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