



The Champagne of
Mountain Bike
Clubs



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Pasadena Mountain Bike Club

January 2001 Newsletter

New year, Same great bike club!



Bicycle Ballet

This Month's Top Stories

- Message From The President
- Competitive Riding
- Pictures from the Trail

- Some of the usual stuff
- Handy addresses

MESSAGE FROM THE PRESIDENT

Here it is folks, your first whine session from me for 2001. You didn't get one last month; just a schedule because Scott got tired of waiting for my procrastinating ass to get him a letter, and luckily for you, just busted that out. Scott says you will get at

least the schedule on time, from now on. He's not gonna wait for me anymore. Good move. Yup, it's already the true start of the new millennium and not much has changed since the last one. The usual whines about not riding enough or the kiosk situation

with The Peck were sure to come up again. I am not unemployed anymore, though. I am back in the well-lit offices of GT Bicycles-just doing a different job. It's hard to explain what exactly I do but they do pay me. I even have half of an office now, instead of my two-walled, not-even-enclosed, open to the world (but with a window view), cubicle I had before in the Sales Department. I also get to keep making the evil commute into Orange County, all the while experiencing-and causing others to experience-road rage. Life is good.



It's definitely not bad when recently I got to get a ride up to the Mount Wilson Bicycling Association's 15th Annual Pancake Breakfast and Schwag-a-thon. There I won some schwag. Before scooping up the schwag, I actually made it to trail work-like I've been promising to for the last year and a half. In October, I got to work on the Ken Burton trail, which was already in decent shape, considering how long it had been since it was worked on. It mostly just needed some brush clearing. Check out how schweet it is soon, before the water gets running, fast and deep, on the way back down the Arroyo. I also broke in my new truck while driving up to the top of Brown Mountain to work on the Burton. I was driving straight through bushes and branches, not remembering that I was in my brand new truck and not my old Toyota. Former PMBC Boneheads, Mike and Robin McGuire, were in the back seat and were impressed by my lack of concern about scratches on my new rig. When they said something about it, I snapped out of it and stopped veering my passenger, "Big Monkey" Brian Provost, into low hanging branches while his window was open. I got all but the nastiest scratches out of my paint with my buffer. Oh well, I guess I don't have to baby it anymore. You should be out there too, babying your favorite, local, trails on a future MWBA trail work day. Call them up at (626) 795-3836 to find out when you can join them, and don't forget to tell them that I told you to say that they, "know what to do". Hopefully I'll be out there with you.

Nobody got scratched up on the annual Thanksgiving Day ride out in my neck of the woods. Now that's rare. One year it was The Peck, destroying my front

wheel that he borrowed, and another time it was John Khao, skidding off the Turkey centerpiece he had taped to the top of his helmet during a crash. For those of you who haven't partaken, we drive up to the Mt. Baldy "notch"-which is just below Baldy Village-and ride up to Sunset Peak, then on down into La Verne, all on fire roads. This year we had a good group that even included the long-lost, Corey Bolton, and the recently-relocated to New Jersey, Martin VanDerVeen.

We were late-like always-to the trailhead and did not get to see how big the entire group was that did this year's ride. Usually, there are over a hundred people out there. On the way down, we tried to find a fire break that, supposedly, would drop us into Marshall Canyon-and let us finish on some tasty singletrack-instead of the usual, all fire road, route. We found a couple of possible ways down. The first one looked hardly used and not very rideable, but it did lead to the top of said singletrack, which is good. The second looked slightly more rideable-but sketchy nonetheless-but lead pretty much to the bottom of Marshall Canyon and did not seem to have much advantage over the fire road except for the adventure of riding the fire break itself. We didn't like the condition of the first and had some beginners with us, so we avoided the second too. I guess I'll have to scout that second one out some weekend. Try not to miss this fun ride next Turkey Day.



If you think you missed November's PMBC meeting, you didn't. It was cancelled. We did not have much to talk about anyway. We usually don't. We just hammer out a quick ride schedule and eat. The eating part is the true reason for the meeting. The rest of it is just an excuse for being there. You do stand the chance of scoring some schwag at our meeting sometimes, if you're lucky. The meetings are on the first Wednesday of the month at Fuddrucker's Restaurant in the Hastings Ranch shopping center at 7:30pm. Show up to; volunteer to lead your favorite ride, pay your 2001 membership dues, sell something that has been gathering dust in your garage, talk about The Peck's weight, or just to eat and enjoy our fine company. Remember that-if you are a paid PMBC member-you can put that dust-gathering bike or component in the Classifieds section of the newsletter and website for a nominal fee of nothing. Just e-mail it to us (the addresses are on the site) or bring a piece of paper with your ad on it to the meeting. I've sold some stuff

through the PMBC website in the last couple of years. You can too. Just fork us over the money first.

When you renew your PMBC membership, you will; continue to receive this fine publication with our fabulous ride schedule, can buy fabulous PMBC clothing and other fine products eventually, receive special club member pricing at our sponsoring bike shops (Velo Pasadena and Pasadena Cyclery), and be considered really cool. It's true.

When you check the soon-to-be-updated schedule in the newsletter or on the website, you can clear your schedule to come out on some of our many rides. Weekend rides maybe scheduled on Saturdays as well as Sundays in the future. We'll be discussing it at the next meeting because some guys want Saturday intermediate rides too. Churchgoers. Scott's beginner rides will still continue on the 2nd and 4th Saturdays of the month. John Khao has been riding the Fullerton loop at least one night a week, so if you're down in OC, you should hook up with him. I just rode it with him last night. It's a cool little ditty that spends a lot of time right in people's backyards. You really get the suburban feel on this ride and it's easy to get help if you hurt yourself. Just ask John. Not very many people have been out on the weekend rides lately. That night be due to the website's ride schedule only going through September 2000. I hope that by the time you read this, it will be up to date so you can keep me company on some rides.



L8S, ***Martin***

The slow riding partner

Fiction by Scott Dayman

Over the summer, I got to ride with a friend I hadn't ridden with before. He'd been doing other riding, but not off-road.

I didn't want to overwhelm him with too challenging of a ride, so I picked a mild set of trails with some fireroads, winding singletrack, bits of rocky climbs, and other short steep segments of trail.



After getting our gear all ready, we hit the trail, with me leading. He kept up pretty well. His non-dirt training had helped. I continued my easy warm-up pace as we made our way into the core of the park. Sometimes we'd catch a whoop-de-doo section, although he was a bit apprehensive to take them at speed. But cautious is good. I'd hate for him to hurt himself on his first dirt ride.

We hit a couple of small water crossings, which he made with ease. I think he was really catching on. I didn't want to push him too hard, but I also didn't want him getting bored with the ride. I turned off to hit some singletrack sections with brief climbs to check out his hill-climbing abilities. Not a problem. He has a pretty strong set of legs, and was still keeping up with me.

For a newbie to dirt, he was taking everything I'd thrown at him. As the singletrack progressed, it headed into the hills for some steeper climbs, which he was able to ride my tail the whole way up. I obviously wasn't pushing him hard enough. The trail had leveled out a bit as we hit the ridge. It was near the top of the park where you could follow the ridge with your eyes and pick the trails from there. We headed to the backside of the hills for some twisty steep downhill singletrack. I thought I'd be able to gain some distance from him in the tight switchbacks. I had a hard time making the turns, but he was able to take the turns

without the slightest bit of hesitation, and still kept up!

Finally, we hit a bumpy section of trail, and I was able to glide over and around the rocks with ease, as my friend struggled to navigate the obstacles. Finally the trail leveled out at the bottom and he caught up again.

He probably thought he had a pretty strong set of legs, but I was about to burst his bubble with a climb up the local "hell hill." I picked up some speed to get a jump up the hill and he kept up for that part, but he started to drop back as the hill got steep. I kicked it all the way down to the granny gear and started grunting my way up the hill. It was a tough climb, but I was able to persevere and make it to the top non-stop. My friend was still in sight, and met me at the top a couple of minutes later.



Now it was time to show him what these trails were all about. The final trail back to the car was a long route through a rocky canyon with plenty of small drops and hop ups. It's the trail that really brings a smile to my face. As I picked up speed to really enjoy the rollercoaster-like qualities of the trail, I warned my friend to be careful about taking the rocky sections too fast. He told me not to worry, as he kept safety in mind at all times. At times, I'd stop to watch him catch up, and see how well he navigated the more challenging sections of trail. He took them slowly, but successfully. I think he's quite the natural on and off road.

Finally, we hit the grand finale of the trail. A snaking twisty stretch, reminiscent of a slalom, course, finishing with either a minor water crossing on the left, or a bunnyhop up on the right to a jump to clear the water with a perfect landing zone on the other side. I psyched myself up for the bunnyhop, approached it and did a clean hop up to the take-off zone before the jump. In an instant, I was airborne over the water. I was flying! My landing was picture perfect. I wanted

to just gloat about my accomplishment, and then I looked back to see my friend near the decision point. Was he going to go for the bunnyhop and jump, or was he going to chicken out and coast through the water crossing.



At this point, I was less worried about him hurting himself, and more worried that he'd do the same jump with less effort and more finesse than me. Alas, he chickened out and opted for the water crossing. Ha! Victory was mine! But I guess that was the best he could do on a unicycle.

PMBC RideLine

(626) 577-RACE

Sponsored by Pasadena Cyclery!



The starting line of the series final at Rim Nordic



A group picture from this year's Rosarito to Ensenada Fun Ride



A trip to Rosarito wouldn't be complete unless you had a lobster dinner in Puerto Nuevo



Rides and Events

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

Wednesday, January 3 –Club meeting at Fuddrucker's Restaurant in Hasting's Ranch, Pasadena. 7:30pm

Saturday, January 6 – Bonelli Park. Ride Leader – Martin

Saturday, January 13 – Beginner Ride. Ride Leader – Scott

Sunday, January 14 – Red Box/Switzer Loop. Ride Leader – Ray

Saturday, January 20 – Caballero. Ride Leader – Scott

Saturday, January 27 – Beginner Ride. Ride Leader – Scott

Saturday, January 27 – Mt.Wilson Bicycling Association Trail Work Day

Sunday, January 28 – Brown Mountain/El Prieto Trail Loop. Ride Leader – Forrest



Fofu getting 3rd place in the old man class

Classifieds

1999 GT Speed Series 24" BMX Cruiser frame only. Brand new, ball-burnished frame w/box stays. Build up a killer racing cruiser and hit the track! Retail was \$350 (with fork). Will sell you mine without the fork (but with seatpost clamp) for \$150. Call Martin@909-596-6603 or E-mail: mgomez66@aol.com



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.

Vistalite VL530 – 2 halogen independent mount lights one 15watt and 10watt, rechargeable frame mount Nicad soft battery pack, charger and ext. cord. Runtime 3.0hours@10W, 2.5hours@15W and 1.5hours for both. This retails for \$195.00 I will sell to PMBC members for \$115.00. Call (626) 683-8327

Kid's Dyno BMX Bike - 16" Wheels, polished frame, like new with nipples still on the tires (mmm, nipples), only used on Sundays and after school by a really nice 6-year old. You can spend \$120 on a new one in the store, or help a white boy out by purchasing this one for just \$80. Call Mark at (home) 949-650-1538, or e-mail at mthome@ix.netcom.com

18" steel hardtail mtb frame – \$199 obo call doug sullivan 626 683-8327 or e-mail @hardtailmtnbiker@yahoo.com or MtWilsonmtnbiker@cs.com

Spinergy Spox Road Wheelset - Super light tubular wheelset for sale. Ridden less than fifty miles with Vittoria Corsa CX (\$50 each) tires mounted on the wheels. Shimano freehub body will take 8 or 9spd. Get these carbon wheels for your road ride they are very schweeet. Retail for \$800 without tires asking for \$500.00 o.b.o. Call Tony at 626-799-6840 or email tony_quiroz@hotmail.com



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Club Information

Mailing Address	PMBC 1670 East Walnut Street Pasadena, CA 91106
President	Martin Gomez (909) 596-6603 mgomez66@aol.com
Treasurer	Forrest Hayashi (562) 621-0574 fofo@ix.netcom.com
Beginners' Ride Coordinators and Newsletter Editors	Scott & Katrina Dayman scott@dayman.net
Thursday Night Ride Coordinator	Piero Longhi (626) 296-3143
Racing Team Manager and Advertising Coordinator	Colette Hallman (626) 794-1245
Webmaster	Jonathan Tramell (818) 635-3559 jonathan@tramell.com
PMBC Rideline	(626) 577-RACE
General Membership	membership@pmbc.org
Drive-by E-Mail	mailbag@pmbc.org
Website	http://www.pmbc.org



PMBC Membership Application

What are your interests?

- touring
- beginners' rides
- racing
- recreational rides
- trail maintenance
- thursday night rides
- riding clinics
- maintenance clinics
- trail access issues
- other _____

name _____

address _____

city, state, zip _____

phone _____

e-mail _____

home page url _____

racing class: beginner sport expert semi/pro

new members: \$25 (jan-mar), \$18.75 (apr-jun)
\$12.50 (jul-sep), \$6.25 (oct-dec)

old members: \$15 (jan-mar), \$12.50 (apr-jun)
(renewals) \$6.25 (jul-sep), slacker!(oct-dec)

mail checks only to: PMBC Membership 1670 E. Walnut Pasadena, CA 91106

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