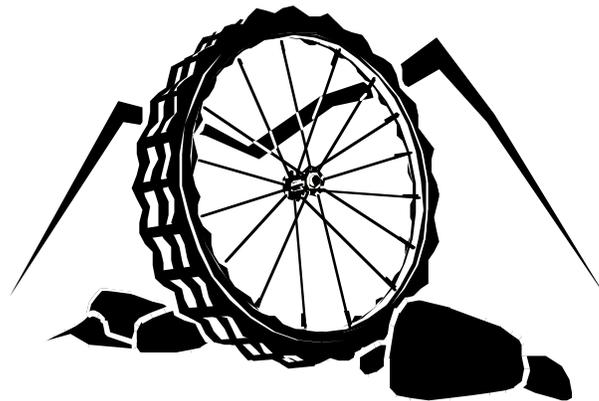




The Champagne of
Mountain Bike Clubs



PMBC

Pasadena Mountain Bike Club

www.pmbc.org

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June 2002 Newsletter

🚲 Your B&B (Bike 'n' BBQ) Club 🚲



PMBC Trail Patrol

This Month's Top Stories

- Message From The President
- Wheelbuilding
- Random Musings

- Some of the usual stuff
- Handy addresses

MESSAGE FROM THE PRESIDENT

Don't say I didn't tell you guys to make it to last month's PMBC meeting because the barbecue was epic. Just ask Forrest, our longtime barbecue expert. Just the wheel building seminar that Don Padick taught was worth the trip by itself. Scott Dayman subsequently laced up some trick, Chris King hubbed wheels with the info he got at the meeting. About

twenty people (not counting the assorted little kids running around) showed up for the meeting and club member, Jack Kazarian, provided some seriously tasty marinated beef and chicken plus a salad his wife made. Ray Herrera also kicked down some styley chicken. Thanks to them and Alan, Pasadena Cyclery's owner, who provided the meeting place,

sodas, and pretty much everything else we had. Buy lots of stuff from Pasadena Cyclery so Al can afford to kick down stuff at future meetings. Don't expect this kind of spread at every meeting but if we pitch in we can provide our own eats at the meetings or BYO. We will try to keep on doing some kind of informational session at each month's meeting. We'll cover general maintenance in June's meeting so don't miss it. Once again, Pasadena Mountain Bike Club meetings are on the first Wednesday of the month at 7pm at Pasadena Cyclery. Everybody is welcome.

While scheduling rides at last month's meeting we had decided that we had enough attendance to continue Thursday Night Rides, so we are doing more than just Brown and Henninger going forward. People are going although I've had a little more trouble making it than I thought because of other guys changing their work schedules at the shop. Ray and the Peck have been at most of them though so you shouldn't show up without a ride leader. The days are getting long enough for you to leave the lights at home for now. We're going to start hitting the Angeles High Country again to start avoiding the heat in the Front Country so expect some longer drives but more epic singletrack and scenery in the months to come.



I don't know what to expect next in the fight to keep

bikes on our favorite trails and stop new Wilderness designations that keep us out. I guess we're just waiting to see what is actually on the final proposal of the Forest Service Plan and what's on Senator Boxer's Wilderness Bill. That's two different fronts we're fighting. Remember that we (mountain bikers) shouldn't be opposed to Wilderness. We were just put on the wrong side of the fence by the incorrect implementation of the Wilderness Act that originally didn't mention bikes as something to be excluded. We just want these Wilderness areas to be drawn around the existing trails we ride or change the rules so bikes are okay. They should be. Protecting the really wild part that's off the trails is cool for everybody. The word is that Strawberry and Condor peaks are off the hit list now though. That's a big relief for local mountain bikers. When it's time to start peppering representatives with calls, letters and e-mails, I'll pass the info on to you. I guarantee it.



Do your part to keep a positive image for mountain bikers by; yielding the trail to other users, avoid skidding, shortcutting trails and adding lame, pirate, off shoots to go around technical stuff or climbs PLEASE! That is just weak. Just be courteous. It goes a long way when you have to sit in meetings with other groups who are being hostile about keeping you out of public lands that you have a right to be on. You don't have a right to be a rude jackass who runs people off the trail though and that negative image goes an even longer way. I hear other trail users' horror stories about incidents with mountain bikers that probably happened to them ten years ago but they won't ever get over them. Do your part by going to trail work with the Mount Wilson Bicycling Association. They (the MWBA) may not like to get a whole bunch of recognition for what they do but it's sure nice to come back at people who want you off the trails, with the fact that you work on

them and most of them don't. So why is it again that we should be excluded? Call the Mount Wilson guys at (626) 795-3836 to see when and where you can make a difference. They usually work on the last Saturday of the month. Try to make it out at least once a year so you can feel good about the trails you work on and have another reason to go to their next Pancake Breakfast than just the schwag.

That's it for now. Don't forget to renew your memberships. It's June you slackers!

Later,

Martin



Our fearless leader

Build Your Own Wheels

by Scott Dayman

If you missed last month's meeting, you missed a great one. Jack cooked up some delicious beef and chicken fixin's. The Pasadena Cyclery parking lot turned into a PMBC picnic area.



Backyard BBQ at Pasadena Cyclery

And then, if the food (and over-the-top dessert)

wasn't enough, our very own Don Padick shows us the ins and outs of wheelbuilding. Yes, you missed good food and a great tutorial on what makes mountain bikes roll.



When I built up my bike, I really wanted to build the wheels, too, but I ran out of time, money, and patience. That was almost three years ago, and I've been riding on a deteriorating bargain-basement set of wheels since then. Don's demonstration was the inspiration I needed to get serious about finally finishing my bike as I'd intended.

Sheldon Brown has a great set of instructions on how to build your own wheels at <http://www.sheldonbrown.com/wheelbuild.html>

But you just gotta see someone do it in person to realize what it really takes. It's mostly pretty easy, if you can follow directions. It's just the truing that's the tricky part.

With my collection of information, a set of hubs, rims, spokes, nipples, spoke-prep, and a handful of tools, I began my project. Even with Sheldon's instructions, it still takes a fair bit of organization to get it right. I got it mostly right. See the above part about following directions. And the part about me running out of patience.

My front wheel built up mostly right, but the spokes on my rear wheel came up woefully short on one side, so I took the whole shebang to Pasadena Cyclery to complain to Martin about short spokes, and to have Michael check my work.

I didn't quite weave my front spokes right, but that was pretty easy to fix, but my lacing on the rear wheel was all "discombobulated," according to Michael. That was a far-too-technical term for me, so he explained that some of my spokes were a hole off. The front wheel was pretty easy for me to set up, but by the time I got to the back wheel, my eyes were

crossed and I was tired of working on wheels. After taking the wheels back home and re-lacing the offending spokes, everything lined up just fine.

With everything laced up nice, and semi-tight, Pasadena Cyclery let me sit in a corner with a truing stand and work on getting my wheels round and straight, then round and straight again. And again. I got the front wheel kinda close, but not close enough. Michael finished it up and I was able to get a close look at his technique. Something you just can't get from a set of instructions. With the front wheel done, I finished up the rear wheel myself and got his stamp of approval. They're pretty darned close, but with some riding, they'll settle a bit and need another session of truing.



The big things I learned? Ya gotta love Chris King hubs. They're beautifully designed for service. And the Bontrager Valiant rims were very cooperative throughout the entire process. But the biggest thing I learned is that you really have to have someone teach you how it's done. You can get close by yourself, but not close enough for a good build.

Random Bike Thoughts

by Scott Dayman

After one of our recent club rides, I started whining to Ray about how the sweat drips into my glasses and messes them all up. Ray's special, and doesn't

have that problem. And then I learned that Ray's *not* that special because he let me in on his secret.

One word: headbands (no, not plastics). He uses them to keep the sweat from running into his eyes. After letting me in on his secret, he so kindly even gave me one of his that he'd picked up recently. And it wasn't even sweaty! What a pal.



Ray, the headband guy, sans headband

I took it for a test ride up the Mt. Wilson Toll Road. I only made it half way (somewhere past the Idlehour turnoff), but the headband proved its worth. My glasses were clean, and my face wasn't all sweaty, either. The only hitch is that you have to loosen up your helmet a bit to accommodate your thicker-than-usual skull.



But there's a bonus benefit the headbands offer. For those of us who have hair long enough to get into our eyes, the headband keeps those stray hairs out of your face. Now *this* is what I was *really* excited about. Usually, at the beginning of a ride, I can manage to do something to keep my hair out of my face, but inevitably, it gets into my face. This magic

headband cured all that, and I think I'm more excited about this than keeping the sweat off of my glasses.

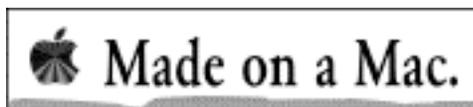
Ok, enough of that. Get yourself a headband or two. Or get a haircut or don't ride. Whatever it takes to lead a comfortable life.

Other thoughts...WTB makes a cool Laser V bike seat. My old WTB seat, the SST.98 thingie, got a bent rail, so I replaced it with one of their state of the art new line of seats. This one offers all the comfort of my old seat, plus the groove down the middle for that added comfort for guys (and girls, I suppose, but I wouldn't know). Neat seat. Comfy seats are *very* important if you want to go on any ride longer than an hour.

I also snagged a pair of Fox's Digit full-fingered gloves. I like these because the padding in the palms is even, unlike my Answer gloves that have targeted padding in odd places that makes it a bit uncomfortable gripping my handlebars for more than a half hour or so. I like 'em, and they're a good fit for me.

Ok, more comfort tips. See a trend? A bike's no fun if it hurts just to sit on the thing. Get good shorts. I started out with a cheap pair of tights. Thin chamois, and not-so-hot material. After getting Katrina a pair of Pearl Izumi ultrasensors, I got jealous and got my own. Oooh, are they comfy! Great chamois, and the shorts fit just like a glove. I finally got an equally nice pair of baggies, also from Pearl Izumi; Canyon shorts. Also very nice. Their Mesa baggies are also pretty nice, and I got a pair of those for my dad. He already has a nice WTB seat that his LBS put on his bike.

Ok, that's enough for this month. Come back next month for more ramblings from Martin, Doug, and myself.



Rides and Events

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

Saturday June 1, 9:00am – El Moro Canyon, Crystal Cove State Park, Laguna Beach. Meet in El Moro parking lot. Ride Leader – Forrest Hayashi.

Wednesday June 5, 7:00pm – Club Meeting at Pasadena Cyclery. Basic Maintenance Seminar scheduled.

Thursday June 6, 6:30pm – Thursday Night Ride at Josephine Peak, ANF. Meet at the corner of Angeles Crest and Angeles Forest Highways.

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

Sunday June 9, 8:30am – La Tuna Canyon, La Crescenta. Meet at La Tuna Canyon fire road gate. Ride Leader – Doug Sullivan.

Thursday June 13, 6:30pm – Thursday Night Ride on The Fullerton Loop, Fullerton. Meet at the Courthouse parking lot on Berkeley (off Harbor Blvd.) in Fullerton. Ride Leader – John Khao.

Saturday June 15, 8:30am – Afro del Diablo epic ride.

Sunday June 16, all day – Father's Day. Don't be a slacker. Buy something cool for your Dad's bike – for a change – and take him for a ride!

Thursday June 20 – Thursday Night Ride at Hoyt Canyon, ANF. Meet at the Grizzly Flats turnout (about 2 miles past the first Ranger/Fire station) on the Angeles Crest Highway at 6:30pm. Ride Leader – Martin Gomez.

Saturday June 22, 8:30am – Beginner Ride. Meet at Pasadena Cyclery. Ride Leader – Scott Dayman.

Sunday June 23, 9:30am – The San Juan Trail, San Juan Capistrano, CNF. Meet at Pasadena Cyclery at 8am or at the Chevron station (left) off the 5 Freeway at the Ortega Highway exit of the 5 Freeway in San Juan Capistrano. Ride Leader – Ray Herrera.

Thursday June 27, 6:30pm – Brown Mountain/Ken Burton Trail Loop, Altadena. Meet at the parking lot at the corner of Windsor/Ventura in Altadena.

Sunday June 29, 8:00am – Monroe Truck Trail at Glendora Mountain, Glendora, ANF. Meet at first turn on Glendora Mountain Road above Little Dalton Ranger Station. Ride Leader – Martin Gomez

* ANF=Forest Adventure Pass required

Classifieds

714-343-8799 (cell) or e-mail at mthome@ix.netcom.com.
(12/2001)

GT LTS/STS Rear Shocks (2) – Brand new, Rock Shox Super Deluxe rear coil-over rear shocks for trunion mount style GT LTS/STS full suspension bikes. Come with adjustable compression and rebound damping and stock 750lb. spring. \$50 each.
martin@pmbc.org (909)596-6603 (6/2002)

Manitou X-Vert Fork – 1 1/8" Threadless w/alloy steerer 100mm travel. Originally was 1999 X-Vert but is upgraded with brand new, X-Vert Super internals and springs. Also has brand new crown and uncut steerer. Only the lower legs are not new. Red lowers with universal disc brake mount. \$150 OBO.
martin@pmbc.org (909)596-6603 (6/2002)

Syncros quill road stems (3) – All are 1" diameter with -17 degree rise and are brand new. I have two that are black with hinged faceplates and 80mm reach and one polished with a regular bar clamp that's 110mm. All are for 26.0mm bars. \$50 each.
martin@pmbc.org (909)596-6603 (6/2002)

GT LTS2000-DS – 18" Red Aluminum Frame, RockShox Judy XL Triple-Clamp Forks, Fox adjustable shock, fresh tires, in great shape. Upgrades include XTR V-Brakes. Bike has been very well-maintained, clean, and best of everything. Definitely the best value you'll find in a serious off-road mountain bike for this price, fun to ride & great performance. Originally retailed around \$1800. Need to make room for new bike, after I bought Martin's. \$850.00. Call Mark at 714-343-8799 (cell) or e-mail at mthome@ix.netcom.com. (12/2001)



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



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



PMBC RideLine

(626) 577-RACE

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Club Information

Mailing Address	PMBC 1670 East Walnut Street Pasadena, CA 91106
President	Martin Gomez (909) 596-6603 martin@pmbc.org
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



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 _____

name _____

address _____

city, state, zip _____

phone _____

e-mail _____

home page url _____

racing class: beginner sport expert semi/pro

new members: \$25

*old members: \$15
(renewals)*

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

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