



The Champagne of Mountain Bike Clubs



# PMBC

## Pasadena Mountain Bike Club

[www.pmbc.org](http://www.pmbc.org)

Affiliated with



### I·M·B·A

### October 2002 Newsletter

 *Check out our Spiffy New Costume!* 



All new! Get 'em while they're hot!  
(For Paid Members Only, void where prohibited)

### This Month's Top Stories

- Message From The President
- Confessions of a fat guy
- Get ready to Rumble!
- Some of the usual stuff
- Handy addresses

## MESSAGE FROM THE PRESIDENT

I've got a lot of news for you this month – in case you've not been paying attention lately.

The biggest thing up is that the Angeles National Forest has been closed to all forest users (not drivers

passing through) until the fire season passes. That means hikers, equestrians *and* mountain bikers. I've heard some conflicting reports as to whether or not that means a month or if it means until the end of the year. I'm hoping that the recent change in the

weather will make it the shorter of the two. We'll keep you posted probably on the website as to the actual end of this closure – as soon as we hear it from the USFS. Again, in case you don't know, the closure is due to the recent Curve and Williams Canyon fires in the mountains above Azusa and east to Upland (and right above my home in La Verne). This is a real bummer since we have a majority of our rides scheduled in the Angeles National Forest. Don't test the closed areas either because word is that the fine for being caught in the Forest is supposed to be up in the thousands of dollars. I guess the Forest Service has to protect us from ourselves. Either to avoid having to rescue more people in the event of another fire or to stop people from starting another one with their animal sacrifices or with torched stolen Honda Accords up at Chantry Flats. And the Sierra Club has issues with us mountain bikers!



I had planned on starting this newsletter by giving you great news about the return of the Mount Wilson Bicycling Association's Pancake Breakfast and Schwag-a-thon, but the closure of the Forest just might torpedo that event like the Altadena Fire did in the early 90's. The date for the breakfast is supposed to be Sunday November 3rd (my Birthday). That's the day after our planned Day of the Dead party and the Solvang Prelude so we'll see how many PMBC

members are not too tired or hung over to climb up to Henninger Flats – if it's held there. When the Altadena Fire burned up Henninger, the MWBA's Pancake Breakfast was held at Hahamongna (Oak Grove) Ranger Station. Maybe it'll be there again and the hung-over and tired won't have such a hard climb to get to their pancakes and schwag. Oh, boo-hoo! Call the Mount Wilson Bicycling Association at (626) 795-3836 to hear their side of the story or even just to find out if there will be trail work any time soon. You can find out where their next trail work will be so you can help maintain the trails that we still have left to ride (when they're open again).



Our October ride schedule is up in the air right now too. We'll keep the club meeting and beginner rides scheduled as planned but everything else that was supposed to be in the ANF (Angeles National Forest) should be treated as TBA (to be announced). And you can pretty much forget about any of my trips up to Marshall Canyon for any time in the near future. Just wait until the rains come and finish off what the fires started. I guess there's always the Verdugos, Santa Monicas, Chino Hills State Park, Bonelli Park and good old OC. Forrest had better be ready for alternating weekends of El Moro and Aliso and John Khao can mix in a little Fullerton Loop here and there if we're still avoiding the Crest.

Don't miss that regularly scheduled meeting this month so you can give up some cash for that fabulous new PMBC jersey that'll be here in a couple of weeks. Don't forget that you have to pay up your dues first – you slackers. I guess a lot of you haven't found a good reason to get off your asses and fork over the measly \$15 for renewals but now that you want that stylish new jersey, the time has finally come. Punks!

It still is \$25 for you new members though. Remember all this before you fire off an e-mail to

me asking how you can get that jersey you saw on our front page – especially when it should be spelled out on that page about it being for members only. The jerseys should cost \$55 for short sleeve or sleeveless and around \$70 for the few windbreakers I ordered. Better hustle up for one of those because I only ordered a few in Large and XL and even fewer wind vests in those sizes. I think the vests are less than the aforementioned \$70 for the jackets. Lastly, I have a few sets of arm warmers coming too for a paltry 20 bucks or so. You guys can drop a couple of hundee on a complete PMBC wardrobe to look stylish for next season and maybe even at the MWBA's Pancake Breakfast (like everything else coming soon – if it happens) Don't miss any PMBC meetings. They're fun for the whole family. They are on the first Wednesday of the month at 7pm at Pasadena Cyclery. We'll have fun eating, catching up and scheduling rides that may – or may not – happen.

That's about all except to mention that apparently, Senator Boxer's new wilderness Bill is dead so sing, "Ding-dong the Bill (not the witch) is Dead". At least for now until the Cal Wild people can raise more funds and resurrect it later or can get it done on the Forest Service's new Forest Plan. How about kicking out the animal sacrifice cults and dumb-ass car thieves instead???

Happy trails (somewhere but not here)

## *Martin*



All dressed up and no place to ride.

## Coming Back from Fat City

by Tony Quiroz

Life has a knack for paying one back for deeds done, tenfold. For those who don't remember, I the Peck, used to be fast. Fast, as I used to climb the hills with ease. Fast, as you only need a double chain ring crank and an 11-30 to climb Mt. Wilson. You get the idea. Well, for all those days riding in the middle and big ring, I now spend it in the slow doldrums of granny. Being Fat Sucks!

Mountain biking when you punch the scale over 200 lbs. is a whole new world of riding. One loses all rights and privileges known in cycling. Speed is only known when you are going down a really steep hill. And even then, God is not kind to you! You have the potential to go really fast, but either from being freighted or wise, is what makes you slower than before. Being Fat Sucks!



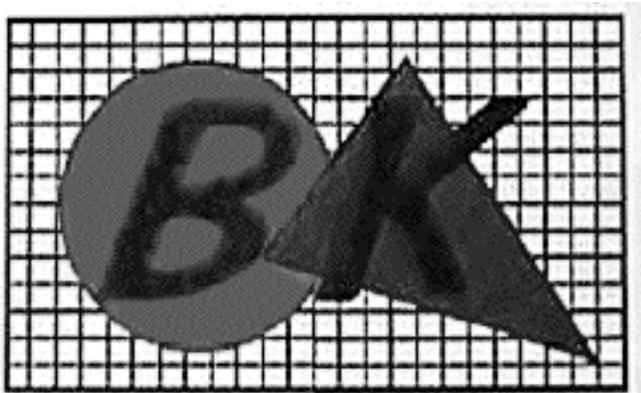
You begin to realize that you no longer have the luxury of choosing what tire pressure you will ride. It is always at maximum pressure or higher. Things like thread count and warning labels begin to matter. Being Fat Sucks!

A large person like me finds interesting things happen to your bike when enduring such a weight. You can no longer just ride 2.1 knobbies; the knobs rip off on the downhill. Couple times down Wilson and you will be riding a slick tire.

And you can never find a strong enough wheel. I go through wheels like I go through Power Bars and Bagels. My garage looks like it houses a pro-team

from all the wheels I have. Most of all, everything flexes, and not the comfort flex either, but the “I don’t know how many cycles this part can take before it breaks, flex.” Being Fat Sucks!

Part of being a newcomer to the fat league is that you get all sorts of heat from your riding buddies. The Lycra we wear doesn’t help; it hides nothing and shows every roll. Plus, it is not like I am fat and just getting into cycling to lose the weight which is respectable. I was riding and just got Fat! Now I have my reasons, like I had my second knee surgery followed by the birth of my son. But really, I just got Fat!



**SIGNS INC.  
& CRANE SERVICE**

Worst of all in this Oprah like process is that your mind gets screwed up. It associates riding with being 185 lbs., not 230 lbs. All your sensations and points of reference are off by 50 lbs. This leads to a lot of pain. Both because you crash more and simply can’t climb. What is really troubling is that you refer to everything as, “back in the day.” What can I say, “Being Fat Sucks!”

It is nice that I am able to ride, and don’t feel sorry for me. I am coming back to form, maybe even be able to middle ring Henninger. But honestly, it is a long grueling climb to the, “I can climb fast saddle.” Your lungs burn, granny gear squeaks and your chain screams for mercy. My legs are coming back, but boy does it hurt. So when you think you're hurting,

think of me and my 50 lbs. It is not like a backpack that you can just take off. Being Fat Sucks!

Tony “The Peck” Quiroz can be found dragging his son up Brown Mountain or around the Rose Bowl wearing those denim Lycra bibs. He is on the way to recovery.

## Trick or Treat!

by Scott Dayman

If you missed last year’s Day Of The Dead party, you weren’t alone. There wasn’t one. We all missed it, and we were very sad.

This year, Doug Sullivan’s stepped up to the plate to sacrifice his house for the event this year. And with VERY few ground rules: 1) Stay outta the house, and 2) Don’t misbehave.

That said, if you’ve missed any of our previous parties, there are a few pictures from past parties on the following pages.



There’s always a ton of good food.

# Rides and Events



One of our smaller rides.

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

**Wednesday October 2, 7:00pm** – Club Meeting at Pasadena Cyclery.

**Thursday October 3, 6:30pm** – La Tuna Canyon, La Crescenta.

**Saturday October 5, 9:00am** – The Fullerton Loop, OC. Ride Leader – John Khao.

**Thursday October 10, 6:30pm** – Cherry Canyon, La Canada.

**Saturday October 12, 8:30am** – Beginner Ride. Meet at Pasadena Cyclery. Ride Leader – Scott Dayman.

**Sunday October 13, 8:00am** – Beaudry to La Tuna Canyon, La Crescenta. Meet at Pasadena Cyclery. Ride Leader – Doug Sullivan.

**Thursday October 17, 6:30pm** – Bonelli Park, San Dimas. Meet at the park and ride lot at Via Verde and the 210/57 Fwy.

**Saturday October 19, 9:30am** – Aliso/Wood Canyon Park, Laguna Hills. Ride Leader – Forrest Hayashi.

**Thursday October 24, 6:30pm** – Brown Mountain, ANF (tentative).

**Saturday October 26, 8:30am** – Beginner Ride. Meet at Pasadena Cyclery. Ride Leader – Scott Dayman.

**Sunday October 27, 2:00am** – Daylight Saving Time Ends

**Thursday October 31, 6:30pm** – Possible Halloween Taco Ride. Check the PMBC ride line or website for details.

**Saturday Night, November 2** – World Famous Pasadena Mountain Bike Club Day-of-the-Dead/Season-End-Party/BBQ/Tricycle-Gran-Prix at Doug Sullivan's House. Details TBA. Ride Leader – Doug Sullivan.

\* ANF=Forest Adventure Pass required



Make sure your bike is your size.



Trike Champions of the World!

# 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](mailto: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](mailto: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](mailto: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](mailto:mark@pmbc.org) (12/2001)

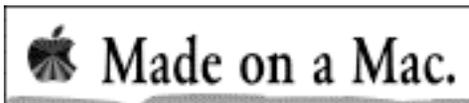


**18" steel hardtail mtb frame** – \$199 or best offer. Call Doug Sullivan 626-683-8327 or [doug@pmbc.org](mailto:doug@pmbc.org) (9/2002)

***Got bike junk to sell  
or give away? Send  
us your ad, or email  
it to  
[classifieds@pmbc.org](mailto:classifieds@pmbc.org)***



Nobody's gonna want to buy this wheel.



# 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



Post-Aliso hangout  
(yeah, this picture was here last month)

## 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

## PMBC RIDELINE

## (626) 577-RACE

Sponsored by Pasadena Cyclery!

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