



The Champagne of
Mountain Bike Clubs



PMBC

Pasadena Mountain Bike Club

www.pmbc.org

Affiliated with



I·M·B·A

July 2003 Newsletter

🚲 **MMmmm...PMBC BBQ** 🚲



Lloyd "Sexy Beast" Miller

This Month's Top Stories

- Message From The President
- Fo Fodder
- "They" *will* find you!
- Shiny new toys

- Some of the usual stuff
- Handy addresses

MESSAGE FROM THE PRESIDENT

Last month it was baby news, this month, Weddings. I guess life goes on for the now-maturing PMBC crowd because recently, Wrongway Frank Gonzalez and Lloyd Miller, have made honest women out of their respective girlfriends. Congratulations to both longtime PMBC members and former racers. I also got to attend my buddy, William's, Star Wars Wedding, which was so out there that two local news crews covered it. See the photo of the wedding party and guests.

Forrest, the Peck and I attended Frank's nuptials last month (Fofo and I, with our wives and The Peck with his son, Tomas) and had a good time watching "another one bite the dust." His wife, Dieuloan, seems really nice, plus we heard that they met on the premise that she needed a new bike so she must be all right. Lloyd's wife Margaret, who's ridden with us also for years, is also way cool and is smokin' fast on a bike to boot! I guess it's not a bad idea to marry your training partner.

Unfortunately – for us – but fortunately for Lloyd, he got a promotion that also means relocation to the Bay Area. Wish them good luck and happy trails. You know they’re gonna miss riding in our local mountains since the riding is more limited up north due to user conflicts and all that.



William’s Wild Wedding Party

Part of the reason we haven’t had as many problems with our local trails being closed to bikes, has been the great work of the Mount Wilson Bicycling Association over the last fifteen years or so. I’ve been reporting lately that we hadn’t heard much from the MWBA boys but now I actually have news from them! Apparently, they *have* been doing trailwork the last few months since I heard from them with just a handful of participants but they have not been posting their scheduled activities on their website or answering machine. They seem to be keeping it kind of low-key right now but I am now on their distribution list and will pass along what I get. I think you can subscribe to their list on topica.com under mwba and get the low down directly from them. For Additional Information, contact Joe Chromiak (MWBA) at (626) 286-6595 (evenings)

You can tell us how you liked the bad jokes and cheap beer they usually provide at trail work when you go to the next PMBC meeting. They are, as almost always, on the first Wednesday of the month at 7:30 PM. July’s meeting will be at Pasadena Cyclery and we will be barbecuing like we did at June’s meeting. Please be ready to shell out about five bucks for the tasty kebabs that Alan will be cooking. At the meetings we are usually scheduling rides for the upcoming months, and will have some of the stylish PMBC jerseys for you to buy (if you are a PMBC member or you can join there). At the May meeting we decided to make all the Thursday Night Rides be at Brown Mountain – unless otherwise changed on the website or rideline. We decided that a regular ride would generate a little more attendance since people wouldn’t have to think about where the next one will be. We’ll try that for a while and see how it works. At the meetings, we also rehash some recent rides and adventures and generally, make fun of Tony The Peck.

Here’s some recent rides rehashed: This Memorial Day, we took our second trip of the year up to Mt. Hillyer. The last time we went it was 36° without the wind chill factor and it was miserable for half the ride on the uphill windward side of the mountain. This time it was 10 degrees warmer up in the mountain than it was in town making it about 75° and gorgeous. We had a good time on the rocky stuff and small drop-offs

coming down from the top of Hillyer and I think John Khao got some good shots on his digital camera. Maybe they’ll make it to the website. We had such a great time up there, we were talking about having another Chilao campout this Summer as well as having a BBQ on Doug’s Chilao ride in June. I guess we’d better get that planned soon since the spaces go pretty quick. Check at the next meeting if you’re interested in a weekend of killer singletrack, Carne Asada, and jokes about the Peck’s present girth. The Peck had a special ride planned for June. Instead of his usual Taco Ride, he did a Fashion Boy Downtown Ride. It isn’t as scary as it sounds – except for poor Ray Herrera, who jumped a flight of stairs and forgot that his rear shock on his I-DRIVE was locked out from road riding and bent his frame. I always told you guys that lockout on a full suspension bike is lame and now it’s even dangerous! When you take a big bump and the shock is locked, it’s supposed to have a blow off feature but apparently it didn’t do enough on Ray’s bike and transmitted the force to the seat mast on that bike and totaled it. Ouch. Tony just wanted people to do some urban assault riding downtown, jumping off things (see Ray) and riding through fountains, while he took pictures of it all. He’s always had delusions of photographic grandeur and wanted to take some interesting shots to hopefully get published in a bike mag. He needed some fitter people than himself to be in the pictures. Don’t worry – there was still food involved. This is Tony after all.

Forrest and his spinning crew are definitely not the butt of our fat jokes, and they’ve been racing quite a bit already this season. I worked up at the Sea Otter Classic in Monterey in April doing demo rides next to the Rocky Mountain Race Team trailer. Fofu and his group were there and suffered through some brutal racecourses on the road circuit race, road race and cross-country mountain bike race. During the circuit race, we actually saw Fofu pull out and utter an obscenity when he pulled up to us. Most of his spinning friends who are now PMBC racers had never heard him complain during riding or racing. I guess it was as tough as it looked racing up the hill that leads to the Corkscrew on the fabled Laguna Seca racetrack. Fofu, Roger, and Martin VanDerVeen arrived late to start their XC races and Martin said that there were only about five guys behind him at the start with more than a hundred and fifty ahead of him. Somehow he managed to pass most of them and finish 24th. That somehow is sandbagging in the beginner class!

We all had put up with the schizo, Monterey-in-April weather that was warm and sunny one minute and then windy and rainy the next and provided the traditional Sea Otter mud. It wasn’t so bad for the racing but it made our expo area dicey. I had parked my little demo trailer behind our big one in some questionable dirt before the rain started. Once it got going, the dirt became quicksand and I knew I wasn’t getting my little



trailer out with my wife's 2WD SUV. So I had one of the Team drivers try to haul it out with our rig that pulls the big trailer but that big Diesel Dodge dually 4X4 got stuck in the muck and I thought we were hosed. So much for getting back home early that Sunday. I ended up enlisting our Freeriders, Wade Simmons, Richey Schley and Thomas Vanderham to help me pick up the front end of my trailer-putting us knee deep in the mud - while another Rocky rep dragged the rear end of the trailer backwards with his rental car onto dryer land. It worked but our shoes got jacked up. Lucky those guys have shoe endorsement deals and the Lake girl gave me some stylish new mountain bike shoes which I wore out of there. I just wished that I had someone take a pic of those guys helping me. Who says sponsored athletes won't do any real work? They were really cool and didn't think twice about helping. Wade made quick work of getting the Dodge unstuck too. He said that it wouldn't be a problem since he grew up driving 4X4's in Kamloops.

In May, I was doing the same thing up at the NORBA Nationals at Snow Summit in Big Bear Lake and Forrest wasn't racing but Martin VanDerVeen and Dawn were. Martin got dyslexic with his XC race's start time and rolled up to the start at 8:42 am instead of 8:24 so his race was long gone. That might've



made it less of a cherry pick for him (still in beginner class) but the race officials wouldn't let him race from behind. It's not like he wouldn't have caught them so I don't know their reason for that. Dawn Lyons shredded her class at Big Bear just like she did at the State Race at Bonelli Park a few weeks earlier, so watch out for Dawn because she's a racing machine and not a sandbagger like Martin V.

Unlike Monterey, the weather was great and even a little hot on a couple of days but it was pretty boring in the expo with most people there just racing and not really looking at bikes on most of the days. It was still good to get up to Big Bear for most of the week and stay in a nice cabin near Snow Summit. My son, John, had a good time riding his little cruiser on the quiet road in front of our cabin. He just got his training wheels off this year and is usually confined to sidewalks in our neighborhood so he appreciated a little more room and was even doing some off-roading on the dirt berms in the road. I also went with some Rocky people to see the Matrix Reloaded in the little theater in the Village. I didn't think it was worth missing the lunar eclipse that night for though.

Attending all of these races this year gave me the bug to race again...maybe next year. You should go out and try a local race at least once in your life because it's a rush. The Amateur Cup mountain bike races will be going by the time you read this. They are also held at Snow Summit in Big Bear. The local race series at Southridge in Fontana is close enough for most people to try and they're supposed to be having a Summer series this year in addition to their usual Winter one. I'll keep you posted.

That's all I've got for now but here's the recap:
Remember to go to trail work,
Renew your PMBC membership,
Buy a stylish PMBC jersey,
Show up to a PMBC meeting,
Try racing and definitely come out and join us for a ride.

I'll bore you some more, later.

Martin



The local face of Rocky Mountain Bikes

Kibbles 'n Bits

by Forrest Hayashi

PMBC Racing News:

- Dawn Lyons represented the PMBC proudly by winning the women class at the California State Series at Bonelli Park on May 4th.
- Fofu just missed getting a medal in the old man 40-44 class with a 6th place finish and Mark Thome held on strong in the muddy conditions to place 13th.
- Martin Gomez was also there, manning the Rocky Mountain Bicycles booth. He will also be at the NORBA Nationals in Big Bear, so stop on by his booth and take a test ride on a sweet new Rocky Mountain full suspension bike or just say hello. See ya at the races!

Ride in Style!

There are still some stylish new 2003 PMBC jerseys (\$55), sleeveless jerseys (\$55), vests (\$60) and jackets (\$70) left for members while supplies last. Call Forrest for available sizes (562) 682-6515.

Mucho Gracias!

A special thanks to Alan Purnell at Pasadena Cyclery for treating everyone to pizza and beverages at the last PMBC meeting. Everyone come on out to the next club meeting on Wednesday, June 4th (7:00pm) at Pasadena Cyclery. We are having a BBQ! Yummy!

Our Mountain Rescue Friends

by Scott Dayman

From time to time, I ride with some of the guys of the Altadena Mountain Rescue Team. Ok, I tag along. Well, fine...I meet them for the ride, and then don't see them until they stop and wait for me to catch up. Some of them guys are pretty fast on bikes. I'm glad *someone's* in shape; especially someone who might have to be called upon to rescue an injured or lost mountain biker.

Aside from being a fun bunch with a crudely honed sense of humor, they are a busy bunch. With an average of 3 searches and/or rescues a month (some months nothing; others BUSY), they've been around and have ideas on how we can make their lives easier. Go ahead and get lost or hurt; they like having something to do. But be prepared. And keep their phone number handy – calling them direct will get a faster response: (626) 798-1131. And check them out at www.amrt.org For a story from the "It could have been you" file, go to www.jeffdurling.com/bike.html and see what happens when you make them have to come get you.

Check out the pictures from their recent mountain bike rescue drill on El Prieto. No bikes or riders were harmed in this exercise. Thanks go out to Mark Takahashi for the pictures and interview.

PMBC: Are you volunteers?

AMRT: Yes, we are all volunteers. We all have regular jobs, and just do rescue because we love it.

PMBC: Are you on call? Are there on duty personnel at all times?

AMRT: Yes [we are on call]. We all carry pagers that notify us when we are needed. We are on call 24/7/365. While we have no on duty personnel at all times, all it takes is a page and we can assemble field Teams quickly. We all live within a half hour of the station, and some within minutes, so we can get people out in the field pretty quickly.

PMBC: What region do you cover?

AMRT: We are based out of the Altadena Sheriff's station. Our area includes – from a mountain bikers standpoint – the Mount Wilson Toll Road, the Mount Lowe Fireroad, Brown Mountain Fireroad, The Ken Burton Trail, The Sam Merrill Trail, The Sunset Trail, El Prieto and parts of Bear Canyon, Gabrielino Trail and Winter Creek Trail. We cover all the trails and canyons in the area too, for places hikers can get to that aren't very accessible to bikes.

PMBC: What can a (potential) victim do to make things easier for you?

AMRT: Leave a detailed note with someone letting them know where you are going. Example: Manny, Mo, Jack and I are going to do the Sunset Trail. We are taking Jack's yellow Nissan, LIC # PEPBOY. We are going to park at Millard Campground and should be home around 3:00. Many times we get a call for an overdue hiker or mountain biker with

little to no information. "I think he was going behind JPL."

With better information, we can get a better idea of where to start looking. We can verify if the vehicle is still in the parking lot, which will let us know you are still there; or maybe you already left and are partaking in some after ride burritos and beer somewhere.

You should also take plenty of water and snacks, a whistle for signaling, a small flashlight, and at least a jacket to wear. Last year we had a search for an overdue mountain biker who said he was going to do the Burton Trail. We finally found him near Bear Canyon at 1:30 in the morning. It was very cold with light snow falling. He was sitting on the ground wearing only shorts and a tee shirt. No jacket, flashlight or anything. We gave him some warm clothes, some snacks and some warm liquids and escorted him out.

PMBC: What determines if a person is airlifted or not?

AMRT: Helicopter operations are inherently dangerous, so we try not to use them unless it is a medical emergency. Everyone on the Team is an EMT (Emergency Medical Technician). We also have some Paramedics and Physician Assistants, so we are able to assess the victims needs. If we feel time is of the essence, we can request a helicopter. Sometimes, due to location, a helicopter cannot be used so we try to evacuate the victim as fast as we can to a location he can be picked up.



I rescued a mountain biker, and all I got was this lousy bike

PMBC: How many Team members does it take to rescue someone?

AMRT: It varies. From as few as 2 to escort a lost person out to the whole Team for a technical rescue.

PMBC: What does it take to become an AMRT member?

AMRT: Potential new members must attend 3 monthly Team meetings, which are held on the second Thursday of every month at 7:30 at the Altadena Sheriff Station. They will then get an application to fill out and then go before a board. Once a person has been accepted as a trainee for the Team, they must successfully pass a background check and attend the Sheriff's Reserve Academy and get certified as an Emergency Medical Technician. As far as Team training, we go over knots, rope management, technical rope systems, map and compass skills



and much more. We have weekly trainings for new members.

PMBC: What is the biggest obstacle your organization faces?
AMRT: Funding. We get some funding from the County...vehicles and some gear, but most of our money comes from contributions...both from companies and individuals. Our gear gets pretty beat up and has to be replaced on a regular basis, which gets expensive fast. Lack of funding also hurts the rescue helicopter...Air 5. They are only available Thursday through Sunday due to lack of funds to keep it maintained properly.

Last words. Please keep the telephone number of the Altadena Sheriff's Station in your Camelback. (626) 798-1131. If you need help, call the station and request the Team. Give the person as much information as you can. What trail you are on...how far from the trailhead...injuries...name...what clothes you are wearing and the phone number you can be reached. Ride safe and wave if you see us patrolling...most of us are mountain bikers, too.



Bikes & Martin on Display

by Scott Dayman

After missing the last couple of LA Bike Expos, I thought I'd drop in on this year's show. Compared to my visit in 2000, the show was less goody-packed, but there's still neat stuff to check out.

This year, Rocky Mountain had a booth there. That ex-GT guy, Martin Gomez was staffing the booth and showing off a handful of their newest bikes. It was the Rocky Mountain One-Man show. No bathroom breaks, no time to eat. Poor, poor Martin. The price he has to pay to make a living off of playing with bikes.

The show still had its share of freaky bikes and gizmos, and some cool stuff too, such as bikes from Moots and Kona. Familiar vendors such as Velo and Cambria Bike were also there, but even Cambria's selection was scaled down.

I'd have to admit that my gear lust has really subsided. That's bound to take some of the enthusiasm out of going to a show such as this. Unless you have a hot ticket in to InterBike in Vegas, this is the only place where you'll see so much stuff in one place. If you *really* want to get a good look at a lot of gear, visit several of your local bike shops. You'll see much more stuff in the shops than you'll see at the show. Granted, it takes a

bit more running around, but it's the only way you can see what's out right now, short of a trip to InterBike.

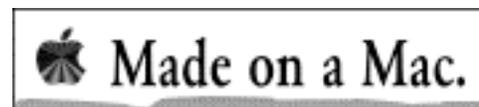


Martin in Rocky Mountain Land

I took a few pictures at the show and have scattered them around this newsletter. I didn't stick around for the BMX demo, but after a couple of hours of the show, I'd seen enough and just wanted to get something to eat for less than \$10, so I made my way back out into the real world. The full collection of pictures I took, including shots from modified cars in the lobby, are in the Photos section of the club's website.



New doodads from Schwinn & GT



Rides and Events

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

Wednesday, July 2, 7:30pm – Club Meeting & BBQ at Pasadena Cyclery. If you can kick in \$5 to help with the food and such, we'll be your best friend.

Thursday, July 3, 6:30pm – Brown Mountain, Altadena. Meet at Arroyo/JPL lot at Windsor/Ventura.

Friday, July 4, 9:00am – Fourth of July Sea to Reseda Ride. Meet at Sunset & PCH. Ride Leader – Forrest Hayashi.

Sunday, July 6, 8:00am – Vetter/Hillyer Loop, ANF. Meet at Pasadena Cyclery.

Thursday, July 10, 6:30pm – Brown Mountain, Altadena. Meet at Arroyo/JPL lot at Windsor/Ventura.

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

Sunday, July 13, 8:00am – Mt. Wilson Toll Road to Santa Anita Canyon. Meet at the Toll Road gate. Ride Leader – Doug Sullivan.

Thursday, July 17, 6:30pm – Brown Mountain, Altadena. Meet at Arroyo/JPL lot at Windsor/Ventura.

Saturday, July 19, 8:00am – Aliso/Wood Canyon, Laguna Hills. Meet at Pasadena Cyclery. Ride Leader – Forrest Hayashi.

Thursday, July 24, 6:30pm – Brown Mountain, Altadena. Meet at Arroyo/JPL lot at Windsor/Ventura.

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

Sunday, July 27, 8:00am – Sycamore Canyon Park, Pt. Mugu. Meet at Pasadena Cyclery. Ride Leader – Ray Herrera.

Thursday, July 31, 6:30pm – Brown Mountain, Altadena. Meet at Arroyo/JPL lot at Windsor/Ventura.

* ANF=Forest Adventure Pass required

Classifieds

SUNGLASSES, brand new in box. I got them replaced when the last pair broke and I'm over the flamejob. Metal coated silver finish with Blue flames and blue reflective, contrast-enhancing, lenses. Sells in stores for \$155. Buy mine which are new for \$100. Call Martin @ (909) 596-6603 or E-mail: Martin@pmbc.org (6/2003)



WANTED: Ride Schedule Coordinator for the Pasadena Mountain Bike Club. The Coordinator will put together the monthly ride schedule and update the club's ride line for upcoming rides. Please contact scott@pmbc.org if interested. (6/2003)

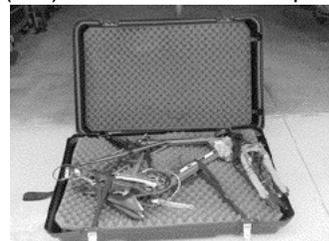
2000 GT XCR1500 Small (15" effective center to center) fits riders from 5'2"-5'6". Frame made of Easton ProGram Elite tubing in Santa Ana, California. Built up with Rock Shox Judy SL fork, Fox Float RC rear shock with lockout with 4.75" of travel, Shimano Deore XT/LX components and Syncros bar, stem, and post. Choose Time or Shimano pedals. Never ridden off-road and ridden once on the street. Built it for my wife who hasn't had time to ride since we started having kids. Check it out, it's incredibly clean. \$1250 OBO. Call Martin at: (909) 596-6603 or E-mail: martin@pmbc.org (1/2003)



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)

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 overzealous 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)

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
Fitness Expert	Doug Sullivan doug@pmbc.org
PMBC Rideline	(626) 577-RACE
General Membership	membership@pmbc.org
Drive-by E-Mail	mailbag@pmbc.org
Website	http://www.pmbc.org



***SIGNS INC.
& CRANE SERVICE***



**I WANT YOU
FOR PMBC**

PMBC Membership Application

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)*

What are your interests?

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

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

Pasadena Mountain Bike Club
1670 East Walnut Street
Pasadena, California 91106

Stamp
Goes
Here

Address Label
Goes Here

FIRST CLASS BIKE CLUB FIRST CLASS BIKE CLUB FIRS

www.
PMBC
.org
pasadena mountain bike club