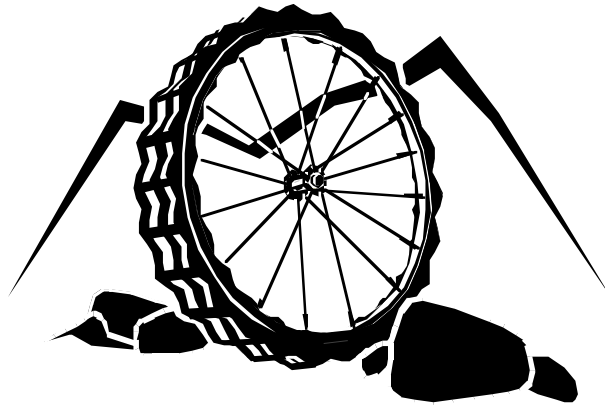




The Champagne of
Mountain Bike Clubs



PMBC

Pasadena Mountain Bike Club

www.pmbc.org

Affiliated with



I-M-B-A

May 2003 Newsletter

🚲 National Bike To Work Day 5/16 🚲



"Helmets, everybody!"

This Month's Top Stories

- Message From The President
- Dear Tony...from Doug
- Fighting bike congestion
- Some of the usual stuff
- Handy addresses

MESSAGE FROM THE PRESIDENT

It seems kind of trivial to even think of writing this newsletter right now, with what's going on in the world but I guess all of our soldiers in Iraq would probably rather be thinking about, or better yet, rather be riding bikes right about now. Here's to their speedy and safe return.

I have a few pieces of news to take care of, the first of which is a birth announcement. Our old friends and former PMBC racers, Brian and Kristina Provost, are now the proud parents of a baby boy named Brandon. Here's the message I got from Tony the Peck about the Provosts' new addition:

Wednesday, March 12
8lbs. 11 oz and 22 inches long

Mom is fine,
Dad is goofy.

10 hours labor with 2 hours of pushing

The pain was way worse than any mountain bike race she had done.

Congratulations to Brian and Kris on their future World Cup racer!



You can see some current World Cup racers up in Monterey this month at the Sea Otter Classic happening on the 10-13. For many, the Sea Otter marks the beginning of the racing season. Forrest and Martin V. will be racing road and mountain up there. Daylight Saving Time marks the start of the PMBC's season and it is coming. The World Famous PMBC Thursday Night Rides will follow soon after. Check the schedule, charge up your lights for at least the first few TNR's and enjoy the return of the riding season (even though the weather's already been great for riding all year).

We will also be scheduling more rides further up in the Angeles National Forest's High Country, like our

perennial favorites, Strawberry Peak and the Chilao/Mt. Hillyer loop. Find the ride schedule on our website and elsewhere in the newsletter.

You can influence where we schedule rides and suggest one of your favorites by coming to the next Pasadena Mountain Bike Club meeting. They are still held on the first Wednesday of the month at 7:30PM at Fuddrucker's Restaurant in the Hastings Ranch shopping center. Be there. One of these months we will be having another BBQ/club meeting at Pasadena Cyclery. We'll keep you posted.

I try to keep you posted but I have no new news from the Mt. Wilson Bicycling Association regarding trail work or the Pancake Breakfast. Check their site www.mwba.org or call (626) 795-3836 for any info.

That's it for now.

Hasta,

Martin



Spanish Club President ('83-'84)



Cut the Fat (Part I)

by Doug Sullivan

FAT is not evil, and it is actually a very necessary component of our diets; one we cannot live without. The trick is striking the right balance of fat in your diet (15 to 20 percent of your overall calories), and choosing the right types of fat.

Fat's job

Fat has many duties in our bodies. For starters, vitamins A, D, E, and K are all fat-soluble; meaning that they are carried in fat, dissolve in fat, and can only nourish our bodies if fat is present. Without fat, these vitamins would be unavailable to our bloodstream.



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

There are two essential fatty acids that we must consume in our diets because our bodies don't make them – linoleic (an omega-6 fatty acid) and linolenic acid (an omega-3 fatty acid). These fatty acids help kids grow normally; and among adults, they help maintain healthy skin and are used to make sex hormones.

Some good sources of these essential fatty acids are olive oil, flax seed oil, sesame oil, soybean oil, Brazil nuts, pumpkin and squash seeds and peanut butter.

Fat also supplies energy (calories) to our bodies in a concentrated form. One gram of fat contains nine calories, while carbohydrates and protein only

contain four calories per gram. Our bodies use the energy fat supplies, but if there is any extra, it is stored in our fatty tissues. When our bodies need some extra energy, it will turn to these fat stores.

Fat's other job responsibilities include cushioning organs and protecting them from injury, providing a fat layer for insulation, and satisfying hunger. Fat helps with satiety because it takes longer to leave your stomach, leaving you feeling fuller longer.

Other foods, like carbohydrates and proteins, come and go pretty quickly, which is why you get hungry one or two hours after a low-fat meal.

Fat dictionary

Take a look at a food label to learn about what is in your food. The number listed beside the words "total fat" on the label is the number of grams of fat that result when you add up saturated, trans, and unsaturated fat.

It's important to remember that all fats are not created equal, and you must understand the differences in order to make the best choices when you are cooking at home or eating out.

Saturated fat is usually listed on a label right under the total fat. Saturated fats are bad fats and mostly come from animal foods like meat, poultry, butter and whole milk. This type of fat can also be found in coconut and palm oils.



Foods that have a great deal of saturated fat are usually solid at room temperature (butter and shortening). They are considered bad because they

raise the body's levels of LDL cholesterol (the bad kind...think lousy) and lower HDL cholesterol (the good kind that helps fight heart disease...think healthy).

To limit saturated fat in your diet, eat lean meats, use low-fat dairy products, select oils and margarine that list vegetable oils as their first ingredient, and use less nondairy creamers and rich baked products, like pastries, cookies, and cakes.

The butter vs. margarine debate continues to be a hot topic. The reason margarine has gotten a bad rap is that it contains trans fat, which like saturated fat, raises blood cholesterol, increasing the risk for heart disease.

Trans fat is the result of hydrogenating (adding an extra hydrogen to) vegetable oils to make them more shelf-stable and solid at room temperature.

You might need a refresher course in chemistry to understand hydrogenation, but you do not need a lot of information to understand that trans fat is bad for you.

Whether you use butter or margarine, always use it in moderation.

Unsaturated fats are smart fats. Monounsaturated fats are the best choice because they lower LDL cholesterol without lowering HDL cholesterol. They are found mainly in plant foods, such as olive, canola, and peanut oils.

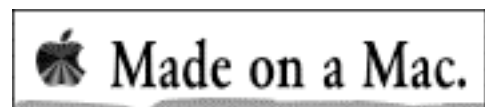
Polyunsaturated fat, found in sunflower, corn, soybean, and safflower oils, as well as in some fish, has been linked to decreasing total blood cholesterol by lowering LDL. Omega-3 fatty acids, which may help lower the risk of heart attacks, are highly polyunsaturated and are found mostly in seafood. Omega-6 fatty acids are also polyunsaturated, and they function to protect the body's cells. Sources of Omega-6 fatty acids include whole grains, vegetable oils, seeds, and nuts.

Nutrition Facts			
Serving Size 1 meal (311g)			
Servings Per Container 1			
Amount Per Serving			
Calories 300 <small>Calories from Fat 70</small>			
	% Daily Value*		
Total Fat 8g	12%		
Saturated Fat 3g	15%		
Cholesterol 25mg	8%		
Sodium 560 mg	23%		
Total Carbohydrate 28g	9%		
Dietary Fiber 7g	28%		
Sugars 8g			
Protein 29g			
Vitamin A 35%	• Vitamin C 25%		
Calcium 65%	• Iron 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

The fat end

Keep in mind that a fat is a fat. One fat has just as many calories as another does. Consider this: The amount of fat is the same in one teaspoon of margarine or butter, one teaspoon of mayonnaise, two teaspoons of conventional salad dressing, and three teaspoons of light margarine.

The best thing you can do for yourself is to choose the best fats and use them in moderation!



Bike Tour LA, Ray Style

by Scott Dayman

Most of us hate getting up early to go out for a bike ride, so where did the 15,000 or so riders come from to ride the streets of L.A. at 6am? A few of them came from PMBC.

In the past, I've shown up a bit early so I can get off to a start with the crowd as soon as the starting horn blared. Talk about being in the thick of it. It's REALLY crowded. Then I learned that our own Ray Herrera opts to get a late start, letting the pushers and shovers go on ahead while he sips his latte. And then the fun begins.

This year, the 2nd Annual "Ride With Your Old Man" ride, I tried it Ray's way. My dad, who's 76 this time around, and still kicking butt on the bike paths of Ventura County, came down again for another spin around the city. We parked on city streets for a quick exit, and got to the starting line just as things got going. And we let it go.



Dad rides again!

Once the mob had gone on their way, we noticed the police motorcycles lining up to do their sweep. Not wanting to get swept off the course, we hit the road. I'll spare you the mile-by-mile details, but it was fun,

as always...except for that time it was pouring rain, which was still fun, but not quite-as-fun.



Attack of the killer hill.

The course was quite a bit different this time around. There were two new short steepish hills. The type that makes hundreds of people suddenly dismount and walk the 100 feet of pavement of a steepness they've never encountered while riding up and down their driveway. And the course didn't go by my ex-girlfriend's house. She doesn't live there anymore, so it's not like I could have dropped by to say "hi" anyhow.

The good news about Ray's Way was that I never had to take my feet off the pedals for the entire route. I did start-to-finish nonstop. I got quite a bit of satisfaction from that. I even got my medal while still riding my bike. Then I felt I'd finished and could get off my bike.

I only saw two or three crashes this time, and quite a few flats. And a few dogs along with the ride, some babies, but everybody with smiles. You'll be there next year, right? It's not THAT early, and it's only once a year.

Rides and Events

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

Thursday, May 1, 6:30pm – TNR Bonelli Park. Meet at the Park and Ride on Via Verde and the 210/57 Fwy.

Saturday, May 3, 8:00am – Red Box/Switzer Loop, ANF. Meet at Pasadena Cyclery. Ride Leader – Ray Herrera.

Wednesday, May 7, 7:30pm – Club meeting at Pasadena Cyclery.

Thursday, May 8, 6:30pm – TNR Brown Mountain/El Prieto Trail Loop, Pasadena. Meet at the JPL Parking lot at Windsor/Ventura.

Saturday, May 10, 8:30am – Beginner Ride. Meet at Pasadena Cyclery. Ride Leader – Scott Dayman.

Sunday, May 11 – Roger Dahl Memorial Ride. Mt. Wilson Toll Road climb to Roger's for the 10th Anniversary. Meet at the Mt. Wilson Toll Road Gate. Time TBA.

Thursday, May 15, 6:30pm – TNR La Tuna Canyon. Meet at the fire road gate at La Tuna Canyon Fireroad (Exit 210 at La Tuna Canyon Road).

Saturday, May 17, 9:00am – Fullerton Loop, Fullerton. Meet at the South end of the Fullerton Courthouse parking lot on Berkeley (west of Harbor). Ride Leader – John Khao.

Thursday, May 22, 6:30pm – TNR Henninger Flats, Pasadena. Meet at the Mt. Wilson Toll Road Gate, on Pinecrest Ave. East of Altadena Drive.

Saturday, May 24, 8:30am – Beginner Ride. Meet at Pasadena Cyclery. Ride Leader – Scott Dayman.

Monday, May 26, 8:00am – Mt Hillyer, ANF. Meet at Pasadena Cyclery. Ride Leader – Martin Gomez.

Thursday, May 29, 6:30pm – TNR Sam Merrill/Sunset Ridge Loop. Meet at the top of Lake Avenue.

Saturday, May 31, 6:30pm – Brown Mountain, Pasadena. Meet at the JPL Parking lot at Windsor/Ventura at 6:30pm. Ride Leader – Tony, The Ridiculous Peck.

* ANF=Forest Adventure Pass required

Classifieds

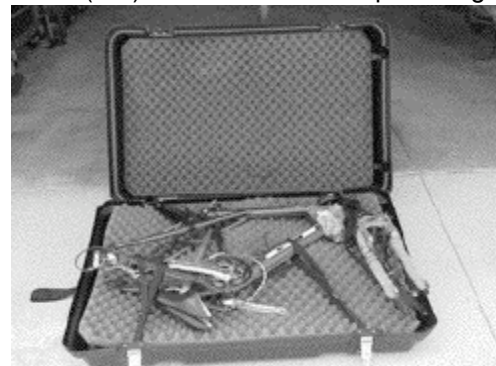
2000 GT XCR1500 Small (15" effective center to center) fits riders from 5'2"-5'6". Frame made of Easton ProGram Elite tubing in Santa Ana, California. Built up with Rock Shox Judy SL fork, Fox Float RC rear shock with lockout with 4.75" of travel, Shimano Deore XT/LX components and Syncros bar, stem, 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



Trailer ballast that puts Tomás to shame.



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