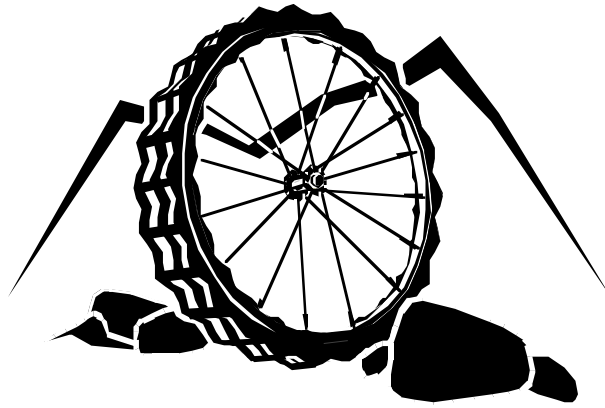




The Champagne of Mountain Bike Clubs



# PMBC

## Pasadena Mountain Bike Club

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

Affiliated with



I-M-B-A

### November 2003 Newsletter

🚲 *Happy Birthday Alan A. & Martin G.!* 🚲



Helmets, everybody!

### This Month's Top Stories

- Message From The President
- Identifying Trail Wildlife
- Bike Advocacy
- Intro to Cyclocross

- Some of the usual stuff
- Handy addresses

## MESSAGE FROM THE PRESIDENT

Like almost every other month, I'm rushing to get this written because Scott's waiting for me to get this to him so he can get the newsletter out. I can't blame my ancient Mac anymore for holding me up since I finally ponied up for a brand spanking new G5 with over a gig of RAM that is unholy fast and can multitask like I cannot believe. For yucks, I like to keep all three different Internet browsers on while I stream music, watch a DVD and work on some document at the same time and the thing doesn't even hiccup. It is schweet, but it, and my swanky new big LCD monitor, did set me back at least a bike and a half. I never knew what I was missing while milking all of the life out of my seven-year-old dinosaur.

Since last time, we had a crisis concerning the Forest Service thinking about closing the local singletrack trails to bikes because of some riders cutting trails. In particular from the Sam Merrill trail down through the historic Circular Bridge section of the Mt. Lowe Road. I busted out E-mail about this problem asking people to take it easy and stay on the trail to not risk a closure. It apparently got passed around a bit and the word is out. People I speak to on the trail seem to know about the potential problem and the numbers of riders in DH gear seem to be down a bit. I have no issue with downhillers in general but their appearance does seem to be inflammatory to some other trail users, so I wanted to warn these guys to be on their best behavior to help show others that these particular type of riders

aren't necessarily the outlaws they're made out to be. If you didn't see my ranting E-mails about this, I think the first one is on mybikesite.com and otherwise please just pass the word to not be a jackass on the trail and to do your part by going to trail work-like that should be anything new.



I followed my own advice and made it out to trail work with the Mount Wilson Bicycling Association last month. It had been a while since I'd been out with them and I'm happy to say that rumors of their demise have been greatly exaggerated. They have been and still are working monthly on the last Saturday and they will get me notice on where they are working so you can join me next time. Check the PMBC website the week before or let me know that you want me to pass on an E-mail to you regarding MWBA trail work. You can also check their site: <http://www.mwba.org>. Scott has been updating their schedule whenever he gets info. We worked on Sunset Ridge and will again next weekend. It is in fair shape except for overgrown brush that we're taking care of and the ruts in most corners but we won't be able to do so much about the ruts until we get some rain. The soil is just powder right now and all the ruts I filled last time probably were uncovered by the first rider that went by after we left.

Last week was the annual Interbike trade show for the bike industry in Las Vegas and I shanghaied Martin VanDerVeen, John Khao and Ray Herrera to help us out in the Rocky Mountain booth during the Dirt Demo days in Boulder City before the regular show in the Sands Convention Center over the weekend. The Dirt Demo days are where bike shop owners and employees can come out and ride the freshest and newest stuff that the industry has to offer. All of our new '04 platforms were ready to be ridden except the RMX Freeride monster that just wasn't ready yet. We had some fun out in the desert and did about a hundred test rides on Friday and somewhere around four hundred on Saturday! After setting suspension sag, tire pressure, and swapping pedals for others, we got to sample the trails in Bootleg Canyon and I have to tell you that they were pretty nice. Much nicer than last year's course in Blue Diamond/Red Rock Canyon was. The really amazing thing about the place was that, according to some locals I spoke to, the trails were pretty much all built by the owner of the local bike shop with just hand tools. There were some good climbs with nice views of Lake Mead and there were lots of rollers full of G-outs and some serious looking dirt jumps too. John Khao was enjoying his first experience riding the new Shimano Saint Freeride group on the '04 Switch Pro until he got a rear flat and realized that none of us had an 8mm Allen for that rear axle and he started to hike back to the Rocky trailer. Luckily, he ran into the other Rocky Mountain reps, sporting the right tools, and he was saved from at least half of his hike. We were laughing about the whole being prepared on the trail story again.

The remaining three days of the regular show were a blur and just thinking of them makes my feet hurt again. You'll have to ask the other guys if they saw anything really cool since I didn't

get out of our own booth much because I had to wait around for any dealers from my territory to show up since most did not want to make appointments. I'm hoping to gain a few dealers from this show since many people were into our bikes at Dirt Demo and after seeing the complete line in our Interbike booth. I think I'm going to get some action in Mammoth and the guys from the Mountain. Bike Park told me the great news that the NORBA National Championship race will be in Mammoth (where there hasn't been a major race, NORBA or World Cup in a few years) on September 23-26, 2004. Mark those dates in your calendar because I'm calling road trip!

We'll discuss future road trips and the immediate ride schedule at the next PMBC meeting on the 1st Wednesday of the month. We're currently still meeting at Fuddrucker's Restaurant in Hastings Ranch at 7:30 PM. We have a different ride than usual scheduled for Thanksgiving this year. We're planning on doing the San Juan Trail in San Juan Capistrano instead of the usual Mt. Baldy thing since we broke with tradition last year due to the fire closures in the Forest. San Juan is my favorite OC ride and it should be good especially since I'm pretty sure that whole people-hungry mountain lion thing is over with? Show up and bring some raw steak to throw at your favorite big kitty. In addition to Mammoth next year, we already have dates for the Sea Otter Classic (April 15-18, 2004) and Bob Britton's plan to go to Moab (1st weekend in July). I'd start thinking about reservations for Sea Otter pretty soon because lodging does get tight. We'll start making plans at the meetings so be there.



That's it for now except for my usual urging to renew your membership and to go to trail work and now I've confirmed that it's going on. I just need to add once again that it's important to ride responsibly and to remind others to do so since we've never had a closure to bikes in the Angeles National Forest and I'm not ready for us to have one now. Just think about how it would suck to only be allowed to ride on fire roads. It would pretty much be like riding in the Santa Monica Mountains. People will be sick of hearing others remind them not to cut trail or scare other users by riding too fast and broad

sliding through easy turns but the message needs to get across to new, oblivious, riders or to the guys that are just too bad-ass to care about others. The drop off from the Merrill to the Lowe road that the DH/Freeride crews call Monkey Face, the fire breaks on Sunset and those lame shortcuts in El Prieto among others, cannot be ridden-or hiked for that matter since bikers aren't the only people who cut trails which apparently is news to the people who want us shut out. That's really it now.

Happy (open) trails,

*Martin*



Martin's Game Face

## Rider Profile

by Forrest Hayashi

**Name:** Dawn Lyons.

**Do you have a nickname?** Super Dawn.

**Live:** Long Beach (the LBC).

**Job:** Stock Broker.

**How long have you been mountain biking?** 3-1/2 years.

**First mountain bike?** Trek VRX 300.

**Current mountain bike?** The same Trek VRX 300.

**How often do you ride?** 3 or 4 a week plus I take spin classes 5 times a week.

**Your favorite riding spot?** Fullerton Loop.

**Do you race?** Yes.

**What's your best race finish?** I won the California State Championship this year.

**What's your best crash?** Big Bear, I was doing a down hill run and ended off a table top jump and crashed hard. I got up and headed down hill and ended again! This time I broke a rib.

**What was the last thing you bought for your bike?** A derailleur hanger.

**What's your favorite beverage?** Red Bull and Vodka or Dr. Pepper, it's a tough call.

**What's one thing that you've learned from mountain biking?** How to tape of your injuries.

**What's your favorite trail snack?** ProMax chocolate mint bars.

**If you had a \$100 burning a hole in your pocket right now, what would you buy?** I'll buy a new stem.

**What would you take with you on a deserted island?** SuperMex food.

**If you could be really good at another sport what would it be?** Snow Boarding.

**Your favorite 80's band?** Bon Jovi.

**Your favorite movie?** Vision Quest.

**Your favorite TV show?** Temptation Island.

**Your greatest fear?** To be eaten alive sharks.

**Words to live by?** There's always more.



## Bicycling Advocacy

by Doug Sullivan

I know most of you missed the Arroyofest, but you may have noticed our new Metro Rail train breezing through Pasadena. Well, the Arroyofest inspired me to get involved and I joined and helped create a new local advocacy called arroyosecobikeway@yahoo.com. You can find us on Yahoo Groups.

As you can surmise from the name, our mission is to get a bikeway along the Arroyo Seco. This has also made me aware of many other advocacy groups to promote cycling as an alternative means of transportation. Tom Purnell at Pasadena Cyclery is well versed in this topic and I have learned a lot from him about TREK Bicycles' involvement in Congress. You can take this for what it is worth to you, but in the meantime our city councilman **Paul Little** is trying to prevent more bike routes and the expansion of the Gold Line to Arcadia. As you who know me may know, I ride to most of my MTB rides. And I want to do something to get our politicians moving in the right direction. I would even ride my bike to work if I had the type of job where I was in the office all day and not in the field. Besides, my office is in Long Beach.

Here is some info that you might be interested in:

Promote Bicycling and Cleaner Air  
<http://www.italladdsup.gov/index.html>

VERB campaign for active "tweens"  
<http://www.verbnow.com>

2004 National Bike Summit  
<http://www.bikeleague.org/events/natlsummitmarch2004.htm>

## What is Cyclocross?

by Forrest Hayashi

Cyclocross is a sport for cyclists who are active in the winter and was started as a way for road and mountain bike racers to maintain their fitness level through the winter. It began in Europe where it has remained popular in several countries such as Belgium, Czechoslovakia, France, Holland, Italy, and Switzerland.

The race course is usually a mix of grass fields, dirt roads, very short asphalt sections, some sand, some mud, several forced dismounts, and running sections. Forced dismounts are barricades (10-15 inch) erected (aaah... I said "erected") in the course in sets of 2 to 4, and they are spaced close enough together to prevent bunny hopping. Watching an accomplished cyclocross racer approach a set of barricades at full speed, dismount and begin running while shouldering their bike, jumping over the barricades, remounting, and pedaling off is like watching a ballet on a bike or a good stripper on a dance pole...you get the picture.



A cyclocross bike looks very much like a road bike, but there are significant differences between the two. The bottom bracket is a little higher for added ground clearance. The rear triangle and fork have more clearance to allow for wider tires and to help reduce mud buildup. Cyclocross tires are wider than road tires and have small knobs. Cyclocross bikes have cantilever brakes for mud clearance and control in messy conditions. The handle bars are the drop type typical in road racing, for better handling and control than flat bars.

Races are usually set around 35-60 minutes depending on the classification you are entered, and the races are held rain or shine. Classes are similar to road racing (cat 1, 2, 3, 4, 5), cat 1 & 2 being pro and expert, cat 3 being sport, and cat 4 & 5 being beginner. At most local cyclocross races you can ride your mountain bike. If you use a mountain bike, it's best if you run a set of narrow semi-slick tires for acceleration on the pavement and the flats, and most rules want you to remove your bar-ends.

Try your hand at a local cyclocross race this winter, you'll be surprised how fun it is. Here's a list of some upcoming cyclocross races:

### 2003 So Cal Cyclocross Cup Series

- 11/2 Cal Lutheran University Cx Thousand Oaks
- 11/9 Urban Cx #2 Rancho Palos Verdes
- 11/16 Celo Pacific Cyclocross TBD (San Diego Area)
- 11/23 Urban Cx #3 Rancho Palos Verdes

- 11/30 Southern California State Cyclocross Championships  
Campus Pointe Industrial Park, Goleta
- 12/7 Urban Cx Finals Rancho Palos Verdes
- 12/13 US Nationals Portland Int'l Raceway
- 12/14 US Nationals Portland, OR
- 12/21 Xmas Cross Woodland Hills
- 12/28 Celo Pacific Cyclocross TBD (San Diego area)
- 1/4 Santa Barbara Cyclocross Campus Pointe Industrial Park,  
Goleta
- 1/11 Sorrento Cyclocross UCSD - San Diego



Ray Herrera checks out a Rocky Mountain bike



A crowded day at Hillyer  
(Martin, Martin, Some Guy, Jeep, Tony, John)

# Rides and Events

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

**Saturday, November 1, 9:00am** – The Fullerton Loop, Fullerton, OC. Meet at Pasadena Cyclery at 8 AM or at the Fullerton Courthouse parking lot on Berkeley, West of Harbor at 9 AM. Ride Leader – John Khao.

**Wednesday, November 5, 7:30pm** – Club meeting at Fuddrucker's Restaurant in Hastings Ranch at 7:30 PM.

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

**Sunday, November 9, 8:30am** – Chantry Flats/Winter Creek Trail Loop, ANF. Meet at Pasadena Cyclery at 8 AM or at the upper Chantry Flats parking lot at 8:30 AM. Ride Leader – Ray Herrera.

**Sunday, November 16, 9:00am** – Monroe Truck Trail (Glendora Mountain), ANF. Meet at Pasadena Cyclery at 8 AM or at the Little Dalton picnic area/Monroe Truck Trail fire road gate on Glendora Mountain Road at 9 AM. Ride Leader – Chris Blake.

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

**Sunday, November 23, 9:00am** – Switzer to Red Box Loop, ANF. Meet at Pasadena Cyclery at 8 AM or at the lower Switzer Picnic Area parking lot at 9 AM. Ride Leader – Tony the Peck.

**Thursday, November 27, 8:30am** – A Brand Spankin' New Turkey Day Ride on the San Juan Trail (where the mountain lions are extra-friendly), San Juan Capistrano, CNF. Meet at Pasadena Cyclery at 7 AM or at the Chevron Station North of the 5 FWY on Ortega Hwy. at 8:30 AM. Ride Leader – Forrest Hayashi.

\* ANF/CNF=Forest Adventure Pass required

# Classifieds

## Thomson Elite 31.6mm Seatpost

The post that re-wrote the standards for strength and lightweight! Extruded and machined one-piece pillar/lower cradle-not bonded like other designs! Extra long 41mm rail clamping surface ensures a secure connection to you seat. Straight-set design (no layback). Yours for a paltry \$40. Call Doug at (562) 755-9510 or e-mail him at [doug@pmbc.org](mailto:doug@pmbc.org). (11/03)



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## 1999 GT ZR1000 road (that's right) frame

54cm (center to center) frame size. Made from Easton ProGram Custom Aluminum tubing during the last model year that bikes were handbuilt in GT's Santa Ana, California factory. Includes matching Carbon fork, ITM stem (110mm), Syncros cartridge bearing headset and Thomson seatpost. Frame retailed for \$800. Buy mine which has super low miles (you guys know how little I ride the road) and with all that other stuff for \$500. Call Martin at (909) 596-6603 or E-mail:

[martin@pmbc.org](mailto:martin@pmbc.org) (10/03)



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### Easton EC70 Carbon Road Fork

1 1/8" diameter Carbon steerer and Carbon legs. Cut and mounted but not ridden. Sells for \$199. Buy mine for \$100 martin@pmbc.org (909)596-6603 (10/03)



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**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)

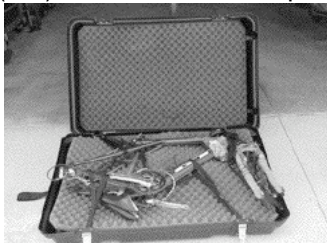
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**2000 GT XCR1500** Small (15" effective center to center) fits riders from 5'2"-5'6". Frame made of Easton ProGram Elite tubing in Santa Ana, California. Built up with Rock Shox Judy SL fork, Fox Float RC rear shock with lockout with 4.75" of travel,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



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**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)



Big Air contest gone wrong (from mtbr.com)



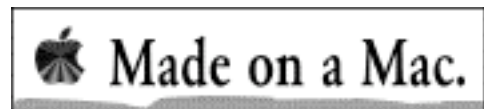
Guess who just learned how to weld? (from mtbr.com)

# 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



John Khao loves the air in Big Bear



**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

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