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Mountain Bike  
Clubs

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 **Pasadena Mountain Bike Club** 

April 2000 Newsletter

*You can fool some of the people some of the time...But we're different!*



Hello from the Newton crowd!

### Are you ready for this?

- Message From The President
- Mighty MetRx Bars!
- Get Ready to Race!
- Cyclists' Rush Hour in LA
- Uncle Barn Rambles On
  
- Some of the usual stuff
- Handy addresses

## **MESSAGE FROM THE PRESIDENT**

Greetings, salutations and a happy, dry Spring to all. Boy, it's hard to be sunny when it's not. Waaaaaaa! Let's see, the bad news is that we've canceled about a month's worth of weekend rides due to rain. The good

news is that we get to rehash them in another month's ride schedule and don't have to rack our brains to think up a few more rides. Act as if you didn't see them on the February/March schedule.

I was riding more-like I'd planned-until the real weather showed up. Now my six bikes are sitting around looking at me, like my dog is, waiting for me to take them out and play. I'm such a slacker. I'll bet Tony the Peck's making some comment supporting that right now. Thanks. I'm also getting ready to buy a new truck, so my wife took the opportunity to suggest that I sell off one or two-or three!-of my prized possessions to help with the down payment. I already got rid of my 24-inch cruiser and I'm putting my beloved Bontrager Ti, as well as my almost-brand-new GT Zaskar, up for sale with my Kelly cross bike that I've been trying to unload for about a year. So much for my quiver. Do I really need a new truck? Maybe I should be after some 70's hooptie Impala, Gremlin, or something. Then I could buy more bikes with the money I've saved! That idea will go over well with my wife.

I can use some of that money I'll save to buy those eight dollar hamburgers at Fuddrucker's when we have our next club meeting on Wednesday April 5th at 7:30 pm. That is if they're done remodeling by then. We showed up for March's meeting and had to have our \$8 burgers at Islands instead. Boo-hoo. We discussed rehashing the rain-canceled rides on the schedule, talked about a proposed mountain bike race in Altadena, and volunteering help at the MESP California Mountain Bike Championship Series race at Bonelli Park, in San Dimas, in May. The race promoter called me, trying to get some warm bodies for help as course marshals and with the registration table. Last year they offered to kick down so much money per head and I believe they mentioned race entry for volunteers too. They hit us up late last year but contacted us earlier this time in hopes of better support. They got none from us last year. We have helped them before and it was a good time for the club members-plus we made some cash for the club. More cash means better parties. Another thing we didn't do last year. Contact me, or better yet, show up at the meeting to volunteer for the event.

Also don't forget to volunteer for trail work with the Mount Wilson Bicycling Association on one of their trail work days. I've been letting the weather keep me away from trail work this year too. Boy do I suck. I think those guys won't recognize me when I actually show up for trail work. Trail work is usually on the fourth Saturday of the month. Give them a call at (626) 795-3836 for more details.

While at trail work, you can tell those people stories of the epic taco truck rides. We enjoyed last month's taco truck ride so much that we're having them whenever we feel like it. Check the rideline or the website for the latest quest for carnitas. The Pasadena Mountain Bike Club's World Famous Thursday Night Rides are also returning on the first Thursday after Daylight Saving Time returns. The TNR opener will be on April 6 at

Henninger Flats. Bring your own everything because we will be barbecuing! The rest of the schedule will follow. The standard meeting time is 6:30pm and I'd bring a light for the first month or so. Weekend rides will hopefully be happening with better weather soon. The ride scheduled for March 26 will not be Chino Hills, instead I am doing a GT demo day with one of my outside sales partners out at Malibu Creek State Park. If you want to come out and try some GT i-drive full-suspension bikes, come on out. Check the rideline or website for details. We still need to make some plans for a Memorial Day Weekend campout and ride fest. Once again, give your input at the next meeting. Check out the rest of the rehashed ride schedule and hopefully we'll see you out there.

Last thing, don't forget to renew your PMBC membership. It's only \$15 for returning members. Also, people STOP e-mailing me ads for the newsletter if you are not a PAID PMBC member! I'll just ignore them if you do. Oh yeah, and buy one of my bikes. You'll make my wife happy and bum me out.

Hasta You Later, **Martin**

## **Cool Deals on MetRx Bars**

by Doug Sullivan (hardmtnbiker@yahoo.com)

MetRx has offered PMBC members a great deal. You can now purchase products directly from MetRx up to a 53% discount. Here is an example, a box of 20 envelopes of the "Original Drink Mix" for only 29.99. This stuff retails for \$49.99.

Now here is how you can participate in this great program. First you need to renew your PMBC membership then you will be given the opportunity to take advantage of the great savings and supporting PMBC.

If you are serious about improving your performance then you need to be serious about a sports orientated nutritional program. This can be done many ways but it usually boils down to having the proper balance of Carbohydrates, Proteins, and Fats in your diet. This also means knowing the right types of foods to eat. The best way to ensure you are consuming the optimal diet is to follow a nutritional plan specific for you. People who exercise regularly should consume between one to three grams of protein per kilogram ( 2.2 lbs.) of lean muscle mass ( total body wt. - body fat %). This is why you need to get quality protein without all the sugar and fat and this is easily done with MetRx.

## FIRST RACE

Advice from Mike Tierney (MikeT at mtbr.com)

Q - I'm considering entering my first MTB race and I'd like to know what to do and what to expect. Can you help me?

A - Yes, I have a few tips to give you. First off, remember that this is a mountain bike race and not WWII. You're supposed to be doing it for fun and enjoyment so please don't take it too seriously. You should only have two goals in your first event - to finish and to enjoy the experience. Do not give yourself any higher goals as you will probably not fulfill them and thus be a failure. Unless there are less than four in your category your chances of winning a prize are slim to none.



If your race is closer than three weeks away then you have little chance of becoming a faster rider in that time and a big chance of making yourself a lot slower. Don't rush out and triple your mileage as you will overdo it and fatigue yourself. Just carry on riding the way you are used to and you'll be OK. Your event in the Beginner or Novice category will be relatively short so you don't need tons of endurance. If you can ride anywhere for one hour without stopping then you have lots. Leave "training" to the experienced riders.

If possible pre-ride the course in the preceding week or day. Familiarity with the circuit will be the #1 thing that you can do to improve your performance. Get your bike looked at by a good mechanic at least four days before the event and do not do any adjustments or changes after that unless absolutely necessary. Two days before start drinking extra fluids - no not alcohol,

stupid! The day before the event you should pack your gear for the race - make yourself a check-list and keep it near to where you keep your stuff. Modify the list as necessary as situations dictate but keep the same list always.



On your list should be all the essentials - TWO shoes, two socks, one helmet.....get the idea? You'd be surprised the number of racers that don't start their event because they didn't have a check-list and forget something important. Make sure you have a large jug of your local water and three water bottles with you - one to drink on the way to the event, one to take with you in the race half-full and one to drink when you finish. Pack a small towel that's soaking wet into a large zip-lock bag for use after the event. You'll be thankful you've got a wet towel to wipe your grimy face when you're all done. Offer it to someone who didn't read my tips and you may make a friend for life.

Get to the race site early and register right away. Check where the start line is and double check your start time. It's nice to have a responsible person accompany you to keep track of small details like start times and car keys and to watch your bike while you go to the potty six times. Do not take food, camel-backs or tools on the race - you have no time or need for any of them as your race will be short and sweet. Plan on glugging down your half-bottle of water around the half-way point in the event at a natural dismount. Stretch your aching back at that time too and take 30 seconds for the stop. Forty five minutes before your start time go for a gentle ride for 30 minutes and get to the line or start area 15 minutes early. You'll probably be started in "waves" or categories so listen to the announcer for instructions of where to line up for your category. Do not line up at the front of your group if this is your first event as you'll probably be trampled at the start. Line up half-way down your group. Choose what you consider is the correct gear for the terrain in front of you. You will be started in groups and please listen carefully to the announcer. At the gun do not go flat out to keep up with the others. Hold back somewhat and you'll probably pick off lots that went out too fast as the race unfolds. Don't try anything in the race that you've never done before - jumping logs, wheelying steams etc. You'll probably screw up and lose tons of time if you do. Just ride as you normally would. If you want to pass someone, wait for the right moment and say politely "On your left, please." They'll let you by when it's safe. Then say "Thanks; hey - nice bike." as you pass. If others want past you - let them when it's safe

for them to go. Say "Good ride, man." as they pass. The course marshals are probably all volunteer and without them you wouldn't have a race. Say "Thanks for helping" as you pass. They'll be shocked.

Keep riding steady the whole race and don't burn yourself out, remember - your goal is to finish. You can't do worse than quit. At the finish don't stop on the line as there are others finishing behind you - get off to one side and have your helper meet you there with the water bottle and the wet towel. Now are you glad you took my advice? Offer it to the closest dirty-faced racer.



Find some of the others that you dived with in your race and go over and congratulate them and talk over your experience. You may make more friends for life here. Go back to the car, wash yourself down and put on clean, dry clothes and then go back to the finish and cheer on the real tail-enders. Do not let your bike go out of your hand for one second or you may never see it again. Wait around for the awards presentation even if you didn't win anything and cheer like hell for all those who did. They didn't do it for the water bottle and T-shirt they're being given. They did it for the cheers.

When the presentation is over, find out who the organizer is and go thank him/her for the race. After a weekend of listening to stupid people bitching about problems of their own making - you'll be like a breath of fresh air. The organizer will never forget your thanks. I guarantee it. On the drive home talk about the race to your partner until they say "For krysakes, will you please SHUT UP?" Then just sit there and smile. When you get home, call me and tell me how you made out.

## Ride Like The...Rain

By Scott Dayman

The LA Marathon was the first marathon event I know of that also included a bike tour of the route the same day. Unfortunately, in the early years, about 5 years ago, they started and ended the ride at Universal Studios, which is WAY off the beaten Marathon path. And it started even before the roosters were up.

Lately, they improved the situation by starting and ending the ride at the Coliseum, which is actually *on* the Marathon route. But they still start before the roosters are up. With the peer pressure by Sandy Ng and Jonathan Tramell weighing me down, I signed up for the ride.

26.2 miles, or so, on streets. No big deal. It's just like a long commute to work, but without any steep hills. But it couldn't be *too* easy for my first ride, so they added rain and wind. A fair amount of both.

Sandy, Jonathan, and I carpooled and with Jonathan's nose for finding the worst traffic jams, we got there about 15 minutes before the start. As we approached the starting area, they started the ride without us, but it was so crowded that it would have taken us a while to cross the starting line anyhow.

It was shoulder to shoulder for the first several miles, and we only had to put our feet down once for a bottleneck near the 2 mile mark. After that, it was pretty smooth sailing. A mild hill here, a mild hill there. A few people walking the hills, and a few people suffering flats. Fortunately, we didn't suffer any mechanicals, and only suffered from cold hands and feet.



About an hour and a half later, we finished back where we started from, got medals, and yearned for heat.

All in all, it was a good event. It was well organized, everybody was nice, and I didn't see any jerk riders. There were even people out that early in the morning to cheer us on. I guess we were the opening act for the REAL marathon which started after we had finished.

I plan on doing it again next year. It's more of a social event, and it's a nice chance to see various parts of LA, but without the traffic. That in itself makes it worth the price of admission. Keep this event in mind for next year, and maybe we'll get some more PMBC'ers together to ride the course.

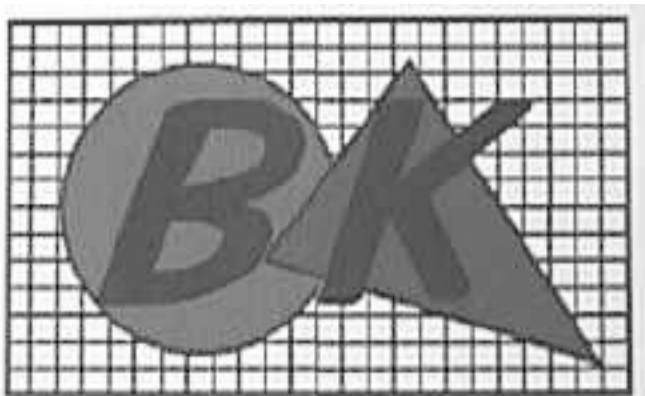
## Bits 'n Pieces

Dug up by Uncle Barn

### 62 YEAR OLD WOMAN HOSPITALIZED AFTER BREAKING RECORD



In January, Carmen Alicia Muniz was hospitalized with fatigue after breaking her own world record for non-stop cycling. The record was set at a velodrome constructed for the 1968 Mexico City Olympics. Muniz, a long term Mexican Olympic cyclist (1950's, '60's and '70's), rode 355 miles in 26 hours - averaging 13.6 mph. She made 1,717 trips around the 1,100 ft. velodrome. Her previous record was listed in the Guinness Book of Records. "I feel happy and content. I knew I would set a record, never thinking about stopping even though I started feeling bad about three in the morning," Muniz told reporters before being taken to the hospital.



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

### What's New at Bike Highway?

1. FREE e-mail. Finally you can have an e-mail address that truly reflects your cycling persona. "yourname@bikehighway.com". Click here for the details.

2. FREE cycling wallpaper for your PC

3. FREE trial subscription to Bicycling Magazine, Bike Magazine, etc.

4. If you think that a tandem may be in your future, or are thinking of upgrading your tandem, click here for info on the New York - Philadelphia corridor's most comprehensive tandem event Tandem 2000 Expo

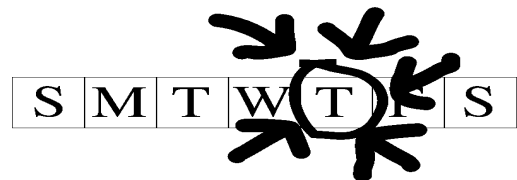
5. New features, many more cue sheets,

**PMBC RideLine**

**(626) 577-RACE**

**Sponsored by Pasadena Cyclery!**

### Thursday Night Rides



*All rides start at 6:30. Be there or be alone.*

**April 6** – Join the TNR gang for this year's TNR kickoff ride up to Henninger Flats for a BYOG (Bring Yer Own Grub) BBQ.

**April 13** – What better way to continue the TNR tradition than to ride up Brown? The daring can return via El Prieto.

**April 20** – One of our favorites: La Tuna. Ride up and enjoy the view, then head back down.

**April 27** – Mt. Lukens. Get ready to climb a bit. And don't forget your Forest Adventure Pass.



## Rides and Events

Call the RideLine at (626) 577-RACE for info

**Saturday March 18** – The Bike Clinic returns! 4-6pm at Pasadena Cyclery. Don and Colette will teach you how to give your bike a tuneup. All for the just the price of parts, and any donations for the PMBC Race Team will be **greatly** appreciated.

**Saturday March 25** – Beginner Ride. Ride leader – Scott Dayman. Meet at Pasadena Cyclery at 8:30a and there we pick which place we're gonna ride depending on who shows up.

**Sunday March 26** – Chino Hills Park. Ride leader – Martin Gomez. Take a ride in the park and enjoy the nice winter scenery.

**Sunday March 26** – GT Demo Day, Malibu Creek State Park, Malibu. Come out and ride cool new bikes! Ride leader – Martin Gomez.

**Saturday April 1** – El Moro Canyon, Laguna Beach. Pretty views, nice trails. Ride leader – Forrest Hayashi.

**Saturday April 8** – Beginner ride. 8:30 at Pasadena Cyclery. Ride leader – Scott Dayman.

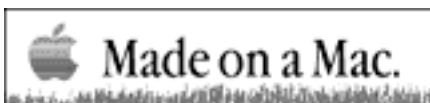
**Sunday April 9** – Cheseborough Canyon, Agoura Hills, 8:00 at Pasadena Cyclery, or 8:45 am at the trailhead. Ride leader – Scott Dayman.

**Sunday April 16** – Marshall Canyon, Claremont. Ride leader – Martin Gomez.

**Saturday April 22** – Beginner ride. 8:30 at Pasadena Cyclery. Ride leader – Scott Dayman.

**Sunday April 23** – Easter Sunday, Hug the Bunny. Check the Rideline.

**Sunday April 30** – Iron Mountain, ANF. Expert level ride. Ride leader – Tony the Peck



## Classifieds

**18" steel hardtail mtb frame** – \$199 obo call doug sullivan 626 683-8327 or e-mail @ hardtailmtnbiker@yahoo.com or MtWilsonmtnbiker@cs.com

**GT Zaskar LE 16" (center to center)** – Race proven (by the GT pros) Super-light Easton Elite Program aluminum frame with CNC'd dropouts and other parts. Frost Blue anodized color. Deore XT 8-speed STi, front top-swing derailleur, V-brakes, four-arm crankset, hubs, components and XTR rear derailleur. 1999 Manitou SX Ti fork with TPC system, Kore stem, Thomson seatpost and WTB SST 98 Ti railed, nad friendly, saddle. Bike weighs less than 23 lbs and has been ridden less than 50 miles. New sold for \$2200. Buy mine in new condition for \$1350 OBO. Call Martin @909-596-6603 or e-mail mgomez66@aol.com.

**Bontrager Ti Lite** – Large size (about 18 inch). Custom High Polished, Sandvik Titanium frame with all Shimano XTR 8-speed components w/bombproof Hugi hubs, '99 Manitou SX fork with Ti springs and TPC system. Syncros stem, Ringle seatpost and WTB SST 98 Ti railed saddle with nad-friendly center relief. The ultimate NorCal hardtail in the ultimate material. Super low miles and you won't find another one with a polished finish! Weighs about 22 lbs and there's nothing sweeter in the single track!!! New would cost you about \$3500 with these parts. Buy mine for \$2500 OBO. Call Martin @909-596-6603 or e-mail at mgomez66@aol.com.

**Kelly Knobby-Cross cyclocross bike** – 55cmX55cm True Temper frame made in Oakland. Kelly Team (radiator fluid) green color. Shimano Ultegra 8-speed components with STi, V-brakes, Grafton crankset, Mavic rims, Vittoria green 'cross tires. Actually not even built yet. Will sell complete for \$1500 or frameset for \$600 OBO. Call Martin@909-596-6603 or e-mail at mgomez66@aol.com

**Spinergy Spox Road Wheelset** - Super light tubular wheelset for sale. Riden less than fifty miles with Vittoria Corsa CX (\$50 each) tires mounted on the wheels. Shimano freehub body will take 8 or 9spd. Get these carbon wheels for your road ride they are very schweeet. Retail for \$800 without tires asking for \$500.00 o.b.o. Call Tony at 626-799-6840 or email tony\_quiroz@hotmail.com

**Bontrager Road Lite road bike.** - Gold-colored Large (about 57cm) frame. True Temper OXIII tubing in a classic NorCal sloping top tube/monostay frame. It just looks like a mountain biker's road bike! Shimano Ultegra 8-speed with some Dura Ace components. Great looking, comfortable riding-but raceable, road bike looking for rider for long-term relationship. \$900 O.B.O. Call Piero @ 626-296-3143 and get hooked up.

**530 Vista Light** - Turning the clocks back an hour is right around the corner. So if you don't want to hold a flashlight in your teeth on those after work rides, buy my light. Salient facts: two bulbs (10watt and 15watt), burn time is two hours + with only the 10 watt on and 1 hour with both on, soft battery pack (hangs from top tube), and also comes with helmet mount attachment. Will sell to first reasonable offer. Call (626) 683-8327.



## Club Information

Mailing Address	PMBC 1670 East Walnut Street Pasadena, CA 91106
President	Martin Gomez (909) 596-6603 mgomez66@aol.com
Treasurer	Forrest Hayashi (562) 621-0574 fofo@ix.netcom.com
Beginners' Ride Coordinators and Newsletter Editors	Scott & Katrina Dayman scott@dayman.net
Thursday Night Ride Coordinator	Piero Longhi (626) 296-3143
Racing Team Manager and Advertising Coordinator	Colette Hallman (626) 794-1245
Webmaster	Jonathan Tramell (818) 635-3559 jonathan@tramell.com
PMBC Rideline	(626) 577-RACE
General Membership	membership@pmbc.org
Drive-by E-Mail	mailbag@pmbc.org
Website	http://www.pmbc.org

## PMBC Membership Application

What are your interests?

touring  
 beginners' 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 (jan-mar), \$18.75 (apr-jun)  
 \$12.50 (jul-sep), \$6.25 (oct-dec)  
 old members: \$15 (jan-mar), \$12.50 (apr-jun)  
 (renewals) \$6.25 (jul-sep), slacker!(oct-dec)

mail checks only to: PMBC Membership 1670 E. Walnut Pasadena, CA 91106

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

Stamp  
Goes  
Here

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