



The Champagne of  
Mountain Bike  
Clubs



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## **Pasadena Mountain Bike Club**

July/August 2000 Newsletter

*Two Months For The Price of One!*



As Seen On Local Trails

### What is it this time?

- Message From The President
- The Man Show
- New toys!
  
- Some of the usual stuff
- Handy addresses

# MESSAGE FROM THE PRESIDENT

Hello again. I know that it's taken me a while to get this out this time but let me explain how Summer has gone so far: A few Sundays ago, we had the Fullerton loop scheduled for a PMBC ride. Now my wife had been feeling ready to pop our kid out for a while, but was *really* feeling ready to go the night before the ride. I asked her if I should "blow-off" the ride and stay with her but she urged me to go on-saying that she would be okay, so I did. I carried my cell phone, fully expecting to get a frantic call in the middle of the ride telling me to get my butt home so we could go to the hospital. The only call I got was from Martin VanDerVeen, calling from New Jersey, returning my earlier call asking if he was going on that ride. So on we rode, and had a great time. It was a beautiful day and no one crashed. When I got back home, I found my wife, cleaning house as if she was possessed. Again she said she was okay and told me to go ahead with the yard work I was planning on doing and she would take a nap. So I did. When I got about halfway done, I checked in with her and she told me to let her know when I was finished so she could call the doctor. I did and she called to inform the doctor about how she was. The doctor said to get to the hospital and asked why she waited so long. My wife just didn't want to sit around the hospital all day. So we got there around 6:30 in the evening and she had the baby at around 8. Not too bad – I guess. Now I've got a son and a daughter. Her name's Lilianna – as if you guys care. There are some really good days.



The next Saturday I left my newborn daughter with my wife and son to go ride with Martin VanDerVeen on one of his last rides before relocating to New Jersey. We rode down the Sam Merrill and the Sunset Ridge trails from Mt. Wilson. It was another epic day. While riding under bright blue skies on a ridgeline firebreak, we dropped into the cloud layer that lay below us like a frothy sea. Of course, no one had a camera but you should be out riding with us experiencing this stuff first hand anyway! I apologize for not having a ride leader for the Chuck Strutt Memorial Ride last month but it just seemed like everyone was out of town or had to work – like me. We could still use some fresh meat – I mean blood – as far as ride leaders for weekend rides. Since no one has been showing for The Thursday Night Rides, either we'll just gonna scrap'em or make it into a Brown Mtn. Ride every Thursday. We'll see if that increases attendance, but it seems like no one really can make the effort to show up for a ride after work anymore. I even tried getting out of work early to make the 50-or-so-mile trek to lead some of these rides and ended up riding alone. That's just weak. If you want to revive these or feel like leading any of our weekend rides, speak up at the next meeting. Club meetings are on the

first Wednesday of the month at 7:30pm. Being the day after the big Fourth of July, Sea to Reseda Ride, we'll probably scratch this month's meeting, even though we do need to discuss some things – like the proposed campout on the 15th and when we're gonna have another Taco Ride. Alan Purnell, the owner of Pasadena Cyclery, (our fine sponsor), has graciously offered to host our meeting in August at the bike shop. He said that he'd supply some pizza. That's right you jokers, free food. After that we'll probably go back to Fuddrucker's.



Don't forget my monthly whine about going to trail work with the Mount Wilson Bicycling Association. Once again it's the greatest thing you can do for the image of mountain bikers in the forest: actually helping to reduce trail damage instead of increasing it by "locking it up" in the turns and being a jackhole to other trail users. They usually do trail work on the last Saturday of the month. Call them at (626) 795-3866 to find out where and when they're working again. After you go you can brag to all of your buddies about how schweet you made that trail you worked on!

That's about all I could think about in my-now-busier life. I hope to see you on the 4th or one of the other rides. And if not, you should drink one for Martin VanDerVeen, who'll definitely, be on his last ride with us on the 4th. Then he'll be trying (unsuccessfully) to find some adequate mountain biking in New Jersey. All I can say is haha!

Later, **Martin**

## The Man Show by Martin VanDerVeen

On Sunday June 18th, a rouge Islands night-shift crew met at a seedy taco stand in Hollywood. This group consisted of fearless leader Martin G. plus extended family, JB from GT, Todd from White Brothers, Ray and myself. The reason we were all in a place like this standing out like sore thumbs was The Man Show. Ray apparently is a frequent Man Show guest and hooked us up for tickets. We were on "the list".

This particular show was the season finale and the theme was the beach, hence the Hawaiian shirts.

We began by waiting in line and filling out disclaimers as well as a question for the hosts, Adam and Jimmy. Shuffling into the studios we promptly picked out some great seats and were then ushered to the far back corner. The show began with some obnoxious load mouth that was supposed to get the crowd warmed up, he would cuss and tell us what we could and couldn't do. First we had some girls volunteer to do something that the audience voted on in order to get some Man Show T-shirts. The crowd elected that the girls take it off. The girls agreed and swapped shirts for us. Nice. After this the "Juggy" girls showed up and the crowd went wild. They pranced and shook around for the audience and made the place go nuts. The girls were then followed by the hosts of the show who again made the place go nuts. Everyone in the audience was given a glass of beer and the show was under way. The show consisted of skits, beautiful girls, full nudity and midgets.

Ray's pre-show questions was picked so he got to ask the question on the air. While he was in the spotlight however I was in the moonlight. One of the delicious "Juggies" had her backside right in front of my face. Nice. If you watch the show I'm the shoulders behind the girl. After the show we all went to Crown City Brewery for some grub and headed home with pleasant memories of the day. Be sure to catch the shows finale and you'll see what you missed.



## Parts and accessories

by Scott Dayman

### Why's my crank loose?

Nothing brightens up a bike child's face like a new cha-cha for the bike. This child, taking one approach to maintaining his bottom bracket replaced it. Why settle for a good, reliable, sensible XT BB, when for about four times the price, one can get a Ti bottom bracket? I settled on an Action Tec Ti BB, made in good ol' USA.

After pulling my cranks off, the next trick was to remove the old XT bottom bracket, using my special BB removal tool. And some elbow grease, then a big ol' breaker bar. When I built the bike, I opted to use Teflon tape to wrap the BB threads, instead of grease, because it'd work better. Well, the BB never creaked, but it was sure tough to remove. You've gotta hand it to Shimano with their XT bottom bracket. It was a little dirty, maybe even a spot or two of rust, but the bottom bracket held up flawlessly for a year, with no maintenance.

Using Action Tec's special tool, I installed the new bottom bracket easily, after Ti-prepping every surface in sight. I then put the cranks back on, then torqued everything back down. After that, be sure to check the adjustments on your front derailleur. After a BB replacement, the cranks and rings might not line up like they did last time, so be sure to give your bike a tuneup after work like this.



When it came to the first ride, it felt pretty good. It was a good, snug bottom bracket...for a little while. An hour or so into the ride, the right crank was starting to get loose. Remember this: If you replace your bottom bracket, make sure you bring a wrench for the crank bolts on your first ride. I'll remember next time, but this time, faking it with various bike tools was the best I could do. I finished the ride, eagerly looking forward to returning home so I could re-torque the bolts, which I eventually did.

I've just gone on my second ride now, and, true to its reputation, my bottom bracket has started creaking. I think I'll give the Teflon tape another try since it worked so well last time.

It's only been a couple of minor setbacks, and the new bottom bracket feels just like the last one, but it's new, it's cool, and it gives me an excuse to tinker with my bike.

## On the road again

I started a new job recently. The good news is that I like the job. The bad news is that it's not as bike-friendly as my last job. No bike racks or showers (yet). The biking contingent at work is working the company powers to install a shower, which they say they will.



In the mean time, I've missed the thrill of cyclo-commuting to work, and have felt darned guilty about driving to work since at my last job, I either biked or bussed. After about two months of this guilt, I finally decided to get my act together and start riding to work. Since I don't have the luxury of office space for several changes of clothes, and other cyclo-commuting supplies, I have to tote a few things back and forth on my commute. Not a problem, thanks to my new Timbuk2 messenger bag, or "man-purse," as it's referred to at work. I'm not alone, as the other riders at work have them, and even people who don't ride have them. This is one fine accessory! I opted for the Dee Dog (Large) Cordura bag in basic black, with the optional (but very necessary) strap pad. It even comes with little reflector tails that clip onto the bag, as you can see in the picture.



My new pride and joy

This bag is more comfortable for commuting than my old backpack, and it even holds more, too! Plus, it has two pockets under the flap, and several more pockets inside.

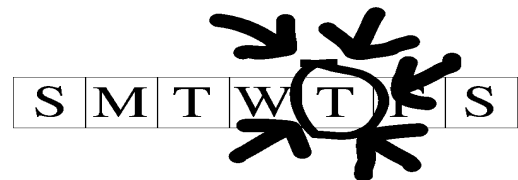
Now I can ride to work guilt-free and look stylish at the same time. For those who want even more style, you can have a bag custom made in several sizes and colors; even three colors on one bag, as the standard bag is three paneled. You can check out the bags and possible options at [www.timbuk2.com](http://www.timbuk2.com).

## PMBC RideLine

**(626) 577-RACE**

**Sponsored by Pasadena Cyclery!**

## Thursday Night Rides



*All rides start at 6:30. Be there or be alone.  
Bring a helmet and maybe even a light*

**Thursday July 6/13/20/27 – Brown Mountain**

The meeting place will be the JPL parking lot at Windsor/Ventura over the Arroyo and, depending on the riders, will be a Brown/Burton ride, Arroyo ride or two separate rides on both.

**Thursday August 3/10/17/24/31 – La Tuna**



Velo Pasadena Bicycle Shop  
High-End Pro Road/Mtn Bikes & Accessories  
Sponsor Teams • Custom Team Uniforms  
**(626) 304-0064**

# Rides and Events

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

**Sunday July 16** – Marshall Canyon, La Verne. Ride leader – Scott Dayman

**Saturday July 22** – Beginner Ride. Ride leader – Scott Dayman

**Sunday July 23** – Inspiration Point. Ride leader – Martin Gomez

**Saturday July 29** – Mount Wilson Bicycling Association Trail Work Day

**Sunday July 30** – Josephine Peak. Ride leader – Tony The Peck

**Wednesday August 2** – Club meeting at Pasadena Cyclery, 7:30pm. Cyclery will provide pizza – We're there!!!

**Sunday August 6** – Mt. Waterman, ANF. Ride leader – Martin Gomez

**Saturday August 12** – Beginner Ride. Ride leader – Scott Dayman

**Sunday August 13** – 24 Hour Fitness Center Ride with Doug Sullivan. Doug will advertise this ride at the 24HR Fitness center where he teaches Spinning classes to try to get some new members and to drive some business to PC.

**Sunday August 20** – Caballero. Ride leader – Scott Dayman

**Saturday August 26** – Beginner Ride. Ride leader – Scott Dayman

**Saturday August 26** – Mount Wilson Bicycling Association Trail Work Day

**Sunday August 27** – Switzer/Red Box Loop, ANF. Ride leader – Ray Herrera



# Classifieds

**Kid's Dyno BMX Bike** - 16" Wheels, polished frame, like new with nipples still on the tires (mmm, nipples), only used on Sundays and after school by a really nice 6-year old. You can spend \$120 on a new one in the store, or help a white boy out by purchasing this one for just \$80. Call Mark at (home) 949-650-1538, or e-mail at [mthome@ix.netcom.com](mailto:mthome@ix.netcom.com)

**18" steel hardtail mtb frame** – \$199 obo call doug sullivan 626 683-8327 or e-mail @[hardtailmtnbiker@yahoo.com](mailto:hardtailmtnbiker@yahoo.com) or [MtWilsonmtnbiker@cs.com](mailto: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](mailto: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](mailto:mgomez66@aol.com).

**Spinergy Spox Road Wheelset** - Super light tubular wheelset for sale. Ridden 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 schweeit. Retail for \$800 without tires asking for \$500.00 o.b.o. Call Tony at 626-799-6840 or email [tony\\_quiroz@hotmail.com](mailto:tony_quiroz@hotmail.com)

**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  
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