



The Champagne of
Mountain Bike
Clubs



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Pasadena Mountain Bike Club

October 2000 Newsletter

Hey... ...boo!



Another Logo Idea

This Month's Top Stories

- Message From The President
- Spooky Riding
- Trail Care
- Drivel

- Some of the usual stuff
- Handy addresses

MESSAGE FROM THE PRESIDENT

Yeah Boyee!!! I never know how to start these long-winded letters, but I usually start by; whining about the weather, how little I've been riding or how quick the year is passing. All recurring – and increasingly frequent – signs that I'm getting older. I was thinking about my age while suffering up the evil, Mt. Lowe road one really hot morning, and realized that next year my racing age (your age on December 31st of that year) will put me into the Vet category. That's 35

to 44 to you non-racers (as if I still did). I was remembering that I started racing mountain bikes while in the 19 to 23 age group and my goal was to race Expert before I became a Vet. Bwahahahahaha!!! I've since put the hooka-pipe down. Damn! I never even saw the front half of a Beginner pack. That's a heck of a long time to still suck this bad. That's over ten years of riding that hasn't helped that MPH reading on my bike computer – while humping my

bike up that Lowe road in the super-granny gear. But it's also over ten years of; enjoying the long climb, swooping (Tony The Peck would question my use of that) along fast singletrack, bombing (again questionable) down fire roads, and sketching on technical switchbacks in the San Gabriel Mountains. These are a few of my favorite things. I started mountain biking as a hobby while going to college. Somehow in that time I stopped going to school and ended up neck-deep in the bike business. Bikes are now part of my occupation but they don't seem to be my hobby anymore. I hardly get more than one ride in during a week – if even that. Okay, so I'm also now married and have two little kids – who I do love more than bikes. Years of self-brainwashing, while working at the bike shop, led me to believe that the bike business was good and things couldn't get much better than working for a big bike company – except for that whole not riding thing and the lack of money (you probably won't get rich in the bike business). Now I've reached a crossroads because my company decided to reward mine – and everyone else in my department's – hard work, by moving our jobs to Boulder, Colorado. They want us all to go. Homey don't play that. I haven't quite figured out what I'm going to do next, but I do plan on getting some riding in. Play hooky and join me on some rides.



In the coming months, (along with the usual epic rides), we have rides on the fabulous, San Juan Trail, and a Halloween Taco Ride in costumes planned. Unfortunately, we are having no Halloween party, once again. I guess we suck now. The taco ride should rage though. I think I need to get me a Mexican wrestler mask for that one. Speaking of Mexicans who like to dress up, I hope that Tony The Peck will be able to lead that ride by then. He'll be kinda busy because he is now the proud Papa of one Tomas Quiroz. The 8 lb., 10 oz. Mini-Peck was born just this Monday, September 18th, at 10 AM. He came in at 20 1/2 inches long and apparently has big hands and feet – just like his Marmaduke-looking, freakishly- huge-shoe-wearing, old man! Mom Karen, and baby are just great. Congratulations Peck, and good luck losing that sympathy-pregnancy weight. Like I should talk. Come on the ride and check out Tony's baby pictures. More about Mexico: I hope that some of you will make it to the last Rosarito Ensenada 50-mile Fun Ride on September 30th. Those rides – and parties – are now part of our cycling culture so you should be part of at least this last one.

The Mount Wilson Bicycling Association, it's trail work efforts, and especially it's annual pancake breakfast – and schwag raffle – are also part of cycling culture. Most major, mountain bike publications have covered that big event and have heralded their work in the local mountains. Join them on one of their trail work days to see what it's all about. Call them at (626)795-3836 to find out when – and where – the next one is. You also might find out when exactly the pancake breakfast is. It's usually up at Henninger Flats (I think I can still climb that) on the first Sunday in November, so get ready for the schwag!

I schwagged everyone out at the last Pasadena Mountain Bike club meeting with some trinkets provided by my soon-to-be former employer, the fabulous GT Bicycle Company. All who showed up, got a stylish new, I-Drive t-shirt, mouse pad, and stainless steel coffee mug. Not too shabby. See, there's more to our meetings than just eating the tasty Fuddrucker's food – although that's enough for most of us. I also learned that, contrary to what was said at the August club meeting, our friends and sponsors, the Cuadra family, still owns Burrito Express in Pasadena. Whew! I was worried that I'd never have a JVC burrito again. Somebody had spread that horrible rumor. Thank the Mexican Food Gods it wasn't true. Join us at the same Bat-time on the same Bat-channel for more hijinx. That's the first Wednesday of the month – at Fuddrucker's in the Hastings Ranch Shopping Center at 7:30 PM at the corner of Foothill and Rosemead (just past Sears). Maybe someone will come by to volunteer their house for a Halloween party or some people will bring some money in for deposits on more PMBC jerseys.

You can also remember to pay your membership dues some time this year so we can let you buy a jersey or put an ad in the newsletter and website classifieds. All of which are benefits for paid club members only. We need the money to buy Tony's kid something. Maybe a party or a keg of Craftsman Arroyo Amber Ale. He'll appreciate it...someday. That's about it for this time. I'm off to Las Vegas for the bike show all next week. Then I can think about all the smokin' rides I'll be doing soon.

L8S, *Martin*

Go to Spooktacular Event by Dick Stewart

www.kernwheelmen.org/spookreg2000.htm
www.kernwheelmen.org

Under Print Registration, you will see the ride descriptions and registration information.

On the Double Metric, I've heard 8000' and 9600'. Lion's Trail has its moments but most everyone should be able to do it. The rest of the ride is moderate grades. The Metric and Eighty are mostly upgrade going out and Express Train coming back. The Twenty-Five is a fun trip to a really nice zoo (free pass). It is good for sight-seeing and families.

It's a little tricky getting to Yokuts Park. Please be sure to print the map on our web site. Maybe check a Bakersfield map. Park at Yokuts Park or the parking lots just outside of the park.



There are several motels near 99 & California, e.g., Motel 6, California Inn, Ramada, and Travel Lodge. There is a Sheraton Four Points a few blocks down the street for those with Ti bikes :<)))

Flyers, bright orange (what else?), have been mailed. If you haven't received them, please send your snail - mail address to the e-mail address below. We were unable to obtain mailing addresses for all clubs, e.g., club doesn't have a mailing address.

If you have questions about Spook -- E-mail spook@dellnet.com

rs, etr
dick stewart (momstoker@aol.com)
vp, kern wheelmen bicycle club

Be Kind to Trails

by Scott Dayman

For those who have ridden the local trails for many years, they will have noticed the increasing popularity of them. It's no surprise that we're not the only ones who like these trails, but with more trail users comes more trail wear.

Our friends at the Mount Wilson Bicycling Association work hard to maintain the trails, but it's a hard job to keep up with all the maintenance that needs to be done. Not only is there the usual wear and tear on the trails, but some people have been doing far more than their share of damage to our trails. If you've hiked or biked El Prieto or Sunset, you'll notice the nasty tenches that approach many of the turns. You might even notice some illegally cut shortcuts on El Prieto. Just remember:

- 1) Skidding is bad
- 2) Cutting illegal shortcuts is worse.

Make us all happy by trying to be a better rider. Most likely, the damage is caused by those who are going too fast when they approach a turn and have to skid to scrub a ton of speed before entering a turn, or by avoiding the turn altogether and cut a trail to head straight down to the trail below.



You can also help out by joining the MWBA on one or more of their monthly trail work days. As Martin always says, it's held on the last Saturday of the month. See Martin's column for their phone number, or hit their new website at www.mwba.org.

Bits & Pieces

by Scott Dayman

That darn creak is back

I'm still fighting with my Ti bottom bracket. On my last ride, what started with a regular popping turned into a full-blown creakfest. On the bright side, other riders know where I was at all times. In fact, at one point when I managed to be gentle enough to not get the BB to creak, the person I was riding with had to turn around to find out what happened to me because she didn't hear the creak.

I'm giving it one more chance. If I can't get rid of the creak this weekend, I'm ditching the Ti Bottom Bracket idea. That XT bottom bracket I had sure was quiet and reliable, but really heavy. I just might go back to the XT for some peace and quiet.

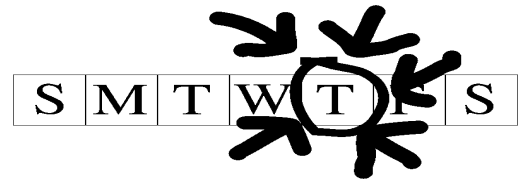
TNR coming to a close

Daylight Savings is coming to an end, which means that our Thursday Night Rides are also coming to an end. The best thing about the tail end of our TNR series is that it's *actually dark* when we ride. If you haven't gotten yourself some lights and hit the trails in

the dark, you're missing out on another world. Trails you've ridden a hundred times will become unfamiliar. You'll focus on your line much better without the distractions of the surrounding scenery. And it's so much more peaceful to ride at night.

Check our ride schedule for the TNRs for this month. And try to make it to the BBQ. Henninger makes for a nice climb, and grilling food on their BBQs is quite an experience. Come on up and bring something to cook and enjoy a fresh-cooked meal.

Thursday Night Rides



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



PMBC RideLine

(626) 577-RACE

Sponsored by Pasadena Cyclery!

Thursday October 5 – Sam Merril

Thursday October 12 – La Tuna

Thursday October 19 – Brown

Thursday October 26 – BBQ at Henninger
Don't miss out! This is the last TNR of the season.



Rides and Events



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

Sunday, October 1 – Chesebro. Ride leader – Scott Dayman

Wednesday, October 4 – Club meeting at Fuddrucker's Restaurant in Hasting's Ranch, Pasadena. 7:30pm

Sunday, October 8 – Rim Nordic race day. Come race, or cheer us on

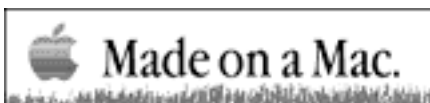
Saturday, October 14 – Beginner ride. Meet at Pasadena Cyclery at 8:30am. Ride leader – Scott Dayman

Sunday, October 15 – Ken Burton Trail. Ride leader – Martin Gomez

Sunday, October 22 – San Juan Trail. Ride leader – Forrest Hayashi

Saturday, October 28 – Beginner ride. Meet at Pasadena Cyclery at 8:30am. Ride leader – Scott Dayman

Sunday, October 29 – Taco Tour. Ride leader – Tony Quiroz



So much
blank
space, so
few
pictures

If you have any pictures I can put here, e-mail digital pictures to me at: scott@dayman.net, or snail-mail them to:

PMBC

1670 East Walnut Street

Pasadena, CA 91106

(and I'll mail them back)

Classifieds

e-mail at mgomez66@aol.com.

1997 Blue Stumpjumper M2 – M2 X butted Metal Matrix Ceramic Composite Chassis (20% stiffer, 8% stronger). Manitou Pro Fork with coil/MCU-sprung suspension with Specialized Stout front hub. Shimano Deore XT/Deore LX Derailleurs and LX SL Rapidfire shifters. New forged Son of StrongArm crank. Avid "Single Digit" cold-forged linear pull brakes with Speed Dial brake levers. Specialized Team Control/Team Master Kevlar bead tires, Mavic 238 rims and Ritchey spokes. Made in U.S.A. Upgrades include Kore Stem & Shimano DH Pedal (or Ritchey Logic Clipless). 20.5" Frame. Like New. \$650 OBO. Call John at 310-407-7040.

Vistalite VL530 – 2 halogen independent mount lights one 15watt and 10watt, rechargeable frame mount Nicad soft battery pack, charger and ext. cord. Runtime 3.0hours@10W, 2.5hours@15W and 1.5hours for both. This retails for \$195.00 I will sell to PMBC members for \$115.00. Call (626) 683-8327

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

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

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 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

**Better yet, write a
column. Tell a
story. Review
equipment. Brag
about your racing
exploits. Entertain
us.
e-mail your
amazing stories to
scott@dayman.net**

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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