



The Champagne of
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Clubs

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Pasadena Mountain Bike Club

March 2001 Newsletter



A pot 'o gold at the end of every trail



This Month's Top Stories

- Message From The President
- Building...riding...pushing...
- Pictures from the Trail

- Some of the usual stuff
- Handy addresses



Bad biker! No ride for you!

MESSAGE FROM THE PRESIDENT

I'm looking out the window at work on a rainy day while writing this. Normally, I would be bummed but, as I claimed I would last month, I've been riding as much as I can. I've been getting in some of the weekend PMBC rides, plus getting in some in during the week either on the road at lunch or off road on some afternoons with John Khao on the Fullerton loop. Some of the guys in my department do the occasional morning ride too. You would think that at least I'd be

feeling faster, not necessarily going faster, but not yet. When does the hurting stop? Hey, at least I didn't get dropped by "The Peck", last month at Brown. That's because he – pretty much – blew up (literally and figuratively). I guess he's feeling the effects of his sympathy pregnancy. He says that he needs to move back to Pasadena to get some real riding in again, because he's gotten out of shape faster since moving downtown. And he says that the kiosks will happen soon too?whatever. He

should start off by renewing his PMBC membership. As should all of you. I did. We've got some new things coming up. For example, Scott has added new club member e-mail boxes to the PMBC website. So when someone sees you on the trail or sees your pic on the site, thinks you're hot and would like to stalk you with electronically, they can do it without using your personal e-mail address! Also, our friend, Collin Myers at Axis Sport, has kicked down a pair of either AXO or Gaerne cycling shoes and a pair gloves for us to raffle off to some PAID club members! How styley is that? I think I'll do the drawing from all the names of all the paid members at April's club meeting. That gives you guys over a month to come up with your measly \$15 renewal or \$25 new member dues. There's no way you're getting a new pair of cycling shoes for even three times that amount and, since you jokers take forever to renew, your odds of winning are pretty good! Or maybe I'll just draw from whoever shows up to the meeting. Maybe that'll increase attendance.



If that promo worked on you, show up at the next Pasadena Mountain Bike Club meeting on the first Wednesday of the month at Fuddrucker's restaurant in the Hastings Ranch shopping center in Pasadena at 7:30pm. That's where we hash out the next months' ride schedule, eat some tasty Fuddrucker's food, get out latest copy of Cycle News from Forrest or bike mags from me and sometimes, dole out the schwag! My schwag capabilities are being strained, however, because the fine people that run my company have decided to reorganize me out of a job – again. I'm told that there are some new positions created that I *may* be up for. My wife is incredulous though. I wonder why? I did get three new bikes and at least I was a temp his time, so I don't have to lose any sleep about getting a

severance package – oh wait, that's not a good thing. I'll see what handouts I can collect before I go and if I can still score a GT sponsorship for the club. Maybe by the meeting things will be better. Maybe I'll have news about new jerseys too. See you there.



Once again I hope to make it out to – and see some of you at – trail work with the Mount Wilson Bicycling Association this month. This is something I'd like all PMBC members to do at least once a year. It's important to the image of mountain bikers in the Angeles National Forest and all over the country. The MWBA's efforts to maintain and build local trails, and keep trail access for bikes, have been recognized by the cycling and main stream media. The MWBA's fearless leader, Alan Armstrong, is a member of the Mountain Bike Hall of Fame. Don't let all this intimidate you because it's also a good time with some like-minded people who also don't want the best trails to just be for the hikers and equestrians. Don't ride like an idiot too and negate all of their hard work. The hard work of thousands of concerned mountain bikers paid off recently when their barrage of e-mails and letters to the BLM (Bureau of Land Management) reversed the BLM's plan to lump mountain bikes in with motorcycles in their land use decisions. Imagine being considered a motorcyclist in Federal land. Good luck riding anywhere off road after that happened. The BLM's actions would have possibly influenced the way the other land management groups like the National Park Service deal with mountain bikers as a user group even when we do less trail damage than other users and do good work

maintaining trails like the MWBA does. Luckily, this victory means we'll get a separate, non-motorized, plan from the BLM.



That's it for this month's rant. Make sure you; renew your membership, give us a deposit for the next PMBC jersey, show up to the meeting to score some schwag, go to trail work, and join us for some upcoming rides like the San Juan Trail – which is always an epic adventure.

Hasta,
Martin



Bike Building & SnoCal Riding/Pushing

by Scott Dayman

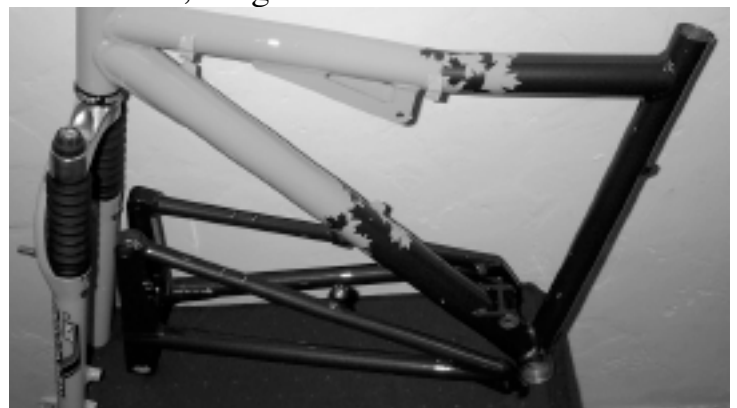
It's that time of year again, when we'd like to ride, but can't because it's raining, it's cold, something else came up, there are no races, or we're saving ourselves for Sea Otter this month.

What to do, what to do? My bike's in pretty good shape from spending much of the winter cleaning and tuning it, even riding it once or twice. Let's build a bike!

Almost a year ago, we bought Martin VanDerVeen's old Heckler frame he was unloading prior to bailing out on us Californians. It's just Katrina's size, and her old bike is...old. I also picked up a used SX Ti fork early last year as well.

The frame was white, and, being fashion-conscious, we knew that just wasn't "in." Steve, of Steve's Bike (and Pets!) does some mighty fine frame painting. I think he paints mailboxes, too. He patiently let us pick out colors, and patterns, and spent quite a bit of time making sure he knew what we wanted. We knew what we wanted: pretty colors and maple leaves, and Steve to do it all.

A couple of weeks and a few very reasonable dollars later, we got this:



(Some assembly required)

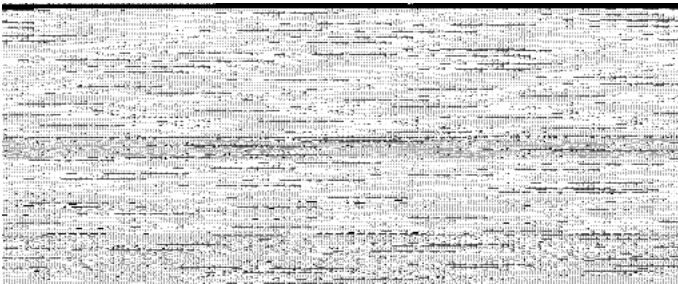
Looks great! Very light! Rides horribly. Time for some parts. I stocked up on various parts, including a venture into the land of hydraulic brakes by Magura. The fine folks at Pasadena

Cyclery hooked me up with a great set of Shimano's new Hollowtech XT cranks. They're the ones with the splined bottom bracket.

Many hours later, we ended up with a complete bike, like this:



So here we have a complete, almost ready-to-ride bike. The last of the work involves adjusting seat height and position, and then handlebar height and reach. We came up a bit short (ha-ha) in that department. The final step of this project is to get a longer stem with more rise. Another satisfying project done!



With that done I feel like going on a ride on my own neglected bike. Our last ride of February turned out to be up to Inspiration Point.

After a scattered start, we all managed to meet up with each other. Daniel and I took Lower Sam Merrill, and John Khao and first-time-with-us rider Sheryl (or maybe Sherri, or maybe an entirely different spelling) took Cheney Trail up.

By the time Daniel and I caught up with John and Sheryl, we'd already entered the snow

zone, and they were pushing their bikes. Ok, Sheryl was pushing her bike, and John was pushing his 31+ pound Titus easychair.

After quite a bit more pushing we gave up, figuring there was no way we'd actually ever ride our bikes above this elevation. We did a bit of snow riding back, more pushing, then finally got back to riding.

Our ride down Sunset Trail was a lot of fun. John's Titus soaking up all the drops, and Daniel keeping up. Sheryl and I took a more cautious approach and we all made it to the bottom all in one piece. And cold. A trip to Inspiration Point right now is best left to hikers and cross-country skiers. Never fear, on March 4th, I'll be leading another ride in the same area, and maybe we'll hit the snow again. Bring your mittens.

PMBC RideLine

(626) 577-RACE

Sponsored by Pasadena Cyclery!

Rides and Events



FoFo sandbagging at the Snow Summit Amateur Cup

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

Saturday March 3 – Sunset Ridge. Ride leader – Scott Dayman

Wednesday March 7 – Club Meeting@Fuddrucker's in Hastings Ranch, 7:30pm.

Saturday March 10 – Beginner ride. Meet at Pasadena Cyclery at 8:30am. Ride leader – Scott Dayman

Sunday March 11 – Hoyt Canyon, ANF. Ride leader – Martin Gomez

Saturday March 17 – El Moro Canyon, Laguna Beach. Ride leader – Forrest Hayashi.

Thursday-Sunday March 22-25 – SRAM Sea Otter Classic mountain and road bike races, Monterey, CA.

Saturday March 24 – Beginner ride. Meet at Pasadena Cyclery at 8:30am. Ride leader – Scott Dayman

Sunday March 25 – Switzer to Red Box loop, ANF. Ride leader – Ray Herrera

Saturday March 31 – The San Juan Trail, San Juan Capistrano. Ride leader – Martin Gomez



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Classifieds

GT Zaskar LE 16" – (center to center) GT's top of the line hardtail frame. Super light Easton Elite Program aluminum frame with CNC'd dropouts. Frost Blue anodized color. Shimano XT derailleur, XTR brake levers, XT shifters, XT V-brakes, LX cranks, Manitou SX fork, Kore stem, Azonic bar, and Mythos kevlar tires. (no peddles) Light race bike. Ridden twice, Excellent Condition! New sold for over \$2000. I will sell mine for \$775. (562) 621-2158 or e-mail at fofo@ix.netcom.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.



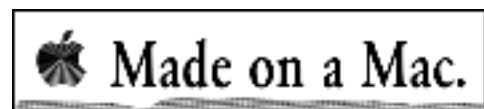
Vistalite VL530 – 2 halogen independent mount lights one 15watt and 10watt, rechargeable frame mount Nicad soft battery pack, charger and ext. cord. Runtime 3.0hours@10W, 2.5hours@15W and 1.5hours for both. This retails for \$195.00 I will sell to PMBC members for \$115.00. Call (626) 683-8327

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 or best offer. Call Doug Sullivan 626-683-8327 or e-mail hardtailmtnbiker@yahoo.com or MtWilsonmtnbiker@cs.com



FoFo in his backyard at El Moro



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) 621-2158 fofo@ix.netcom.com
Beginners' Ride Coordinators and News/Web 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
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

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), stacker!(oct-dec)

What are your interests?
 touring
 beginners' rides
 racing
 recreational rides
 trail maintenance
 thursday night rides
 riding clinics
 maintenance clinics
 trail access issues
 other _____

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

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