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## Pasadena Mountain Bike Club

November 2001 Newsletter

**b** *We'll help you build up that Thanksgiving appetite* **b**



Mark Thome conquers Haleakala

### This Month's Top Stories

- Message From The President
- Riding in Exotic Places
- How to ride fast with lots of people
  
- Some of the usual stuff
- Handy addresses

## ***MESSAGE FROM THE PRESIDENT***

Hello again and Happy Halloween. I hope that some of you will be joining us on the Day of the Dead ride on November 3rd. Unfortunately, I found no takers to host a PMBC Halloween party, so another year goes by without a return of our greatest event. We

suck. Another thing that sucks is that the Mount Wilson Bicycling Association's Annual Pancake Breakfast is on hold for now. With the trail work situation up in the air, and the recent events around the country-and world-the MWBA guys decided to

regroup and save it for later when the reason for the fundraiser is actually happening. Call them at (626) 795-3836 occasionally to see if trail work is back on. It's too long of a story (why trail work is not happening right now) to rehash again so e-mail me if it's really important or ask the MWBA guys.



On the upside, we've been getting some pretty good turn outs for weekend rides lately (from 8 to 12 people). You should've been with us on the epic Idlehour ride we did a couple of weeks ago. It was brutal (especially for me) but the singletrack down from Inspiration to Idlehour was worth the tough climbing. It's hard to believe that I used to ride into Idlehour twice a week during one Semester while I was at PCC. I expect more good turn outs for the big rides coming up, like the Day of the Dead ride (from Chilao to JPL), and the Thanksgiving and Pearl Harbor Day rides (although I'm not so sure that one's the most PC right now) so come on down! Another good thing that's happening is that former PMBC racer, Rob Baraga, is coming back to the fold and will be our new Racing Team Manager. He has some great ideas for reorganizing the team and returning it to its former glory-including some leads on potential sponsors and a racer payback program. Come to a meeting to sign up because now is the time to get the ball rolling for next season. All you need to do is be a current club member and race. You'll want to get with everyone to start planning winter training schedules and start road riding again. Hopefully,

we'll have a mailbox for Rob on the website soon. Oh yeah, in case you don't remember, club meetings are on the first Wednesday of the month at 7:30pm at Fuddruckers Restaurant in Hastings Ranch.

That's all the torture I have for you this month so I'll see you around.

Hasta,

**Martin**

P.S. Check out the classifieds and buy one of my bikes. I'm jobless and need the money.



Martin...back when he was an office slug

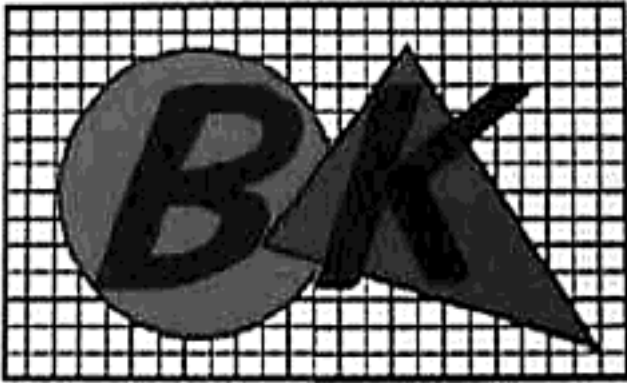
## **Riding Mt. Haleakala**

by Mark Thome

OK, so a couple years ago I wrote a story for the newsletter about mountain biking in Hawaii...remember that? I rented a bike from a shop in Kahului, Maui, and went riding some schweet nearby singletrack with a couple of the locals.

That was all good, but I knew the next time it would be even cooler if I could bring my own bike and explore at my own leisure. And, there's this huge dormant volcano called Mt. Haleakala, which dominates the entire southern/eastern half of Maui, that was just begging to be explored.

Reaching just over 10,000 ft. in elevation, Mt. Haleakala is a popular tourist destination on Maui. Often referred to as "the house of the sun", people drive the nicely paved road to the top before sunrise, and watch the sun come up over the edge of the volcano/mountain. The other popular tourist activity on Haleakala involves numerous tour vans that carry groups to the top, and send them riding to the bottom (all the way back to sea level) on a several-hour guided tour, complete with industrial-grade cruiser bikes and full-face downhill helmets.



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

I knew from the drive to the top on our last trip there that it would be fun to do that ride to the bottom - even better with my own bike - to ride at my own high-speed pace. The tour guides frown on their groups getting into racer mode, and discourage those kind of antics. And, all the way up, I considered that some people must be crazy enough to ride the other way - going up. If some other monkeys could ride to the top, why not me?

OK, so remember the story I did last month on the bike cases? Good. Let's skip right ahead to my 2001 Maui riding adventure, and we'll pick this up from the time my trusty GT was reassembled in our hotel room and ready to ride...



The first day riding involved driving in the rental car about 1/4-way up Haleakala to do some dirt riding. We cruised up a small paved lane called Waipoli Road, passed a ranger station, and parked where the road turned to dirt, and became Polipoli Access Road, near the Kula Forest Reserve. I rode up the access road to approximately 7200 ft. elevation, and caught the trailhead to a sweet section of dirt singletrack called Mamane Trail (lots of pine needle carpeted red

dirt, shrouded in fog), and caught that back down. I never knew there were redwoods in Hawaii, but you'll find them here. After a 1,200 ft. descent in just 1.2 miles, there's an intersection option to the Waiakoa Trail. I took that, and after just a mile or so, it degraded into one of the nastiest sections I've ever tried to ride...very short sections of trail, punctuated by still-sharp lava rock. After getting off and on, off and on for about 3 miles, I finally had to go back the other way. Back at the intersection, I continued down to the Polipoli Access Road, and back to the car. Riding the Mamane Trail was worth the effort, and next time we go to Maui, I'll want to ride another nearby trail called that Waiakoa Loop (connected to the nasty one mentioned above) that's supposed to be very cool for mountain biking.

After that bit of riding, we threw the bike in the trunk and drove to the top of Mt. Haleakala. By the time we reached the top, it was almost 6:30 pm, and the sun was setting (late July). I put on my warm bike stuff, and pointed it down the hill. Within about 10 minutes, it was getting pretty dark - I had to have my wife drive right behind me with her headlights on high beams to keep me on pace. The only real drama involved was locking the wheels of the bike up a couple times to avoid cattle crossing the road on the way down...much of the mountain is open range.



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Two days later, I decided to do the climb. If I were to do it properly, I would have started at sea level. But, I didn't really get going until late morning (hey, I was on vacation, OK?). So, I cruised up to about 1,000 ft. elevation and started near the Maui polo field, at the turnoff corner for the Tedeschi Winery.

The scenery on the climb was fantastic. From lush tropical rainforest to towering eucalyptus groves, through the little Maui upcountry town on Kula, up through open-range grassland, pine forests, alpine meadows, and then nothing but harsh black lava fields at the top, I've never passed such variety of terrain in a single ride. Since this was late July, and the Tour was just wrapping up on TV, it didn't hurt that I'd been watching Lance Armstrong put the pain to the rest of the peloton on the climbs through the Alps and the Pyrenees. Much of this ride looked like that, with constant switchbacks and some brutally steep sections at high elevation. Part of the fun was watching people drive by on the way up, and then seeing them check out the nutty mountain biker still climbing up a few hours later as they were coming back down in their cars. It wound up being just a 28-mile ride to the top, but a climb of around 9,000 vertical feet, in almost

exactly 5 hours. I left my dirt tires on for this ride, with the possibility of descending the off-road Skyline Trail. That was out of the question, however, as I reached the summit at around 6pm, and I knew it would be getting dark soon. The ride down was a little quicker - it only took 40 minutes to get back to the car! The ride up was ideal weather, cool and clear. The way down was different; at that elevation, the weather can change quickly. At around 9500 ft. on the descent, clouds blew in, and it began to rain, then sleet, then snow. For about 15 minutes, it was cold enough that my fingers were freezing. Fortunately, I had warm clothes I changed into for the way down, but I had to put my fingers in my mouth on the straightaways to keep them from getting frostbite (in Hawaii!).



I've never done any real roadie climbing before this ride. So far, I haven't done anything like the Ride Around the Bear (which before seemed like a really bad idea). But, considering how much fun this was (and hard), it might be fun to try that kind of stuff a little more often. Next time we go to Maui, I think I could cut as much as an hour out of the climb up Mt. Haleakala if I put some skinny/road tires on my mountain bike...or, maybe take the roadie bike next time. And, now that I got this one out of the way, I can't wait to ride the other great driving tour of Maui - the road to Hana.



**Velo Pasadena Bicycle Shop**  
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(For an excellent map of the Polipoli Trails, contact Hawaii's State Division of Tourism at 808-873-3508. The best bike tour company for the downhill tourist rides is Bike Hawaii, at 877-682-7433, at [www.bikehawaii.com](http://www.bikehawaii.com). The best source of info I've found for mountain biking Maui, is a local guy named Tom G's website, at [www.maui.net/~tomg](http://www.maui.net/~tomg). You'll find plenty of good advice, maps, and recommendations. Also, the Trails.com website at

[www.trails.com](http://www.trails.com) has a lot of good directions and info).



## Want to ride fast?

by Robert Baraga ([rob@pmbc.org](mailto:rob@pmbc.org))

Hello PMBC Members,

At the risk of boring you all, I thought I might let you in on my biking past. For those of you who have not met me, my name is Rob Baraga. I have actually been haunting the local trails for about 10 years now, and actually was a member of PMBC back in the hey day of our sport ( the mid '90's). Anyway I have raced Road bikes since 1992, and Mountain Bikes since 1993, does anyone remember the Mt Baldy Cup? I took about 2 1/2 years off when my little girl was born, and last Spring I dusted off my saddle, drenched my chain in White Lightning, and headed for the trails.

Like many of you, I had given up racing for more adult ventures. (like being a dad, husband and concentrating on my career) What I realized was that riding made me a more relaxed dad, husband, and even more driven at work.

The reason I am torturing you with my story is that I think my story may be common among us. Our sport went through a Boom of public interest that got us involved and interested and if we drifted away from the sport, we felt we were missing something. If you have just started to get involved in cycling hopefully we can keep you fired up. I would like to invite all of you to ride and race for the same reason

you got involved in the sport, because you love to ride and compete, and most of all have fun.

My commitment to you is to provide any support I can to make racing your bike fun. A couple ideas I have are:

1. Racer kickbacks for making podium or winning a race.
2. Team Presence at targeted races.
3. Recent results and pictures posted on the site and in the newsletter.
4. Networking hub to find training buds.
5. Providing workout schedules for racers.\*

\*I am not a personal trainer or certified in any way. I can let you know what I have done, read and refer you to websites or books that may apply to you. Definitely consult your physician before you take on any exercise program.

I do need your help, I want to gauge interest in a couple of things:

1. What type of racing are you interested in? (Cross Country, Downhill, Slalom, 24 HR, Road, etc.)
2. What were your 2001 results? (Cal Mtn Bike Challenge, Rim Nordic, Snow Summit, Road Races)
3. Do we want to concentrate on one series or race to have a strong team presence?
4. Are we interested in team related competitions like the Cal Mtn Bike Challenge Team Competition?
5. How do you train? (Lobo Solo, with buddies, according to a program, wing it)
6. Is there interest in a fundraising event to raise the level of kickbacks to racers?
7. Is there an interest in getting USCF certification to get discounts on road races?

If you have never raced before, give it a shot. There are plenty of First Timer events, that are shorter distances and are a good way to get your feet wet. The only requirement to be on the PMBC racing team is that you are a current PMBC member.

Look Forward to hearing from you, and happy training...

Rob Baraga, 2002 PMBC Race Manager

## Rides and Events



Ray, Dan, Martin, and Gina in front, then The Humongous Peck, Brian, Reuben, John Khao, Mike(?) Fofa, Mark

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

**Saturday November 3** – My birthday and the Day-of-the-Dead-Ride-of-the-Dead, Drop-off Deathride. Place TBA. Ride leader – Satan.

**Wednesday November 7** – Club Meeting at Fuddruckers, Pasadena. 7:30pm.

**Saturday November 10** – Beginner Ride. Meet at Pasadena Cyclery at 8:30am. Ride Leader – Scott Dayman.

**Sunday November 11** – Strawberry Peak, ANF. Ride Leader – John Khao.

**Saturday November 17** – The San Juan Trail, San Juan Capistrano. Ride Leader – Ray Herrera.

**Thursday November 22** – Thanksgiving Day Ride. Call Ride Line for details.

**Saturday November 24** – Beginner Ride. Meet at Pasadena Cyclery at 8:30am. Ride Leader – Scott Dayman.

**Sunday November 25** – Newton Canyon? Trail?, Malibu. Ride Leader – Scott Dayman.

\* ANF=Forest Adventure Pass required



626.798.8703  
2387 North Lake Avenue  
Altadena, California 91001

## Classifieds

**2000 GT Zaskar LE** – Medium (16" center to center) frame in GT team colors (Blue and Yellow). Fits riders from 5'7" to about 6'. Super light frame made of Easton Program Elite Aluminum tubing – one of the last ones made in GT's own Santa Ana, California plant. Decked out with hardly-used components: '01 Rock Shox Judy SL fork, Shimano XTR Mega-9 rear derailleur, XT 9-speed shifters and front derailleur, LX Hollowtech crankset and 11-34 cassette, Formula Evoluzione hydraulic disc brakes, Wilderness Trail Bikes Momentum Disc Brake Wheelset with Laser Beam rims, Syncros Hardcore headset, hinged stem, 1" rise bars and seatpost. Your choice of DH or XC tires and Time or SPD-type pedals. Less than 10 rides on it. Great dual sport hardtail that Mountain Biking magazine called the "King of the Hardtails."



Run fatty DH tires and a short stem and use it for slalom or hucking. Switch to a longer stem and XC knobs and you're racing the same bike Alison Dunlap races in World Cup events. New would cost almost \$2300. Buy mine for \$1400.

[martin@pmbc.org](mailto:martin@pmbc.org)  
(909)596-6603  
(11/2001)

**2001 GT i-DRIVE Race** – Medium size frame in Team Lotto colors (Black/Red/Yellow). This is the new short-travel (for GT) i-DRIVE frame that all the mountain bike magazines have been raving about this year. Made from Easton Program Tubing and featuring an integrated headset. Has the super-efficient, i-DRIVE rear suspension with 3.25" of travel with a Fox Float RC shock with lockout that you'll never need. Built up with all '01 components including Rock Shox SID XC fork with 80mm travel, Shimano XTR Mega-9 rear derailleur, LX 9-speed shifters and 11-32 cassette, front derailleur, and Hollowtech crankset, Avid Speed Dial Disc levers and SD Ti linear pull (V-type) brakes, LX hubs with Mavic X-225 rims built up with black DT spokes, WTB Nano Raptor Kevlar tires, Syncros stem, bar and seatpost and SDG Satellite saddle.



This bike is light (25lbs. stock and easily can get down to 23lbs.), fast, and climbs like no other full suspension bike—that has real, actually working suspension—can and still descends like it has more travel!!! GT finally got it right just in time to be sold to a company that probably won't make this cool of a bike again. Buy the ultimate XC full suspension bike from me for less than the \$2400 it sold for at retail. Asking \$1500.

[martin@pmbc.org](mailto:martin@pmbc.org)  
(909)596-6603  
(11/2001)

**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.

**18" steel hardtail mtb frame** – \$199 or best offer. Call Doug Sullivan 626-683-8327 or e-mail [hardtailmtnbiker@yahoo.com](mailto:hardtailmtnbiker@yahoo.com) or [MtWilsonmtnbiker@cs.com](mailto:MtWilsonmtnbiker@cs.com)

## PMBC RideLine

### (626) 577-RACE

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**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
Racing Manager	Rob Baraga rob@pmbc.org
Advertising Coordinator	Colette Hallman (626) 794-1245
Fitness Expert	Doug Sullivan doug@pmbc.org
PMBC Rideline	(626) 577-RACE
General Membership	membership@pmbc.org
Drive-by E-Mail	mailbag@pmbc.org



## PMBC Membership Application

What are your interests?

- Touring
- Beginner 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-mai), \$19 (apr-jun)  
\$13 (jul-sep), \$7 (oct-dec)*

*old members: \$15 (jan-mai), \$11 (apr-jun)  
(renewals) \$7 (jul-sep), slacker! (oct-dec)*

mail checks only to: Pasadena Mountain Bike Club 1670 E. Walnut Pasadena, CA 91106

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