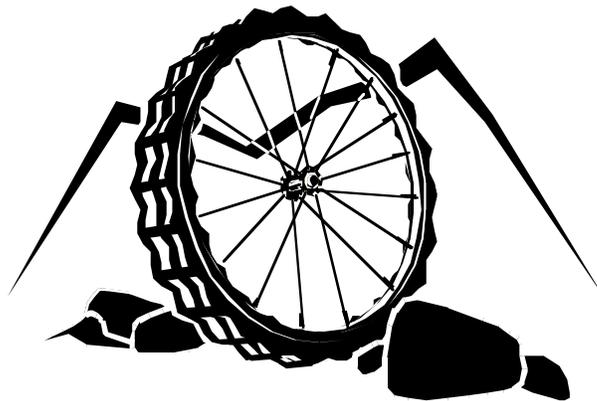




The Champagne of
Mountain Bike Clubs



PMBC

Pasadena Mountain Bike Club

www.pmbc.org

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I·M·B·A

July 2002 Newsletter

🚲 *Sizzlin' Hot Rides!* 🚲



Bicycle Ballet from MTBR.com

This Month's Top Stories

- Message From The President
- Aimful wandering
- Who *is* that guy?

- Some of the usual stuff
- Handy addresses

MESSAGE FROM THE PRESIDENT

In case you missed it, the Lakers won the NBA Championship, again. The 1st game of NBA Finals was on the night last month's PMBC meeting was scheduled. Naturally, we canceled the meeting. I guess we'll be making up what we missed while were watching basketball. I just made up a ride schedule and hope the ride leaders can make it. We will be having the next meeting on Wednesday July 3 and might be making up our Basic Maintenance Seminar that we were supposed to have last month.

Our annual 4th of July, Sea to Reseda adventure the next day after the meeting. Don't miss it because we always have a good turn out and good time on that ride. Check the schedule or the site for details. I guess a few people are still making it out to the Thursday Night Rides. Keep on going because Tony the Peck and Martin Van der Veen have been out there regularly. I guess someone was looking for our group at the JPL lot on the last Brown TNR but did not find the right people. I guess we'll have to ask

club guys to remember to wear their jerseys or we'll have to make a more precise meeting point at a busy trail head and parking lot like that one. Watch for those changes soon. The July ride schedule will follow in this issue and on the web site.

There were only four of us out on the Holy Jim Trail in Orange County this weekend. It was quite a trip because we got started late (like usual) and I wasn't expecting the long, and exceptionally rough, fire road drive in my truck to the trailhead. I told Martin V- who was riding with me-that off-roading looks a lot smoother in the Ford truck commercials. My F-150 is waaaaay smoother than last truck was. That truck (my beloved '91 Toyota 4X4) was ten years old and did have way over 100,000 miles on it, so I'm sure the suspension was beat. The drive alone from the highway was about 20 minutes long and I had to get make it a quick ride since I was working that day. The guy I used to work with at GT, who called this ride, didn't show so there was no one there who had actually been on this ride before. That was a sure recipe for disaster. When we parked at the trailhead, there were three different ways to go and a vague map that was no help at all. Luckily some guy who was chasing his dog around the fire roads in his 4-by gave us his recommendation on the best way up the mountain. He said that the middle road was the way to go if we wanted to, "get our asses kicked" while climbing this thing, so we figured that was cool and went that way. The climb was mostly singletrack and looked an awful lot like the climb out of Idlehour Campground towards the Toll Road and was just as evil. The guy who got us out for this ride said to expect Poison Oak and he was not kidding. It was like the worst parts of El Prieto when the Poison Oak gets overgrown and gets real close to swiping your legs as you go by. Real PO-sensitive types like Fofu should probably skip this one. The terrain should be familiar to those of you who've ridden the San Juan Trail because this is just on the other side of the hill from that and I think there's a trail that connects the two and could make for a really huge-and long-epic ride sometime. I definitely didn't have time for one of those rides this day so Martin and I turned around after about 45 minutes of climbing (and hike-a-bike) and blasted back down the trail. We even got to go up and down over a pretty large rock garden that was really a debris field. It was sketchy both uphill and downhill but was still choice. The rocks were baseball sized and on the way down you really weren't in control much. I like the crunchy sound those rocks make when you're sketching through them. So we raged back to the truck and bounced ourselves back down the fire road in the truck with a few dicey moments with people driving up the road and not staying to their right side of it. I heard from my friend, Gina, who continued up the climb with her boyfriend, Dan. When Martin and I turned

around, we figured to be half way up the trail at around 45 minutes of climbing but we were wrong. Gina said that the loop took them 4 hours and that there was even more Hike-a-Bike ahead that we missed. I think the guy in the truck was right about the ass kicking. We'll have to do this one again on a day I actually have off.

We will still be able to enjoy that ride thanks to the efforts of Orange County's Warriors Society who successfully blocked a planned Wilderness designation in the Trabuco area where this ride is. Make sure to check out the latest on the local Wilderness fight and IMBA's position on it at: http://www.imba.com/news/action_alerts/ca_wilderness/ca_wilderness.html.



Also, do not forget to help keep – or sway – other trail users' opinions of mountain bikers on the positive side. Don't ride like a jackass (skidding, cutting trails and scaring others off the trails). Teach new riders how to not ride like a jackass, and give up at least one day a year to join the Mount Wilson Bicycling Association on a trail workday. Call them at (626) 795-3836 to find out when and where their next workday will be held. Maybe you'll get to style out one of your favorite local trails.

That was all my usual propaganda for this month. I hope to see you all show up for some rides soon.

Later,

Martin



Our fearless leader

Bipedal Power

by Scott Dayman

During the winters when I want to get out and do something different, I cross country ski...when there's snow. When the weather's nice and I don't want to be on the bike, I hike.

I was born here, and first lived in Altadena. One of my first memories of hiking in these hills was of a snake that scared the bejeebies out of my mom. Now I'm a little more used to them and just leave them alone and continue on my merry way. All my life I've been hiking around here, but still haven't seen all there is to see in these hills. So I bike and see more, but I only see what's near trails good for mountain biking.

Lately, I've been doing more hiking, but in the name of Geocaching. Geocaching is a sport invented to get computer-bound geeks to get off their butts and exercise. Or maybe it was invented just to have fun. But it's only about 2 years old, this summer.

The idea is for someone to hide a cache, and to log its coordinates for others to try to find. Those who remember Jon Adams from the club might have noticed his interest in Global Positioning Systems (GPS). He'd occasionally not the coordinates of the starting point for a club ride.



There's a great website, www.geocaching.com, that probably has a listing for caches in your very own neck of the woods. There's certainly a ton of them in the hills around here.

With my trusty Garmin eTrex Legend, I've headed out to find treasures and places previously unknown to me. My first find was one near the Rose Bowl. Since then, I've found caches at Echo Mountain in a spot I'd ridden by many times, but never even saw; the upper campground at Henninger Flats, and even as far up as Mt. Lowe (the peak, not the campground). Then there are the ones in spots I'd never ridden or hiked to before, such as Bailey Canyon, Rubio Canyon, and Dawn Mine. All so close to where the club rides, but out of sight from the trails we ride.



Garmin's eTrex Legend

The side effect to all this is that I've found a new way to find poison oak. The good news is that I'm going slow enough where I can actually stare at the plant and figure out if it's harmless or if I'll be itching in a few days.

So, if you've run out of ideas on where to hike or bike, head on over to www.geocaching.com, type in your zip code, and see what hidden caches are somewhere near or far from you. But try to get a hold of a GPS so you'll know where to go. They can be had for \$100 or more new; less if you hunt around for a used one.

Rider Profile

by Forrest Hayashi

[This is first in a series of hard-hitting exposés of members of the Pasadena Mountain Bike Club. Read on as Forrest shows us what Mark Thome is *really* like.]



Mark and Tony the Burro

Name: Mark Thome

Age: 39 (old enough to know better).

Live: Costa Mesa, CA (the poor man's Newport Beach).

Job: Cycle News (marketing & promotions, ads sales).

How long have you been mountain biking? Since 1986.

First mountain bike? A lime green Diamondback Apex.

Current mountain bike? GT i-drive Race and a GT Zaskar LE.

How often do you ride? A couple times a week, not including Spin classes.

Your favorite riding spot? Maui, Hawaii.

Do you race? Yes.

What's your best race finish? Too embarrassed to say, I can't count that high.

What's your best crash? This year's Amateur Cup #1. I went over the bars in deep baby powdered covered rocks. Ouch!

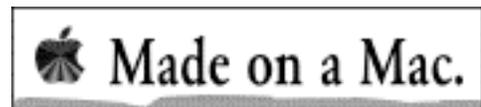
What was the last thing you bought for your bike? A set of \$9.99 each Specialized S-Works tires. They suck!

What's your favorite beverage? Beer! I've never met a beer I didn't like.

What's one thing that you've learned from mountain biking? How to enjoy suffering.

What's your favorite trail snack? Powerbar Gel.

If you had a \$100 burning a hole in your pocket right now, what would you buy? Roscoe's Chicken and Waffles and some new XTR brakes.



Rides and Events

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

Wednesday July 3, 7:00pm – Club Meeting at Pasadena Cyclery.

Thursday July 4, 8:00am – Fourth of July Sea to Reseda Ride. Meet at Pasadena Cyclery. Ride Leader – Martin Gomez.

Sunday July 7, 8:45am – Sawpit to Van Tassel Motorway, Monrovia. Meet outside entrance to Monrovia Canyon Park, or 8:00am at Pasadena Cyclery. Ride Leader – Tony Quiroz.

Thursday July 11, 6:30pm – Switzer to Red Box Loop, ANF. Meet at lower Switzer parking lot. Ride Leader – Ray Herrera.

Saturday July 13, 8:30am – Beginner Ride. Meet at Pasadena Cyclery. Ride Leader – Scott Dayman

Sunday July 14, 8:00am – Beaudry to La Tuna Canyon, La Crescenta. Meet at Pasadena Cyclery. Ride Leader – John Khao.

Thursday July 18, 6:30pm – Winter Creek Trail, ANF. Meet at upper parking lot at Chantry Flats (at the end of Santa Anita Avenue).

Saturday July 20, 8:00am – Mt. Hillyer, ANF. Meet at Pasadena Cyclery. Ride Leader – Doug Sullivan.

Thursday July 25, 6:30pm – Brown Mountain/Ken Burton Trail Loop, Altadena. Meet at Arroyo/JPL lot at Windsor/Ventura. Ride Leader – Martin VanDerVeen.

Saturday July 27, 8:30am – Beginner Ride. Meet at Pasadena Cyclery. Ride Leader – Scott Dayman.

Sunday July 28, 8:00am – The Acorn/Blue Ridge Trail Loop, ANF, Wrightwood. Meet at Pasadena Cyclery. Ride Leader – Martin Gomez.

* ANF=Forest Adventure Pass required

Classifieds

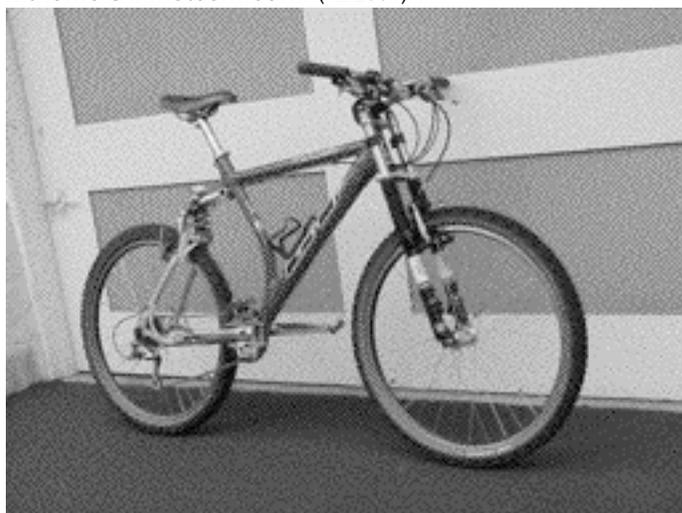
B.O.B. SUS (Sport Utility Strollers) (2) – Two jog strollers with rear suspension to give your kids a plush ride even when jogging on trails. Fold easily and have plenty of storage for baby bags, toys, etc... They also have sunshades and front brakes with a parking lock. They look great because they were used very little and need to get a twin version soon. One is blue with alloy wheels, the other green with mags. New sell for around \$300. Buy mine for \$200 each.

Call Martin at (909)596-6603 or martin@pmbc.org (7/2002)

Manitou X-Vert Fork – 1 1/8" Threadless w/alloy steerer 100mm travel. Originally was 1999 X-Vert but is upgraded with brand new, X-Vert Super internals and springs. Also has brand new crown and uncut steerer. Only the lower legs are not new. Red lowers with universal disc brake mount. \$150 OBO.

martin@pmbc.org (909)596-6603 (6/2002)

GT LTS2000-DS – 18" Red Aluminum Frame, RockShox Judy XL Triple-Clamp Forks, Fox adjustable shock, fresh tires, in great shape. Upgrades include XTR V-Brakes. Bike has been very well-maintained, clean, and best of everything. Definitely the best value you'll find in a serious off-road mountain bike for this price, fun to ride & great performance. Originally retailed around \$1800. Need to make room for new bike, after I bought Martin's. \$850.00. Call Mark at 714-343-8799 (cell) or e-mail at mthome@ix.netcom.com. (12/2001)



(more on next page)

For Rent: Serfas Bike Cases – \$20 per use. I have two of these cases available for rent. Each case will hold one bike, includes a copy of breakdown & shipping instructions. Two sheets of egg-carton foam in each case protects your pride & joy from over-zealous shipping gorillas. You pick 'em up at my place in Costa Mesa, and bring 'em back after you're done using them. Call Mark at 714-343-8799 (cell) or e-mail at mthome@ix.netcom.com. (12/2001)



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 or MtWilsonmtnbiker@cs.com

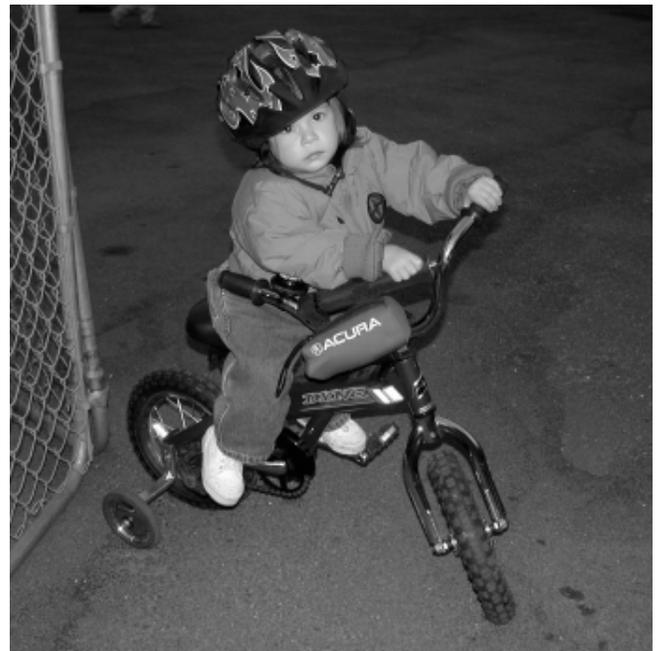


Another great day at Inspiration Point

PMBC RideLine

(626) 577-RACE

Sponsored by Pasadena Cyclery!



One of our faster riders

Club Information

Mailing Address	PMBC 1670 East Walnut Street Pasadena, CA 91106
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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



Forrest at Sea Otter
(The rainbow in the sky doesn't show up in print)

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

*old members: \$15
(renewals)*

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

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Pasadena, California 91106

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