



Basherama!

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The Official Newsletter of the Kuala Lumpur Mountain Bike Hash

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2nd Annual KLMBH International Bash

This year, the International Bash will be a two-day, away Bash set by your merry hares in Melaka (or Malacca to some) on 24 & 25 June 2000.

At 3.30 p.m. on Saturday, 24 June 2000, there will be both a long and short run as per standard Hash format followed by an On On at Golden Beach Condominium, Klebang Beach, Melaka.

The catered Poolside On On will cost RM20

per head and you need to **confirm with Denis** (e-mail and mobile listed above) by **Tuesday, 20 June 2000** that you will be attending the Poolside On On for him to confirm with the caterers.

On Sunday, 25 June 2000, at about 9.30 a.m. (depending on hangovers...), there will be a short, flat ride, through kampongs, rice fields, and some oil palms suitable for all ages and abilities.

Members ride for free, of course, while guests will pay RM15 for both rides. You will be responsible for getting yourself there as well as arranging for your own accommodations if you are planning to stay overnight. Much of the info has already been sent out by way of information sheets and on the web site but please contact your nearest committee member if you need any further information or assistance.

Hope to see you there!!!

DIRECTIONS TO THE INTERNATIONAL BASH @ ALOR GAJAH, MALACCA – 3.30 p.m., Saturday, 24 June 2000

From KL, take the Alor Gajah / Tampin exit [55 mins approx. from Sungai Besi toll] off the **North-South Expressway**. Set trip meter to **ZERO**. Turn left towards Alor Gajah, go through the town and turn Right at roundabout at 8.5 km. Proceed straight along this road. At 19 km, watch for KLMBH3 sign on left and turn left into the **Guthrie** estate. Proceed on to the parking area at 19.7 km.

From Singapore, take Melaka / Ayer Keroh exit. Proceed towards Melaka. After approx. 15 mins you will come to a major intersection **near the Melaka General Hospital and Mosque**. Turn Right towards Alor Gajah. Set trip meter to **ZERO**. Pass through numerous traffic lights [Melaka has more lights per capita than anywhere else in the world], and at 12 km watch for KLMBH3 sign directing you into the **Guthrie** estate. Proceed on to the parking area at 19.7 km.

SATURDAY NIGHT ON ON @ GOLDEN COAST CONDOMINIUM, KLEBANG BEACH, MALACCA - 7.00 p.m., Saturday, 24 June 2000

From Runsite, Zero trip meter and proceed about to estate entrance at 0.7 km. Turn left onto the Alor Gajah - Melaka road (towards Melaka) and proceed through 2 traffic lights. At the third traffic light (at about 5.0 km) turn right. At 9.0 km there is a t-junction – turn left. At 13km, you reach the beach t-junction. Turn left and Golden Coast is the tall condo just around the corner from the intersection at 13.1km. Ask guard for the pool area. Bring bathers if you fancy a dip.

SUNDAY “RECOVERY” RIDE @ KLEBANG BEACH, MALACCA – 9.30 a.m., Sunday, 25 June 2000

The ride will start at the beachfront opposite the Golden Coast Condominium.

Hares: Denis “TwoCan” French and Pat “Pigpen” Brunsdon

www.bikehash.freesevers.com

The Long Ride

Sunday 4th June, 2000

Scribe: Alison Keeler

Hares: Jake Slodki & Paul Moir

Venue: Kundang Lakes

Scenario: Two 'virgin' hares with no run or ride setting experience but lots of enthusiasm and a GPS!

It's great to see new people putting up their hands and volunteering to be hares, though I do think that 'virgin' hares should be paired with someone with previous experience in either setting a Bash or at the very least a running Hash. Bearing all this in mind, these guys still managed to get us all back in at a reasonable time after following a very enjoyable trail.

The absence of a few of the normal FRB's put the pressure on PigPen who ended up doing about 9km more than me (though I blame a fault in my odometer for some of this, I know he did several extra kms anyway!). There were only about 8 of us on the long trail to start with and no hare to be seen until at least half way around. At this stage, we were stuck at a difficult check with a couple of false trails and a division of opinion about the right way to go. Eric and I hedged our bets and sat at the check, while several other guys followed a false trail. Meanwhile, PigPen was determined that he had the correct trail in the opposite direction. The hare chose this particular time to catch up with a few other stragglers and confirmed that PigPen was indeed correct. After apologising profusely for the lack of paper on the trail, he took off in search of those on the false trail.

Jake had realised his mistake while following the trail himself. Paper was sparse and a lot of strategic corners were not marked well, causing a lot of swearing and muttering among the pack. In fact there were several sections of trail where no paper could be seen for 50 – 100m which is very distressing, especially if you happen to lose sight of the riders in front.

It is very hard to drop enough paper on the trail while actually riding your bike. If there are two of you, then the second person should be filling in obvious gaps while riding 20m or so back. My own rule is that a piece of paper should be visible at all times and all corners should be so obvious that no one will go hurtling past down the hill and wonder where the trail went. Checks should not be spread all over the road, but a reasonably neat pile of paper that is easy to pick up and enough to fill in 100m or so to the start of the next trail.

All in all, the checks were well thought out and the false trails fooled us just about every time. Being the only female on the long ride puts a lot of pressure on me to keep up, but there were enough 'slower' males around who I could keep up with. I took just on three hours to finish, though a few of the stragglers were about a further 45 minutes, mainly because of punctures.

Someone mentioned that they had three! (Actually he had three – Ed.) This highlights the need for everyone to carry a spare tube and it won't always be for your own puncture! (Here, here!)

I've always thought that carrying a GPS is not kosher for Hash reccies, but it certainly opens up new possibilities for trails and makes it easier not to get lost. Jake and Paul certainly found some new trails in this area where we have already done several Bashes in the recent past, and I thoroughly enjoyed the ride, with only the beginning and end being at all familiar.

Congratulations to the hares on a good first attempt. I'm sure that next time they will carry a lot more paper! Thanks also to the girls who cooked the barbecue lunch.

On On
Ali

HARELINE	BASHES don't set themselves, they need YOU! So don't delay, sign up as a hare and be all that you can be! We'll pair you with an experienced Hare should the need arise.
#68, International Bash, 24 & 25 June 2000	Pigpen and TwoCan
#69, July Bash, 30 July 2000 (tentative)	Knowles Family - Experienced Co-Hare Required
#70, Merdeka Bash, 27 August 2000 (tentative)	Kelvin Wong – Co-Hare Required
#71, 24 September 2000 (tentative)	Volunteers kindly contact Pigpen (remember the Hare Tonic!)

BITS & BOBS – 1) KLMBH Mugs (RM15), polo t-shirts (RM15) and 1st Annual Int'l Bash t-shirts (RM5) are still available and **make great gifts!** Kindly inquire with Committee. 2) www.Ed.com has been held over due to time and space constraints. Looks like I'll be doing lots of surfing before the next Basherama! 3) **Thumbnail Thrash Test.** Rear tires wear out much faster than front tires and so it is with my Hutchinson Mosquito Gold. After several months of hard use, both on and off-road, the edges of its knobs are beginning to wear. This isn't surprising given the low knob height and sparse knob pattern. I'm not too worried though as the Mosquito has served me well so far and should last me a couple more months. 4) That's all for Bits & Bobs for now...

SwapMeet

Five (5) Powerbars - Apple Vanilla Flavor - Have not reached expiry date - Price negotiable - Contact Chew @ 012 488 3818 or via e-mail @ hoon.c.toh@jflaming.com

Ed.itorial

1. As you may all have heard by now, our Basher-in-Chief, Pigpen, and Piglet shall be relocating to Melbourne, Australia in the very near future.

We're sad to see them go and their presence will be sorely missed at future bashes. On a brighter note, this gives us an excuse to throw a **Farewell Bash** prior to their departure. Stay tuned for further details.

2. After Pigpen's departure, the trails of Bukit Kiara will be left to our care. Everyone will have to do their bit to maintain those trails if we want to keep riding them. Pigpen's message to us on the subject follows Ed.itorial.
3. The Basherama will be going out by electronic and snail mail for this and the next two issues. After that, you'll have to let me know via e-mail, mobitel or in person which of the methods you prefer.

From Basherama 67, only one copy will be sent to each member according to their preference.

This is to cater for those who are wired into the new e-economy and also those who refuse to embrace technology and prefer treeware as opposed to netware. **Just don't forget to let me know of your preference!**

"Bukit Kiara, trail maintenance and assorted subjects"

I tried to write a short note but it kept turning into an extended document. Here's the gist of what I wanted to say to the masses:

- Don't ruin the water bars
- Start thinking about doing your own trail maintenance.
- Eat the horses, save the trails. (Just kidding.... I think.)

Long version:

I've gone to quite a bit of trouble to resurrect Mondo Cool, and hopefully insure that it won't degrade so badly in the future. I've done this by incorporating quite a few water bars to divert runoff. Water bars are diagonal dams usually made of earth that channel the water off the trail. If the amount of water running down the trail can be minimized, the trail will last longer with less maintenance. If you like to ride Mondo Cool, that benefits you directly. Please try to avoid destroying the erosion control; it is there for the benefit of people who use the trail. (This applies to any trail improvement done by anyone, anywhere. There is no better way to piss someone off than to mindlessly ruin the fruits of his labor, especially if that labor is as much for your benefit as anyone else's.)

4. Pursuant to Larry's poke in the ribs last month and Ali's comments above, the **Idiot's Guide to Setting a Bash** has been included in the Basherama as a reference for everyone, be they hares or hounds. Enjoy.

5. The saying goes "If at first you don't succeed, try and try again". The same applies to the challenges you face when riding off-road. Riding waaay beyond your limits is not recommended. However, you should be able to challenge yourself every now and then to improve your skills and have something to brag about post-ride. Of course, you may not succeed the first time you try to tackle that steep drop-in, hop that fallen log or clean that steep and root-infested climb, but if you keep working at it, learning from your mistakes as you go along, you will eventually succeed.

My personal experiences in Bukit Kiara are proof of this. Once upon a time, many of the steep drops and climbs had me intimidated and off the bike (voluntarily and involuntarily). But after many tries, I'm happy to report that my technical skills have improved immensely, which makes riding in Bukit Kiara much more enjoyable and satisfying. This applies to all trails, so keep on trying and you shall succeed.

6. Some people are obsessed with having the latest and lightest bikes and parts, but in the end, it's the motor that powers the machine that counts. And what controls the motor? The mind. Think about it.

Ed.

The best way to cross a water bar is to keep to the uphill side and not lock up your wheels when crossing it. If you think you have done any damage, stop for a minute and repair it. It's like a dam. If you breach the dam, the next time it rains the water will flow through the break and will quickly destroy the rest of it. In one thoughtless second you can create a breach that will undo an hour's worth of work. I know there is no sweeter feeling than cleaning a trail like Mondo Cool from top to bottom in one pass, but if you don't stop and repair the damage, who will?

We mountain bikers and trail runners are incredibly fortunate that we have trails like those in Bukit Kiara. They can be enhanced with a little bit of effort, whether by clearing deadfall, doing erosion control, or simply trimming back overgrowth. I've done a lot of it over the last couple of years (entirely for my own enjoyment and benefit), but I'm leaving, so it will pass to others to carry on. If you don't take it upon yourselves to do it, it's a certainty no one else will.

Good luck. You may find you come to enjoy it as much as I did.

**Cheers,
Pigpen**

IDIOT's Guide to setting a Bash

Introduction

It is said that way back in the annals of time, the Kuala Lumpur Mountain Bike Hash was established as a means by which able bodied young men and women could gather at an appointed time and demonstrate to each other their prowess upon the all-terrain bicycle.

Well this was sort of the idea, but it actually evolved during a late night back in 1994 when a few of the lads, having partaken of copious quantities of gaseous amber liquid, thought it would be a good thing to go out on their bikes the next morning, rid themselves of their hangovers and have a general thrash about. The result was the birth of the "Basher".

The Kuala Lumpur Mountain Bike Hash meets at 9:30am on the last Sunday of each month at a predetermined run site. Occasionally the run is put back due to unforeseen circumstances but time and date have been established to suit most people and, although it screws up any chance of a lie in, it doesn't clash with KL adult running hashes or the junior hash (mainly because they meet at much more sociable times).

The Two Runs

Two runs are normally set, Long Run and Scenic Run, either on different circuits or largely the same circuit with paper of differing shape or colour for each run.

The main guidelines for setting a run can be summarised as follows-

Long Run—approximately 18km, varied terrain, steep hills, interesting downhills, single track etc.

Scenic Run—approximately 8km, as above but avoiding excessive hill climbs or dangerous descents.

Runs should be rideable ie. on your bike pedalling as opposed to on your feet climbing with bike on shoulder. This rule is somewhat more relaxed for the long run where, as a hare, it's nice to see the poor sods wading through a river or struggling up the contours—but don't overdo it. For obvious reasons avoid crossing standing or stagnant water, rubbish tips and planter's gardens. Try and keep the Scenic run less arduous but nonetheless interesting.

Reconnoitre

There are acres of good unexplored plantation within easy striking distance of KL. No need to go miles outstation, although Sunday morning is a good time to drive and new sites are always welcomed.

To set a good run you will need to reconnoitre the area thoroughly, anything from three to five sessions. Make sure there is a reasonable parking area where roads/tracks will not be not blocked by bashers parked cars. A shady area is preferable (given that some bashers seldom appear in daylight). Send your run site directions to the [News-Bash](#) two weeks before the run—remember that simple instructions with trip-meter mileage work best for bleary bashers with Sunday morning hangovers.

Allow yourself plenty of time so that by the Saturday before, you are familiar and comfortable with the area. Plan the ride to cover a wide area within the distance limits. If its too tight and convoluted your false trails will overlap and confusion will reign. Remember that despite logic, bashers will overrun the end of "falsies" by up to 50 metres or more in the desperate hope that that paper will magically re-appear. Also, when bashers fan out from a check they can cover an area up to half a kilometre in diameter!

The Perfect Bash Trail

No such thing of course but a variety of terrain keeps everyone's interest—hill climbs, fast downhills, single track, challenging downhill tracks for the adventurous and of course a bit of mud! Don't worry about taking riders off the main tracks along contours etc. although remember the "rideable" ethic.

Make sure that its not too easy such that everyone breezes round in half an hour. The Long Bash should take 1.5 to 2 hours, the Scenic about the same but at a slower pace, all including time taken to break checks.

Checks

Set five to six checks on the Long Run, three to four on the Scenic. The theory is that the front runners will arrive at a check and start looking for the route, allowing the slower riders to catch up—thus a complete peloton rides away as one once the check is broken. Well, not at all really but that's roughly the idea.

Checks are established by dumping a pile of (biodegradable) paper at one point with only the lead-in trail visible. Choose a place where there are several options as to where the real trail could continue. Lay some false trails with paper starting not more than 60m from the check and lasting not more than 100m of false paper. If practical mark the end of the "falsie" with a paper cross or crossed branches etc. The true route should also start approximately 60m from the check. Pleasant tricks are to lay "falsies" starting tantalisingly at the bottom of a steep hill so that the poor bashers have to cycle back up to the check, or down single track so that everyone hares off only to end up in a crumpled mess as they all try and turn to come back.

Back Checks—Where bashers will check the obvious routes leading from the check but then realise that they have to go back on their in-route to find the real trail. Alternatively lay it up a dead end where they know they will have to back track.

Circular Checks—Lead them up a hill, round in a wide circle, then they'll meet themselves coming round, needing a trip back down the hill to find the real trail.

Normal Checks—Lead the trail to a pile of paper at a junction of several tracks, then set "falsies" and the real trail as before.

Cont'd>>

Idiot's Guide to setting a Bash Cont'd

Remember not to lay checks or "falsies" too close to where bashers may find another part of the run and end up going the wrong direction or shortcut the course.

Bash Trail Paper

Shredded paper or sliced up squares / triangles / strips etc., different colours if you feel inclined. Try and lay sufficient to mark the trail without going OTT. It is biodegradable but only after some time. On straight tracks one piece every 5-10 metres is sufficient but in long grass or mud you will need to lay more.

False trail end crosses stuck to trees rather than on the road are better but make sure the trail leads to the tree and that its stuck on at cyclist's eye level—bashers sometimes suffer from tunnel vision. Chalk can be used on tarmac surfaces. If your run is in a popular hashing area make sure your paper is different from all the other stuff on the ground.

Laying the Trail

To be safe, plan to lay the paper on the Saturday afternoon before the run. There is a danger that it may get washed away by overnight rain but its a lot quicker to freshen up a trail on the Sunday morning than to lay it from scratch (unless you start at 5:00am with a torch).

Get to the site early on the Sunday of the Bash, allow yourself enough time to whiz round most of the run and make sure the trail is intact.

Pre-Bash Briefing

Once the gathered masses have arrived you will need to give them a briefing or at least tell them what kind of paper to follow, point out any dangers etc.

Make sure you nominate two volunteers to do the bash write-ups for Long and Scenic and that every one has checked in for whichever run they are doing.

On the Bash

Make sure everyone goes off in the right direction, not up the On-In Trail. You should then have time to get to the first check and see how they break it. Remember, if total confusion reigns you may have to give a clue, but resist all threats. Make sure that checks are closed (lay paper to join the route) once they have been broken, slow riders coming up behind will have a hard time finding the trail if not. Discourage enthusiastic bashers from closing checks unless they are absolutely sure its not a "falsie". If a basher is struggling, give him / her a shortcut if you can but don't get them lost because you will have to go look for them if they don't check in.

Bashers should keep calling "On-On" as they ride round on paper. At a check they should respond to the call "Are You" by replying "Checking" if they are testing a "falsie" or of course "On-On" once they've found the trail. Other calls you will hear are what they think of the Hare—if its unprintable you've done well!

On-On!

HARE TONIC

In Basherama! 48, Hare Tonic was introduced in an effort to encourage more members to step forward as hares. The idea was to reward hares who had set 5 or more Bashes with Pewter Mugs. The Committee is currently sourcing the rewards (which may or may not be in the form of Pewter Mugs) with the intention of presenting them to the deserving hares at the 2000 Annual Dinner to be held in... 2000.

To keep score, presented below is the updated Hare League Table as at June 4, 2000. As mentioned before, if you feel that you've set more Bashes than listed below, kindly contact Ed.

Azizul Adnan	12	Animal Elford	2	S.Y. Chong	1	Mike Smit	1
Richard Aubry	11	Dick Shelly	2	Clara Chin	1	Mike Wright	1
Gordon Fraser	6	John Hagedorn	2	Colin Jackson	1	Noel Brennan	1
Eric Teo	6	John Mugford	2	Dave Baker	1	Paul Booth	1
Peter Bloomer	5	John Spencer	2	David Foo	1	Peter Pickernell	1
Barry Hills	5	Mark Chaterton	2	Emma Booth	1	Phaedra	1
Mike Elliot	5	Nigel Blott	2	Geoff Stecyk	1	Pinhead	1
Ngah Fuji Bakri	5	Shariman Alwani	2	Graham	1	Simon Ng	1
Pat Brunson	4	Tan Boon Foo	2	Ian Miller	1	Steve Ellison	1
Bill Steven	3	Grant Lee	2	James Aubry	1	Annett Frohlich	1
Peter Heston	3	Denis French	2	Jeff Dean	1	Kenny Stewart	1
Shaharudin Damis	3	Alison Keeler	2	Johnathan Startin	1	Karen Brunson	1
Simon Kenney	3	Larry Chan	2	Kelvin Wong	1	Janie Ravenhurst	1
Hulk	3	Andy Blake	1	Marie Benedix	1	Jake Slodki	1
Alistair Swanson	2	Andy Knellar	1	Mark Clark	1	Paul Moir	1

Three Guys and one Large Backpack in the Cameron Highlands – Part 1

It started with a cryptic e-mail from Chew on 15 May – "Hulk and I were contemplating doing the Cameron Highlands trail end of this month, with map to be obtained from Joe. Interested? Just a weekend up in the hills." It sounded like a good idea and so the preparations were quickly made.

The hotel was booked, maps and directions were printed off the web site and Pat and Joe were duly consulted for their advice on "Jim Thompson's Grave".

We all made our own preparations for the 47km ride, which we figured would take us slowpokes about 10 hours to complete. I rode 180km over two weeks!. >>

Three Guys and one Large Backpack in the Cameron Highlands Cont'd

27 May arrived and our adventure began. Nursing a running nose, I rushed home from work, packed my gear, gassed up the car and headed to Chew's place to meet the guys. We loaded up our stuff, two bikes and me in my car and two guys and one bike in Hulk's car, and headed off to the Sungai Buloh Overhead Rest Area for a hearty KFC® dinner and to take-away some Burger King® burgers (Yum Yum!) for the next day's lunch.

We left the Rest Area at 9.00 p.m. and rushed headlong into the maniacal school holiday "balik kampung" traffic where we were passed by numerous Kancils and Express busses doing 120+kmh in the heavy traffic. I consider myself a survivor.

The drive up the mountain from Tapah was no less spectacular. Pitch black darkness, sharp bends, roadside banana trees that look like people when lit up and Asli huts all shuttered up like there was a serial killer loose don't do a lot for your nerves.

Nor does a police checkpoint at the entrance to Ringlet. Looking for Indon and Bangla motorcycle thieves, they said. Nope not us, Officer, we're honest Malaysians out to have a good time on our mountain bikes.

We had booked ourselves in at the Lake House to be close to the trailhead and had told them we'd be late. The night watchman was expecting us and we were shown to our room. However, there were only two beds in it, a single and a double. And that's when we had to play paper, rock and scissors.

Before hitting the sack (and floor), the discussion centered on whether we would load our bikes into one car, drive to the trailhead and retrieve the car upon our return to the Lake House, thus cutting 15km off the ride OR if we should just ride the full loop from the Lake House. We were all for the drop-off until we realized that we couldn't fit all three bikes and the three of us into my Proton Wira Aeroback unless we safety roped someone to the roof along with a couple of front wheels. And no one had brought any rope.

And so it was decided that we would ride the **ENTIRE** 47km loop from the Lake House. So off to bed we went, with the windows open to let the cool highlands air in.

We had originally decided to wake up at 6.00 a.m. to be able to start out by 7.30a.m. but seeing as how we had arrived at midnight and had gone to sleep at 1.00 a.m., we postponed our waking hour to 7.30 a.m.

Breakfast (Bread, Apple Pie, Cheeseburger, Dried Apricots, Vitamin C) was quickly consumed and then Chew's large backpack was quickly filled with mini Mars® bars, Rice Krispies® Squares, 3 Double Whoppers w/Cheese, cameras, film, batteries, spare tubes, water, maps, pencils, rain jacket and first aid kit. It was heavy, but necessary. We agreed to take turns carrying it in addition to our Camelbaks.

We created quite a stir (I imagine, from all the faces pressed against the windows of "The Restaurant") as we unloaded our bikes and got ready to set off. The weather was just nice for my long-sleeve jersey, whereas Hulk and Chew felt perfectly comfortable in short sleeves. A Dutch tourist commented that we looked like "professional" mountain bikers. If he had only known the truth.

We bade farewell to our new found Dutch friend, mounted up and coasted down the driveway at 9.00 a.m. on the dot.

To be continued in Basherama 65...

Eye Candy



In the spirit of Father's Day...

What's wrong with this bike shop advert from the Arkansas Democrat-Gazette?

Many thanks to Noel "Sumo" Brennan for this hilarious ad that caused many a red face at the "Chainwheel" and the Arkansas Democrat-Gazette.

www.bikehash.freesevers.com