



Basherama!

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July 2000

The Official Newsletter of the Kuala Lumpur Mountain Bike Hash

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2nd Annual KLMBH International Bash

The 2nd Annual KLMBH International Bash was a roaring success. A total of 80 riders registered themselves for the Saturday ride with 60 joining the Long Run and 20 joining the Short Run. The 22 KLMBH members who made the trip down (or up as in the case of Sumo) were joined by 33 members of the Singapore Bike Hash, 21 members of the Malacca HHH and 4 non-Hashers (of either persuasion).

The ride was followed by the On On at the Golden Coast Condo where all in attendance consumed all of the food and 10 flats of beer over the course of the evening. There was song, there was dance (I think), there were speeches, there were Down Down's and people were thrown in the pool, much to the consternation of the Condo management.

38 riders fought off hangovers and the urge to sleep in on that cool and rainy morning along the seashore to take part in the "Recovery Ride". It started out a bit later than scheduled with the usual number of stragglers arriving after the main pack had left.

It turned out that the heavy morning rain that had lulled many back to sleep had wreaked havoc on a 1km stretch of canal-side dirt road and turned it into a quagmire. Some faced up to the challenge admirably while others (one or two actually) turned tail and fled. Yet another unfortunate soul (me) got a flat right in the middle of all that mud and had to wrestle with a five-pound tire to change the tube.

Much fun was had after the muddy madness and after completing the Recovery Ride and making a complete and muddy mess in the Golden Coast Condo parking lot (!), the merry band of Bashers from all over began their homeward journey's with many fond memories of the International Bash weekend.

Ed.

DIRECTIONS TO PIGPEN & PIGLET'S FAREWELL BASH @ LADANG ELMINA BAHAGIAN C – 9.30 a.m., Sunday, 6 August 2000

Option 1 – Via North-South Expressway

From KL, head North on the North-South Expressway. Exit at Sungai Buloh. Turn left after the tollgates heading towards Kuala Selangor (Route B54). Zero tripmeter at traffic lights.

Option 2 – Via Damansara-Puchong Highway ("LDP")

Take Jalan Damansara (Damansara-Puchong Highway or LDP) from PJ, going past Bandar Utama and tollbooths. (Note: this is NOT the Plus Expressway. If the toll operator hands you a ticket, you are at the wrong tollbooths!) At the end of the highway, filter left at the traffic lights. Continue straight on, passing under the North-South (PLUS) Expressway to the traffic lights just after. Zero tripmeter at traffic lights.

Options 1 & 2

Continue straight on towards Kuala Selangor..At about 8.4km (Proton Wira distance; Land Rovers and Jeep Cherokees somehow measure 7.9km) turn right onto unmarked gravel track with boom gate (This is the entrance to Ladang Elmina Bahagian C) and continue straight on along the main track. Park off main track at 5-way intersection at 9.3km, leaving room for estate machinery to pass.

Hares: Angus, Jamie & Robbie Knowles, Shaharin "Hulk" Hashim, Ngah Fuji "Rainman" Bakri

www.bikehash.freesevers.com

Snakebite

by Pat Brunson

Great Parlor Conversation for Mountain Bikers and Runners in Malaysia

Disclaimer: The information here is a combination of stuff drawn from other peoples' knowledge, a bit of personal experience, and a bit of hearsay, all run through the filter of my personal opinion. Hey, I could be wrong. But there's a lot of non-knowledge on the subject out there, so if by presenting this article I get some people thinking about the subject, good. However, if you get bitten by a snake, follow the instructions presented herewith, and die, don't sue me. Even if you figure out how to.

Acknowledgements: Francis Lim Leong Keng and Monty Lee Tat-Mong have written a book called "Fascinating Snakes of South East Asia" (1989) that provides some pretty good stuff on local snakes, but may be less than up to date on first aid. Australian Geographic publishes a terrific book called "Australia's Most Dangerous" that is geared specifically toward creatures you might encounter in Australia, but the snakebite first aid section should be very applicable to Malaysia as the most dangerous snakes in both countries are of the Elapid variety. Plus, there is lots of stuff available on the web, but of course anything taken from there must be taken with a grain of salt as it's accuracy is as open to question as mine.

Background

The venomous snakes to be concerned about come in two varieties in Malaysia: Vipers and Elapids. Vipers have large moveable fangs and inject a hemotoxic venom, one that attacks your muscles directly. This venom can cause swelling and hemorrhaging and is rumored to hurt like f**k, but is rarely fatal in the quantities delivered by the local species. (If you were from the America's, you would be much more interested in Vipers. They have big ones.) Of the 8 varieties reputed to inhabit South East Asia, the only one I've seen for sure is the Wagler's Pit viper, and the representatives I've seen were either in the Snake Temple in Penang or on the road, dead. (Very pretty snake. Even when flat.)

The other family is the Elapids. The fangs of these are fixed and inject a highly toxic venom that attacks the central nervous system. Around these parts, they can be roughly separated into five families: Sea Snakes (22 species), Coral Snakes (4 species), Kraits (3 species), Cobras (3 species) and the King Cobra. If you wonder about the distinction between the last two families, the King Cobra is a totally separate beast from all other cobras, only sharing with the others the exciting habit of flaring it's hood to scare you and the fact that it's an elapid.

Unless you ride your mountain bike in the ocean, you need not be worried about sea snakes, even though some of them have the most potent venom of all snakes. So kiss that category off. Kraits and Coral Snakes are apparently highly venomous as well but are docile and nocturnal, so no worries there, unless you're clumsy and also ride at night. I may have seen one of these once, but I can't be sure whether it was a Blue Coral Snake or a Red Headed Krait in the half second or so I had to notice it when it crossed my line on a rather terrific downhill. "Wow. Whuzzunthatta ... Oh, never mind. Gone now."

King Cobras have a reputation bordering on mythic. (Actually, for several religions they ARE mythic). Biggest, up to six meters long and as big around as a fire hose. When they stand up to get a better view of things or just to scare the pooh out of you, they can look you in the eye. Mostest, at least in these here parts, able to deliver enough highly toxic venom to kill an elephant. However, the only one I know who may have seen a King Cobra in the wild was my friend Simon. When we got to the bottom of a long downhill in the foothills of the main range, He said "Didja see it? Didja see it? You must have, you almost ran over it. It was huge!" Apparently I may have disturbed it while it was snoozing on the trail, causing it to wake up just as Simon zoomed by. What he went on to describe matched a King Cobra more than anything else, but we'll never know for sure. Whew! Cool thought, anyway.

It's those Black Cobras that get all the attention. And why not, they ask for it. There's lots of them around, (I've seen dead ones on the streets of Bangsar and Sri Hartamas and a live one tooling down the road in Taman Tun), they aren't as shy as all the others, they have extremely toxic venom, (potentially able to kill a human within an hour) and they put on a great show when aroused. For a Mountain Biker in Malaysia, if there is to be an encounter, it's more likely to be with one of these than anything else. What pops up out of nowhere, can be up to 7 or 8 feet long, have a head/hood the size of a badminton racket and sounds like you stepped on Darth Vader's foot? **Hufffff! Hufffff!** Black Cobra! Wow. About enough to produce spontaneous urination.

Another trait worth noting is the somewhat alarming (and also somewhat disgusting) ability of the Black Cobra to spit, up to 2 meters. Yuck. They aim for the eyes, the venom is rumored to burn like hell and can cause permanent blindness. Wash the victim's eyes immediately with the cleanest fluid at hand. Normal saline is best, distilled water next best, tap water not terrific but still better than leaving the venom in.

I bet you don't think you are carrying anything close to normal saline with you when you are riding, but you're wrong. You might have as much as a pint on hand at any given time. Yes, what could be more appropriate to counter having something spit in your eyes than using your urine to wash it out? It's all to disgusting too think about.

To be continued in Basherama 66...

The International Bash Short Run From Two Different Points of View

International Hash – Saturday 24th June, 2000

It all started after being told we were permitted to slap, if found, a kampung boy pushing a wheel barrow of the scenic rides paper marking the first 4 KM!!!

But luckily the long ride went with the scenic for about 5KM and luckily the paper thief was never found, although we did see many other kampung kids, some just staring, some shouting as we past and some, believe it or not were semi- kamikazes jumping on the track and jumping off seconds before being hit!!! They found this hilarious? %#@ Any how by the time we' the scenic riders, separated from the long ride, many had punctures, broken chains, endo'ed off their bikes or had got barbed wire in their spokes!!! But still the hash went on.

At about 9KM (I am not so sure because by then my dads cats eye had broke) we were greeted by pigpens mud bath, yuck, and luckily it had not rained much or the 200 meters of dessert would of drowned us with mud before getting back on to the hard track. At the end we had to cross a very long, unstable, bridge made from wood, It was very narrow, narrow enough to let some one fall into the river below it. At the end of the bridge there were lots of cow's, they were making a lot of people paranoid as they just kept starring at us with bits of grass drooling out their mouth!!! But still we made it, no matter how bumpy it was.

The good thing was how this bash had good hard track and its share of up hill down hill or flat. This hash was not just any old international hash, it was one set up by four expert hares who made this hash one of my favourites, even if I went head over heels like other people.

Congratulations to all the hares who made the Saturday 24th of June 2000 international hash a success.

Robbie Knowles, 12 (Junior Member)

REBASH RIDE #1 (short ride) – 24/6/2000

Paya Rumput

Hares: Denis French, David Todd, Patrick Brunson, and Ali Keeler

Arrived at the site to see bikers everywhere and from everywhere – Singapore, KL, Malacca. It was warm and sunny -- thank goodness not raining.

I'd not ridden a mountain bike in 8 years, but what the heck, I'm here to have a good time, right?!?! So after registration, off I went not knowing even what to do with the gears on my borrowed bike.

The fun began.... my crouch bounced and felt every rock on the descent down the hill. I ***had to*** get off and walk (shuuuuu!... but don't tell anyone) so my bike and I, coupled together wouldn't do cartwheels. What a sight that would have been! At least at my slower pace, I got to enjoy the beautiful forest scenery a lot more.

Well as you know, after one reaches the bottom, you have to go back UP again! "Someone explain to me how these gears work again?!?" At least this time I wasn't the only one walking. :o) ha ha. I must say, besides the "natural" scenery, there were some really cute guys (in those *really* tight biking tights! Oooh la la!!!) that passed by – well worth slowing down for.

After reaching a plateau, up on the bike I went, and really started my ride. Once I got the gears worked out, it all seemed so much easier. Off I went into the rubber tree forests, up and down hills (without having to get off even), through kampongs with cheering kids, passing the pheasants, cows, dogs, & tigers (what do you mean 'you didn't see them.'?), over the picturesque wooden bridge, through Pig Pen's Mud Bath, and yes even the wrong way at times. But "Wanker" [a.k.a. "Johnny Bravo"] was there to save the day. Thanks Dave!

Three cheers to the **four** hares -- "Two Can", "Wanker", "Pig Pen", and of course the **one** and only "Scandal", whose hard work and effort made the ride as enjoyable as it was.

The On-On was at the Golden Coast Condominium's Poolside – with a nice breeze, great company, lots to drink, some pool dunkings, and Chinatambi's *yummy* food, what more could one ask for?!? A good time was had by all. Some even went on to the Banana Grove to watch the Euro 2000 match, place bets, and of course drink some more bruskiies.

Come join the MMBH for ride no. 3 on 23 July (Sunday) -- bike hashing is FUN!

**On-On,
Black Ho of Goa**

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@jfleming.com

- 1) **Michelin Axial Pro** 700 x 20C road bike tire – less than 100km – blue tread - RM50 o.n.o.
 - 2) **Easton Monkey Riser Bar** – 2.5 inch rise; 8 degree sweep; 27 inches wide – weighs 250 grams – silver – RM160 o.n.o.
- Contact Fuji @ 012 307 6815 or @ ngahfuji@tm.net.my

DIRECTIONS TO THE AUGUST BASH @ MERU – 9.30 a.m., Sunday, 3 September 2000

Option 1 – Via North-South Expressway

From KL, head North on the North-South Expressway. Exit at Sungai Buloh. Turn left after the tollgates heading towards Kuala Selangor (Route B54). Zero tripmeter at traffic lights.

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Options 1 & 2

Continue straight on towards Kuala Selangor passing the Sungai Buloh Country Club sign on the left at 10.6km. At about 15.7km you will come to a large advertising hoarding, and a sign left for Meru. Take this left turn and travel until 23km on the trip at which point there is a minor tarmac road leading up the hill past a quarry, and continue up this road until 26.2km on the trip & park up.

Hares: Kelvin “Klein” Wong and Raymond Keyes

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.
#70, Pigpen & Piglet's Farewell Bash, 6 August 2000	Angus, Jamie and Robbie Knowles, Hulk & Rainman
#71, Merdeka Bash, 3 September 2000	Kelvin Wong & Raymond Keyes
#72, 24 September 2000 (tentative)	Volunteers kindly contact Richard (remember the Hare Tonic!)
#73, 29 October 2000	Joe “Casper” Adnan & Co-Hare t.b.a.
#74, 26 November 2000 (tentative)	Volunteers kindly contact Richard (remember the Hare Tonic!)
#75, 17 December 2000 (tentative)	Volunteers kindly contact Richard (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) **Thumbnail Thrash Test.** Rim strips are often overlooked by many riders despite their great importance. The plastic kind tends to move around a lot within the rim. My favorite is adhesive cloth rim tape which, however, has to be replaced every six months or so under wet conditions. It stays in place and does a good job of keeping the tube safely away from the sharp metal edges of the rims and the spoke holes. 3) That's all for Bits & Bobs for now...

Ed.itorial

1. Door dings. You know, those little (or not so little) dings you get on your car's bodywork courtesy of careless **induh**viduals (to take a clue from Dilbert) parked next to you.

Door Dings can range in severity from a negligible scratch or chip on your paintwork to paint residue on the metalwork to actual dents on the metalwork. Sadly, I've got examples of all on my car (Check them out on WGK 9898).

I've been tempted to take revenge many times but the sad fact of the matter is that it is difficult to catch the culprit unless you catch the person red-handed, like I did the other day. I chewed the **induh**vidual out but short of demanding that he pay for a full body polish and wax, there was little else I could do.

The message here is that one should always be careful when opening car doors and have some respect for other people's property. After all, I may lose it one day and just go Postal the next time I find a fresh door ding on my car (and I don't mean the U.S. Postal Service Cycling Team either).

2. The Basherama will be going out by electronic and snail mail for this and the next issue. After that, you'll have to let me know via e-mail, mobitel or in person which of the methods you prefer as only one copy will be sent to each member according to their preference.

Don't forget to let me know of your preference!

3. Following the successful International Bash, the **Malacca MBH** has been set up and recently hosted its 3rd Bash (Bashes 1 and 2 were the International Bash rides) and it was a blast, literally. We look forward to many more Malacca Bashes in the future. More ride details to follow when available.

Ed.

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 July 3, 2000. As mentioned before, if you feel that you've set more Bashes than listed below, kindly contact Ed.

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

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

The cold (to me anyway) highlands air that we breathed while pedaling up the road towards Ringlet was a refreshing change from the warm, polluted air of the Klang Valley. The only reminder of what we had left behind was the puff of diesel smoke that every passing Land Rover gave off as it changed gears.

Speaking of Land Rovers, the Cameron Highlands are a Land Rover buffs heaven with numerous Series II's and a sprinkling of Series I's, in various states of repair, serving as the workhorses of the vegetable farmers. It wasn't uncommon to see Land Rovers with vegetable boxes stacked higher than the roof and protruding from the sides or with eight or more passengers putt-putting down the road.

After a mild climb into Ringlet, we hung a left at the junction to Lembah Bertram and went flying down the road into Lembah Bertram town. The first thing that hit us was the smell of fertilizer - "organic" I believe. To satiate the coffee addicts amongst us, we stopped at a coffee shop opposite the row of vegetable warehouses. Chew promptly ordered a plate of Won Ton mee while I discovered that the lump in my jersey pocket was my mobile. Oops! I was supposed to have left it behind at the hotel. Oh well, into the Backpack it went.

The next nine clicks were taken in at an easy pace with many stops for photos. The Bertram Valley is the agricultural heart of the Highlands and it was incredible to see how much of the valley had been cleared for farming. Vegetable farmers had cleared many of the hills to the ridgelines. This explained why the lake when viewed from the Lake House looked more like a mud bog. Such is the price of development and the demand for fresh vegetables for the dinner table.

After passing some Orang Asli walking up the road and a Land Rover lying on its side in a drain with a glum-looking Indian guy standing next to it, we reached the end of the tarmac, which was the trailhead as described in Pat's write-up. While waiting for Hulk and Chew to arrive, I had a little chat with some Orang Asli who were waiting to catch a ride with the next inbound vehicle.

The trailhead was marked with a work-site signboard with details of the construction of a school and dormitory at Pos Mensun and the contractor's storage yard. Now, I had been warned that the route may have changed since Pat last rode the trail but I figured that by following the most heavily used trail, we would end up in Pos Mensun with little trouble.

To reinforce my belief, an old Land Cruiser with oil leaking from its front hubs, loaded with aggregates and with 20-foot lengths of rebar hanging off of it, trundled out of the yard, stopped to pick up the Orang Asli and began the ascent up the dirt road.

With many more miles to go, we did the smart thing and pushed our bikes up the first hill. $\frac{3}{4}$ of the way to the top, I heard footsteps catching up fast. I turned around expecting it to be Hulk or Chew but it was a bare-foot Orang Asli boy about eight years old on his way home. We greeted each other and he rapidly outpaced me.

The ride along the ridge was much easier and was punctuated with photo stops and a forced stop due to a leaking bladder; water-pack, that is. And even up here, there were vegetable farms.

Cont'd>>

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

We never noticed the dreaded five-way intersection that had an earlier group flummoxed. Looking back though, I suspect that it was where there were two farms and a dirt road that lead off left downhill. We took this left as it was the most heavily used trail and it seemed to lead down in the intended direction.

The downhill run was hair raising to say the least. It ranged from steep to super steep with deep ruts and loose rocks and powder in some sections. All with an incredible drop-off to the left.

I had taken custody of the Backpack at the top of the descent and had a few scary moments caused by the shifting pack. I cut back on the speed at the expense of added wear to my brake pads.

We took a break after the last (and steepest) drop to the valley floor to allow our rims to cool down. There was a group of Orang Asli children there and they told us that we were on the right track for Pos Mensun before they headed off. "Just stay left" they said.

Rims cooled and pictures taken, we charged down the dirt road, expecting to reach the bamboo bridge at Kampong Relong, which is prominently featured on our web site, before heading on to Pos Mensun. We passed a right-hand turn and continued onwards.

Coming around a corner, it appeared that a steel bridge had replaced the bamboo bridge. We rode up into the idyllic village across the stream and Chew decided to take some photos. I wandered over to what looked like a schoolhouse with a signboard on it.

I almost fell backwards when I read the sign. It said "**Sekolah Kebangsaan Mensun**". We had somehow bypassed Kampung Relong by taking the left-hand junction. The way to Kampung Relong was probably the right-hand turn we had passed earlier.

Beyond the schoolhouse, I could see the new school and dormitory under construction, just as the sign had said. There was a Portakabin site office and JCB backhoe as well. How did they get the JCB in there? It was tough enough for us!

We loitered around for a bit, marveling at how well kept the kampung was and its beautiful surroundings.

Then it was time to move on. I passed the Backpack to Hulk and we waved goodbye to the Orang Asli kids, mounted up and made our way between the construction site and the site office to the trail that led to the next destination on our journey, Kampung Kuala Boh.

22.5km down, 24.5 km to go, mostly uphill...

To be continued in Basherama 66...

PIGPEN'S LAST DANCE

It has been decreed, by that dastardly (No Mutley, though) departing Basher-in-Chief, Pig of Penne (a.k.a. Pat "Pigpen" Brunsdon), that there shall be a totally **un sanctioned** and **unrestrained** romp (a.k.a. time trial) through the very same trails ably and selflessly maintained by himself in **Bukit Kiara**.

Pigpen was curious to know how long it would take to ride the entire loop flat out and non-stop as most group rides involve brush clearing breaks, cigarette breaks, broken bike breaks, barf breaks and so on (as so many of the rides I'm involved in go).

Thus, Pigpen's Last Dance shall take place on **13 August 2000 at 8.00 a.m. SHARP** beginning at **Devi's Corner**, Desa Sri Hartamas and ending at the parking lot of **Souled Out**, also in Desa Sri Hartamas. No entry fees will be charged and no prizes will be given. The incentive shall be the knowledge that YOU rose to the challenge and gave it your all. The possibility of maybe getting a t-shirt and maybe even a post-ride BBQ should be the last things on your minds. . There shall be no support whatsoever and so you'll have to get in and out under your own power, if you know what I mean.

The rules are that there are no rules. However, course cutting shall not be tolerated and all riders are reminded to be cautious (meaning don't run them over or start a stampede) around the joggers and equestrians encountered on the short (<500 meters) tarmac sections. A course map is available for viewing at Bike Pro Centre but those of you who are Bukit Kiara regulars should know the course by heart (and lungs).

Come prepared for killer climbs, killer descents, and enough technical sections to school the best of us. Oh yeah, and be prepared for the "Penchala Fly-over", which now boasts an off-ramp for rush hour traffic. Pigpen asks.....

Wanna Dance?

Last but not least, there shall be a MTB race at RRI Sungai Buloh on 27 August 2000. Those interested can contact Tan Boon Foo at Bike Pro Centre (705 1989), Stephen Leong at the Bike Shop (724 8661) or your nearest reputable bicycle retailer for details.

www.bikehash.freesevers.com