



Basherama!

No. 72
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The Official Newsletter of the Kuala Lumpur Mountain Bike Hash

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Ed.itorial

1. The Farewell to the Emperor/April Fools Bash was a great Bash, which will live in the annals of KLMBH history, on account of it being burned (literally) into the minds of those who rode it!

80 riders showed up at the appointed time and place to do battle with the trail and try to outwit the Hares. The Emperor was seated on his throne, the briefing was given and a pewter mug of grog was consumed by the Emperor before everyone charged off to follow their respective paper trails, or not.

A series of April Fools disasters struck the Hares at the last minute, forcing the short runners to take part in a virtual hash through the middle of the short run, following and often catching up with that slow, short hare on the red bicycle several times before the paper was joined. All I have to say is... April Fools!

The Long Run scribe report that follows tells it like it was and has not been edited for clarity (phew!).

And when the rides were over, **Mr. & Mrs. Tan Boon Foo** were kind enough to provide a wonderful feast for all and sundry. Many thanks go out to them from all of us at the KLMBH!

2. In this modern world that we live in, everyone is in a hurry to do everything, be it driving to work or even (gasp!) riding mountain bikes!

You've probably seen this type of rider on your local trail or street. You know, the kind who doesn't acknowledge your presence or return your friendly wave and instead goes blasting past like his lycra is on fire.

We all have commitments that limit the amount of time we can ride. But a friendly wave, nod of the head or "hello" won't cause the end of the world and promotes goodwill among mountain bikers to boot. So the next time you're out on the trails, you know what to do. And if the other rider ignores you, you can be smug in the knowledge that at least you tried.

Ed.

DIRECTIONS TO THE KLIA BASH @ SEPANG – 9.30 a.m., 29 April 2001

Take either the North-South Highway or NKVE and follow signs to KLIA. Take the Sepang exit, and follow signs all the way to Sepang F1 race track.

"Final Leg"

At the main Sepang F1 entrance traffic lights set trip to zero. Drive > straight on with the race track and surrounds on your left. At 4.5Kms you come to a roundabout, go straight over and approx 500 meters > further on there is a second roundabout. Turn left at this one (You will see fuel storage tanks and the runway straight ahead of you.). About 700 meters down this road go straight through a set of traffic lights. Then after another 200 meters or so (approx 6Kms on your trip) metal crash barriers will appear on the left side. (Should be a KLMBH sign here). Go left of the barrier onto a parallel double track. Take the left of the 2 tracks, and keep following it left until you see the swarm of bashers (unless you are first of course)!

An alternative (and slightly shorter) route is to ignore the sign to KLIA on the North South Highway, and proceed to the next exit listing Nilai/Pajam/Sepang. Pass thru the toll, and turn right at the traffic lights (T-junction). Set trip to zero at this T Junction. Then take the second road on the right after only a couple of hundred meters (the first one is the entry road back onto the expressway.) There are many blue and green signposts pointing this route, listing places like Sepang/KLIA/Bandar Baru/Allson Klana Hotel. There are 3 roundabouts within the next 6 Kms, follow the green "Empress Hotel" signs at each one. At just over 6Kms take the slip road on the left signed Kajang & Sepang, and then follow the signs to Sepang. Go straight through another set of lights, and go on straight until about 10kms to another set of lights. Turn right here towards Sepang F1, and go straight, for about another 4Kms (F1 complex on your left). At about Km 14 (on your trip) you come to a T-junction/traffic lights, and go left, signposted (Kargo), this is the main F1 Sepang entrance. From here continue as in "Final Leg" above

Hares: Raymond "Rocket Boy" Keys and Ingrid Burke

www.bikehash.freesevers.com

The Long Bash, 1 April 2001, Ladang Elmina C

Hares: Chew, Hulk, Rainman and Paul Sweeney

For five years I have been able to avoid being a scribe. I have hidden behind helmets, looked the other way... often up into the sky, edged myself behind a tree and it always worked!! But somehow things went wrong this time. Fuji, for some unknown reason... might be a new disease, decreed a Harebrained new rule which he dug up from an ancient Hash sect in terms of which previous hares have to scribe.

Weird isn't it. First you ride up and down hills for weeks trying to figure out how Malaysian plantations are designed. You lay paper which is washed away by thunderstorms promptly after you dropped it, after which you are abused by thankless fellow hashers the very next day for your clever, rideable up-and-downhill initiatives. And, the very next time you arrive at a hash you are asked to write up somebody else's hash?? The upside...it gives you plenty of freedom of expression!!!

Anyway, we all arrived at the hashsite bright eyed and bushy tailed, ready to see Sir Richard taking the last sip from the "Holy Grail" presented to him for his many years of good service as co-founder of this wonderful institution.

Having known the hares for quite some time as considerate and gentle young men we were fully expecting a cool and leisurely ride, with the odd up-and-down, all rideable, of course!!

The intro was easy and cool and quite deceptive. Just when we really started to enjoy nature we popped out along some high tension wires into the sun with no trace of paper. We all know that the first check is usually easy, but no, this had to be a back check, deviously set in such a way that even the most perceptive and intelligent hashers, that's us, were milling around under the pylons making sweat, breaking in all directions and plowing the fields.

Eventually someone directed the multitude down some back alley and we were all happily kicking up dirt for a while.

There was a second check, not sure where as it must have been broken by the time we passed.

The third check presented even more confusion at Kundang Lakes. I thought I had it the right way around. Well, so did the guys that came from the opposite side. One thing everybody agreed upon. We had not the faintest idea which way the on-trail should be seeing that no agreement could be reached why everybody arrived from different directions. The kampong inhabitants looked even more confused about what we were up to. So we all split up and somehow got back on the on-trail from different directions. Makes you think, doesn't it!! Another one for hare brains!!

Those that went left before the fence, and not over the fence, were rewarded with some good single track and the usual oil palm terrace entertainment which redeemed the hares to a certain extent.

And then came the fourth check. We think. We went up the hill, and down the hill, and around the hill. It was a circular check, in fact a straightforward one with what seems to be a very elusive on-trail leading left from the first intersection. Very logical indeed, except for the fact that we could not find the paper. All possible trails were checked and re-checked and checked again? But for some reason the on-trail was not found. By now the rest of the pack had been congregating in the shade below the hill for some time, some were even thinking of staying over and bringing out the beer and the barbecue grids.

A number of our more intrepid cyclists even did a third circumnavigation of the now bloody steep and hot hill, just in case the on-trail by some miracle would have appeared in the meantime. Finally a very guilty looking (**Did not look guilty! – Ed.**) hare appeared and waved us along. Afterwards some even speculated that the paper, having been "sown" in heavy rains the previous afternoon, might have sprouted in the on-trail only at a very late stage parading as natural vegetation until they were discovered by accident? Anyway, the advanced techniques of illusion/delusion employed at this check were splendid and the hares deserve praise!!!

By this time the heat was starting to bite and those who forgot the old sunscreen were rewarded with a healthy sort of a microwave look.

The tech tracks in-between were well thought out, and, interspersed with hot spots and the Rubik's cube type checks made it a most rewarding experience.

Some deserve special mention for spectacular endos. Eric Teoh for his slow off- the-sidewalk cartwheel which was most entertaining and certainly a scientific phenomenon, Chris Hey for buying that plot of land at the bottom of that very nice downhill portion, and Peter McQuade who according to informed sources made a memorable imprint on the trail. From all of us... well done and thanks for the entertainment!!

Then again, evil sometimes has different faces.... and indeed those of our most kind and gentle hares, Fuji, Hulk and Chew. How can creatures so treacherous look so innocent??? (**Bwa ha ha ha ha ha ha! – Ed.**)

Somewhere after check five when we were experiencing that lovely light feeling of achievement knowing that we were near the end.... We happened upon a clearing in the bush. And what could this be?? It looked hot as hell, in fact it looked like the burning hills of Afghanistan and I fully expected a Russian tank to clank around the corner at any moment.

It started with a long curved haul up the one side of a bare terraced hill. And another long haul to follow across. It required a long, hot and hard crank. This gave us ample time to ponder the nature of hares and this dastardly deed perpetrated against well meaning and innocent hashers.

The Long Bash Cont'd

Anybody creeping up that hill was also lucky to pick up lots of very descriptive expletives from fellow hashers, most of which could only be described as most flowery and new to many of us!!

I was told in confidence after the hash that one of the leading hares even considered leading the trail to the very top of this hill to overlook a prison! Imagine, who wants to look at a prison when you're in an oven!! Cruelty has no limits! Fortunately he was discouraged by one of his kind colleagues.

And who should me meet at the other end of the furnace but the kind Fuji...smiling and promising a "sweet" downhill somewhere in the future. Well, that downhill was real sweet and those who picked this route were also rewarded with another complimentary uphill. Nothing like getting more than you asked for!!

In all seriousness, the above and all the other nice little ups and downs which I left out made for a most enjoyable trail and praise be to the hares who did a splendid job. It was well thought out and provided variety and a challenge for all.

And last, but definitely not least, the day was rounded off with a scrumptious lunch at Boon's Burgers and Bits. Certainly a possible new business opportunity. Maybe Boon's Bikes and Burgers...or Burger-Pro. Many thanks to Mr. and Mrs. Tan for their effort and the seriously needed sustenance!!

It was also probably my last hash in Malaysia. So thanks to the past and present committees, hares and hashers for all the good rides. Getting lost has never been better!!

Charl Bester

(Edited by Melody)

Farewell

Sometime next month we shall be bidding farewell to another Basher, our wonderful scribe and hard-core South African Basher Charl Bester, who's been riding with the Hash, off and on since he arrived on Malaysian shores about six years ago.

Adios Amigo! Our Kiara rides won't be the same without you! Don't forget to write! Have fun on your new Colnago!

BITS & BOBS – 1) Swag for sale!. **KLMBH Mugs** (RM15), polo t-shirts (RM15), 1st Annual Int'l Bash t-shirts (RM5) and 2nd Annual Int'l Bash t-shirts (RM12) are still available and **make great gifts!** Kindly inquire with Bash Cash. **2) REPEAT! Beer prices for the Bash have increased to RM5.50 each. Softies remain at RM1.50 each.** **4) Real-Life Tip of the Month.** If you happen to hold the rank/designation of assistant (fill in the blank), remember that when you abbreviate assistant, it should be asst. and not ass. I've seen several people proclaiming to be Ass. Managers with respectable institutions. Wouldn't want anyone of you to be associated with the real deal from Jalan Alor and Sun Complex now would we! **5) That's all for Bits & Bobs for now...**

Venting My Spleen

First off, let me say I am not here to tell you how to run your lives. I'm just another Mountain biker and these are just my opinions. But I feel compelled to say something about a subject near and dear to me.

Why would you want to cut down trees in Bukit Kiara? I can think of a few reasons not to:

1. It's an insult to nature. Of all people mountain bikers should have a better appreciation than anyone of this. Who do you think you are?
2. It's a waste of time and effort. If you are building a trail, go around the tree if at all possible. Work with nature, not against it. Use the terrain as best you can with the minimum amount of work and environmental impact. Building and maintaining a trail is work enough without adding to it.
3. There are far more efficient ways of clearing trees (with chainsaws and earthmovers), and no lack of people willing to do it. Why should you help them? They are your enemy.
4. Trees provide erosion control by stabilizing the soil. There are abundant examples around Malaysia of what happens when the trees are cleared from a slope. Obviously not a good thing.
5. Trees provide erosion control by preventing direct rainfall on the trails and instead dispersing it and absorbing it. If you've ever been> out doing trail maintenance in the rain you'd realize this. Twenty minutes after the start of a monsoon downpour it is often barely damp on the trails under tree cover, while the open trails are running like rivers. This does serious damage in a short time.

6. Trees provide overhead cover which minimizes the amount of undergrowth you need to contend with. Just look at the lalang and ferns that grow under the power line cuts and you'll understand this. How often does Boulder need to be groomed? Never. But a trail under the power line cuts will be overgrown in as little as three months with no attention. Why make your life more difficult?
7. Trees provide great natural obstacles that make the trails more interesting to ride. If you don't like narrow singletrack, why don't you ride RRI or Elmina?
8. The obstacles are the same for everyone. If you think someone else can ride the obstacles faster than you, the onus is on you to improve your skill with a bicycle, not a saw.
9. If you need building material for bridges, reinforcements, etc. there is plenty of fresh natural deadfall available. The Penchala flyover was built entirely with deadfall and so were all the other things I built. No excuse here for tree cutting.
10. It robs Mountain bikers of the moral high ground when it comes to dealing with others. How can we claim to love nature when we are seen to be just another group who wants to cut down the trees?

Pigpen

I don't like #10 very much but I felt the need to come up with 10 reasons. Anybody got any other good reason?

HARELINE

In order to facilitate the efficient planning of your 2001 cycling calendar, the following Bash dates have been fixed for this year. As in the past two years, your Committee has decided not to adopt a receding hareline, whereby all members are required to set hashes on a rota system, this year and therefore volunteer hares are needed to keep the Hareline going.

Setting a Bash is a rewarding experience as it involves planning, much adventure, camaraderie, some deviant thinking and a great sense of satisfaction when the pack charges off down your false trail and/or your fellow Bashes curse you out at the end of the Bash and then buy you a beer. In fact, setting a Hash is so much fun as evidenced by the Hare Tonic overleaf.

Anyone interested in setting a Bash can contact the Melody, the Hare-Raiser, and for those who have no experience in setting a Bash, fear not for your Committee shall pair you up with an experienced Hare who shall pass on his/her wisdom free of charge. **Hares will also have the exclusive use of the KLMBH guillotine and the KLMBH directional signs to help prepare for their Bash (Ooh! Ahh!).**

Bash	Bash #	Date	Hares/Notes
April	79	29 April 2001	Raymond Keys and Ingrid Burke
May	80	27 May 2001	Hares needed!
June	81	24 June 2001	Hares needed!
July	82	29 July 2001	Hares needed!
August	83	26 August 2001	Hares needed!
September	84	23 September 2001	Nick and Joe Adnan (he's goin for the record!)
October	85	21 October 2001	Hares needed!
November	86	18 November 2001	Hares needed!
December	87	9 December 2001	Hares needed!
January	88	27 January 2002	Hares needed!
February	89	24 February 2002	Hares needed!
March	90	31 March 2002	Hares needed!

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 or exclusive Jerseys) with the intention of presenting them to the deserving hares as soon as possible (whenever that is!).

The score as it stands as updated by Speedy the Dog on our very own website as 2 April 2001 is presented below. As mentioned before, if you feel that you've set more Bashes than listed below, kindly contact Ed. or Speedy the Dog to set the record straight.

Azizul Adnan	13	Alistair Swanson	2	Annett Frohlich	1	Peter Pickernell	1
Richard Aubry	12	Animal Elford	2	S.Y. Chong	1	Phaedra	1
Eric Teo	7	Dick Shelly	2	Clara Chin	1	Pinhead	1
Ngah Fuji Bakri	7	Grant Lee	2	Colin Jackson	1	Simon Ng	1
Gordon Fraser	6	Jake Slodki	2	Dave Baker	1	Steve Ellison	1
Pat Brunson	6	John Hagedorn	2	David Foo	1	Kenny Stewart	1
Peter Bloomer	5	John Mugford	2	Emma Booth	1	Karen Brunson	1
Barry Hills	5	John Spencer	2	Geoff Stecyk	1	Janie Ravenhurst	1
Mike Elliot	5	Kelvin Wong	2	Graham	1	Paul Moir	1
Hulk	5	Noel Brennan	2	Ian Miller	1	Jamie Knowles	1
Denis French	4	Nigel Blott	2	James Aubry	1	Robbie Knowles	1
Alison Keeler	4	Shariman Alwani	2	Jeff Dean	1	Raymond Keys	1
Shaharudin Damis	4	Speedy the Dog	2	Johnathan Startin	1	Conrad Fawcett	1
Bill Steven	3	Tan Boon Foo	2	Marie Benedix	1	Melody Tan	1
Mark Chaterton	3	Larry Chan	2	Mark Clark	1	Charl Bester	1
Peter Heston	3	Andy Blake	1	Mike Smit	1	Chew	1
Paul Sweeney	3	Andy Knellar	1	Mike Wright	1	Your name here!	
Simon Kenney	2	Angus Knowles	1	Paul Booth	1	And here too!	

IMPORTANT ANNOUNCEMENTS!

Bukit Kiara Trail Maintenance Day

The first Bukit Kiara Trail Maintenance Day of 2001 will be held on **28 April 2000**, just before the KLIA Bash. All those who are interested can meet up at Devi's Corner in Desa Sri Hartamas at 8.30 a.m. (8 a.m. for those who need sustenance early in the morning) on the appointed day. We'll try and have some extra tools on hand and this will be an opportunity to give back to the hills and trails of Kiara.

Contact Adli @ adadli@pc.iaring.my or Farizul @ farizul@maxis.net.my or Ed. for more details.

Birthday

My red S-Works Team Edition Frame turned 6 years old this month. It's taken me from the rocky, dusty singletracks of Southern California to the slippery singletracks of Bukit Kiara without a complaint and is currently on its third suspension fork!

Happy Birthday Rocky Jr.! Daddy loves you!

Three Guys, Three Bikes and Three Hills in Penang - Part Two

I awoke with a start as my trusty Nokia 3210 alarm clock went off. 6.00 a.m. already! Only 4 hours after I fell asleep after tossing and turning for hours in the unfamiliar hotel bed. With a groan, I hauled myself off the bed and into the bathroom to sit on the throne and reflect.

The plan for today was to ride from Pulau Betong (Hulk's kampung, incidentally) across the ridgeline that runs across the South West corner of the island to Gertak Sanggul and back. We were to meet at Azmi's house at 7.30 a.m. or outside the Pulau Betong Maybank at 8.00 a.m.

After finishing up in the bathroom I woke Hulk up and called Chew on his mobile. He was about to leave his house. We would meet at Paul's hotel at 7.00 a.m. and head over to Azmi's house. I tried to raise Paul but all I got was voice mail. Azmi also called us to make sure we were up and running. We sure were!

As soon as Hulk was ready we charged out the door and down to the car. There was no time to put the bikes on the roof rack. We'd do it later. It was still dark as we tore out of the parking lot and flew down the road towards Tanjung Bungah. We came to a grinding halt outside Paul's hotel and I immediately dialed his mobile number. No answer again. Oh oh! Then Chew called us from Batu Feringghi. He'd overshot the Paul's hotel in the dark and so we told him to double back and look for the car with the bikes on top.

We tried Paul's mobile again just as Chew pulled up behind us. No luck. Chew and Hulk went inside to call the room. No luck either. By that time it was already 7.20 a.m. We called Azmi to tell him we'd meet him at the Maybank and tried Paul's mobile one last time and left a message saying that we had to split. We gassed up at the Green Lane Esso station and burned rubber over to Pulau Betong, arriving at about 8.10 a.m. because we didn't know the shortcut.

We were introduced to S.T. Chia and Anuar whom we hadn't met. Since everyone else there was eating, we tucked into a couple of pieces of Roti Canai each ourselves. It turned out that we were waiting for someone who was driving up from Taiping. To make a long story short, he arrived, he ate, he went to the restroom and when he came out, we were all gone. We didn't mean to leave him behind. We only noticed he wasn't with us when we got to the trailhead! And no, we didn't leave him with the bill for breakfast either. Eventually, S.T. went to look for him and led him to the trailhead, which incidentally, was just up the road from Hulk's grandmother's house.

While waiting for S.T. the rest of us took a short warm-up ride along a road running along the shoreline which led to an incredible beach. When everyone was ready to go, we headed off into the hills.

The first part of the climb was tough as it wound its way through several switchbacks and then proceeded to get even steeper.

I began having flashbacks of the previous evening and decided to hoof it up some of the steeper sections, just in case.

We regrouped at the top of the switchbacks and began our traverse of the ridgeline via a cool singletrack that wound its way through durian plantations. Since some of the trees were on steepish slopes, the farmers had strung nets between some of the trees to catch falling durians.

We could see the sea below us whenever the vegetation thinned out. It was beautiful! Some parts of the trail were rocky while other parts were actually cemented to enable the farmers to get to their orchards on their motorcycles. Eventually we came to a four-way intersection and went straight through onto a dirt road that led downhill.

We blasted down the dirt road and into Gertak Sanggul itself, all 20 or so small buildings of it. A quaint little town by my standards. Except for the smell.

Oh, the **Horror!** It smelt like dead fish were rotting on the shoreline! I'm sure now that it was due to the mud exposed at low-tide but at that point in time it made me feel a little light headed.

We hit the local coffee shop and proceeded to clean out their entire stock of cold 100 Plus®. I told the towkay that I'd pay for our round of drinks but the Derek would have none of it and jammed some bills into the man's hands before I could get my cash out. Thanks again for the hospitality!

When everyone had rehydrated, it was time to return to Pulau Betong. But the Knights had a surprise for us. A rather nasty one at that. We were going to head back another way to the four-way intersection!

The return route started out on a road that led to an abandoned golf course development up on the ridgeline. It was paved and reminded me of the Penang Hill Jeep Trail except that it was now about 11.30 a.m., the sun was blazing down on us through the blue sky and there was no shade whatsoever (so much for greening the earth!).

I looked up and saw some sea eagles circling high above the ridgeline in a thermal. I rode up as far as I could and, mindful of the previous days incident, hoofed it up the really steep sections. We stopped to take a picture with an abandoned tub of lubricant with the word "Fuchs" printed on the side. In our delusional state, we somehow thought it was funny. I couldn't imagine how anyone could have thought of building a golf course here. The road was too steep for cars. Perhaps they were thinking of putting in a cable car!

It seemed like hours passed before we got to the top. But the reward was a super-cool breeze and a wonderful view of the sea on both sides of the ridgeline! And we were also at the same altitude as the Sea Eagles! A quick blast down a dirt road took us out to the four-way intersection.

Cont'd >>

Three Guys Cont'd

By this time it was already coming to twelve o'clock and my legs were beginning to feel the strain of all the climbing done in the past 20 hours. The ride back along the ridge was one of pain and pleasure but the reward was the final descent back into Pulau Betong. The steep, cemented and mossy singletrack demanded the utmost concentration from all of us as we sped downhill. One wrong move would have sent any of us sailing through the air for an appointment to meet the ground, the hard way.

We invaded the local coffee shop at the trailhead and proceeded to chug down every cold drink in sight while talking up a post-ride storm, as most mountain bikers are apt to do. The next major decision was, naturally, where to go for lunch! We outsiders left it to the locals to decide and we weren't disappointed by the nasi campur that we feasted on in Bayan Lepas.

After lunch, it was time to go exploring. Chew had to head home so Hulk and I decided to go look for the local bike shop which the Knights had mentioned, Cyclon run by Gary. We had a rough idea of where it was (Lebuh Carnavon, wherever that was) and a cheesy tourist map to help us along the way.

But first, we had to brave the incredible Penang Chinese New Year Friday After Lunch Traffic Jam. Luckily, I remembered a shortcut to town from a previous business trip to Penang and so we cut through Bukit Jambul and end up back on Green Lane. From there we proceeded to Komtar and started looking for Cyclon in earnest. Our search took us down many a narrow lane with lights and decorations strung up across the street. Quite nerve-racking if you're lost and got two bikes on the roof!

Finally, we got our bearings on Lebuh Armenian and found Lebuh Carnavon a short while later. Woo Hoo! The only thing was that Cyclon was closed. Bummer! But at least we knew where it was now!

We headed back to the hotel along the busy streets of Penang and got caught in the traffic jam along the Batu Feringghi road. We weren't in any particular hurry so we just kicked back and enjoyed the ride. The fact that we both stank didn't really bother us that much.

The plan for the evening, as arranged by Chew and with Azmi, was to meet up, have dinner in town, and then meet Azmi and Sany (who had flown back to K.L. to work on Friday and then came right back up) for supper.

Little did we know that our plans would be thwarted by "The Mother of All Jams!". And we're not talking about the fruity or musical variety either.

We'd finally managed to get in touch with Paul and we were to meet up with him, Josephine and Chew outside the Sandy Bay Paradise at 7.00 p.m. We got there on time but Chew called with the bad news. He'd been stuck in a traffic jam for the past 45 minutes. Apparently, everyone had decided to head into town on Friday night and the roundabout at the Botanical Gardens and the big roundabout at the McDonald's were gridlocked and were causing tailbacks all the way to Green Lane and Tanjung Bungah..

O.k. we said, park up somewhere and we'll come and get you. 40 minutes, two kilometers and one attempted shortcut through the Mount Erskine Road later, we decided to call it quits. We would have had a hard time fighting our way through the traffic on our bikes, let alone in our Protons.

Chew headed home and the rest of us decided to high tail it over to Teluk Bahang for some seafood at the "End of the World" restaurant which various K.L.ites had raved to me about. We called Azmi to cancel our supper plans and began the longish drive to Teluk Bahang. With our growling stomachs urging us on, we took all of the corners like Tommi Makinen during the Monte Carlo Rally (or was that just a hunger induced hallucination?).

One wrong turn later, we were there. By the way the crowd was packing away the food at the "End of the World", it sure seemed like the "End of the World" was at hand. We managed to get a table and ordered whatever the kitchen had left to cook. It was only 8.30 p.m. and the kitchen was almost clean outta food. Whoa! Anyways, the food was good, the company was great and even the cats were well behaved, except for one.

After stuffing ourselves silly (burp!), we drove on back to Batu Feringghi and parted ways with Paul and Josephine as we turned into our hotel parking lot.

We watched t.v. and shot the breeze for a while before retiring for the night. We were to have a long drive and ride ahead of us tomorrow and we needed to be fully rested.

Ed.

Postcards from the Edge

Ali and Denis have recently sent me mountain biking post cards from Zion and Moab. The lucky devils! I'm sure that there'll be plenty more post-cards before their journey is over.

Visit them at www.skyboom.com/aliden.

Malacca Mountain Bike Hash Contacts

Joint Masters		Other Contacts			
Lim Heng Tin	012-3700915	limhtbc@pd.jaring.my	Suzan Batey	019-7640603	Batevms@pc.jaring.my
	06-3152922	limht@petronas.com.my		06-3153390	Batevsuzan@hotmail.com
Nara	012-6698091		Erwin S	019-6563703	
	06-2325722		Vijay Deb	012-3608455	

Special GPS Offer to KLMBH Members

KLMBH has negotiated with Advanced Equipment, the local distributor for Garmin global positioning system (GPS) receivers for special rates on its eTrex series GPS receivers for KLMBH members. The prices are shown in the table below, and are lower than ordinary retail rates. Orders may be made through Joe by e-mailing him at joadnan@yahoo.com or by telephone on 019-238 6428 before 15 May 2001.

	eTrex	eTrex Venture	eTrex Legend	eTrex Summit	eTrex Vista
Price	RM780	RM870	RM1,200	RM1,500	RM1,750
Features	<ul style="list-style-type: none"> ▪ 12 parallel channel GPS receiver with storage for 500 waypoints ▪ Limited Mapsource compatibility 	<ul style="list-style-type: none"> ▪ 12 parallel channel GPS receiver with storage for 500 waypoints ▪ Some Mapsource compatibility ▪ Click Stick 	<ul style="list-style-type: none"> ▪ 12 parallel channel GPS receiver with storage for 500 waypoints ▪ Extensive Mapsource compatibility ▪ Click Stick 	<ul style="list-style-type: none"> ▪ 12 parallel channel GPS receiver with storage for 500 waypoints ▪ Limited Mapsource compatibility ▪ Electronic compass ▪ Barometric altimeter 	<ul style="list-style-type: none"> ▪ 12 parallel channel GPS receiver with storage for 500 waypoints ▪ Extensive Mapsource compatibility ▪ Electronic compass ▪ Barometric altimeter ▪ Click Stick
Display resolution	64 x 128	160 x 288	160 x 288	64 x 128	160 x 288
Routes	1 reversible	20 reversible	20 reversible	20 reversible	20 reversible
PC Interface Cable	–	Included	Included	–	Included
Battery Life	22 hours	20 hours	18 hours	16 hours	12 hours

The Venture, Legend and Vista models have just been released by Garmin (February 2001) to complement the earlier basic (yellow) eTrex and Summit models. The new models have additional functionality that addressed some shortcomings of the earlier two models: the addition of the Click Stick (a clickable joystick device) now allows users to pan in the map view. Users familiar with the earlier eTrex and Summit will attest to the frustration of having to zoom out to review your progress and losing resolution in the process. The new models also have much higher resolution LCD screens and come bundled with a PC interface cable, (which must be purchased as an option with the earlier models at RM100-plus).

So, which unit to buy? If you are on budget and want a basic GPS receiver, then the eTrex Venture is for you, as the basic eTrex's inability to pan is a serious shortcoming for route-setting and mountain biking in general. The Venture's extra resolution and bundled interface cable are bonuses.

If you would like to use Garmin's map database software for uploading into your receiver, then consider the e-Trex Legend. Anecdotal evidence of user experiences with the GPS data however suggests that Mapsource data has limited utility for mountain biking in the boonies.

If you want a GPS that has all the bells and whistles (compass and altimeter), then the Vista is for you. And can I also interest you in some swamp land that I happen to have for sale...

Note that these prices are higher than prices available from the Internet, but after factoring in shipping and handling costs and the vagaries of customs charges, the prices are competitive. For example, thegpsstore.com offers the Venture for US\$169, and charges US\$40 for s&h to Malaysia. At current exchange rates, this translates to RM794. Customs charges for GPS units are 15%+20%, or so I am told. So, it is still cheaper to get a friend to get you a unit from the US, if you can avoid shipping and customs charges.

For a review of the eTrex series: <http://www.gpsinformation.net/etrexlegend.htm>

For a listing of on-line GPS receivers: <http://www.gpsinformation.net/banners.htm>

IMPORTANT ANNOUNCEMENTS 2!

In our continuing drive to make the Bash more appealing to families with young children and young children in general, from the April Bash onwards, Junior Guests (aged 18 and below) will no longer have to pay guest fees to partake in the Bash.

Junior members need not fear as membership does have its privileges which include a discounted ticket to the Annual Dinner, the Basherama e-mailed directly to your home, and your very own KLMBH stuff o' the year, be it a t-shirt, cap or mug!

Also, the first Hare Tonic has been presented to the Emperor King Richard of Aubry(e) with more to come in future!

No Pain, No Gain.....

I'm sure that most Malaysians are well acquainted with the effectiveness of local or Asian medicine in fixing health problems that don't always respond to state-of-the art, (and expensive), western treatments. It's therefore for the benefit of you assorted "Kwailohs" that I recount the following recent experience.

One week prior to the recent Kiara GP off-road time trial, I thought I'd sneak some secret practice in order to avoid a totally indifferent showing at the event itself. I have to say that I am not a great technical rider, mainly because morbid fear of crashing always preys heavily on the mind of a geriatric, and it doesn't help when Kiara is full of technical bits that have claimed the scalps of experts. Having been taken around most of the trails by none other than Pig-Pen himself, some time ago, I was wondering if I would still find it as difficult as my memories, (all bad), of the previous visit.

Well, 5 minutes after setting off in company with Boon Foo and Doc Lea, I'd already made up my mind that the degree of difficulty was just too silly, and I was busily thinking up a plausible excuse for not showing at the real event without admitting that I was a despised roadie of the softest kind. After covering about a third of the course, (mostly on my arse), I was slithering down a slippery descent which I deemed to be certain death if attempted on the bike, I managed to put my foot partly into a concealed hole. The front of my foot was on the edge of the hole and my knee was almost straight at that moment, thereby resulting in the joint being bent backwards accompanied by a distinct clicking sound, not to mention severe pain. With some difficulty, I managed to walk out of the bush, whereupon Doc Lea inspected the knee joint and confirmed that there didn't appear to be anything broken. I succeeded in cycling home, but after showering and resting it for an hour or so, I discovered that I could no longer walk, and was reduced to hopping. I was obliged to take the next two days off work, and was still limping badly for days after that.

One week later, I was getting severe cycling withdrawal symptoms and I decided to attempt the Wednesday night road training session at University Malaya; I still couldn't walk without a limp, but the pain seemed more associated with the knee being straightened. Unfortunately the joint was quite uncomfortable during the ride, although I was able to ride through the pain; the next day it felt much the same – no improvement, but on the other hand no further deterioration as a result of the cycling.

Then Eric "You Bugger" Teoh told me about the sensai at a martial arts school off the Old Klang Road who had fixed up another Basher's dislocated ankle, and suggested I go and see him. I wasn't entirely convinced but agreed to give it a try, so Eric took me to the school that evening.

We explained to the sensai what I'd done and where it hurt, and he did some exploratory kneading around the joint. He seemed to find the exact spot that was most painful and proceeded to massage it. He was concentrating on the knee so I'm not sure whether it was due to his experience or luck that he stopped a split second before the point at which I would have passed out; or maybe he had spotted that I was levitating out of the chair?

The massage was followed up by the application of a herb paste, having the colour and texture, (but fortunately not the odour), of excrement. I kid you not, but after he'd finished, the nagging ache in the joint had almost gone. The next morning, the joint felt much freer. Walking still caused a slight pain, but was much easier than before. Also, when sitting for long periods, the joint had had a tendency to seize, whereas this trait had entirely disappeared. I went back for repeat sessions on the following two days, (which were no less excruciating), after which I was walking normally and the joint only gave mild twinges.

Two days later I went on the UM Wednesday night ride, followed by the Thursday night Peloton 2km blast, both of which indicated that the joint was recovered. Then on the Sunday I went on the dreaded Beroga endurance ride, (140km with three mega climbs), which confirmed that as far as cycling was concerned, it was back to business as usual.

I am certain that the treatment resulted in the injury healing far quicker than would have been the case if I'd simply rested it, or used typical western physiotherapy, (from what I hear of other's experiences). However, if there is a downside, then it would be the sheer pain of the massage; definitely not for the faint hearted!

So, If you are suffering from aches or pains associated with muscles, tendons and bones ask Eric Teoh for directions. It's not a miracle cure by any means, but the healing rate is definitely accelerated – if you can stand the pain!

Vibrator

2001 Calendar of Upcoming Events

Date	Event/Remarks	Date	Event/Remarks	Date	Event/Remarks
28 Apr	Bukit Kiara Trail Maintenance Day	20 May	Singapore Bike Hash	29-31 May	Terengganu MTB Challenge
29 Apr	KLMBH April/KLIA Bash	20 May	Malacca Bike Hash	17 Jun	Singapore Bike Hash
13 May	Kiara GP 2001 #3, Bukit Kiara	27 May	SACA MTB XC Race, Singapore	17 Jun	Malacca Bike Hash

www.bikehash.freesevers.com