



Basherama!

No. 83
March 2002

The Official Newsletter of the Kuala Lumpur Mountain Bike Hash

2002 JUNGLE SQUAD:

EL HÉFÉ:	MOHAMED SANY (C) 012 201 8855 mohdsany.zainudin@ssem.amanah.com.my	TAX COLLECTOR:	RAYMOND "ROCKET BOY" KEYS (C) 012 234 5187 rostrajo@hotmail.com
ELECTRONIC WARFARE:	SPEEDY THE DOG (C) 019 238 6428 speedythedog@yahoo.com	TRACKER:	ERIC "CURRIED A*****" TEO (C) 012 337 7505
PROPAGANDA:	MELODY "TANK GIRL" TAN (C) 012 238 1154 tan_melody@hotmail.com	SUPPLY SERGEANT:	MATT "BILLBOARD" SCHNELLER (C) 012 302 0164 mjschneller@shell.com.my

BIKER CRASHES IN FRIM

Saturday, 9 March 2002, Kepong. A mountain biker suffered serious injury while riding in the trails in the Forest Research Institute, Malaysia (FRIM). Levin, who had only recently picked up mountain biking in preparation of the up-coming Eco-Xcapade, lost control of his bike while descending Steroid Hill and crashed into the earthen embankment alongside the trail. He suffered two broken ribs, although according to eyewitness reports, the injury seemed much worse at the time.

The crash occurred roughly at 6.45pm. One of Levin's riding companions, Jason, rode to the FRIM guardhouse to seek help and called emergency services. An ambulance arrived at the guardhouse but could not reach the crash site located a few kilometres along a rough 4wd track. A 4wd vehicle was called at about 7pm to evacuate the rider. The truck reached Steroid Hill at about 8pm, having approached the site from the Sungai Buloh hospital.

Micheal and Dax, Levin's friends who rode up in the 4wd, together with his riding companions, Roland, Siew Peng and Jason, coordinated the evacuation by securing the injured Levin onto a stretcher and lashing the stretcher onto the flat bed section of the truck. Levin was delivered to the ambulance at about 9pm and sent to the Selayang Hospital.

Analysis

The evacuation time of 2 hours and 15 minutes highlights the very real dangers faced by riders who venture into the remote outdoors. It took that long to evacuate the injured rider despite the fact that FRIM is very close to civilisation, despite the fact that the weather and trail conditions were favourable and despite the fact that the trail was navigable by a 4wd vehicle. More remote or less accessible trails will require a much longer evacuation time. Even the trails in Bukit Kiara can pose problems because the steepness and narrowness of the trails will mean that the injured rider may have to be carried out on foot.

Riders can mitigate risks by carrying cellular phones and first aid kits, and by adopting the right mental attitude. Obviously cellular phones will be of little use in areas without cellular coverage, but are a useful precaution where the trails are located close to built-up areas, such as Ulu Langat, Bukit Kiara or FRIM.

Cpnt'd on Page 3

DIRECTIONS TO ULU RENING BASH

9.30 a.m. sharp, 31 March 2002

Hares: Two Dogs Fing (aka Scott Roberts) & Paul 'Beer Me' Sweeney**

Directions : Make your way to Rawang via the NKVE or Templer Park route. Worm your way through Rawang town and make sure you are following signs for Serendah on the old Route 1 (should be sign-posted Ipoh or Serendah). Go through the traffic lights at Sungai Choh, pass through Serendah, wave at the golf ball at the Serendah golf course and make your way into Batang Kali. At the traffic lights in Batang Kali township, turn right for Genting Highlands and head for Ulu Rening. Proceed for 1.9km and take slip road to the left, 1.5km and slip left again, and proceed for another 4 km (passing Proposed Genting Valley Club house site on right). Turn left onto dirt track just prior to football field. After another 200 meters turn right and drive for another 0.5km Co-Hare mobile Mitsubishi Pajero WCB9741.

A Few Words: This is a beautiful area with lots of interconnecting estates. If you get lost, you will either wind up in Kuala Kubu Baru or, if you are a vertical ascent master, Genting Highlands! There are lots of crystal clear and shallow rivers winding through here, hills, rubber, palm, bamboo et. al. It's my goal to get you wet, tired and exhilarated all at the same time. It's a shame we don't have more rides in this area, so ... bring those CamelBaks, water bottles, etc. For lunch, there are hundreds of superb restaurants in the area to cater to every whim. If you want advice, ask away at the end of the ride ... or during it for that matter if you're not too exhausted!

Sg. Sendat – Long Run

It was an overwhelming experience for my very first Bash and to Sg. Sendat. Mel has always been bitching to me to take a change from just being a boring roadie and try something different for a change. So I finally had to prove myself to her that I too could MTB and got my ass up to do it. Borrowed Matt's bike, though it's too big for me but managed to do some modifications to suit me.

From an inexperienced Mountain Biker like myself, I would say that not only has it been an eye opener, I realized that the trail is rideable except for a few trails where I almost lost balance. It was mostly single track through out the entire ride. The beginning of the ride was smooth, just trailing the experienced riders like Geoff, Boon Foo, Ice Cube etc....

There was one time I was following this rider going through this single track down hill. I could feel other riders pressuring me to speed down faster from their wheels behind, unfortunately I left my balls way back in my car. Many times going down I almost lost balance. And there was Mel again telling me to 'shout louder!' and not scream like a girl while I was checking trails or while I was about to stop. Hey! Cummonlah gimme a break, this baru my first time riding these trails.

After passing a small orang asli village, the trail started to get more technical and interesting, from crossing streams and climbing logs and big ass hills which were almost 4km up..... Speaking about how tough this hill was, I heard only two or three out of the entire group managed to climb this bitch of a hill. Then there was this scorching sun that made our ride up never any better. At first it was Boon Foo and a few others with me climbing up, till AJ came along not after that Adli, Adele and Geoff joined the fun. One by one we dropped like flies trying to get over this hill. But what really surprised me was to see Mantap, this sixty year old guy climbing real strong till he gave up only metre to the top. Then again what really, really surprised me was how on earth Sany managed to get those papers all the way up. There were rumors saying that he took a four wheeler up while placing the papers. Hmmmmm..... [\(Be a hare and find out how to lay the paper – Ed\)](#)

Then finally it was heaven all the way down back to the stream again. I was told that we were to come across some hot springs, but I didn't see any. After crossing the stream we (AJ, Mantap, Boon Foo and a few others) kinda got lost. We searched for more trails, unfortunately couldn't find any, so we back tracked our way back to the restaurant and the entire journey took us close to three hours to complete of 26km(From my meter) of fun field adventure. I'm sure many would have experienced much more fun trails and I can't wait to go for the next Bash in order to enjoy more biking fun. Thanks a mil!

Oliver Tse

Sg. Sendat Short Run

Only a handful of us went out on the short run at Hulu Yam, despite the cat calls of the various 'long run' riders who felt we should join them in their suffering. We continued nonetheless. The small size of the group allowed for interesting conversations along the way and close camaraderie. We were lucky enough to have Keong with us, who kept a sharp eye on the condition of people's bicycles and gave valuable advice as well as fixed a few bikes before disaster struck.

The route started on a washed out road and soon turned off onto a single track trail. It seemed either the wind, rain or locals had made off with some of the papers which created more 'checks' than was originally anticipated. The single track through durian orchards was particularly enjoyable. A short run through the kampung on pavement was totally unexpected. The hurrahs of the local children gave us a boost.

Going across the river was perhaps one of the most exciting events of the ride. Having been duped into thinking the bottom of the river was relatively navigable on a bike, each and every rider I saw was completely amazed by the big hole at the half -way point that tipped them into the cold water. Ah, very refreshing. Certain anonymous and unscrupulous individuals perched themselves on the rocks in the river to wait and watch while unsuspecting riders took a cool tip and dip.

We were detoured just before the hot spring. There were papers leading us off to the left but apparently the pile of check papers had been removed. So we spend some time trying to find the way. Eventually, we decided to follow the long run riders and we found the hot spring - a very pleasant surprise. We waited for many of the short runners to join our little social gathering before turning back. A few late starters and long run riders who had lost their way were seen along the way. Their day would prove to be a long one especially as it was becoming quite hot.

All in all it was a relaxing and pleasant ride with good company, great scenery, and enough energy left for a plethora of afternoon activities and work at the office.

Janie Ravenhurst

Techtips by Casper

No.2

When removing or installing pedals, first shift the chain onto the big ring. This will prevent your knuckles from being gouged by the chainring should your hand slip.

Cont'd from Page 1

Visit the KLMBH forum (http://www.greenspun.com/bboard/q-and-a-fetch-msg.tcl?msg_id=0068Jg) for a listing of items to be carried in a lightweight first aid kit.

Most important of all is the mental attitude of the rider when riding in remote areas or when riding alone. The likelihood of serious injury can be reduced if you ride well within your abilities in such situations. You should only “push the envelope” of your abilities in a controlled environment. Once you have sufficiently mastered a skill in a relatively safe environment, you can proceed to apply them in more demanding situations.

A helmet of course is essential (although admittedly it may be argued that the rider who rides without a helmet probably does not have a brain to protect). Reliable riding companions would also come in handy—people whom you feel will not take unjustifiable risk and can be relied upon in an emergency. First aid training is a bonus.

So remember EAT:

Equipment

First aid kit, communications and navigation devices

Attitude

Use your head and ride within your abilities

Training

Obtain basic first aid training.

Ed.itorial

1. Please note that the March bash will be in Ulu Rening and not Bukit Raja. Directions can be found on Page 1 or on the website.
2. We would like to make an effort to start future bashes on time at 9.30 am sharp. Please give yourselves some time to get your bike ready and register.
3. On behalf of the Committee, I would like to wish Tang a speedy recovery on his injury.

BITS & BOBS – 1) Swag for sale! **KLMBH Mugs** (RM15), 2nd Annual Int’l Bash t-shirts (Blue; RM12) and 3rd Annual International Bash t-shirts (White RM10) 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** from RM5.00 due to increased sin taxes levied by the “Powers That Be”. **Softies remain at RM1.50 each.** **3)** For all members who have yet to collect their 3rd International Bash t-shirts, you may do so at the next Bash from the registration table. **4)** That’s all for Bits & Bobs for now...

Swap Meet

Property to let - Bangsar Ria townhouse, 1,600-1,700 sq ft, 3 bedrooms, 2 bathrooms. 4 split-levels, located near the infamous Tivoli Villa, with back facing the Universiti Malaya reserve land and the Sprint highway (don't worry, far away). 4 units of air cond, semi-furnished, almost ready to move in. RM1,600 per month. Contact Chew at 012 488 3818 or tohhoonchew@yahoo.com.

Pair of Panaracer Fire XC Pro 2.1 inch kevlar bead tires. Black with red sidewalls. Good condition. RM80 ono takes 'em both. Contact Fuji @ 012 307 6815 or ngahfuji@tm.net.my or look for WGK 9898 at the next Bash.

WMF Crystal Glasses - Made in Germany - 15 pieces each for red wine, white wine and champagne for RM18 per piece - 15 pieces each for sherry, liquor, and cognac for RM16 per piece - Contact Fuji @ 012 307 6815 or ngahfuji@tm.net.my.

Lost n' Found at Recent Bashes

Nalini headband. Green. Wet and stinky when found, nice n' clean now. Found after September Bash. Collect from haremobil WGK 9898 at the next bash.

MAA watch. Found some time ago and forgotten for a while. Collect from haremobil WGK 9898 at the next bash.

Yellow Giro Helmet. Found after November Bash. Collect from Bike Pro Centre or call 7805 1989 and speak to Tan Boon Foo.

Blue cap left on registration table after February 02 Bash.

www.bikehash.freeservers.com

2002 Calendar of Upcoming Events

Date
Event/Remarks
Date
Event/Remarks
Date
Event/Remarks

KOTRT Langkawi Trip	15 – 17 Mar
PCC Pos Mensun HOB 2	17 Mar
PCC Ride	19 Apr
Eco-Xcapade Adventure Race	17 Mar
KLMBH March Bash	31 Mar
KLMBH April Bash	28 April
Singapore Bike Hash	17 Mar
Singapore Bike Hash	14 Apr
KOTRT Sg. Lembing Trip	24-26 May

HARELINE

In order to facilitate the efficient planning of your 2002 cycling calendar, the following Bash dates have been fixed for next 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 Bashers 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 on page 7.

Anyone interested in setting a Bash can **contact Eric Teo, 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
March	90	31 March 2002	Scott Roberts and Paul Sweeney
April	91	28 April 2002	Raymond 'Rocketboy' Keys and another
May	92	26 May 2002	Hares needed!
June	93	30 June 2002	Rainman and Casper
July	94	28 July 2002	Hares needed!
August	95	25 August 2002	El Hefe and Thomas
September	96	29 September 2002	Hares needed!
October	97	27 October 2002	Hares needed!
November	98	24 November 2002	Hares needed!
December	99	29 December 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 webbe site and further updated by my own count as at 1 January 2002 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	14	Melody Tan	3	Annett Frohlich	1	Pinhead	1
Richard Aubrey (Awarded)	12	Alistair Swanson	2	S.Y. Chong	1	Simon Ng	1
Eric Teo	9	Simon Kenney	2	Clara Chin	1	Steve Ellison	1
Ngah Fuji Bakri (Oi, where's me mug?)	8	Dick Shelly	2	Colin Jackson	1	Kenny Stewart	1
Gordon Fraser	6	Grant Lee	2	Dave Baker	1	Karen Brunsdon	1
Pat Brunsdon	6	John Hagedorn	2	David Foo	1	Janie Ravenhurst	1
Hulk	6	John Mugford	2	Emma Booth	1	Paul Moir	1
Peter Bloomer	5	John Spencer	2	Geoff Stecyk	1	Jamie Knowles	1
Barry Hills	5	Kelvin Wong	2	Graham	1	Robbie Knowles	1
Mike Elliot	5	Noel Brennan	2	Ian Miller	1	Charl Bester	1
Paul Sweeney	5	Nigel Blott	2	James Aubry	1	Ingrid Burke	1
Denis French	4	Shariman Alwani	2	Jeff Dean	1	Scott Roberts	1
Alison Keeler	4	Speedy the Dog	2	Johnathan Startin	1	James Lim	1
Shaharudin Damis	4	Tan Boon Foo	2	Marie Benedix	1	Gostarnjoe	1
Raymond Keys	4	Larry Chan	2	Mark Clark	1	Andy Blake	1
Bill Steven	3	Chew	2	Mike Smit	1	Nick Smith	1
Mark Chaterton	3	Conrad Fawcett	2	Mike Wright	1	Low Min Chee	1
Peter Heston	3	Matt Schneller	2	Paul Booth	1	Mohamad Sany	1
Animal Elford	3	Andy Knellar	1	Peter Pickernell	1	Thomas Fong	1
Jake Slodki	3	Angus Knowles	1	Phaedra	1		

www.bikehash.freesevers.com