



# Basherama!

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The Official Newsletter of the Kuala Lumpur Mountain Bike Hash

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## 2<sup>nd</sup> Annual KLMBH International Bash

### The Introduction

'Tis that time of the year again for the merry mountain biking band known as the KLMBH to hold the 2<sup>nd</sup> Annual KLMBH International Bash!

To make it a truly memorable International Bash, this years affair will be a two-day, away Bash set by your merry hares in Melaka (or Malacca to some) on 24 & 25 June 2000.

### The Plan

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.

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.

To add a truly International Flavor to the International Bash, we shall once again invite the Singapore Bike Hash to come up and join in the merry-making and we shall also be extending an invitation to the Bangkok Bike Hash.

### The Directions (To be Updated in the Next Basherama!)

**Saturday 24 June 2000, 3.30pm. Alor Gajah, Melaka.**

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 klms. Proceed a further 10.5 klms on this road. At 19 klms, watch for KLMBH3 sign on left and turn left into **Guthrie** estate. Proceed about 1 klms to parking area.

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

**Saturday Night ON ON, 24 June 2000, 7.00pm. Golden Beach Condominium, Klebang Beach, Melaka.**

From runsite, Zero trip meter, turn left onto the Alor Gajah - Melaka road, proceed through 1 traffic light, and turn right at the next at about 5.0 klms. Follow signs to Riviera Beach Resort. At 1st T junction turn left, go straight to the T intersection at the beach. Turn left. Golden Coast is the tall condo 100 metres from the intersection. Ask guard for the pool area.

**Continued >>**

## **DIRECTIONS TO THE MAY BASH @ KUNDANG LAKES, KUANG – 9.30 a.m., Sunday, June 4, 2000**

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, at which set your trip meter to zero and continue on, following signs for Kuala Selangor. At 6.9km take right turn. At 9.5km turn left immediately after BP station on your left. At 11.1km turn left onto a small road, just after passing under some overhead cables. At 11.4km take another left onto a tarmac road that turns into a gravel track. Follow the edge of the lake around to the right and park in the open area. Bring swimming costume.

**Hares: Paul Moir and Jake Slodki**

[www.bikehash.freesevers.com](http://www.bikehash.freesevers.com)

## **April Bash @ Ladang Elmina, May 7, 2000 – The Long Run**

**Hares: King Richard “Ye Crafty Bastarde” of Aubrey and Fair Lady Janie of Ravenhurst**

This will be my last hash for a while. I has been sad to see all the keen run setters go and it has been rumoured that our beloved GM might go soon.(Hooray) Which means that more of you will have to come forward to set runs and learn to set good quality runs. Yes that includes you. On the running hashes, everyone takes turns. I think that is the way it should be. If it is your turn you may appoint a co hare that has experience if you are not so sure about how to set one. I am sure Fuji will be publishing a guide on this soon.(Aren't you Fuji?) (*Yessiree Bob I will!*)

Back to the hash and the very civilized time of 9.30 starts for us late nite goers. Thankfully no hair of the dog needed. Some quick mumbling about the happenings and some instruction from the hares and we are ready to go. Oh yeah, they needed a scribe too. Since Pat knew I was the last hare, I got nominated. Good system that. To the sound of on on and the shorties were off first with a pile up at the first bridge. All the longies look on in pity thinking we will be able to clear the bridge easily. Then came our turn and...pile up.

I clear the bridge first and on the second dodgy looking one, I dismounted. Pat chose to show his resourcefulness in the matter by demonstrating how to cross small muddy streams as follows:

1. Ride at a good pace into bottom of drain.
1. Jam front wheel in drain, which will cause back wheel to career upwards and forwards.
1. Remove hands from handlebars to prepare for the oncoming opposite side of drain. If you prefer to keep your hands on the bars then the helmet will do. I have done this and it is a piece of cake.
1. Twist your body to the side and you will have a dry landing. Quite a neat trick really, especially when someone else does it.

I am sure what went through his mind when he went in was ‘oh SID’. The Shorties were quickly caught and promptly overtaken by the front before we peeled off only to rejoin again. The hare had one nice slimy moldy climb early on and it took a lot of skill to ride it. Most just walked it. Certainly I did.

When we got to check 3 (I think...) numerous false trail was found before I found the real trail up a small trail. Rode along the terrace for a while and came to 2 foot drop with adverse camber landing. Piece of cake, I thought. I will just wheelie the front as I roll off. Did not anticipate the adverse camber and landed on my arse. Joe came up behind and said, “It is OK, I won't tell anyone.” He took another approach which was another version of Pat's crossing. I heard him exclaim: ‘oh fork’. We genuinely thought it was Kleinable and Joe said to the back, “It is rideable. Larry and I rode it.” Just like the time we rode the 6' drop off in KKB. Easy.

The trail then meandered around the estate and there were one or two of the more steep descent of which one was not rideable. The subsequent checks were easily broken and did not allow the back to catch up. After the last check, the trail went for a long steep ascent and we all screamed for more water in the heat. We were rewarded with a good view but the view would not hold still in my head. It kept spinning around in the heat. Maybe it was a mirage. On the descent, it was quite bone jarring especially when I have rigid fork. I am finally Kona go see Boon Foo and get those forks.

After the hill it was a smooth ride in the much appreciated shade back to the cars. Straight into the 100+ and then some of the amber painkillers. Didn't some body mention BBQ? I saw couple of kids pissing about the grill trying to light the charcoal. Someone else had been trying unsuccessfully trying to light it for an hour. Went up with Dennis French and said to them with puffed up chest, ‘This is no task for kids, This is a Specialized job for men’ We guys like cooking that has an element of danger. We promptly sent the women and children to collect more newspaper. When Alison brought some we exclaimed with long faces ‘what took you so long’ Much to her displeasure of course. But you must understand Alison, you are holding back the extremely selfless and noble task of lighting the BBQ to feed the now starving hashers. Dennis and I then proceed expertly to construct a base of loosely scrunched newspaper with the charcoal purposefully pled on top. With smug grins on our faces we lighted the newspaper and sure enough it caught on fire easily and we announced loudly to the crowd that is now gathering that they shall be fed in a short while. Expectedly the flame died to embers but the charcoal is still not burning. We were smiling no more. I slipped away quietly murmuring something about getting a beer and left Dennis to deal with it. He fanned hard valiantly but to the snigger of the crowd while I was by this stage relaxing with a beer and organising some people together for lunch. I suggested a restaurant in Sg. Buloh but others wanted to go to Souled Out. Majority rules I guess. Turned out, Souled Out was closed. So some of us went to Flagz around the corner for more painkillers and grub. The makan after the hash are essential features of the running hash and I think it is nice that we should do the same. After lunch, some of the riders went to see ‘overly stoned’ some big shot Yankee director who need stunt riders for his Motorola commercial.

**On On  
Larry Chan**

## 2<sup>nd</sup> Annual KLMBH International Bash Cont'd

**Sunday July 2nd.** Klebang Beach, Melaka. Ride will start about 9.30am. Directions to follow.

### The Accomodations

A couple of choices:

1. Riviera Resort - 2 klms from Golden Coast condo - RM 160 per room [2 persons] Ph. 06 315 1111. Ask for Mary Anne & ask for the special **Hash** rate.

1. Tg. Keling Motel - 3 klms from Golden Coast condo - RM 48 - 1 DB, RM 78 - 2 DB. Ph 06 351 5749.

Attend one or attend both, the choice is yours. But let it be known that more fun is to be had by riding both.

For further details or to confirm attendance kindly e-mail Denis at [dfrenc@gribbles.com.my](mailto:dfrenc@gribbles.com.my) or contact him by mobile at 016 661 0013. If all else fails, contact your nearest accessible Committee Member.

**Ed.**

## HOW TO RIDE 97KM IN 3 DAYS FLAT

I was challenged, yet again, the other day to join the Flying Wild Bunch on a 100+ km ride with the promise that I would be able to write a book about it afterwards.

Well, in the end it was 97km, but it was a hard 97km, from Bike Pro in P.J. to Genting Sempah (on the way to Genting Highlands) via the LDP, Kepong, Batu Caves, Gombak and the old road to Bentong. Boon Foo's crowd tried to get me to go to Bukit Tinggi with them but ~~we~~ we knew ~~our~~ our limits. The ride back was hell, with Hulk and John Boy pulling away at 30+kmh while all Colin and I could manage was 28kmh against the headwinds in the heat of the early afternoon.

Well it's not a book but here are my tips on **HOW TO RIDE 97KM IN 3 DAYS FLAT**:

### Diet:

Thursday:

Breakfast: Sausages, Bread with Jam, Tea

Lunch: Fish & Chips, Coke

Dinner: Home Cookin'

Friday

Breakfast: Filet of Fish, Bread with Jam, Tea

Lunch: Rice, Beef Curry, Bean Sprouts, Water

Dinner: Fettuccini w/Salmon, Tiramisu, Fresh Fruits, Coke

Saturday

Breakfast: Can't remember

Lunch: Burger King Mushroom Swiss, French Fries, Apple Pie, Coke

Dinner: Can't remember either

Sunday

Breakfast: Half-Boiled Eggs, Tea

Mid-ride snack: ½ Powerbar, 100 Plus, Isomax (Yuck!)

Lunch: KFC Meal #4 (Chicken never tasted sooo good!), Mountain Dew

### Pre-ride bike maintenance:

Lubed chain and pedals, installed new Continental tires (see **Bits and Bobs** below) and pumped up tires

### Pre-ride training:

Nil

### Summary:

So there you go. Practically anyone (please don't try this at home, **kids**!) can jump on a (decent) bike and ride 97km with little or no training. If I can do it so can you.

Remember, though, that **common sense** is very important when undertaking such endeavors. Things like making sure your bike is in good shape, wearing a helmet, bringing the right tools and knowing how to use them, bringing lots of water, reading road, traffic and weather conditions, riding in a group of people of your own ability range, knowing your own limits, etc, etc...

Until the next dare...(No, I will **not** ride the log drop-off on Janie's Addiction!)...(Yet!)

**Rainman**

<b>HARELINE</b>	<b>BASHES</b> don't set themselves, they need <b>YOU!</b> 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.
<b>#67, May Bash, June 4, 2000</b>	Paul Moir and Jake Slodki
<b>#68, International (June) Bash, 24 &amp; 25 June 2000</b>	Pigpen and TwoCan
<b>#69, July Bash, 30 July 2000 (tentative)</b>	Knowles Family - Experienced Co-Hare Required
<b>#70, Merdeka Bash, 27 August 2000 (tentative)</b>	Kelvin Wong – Co-Hare Required
<b>#71, 24 September 2000 (tentative)</b>	Volunteers kindly contact Pigpen (remember the Hare Tonic!)

**BITS & BOBS – 1) KLMBH Mugs** (RM15), polo t-shirts (RM15), Int'l Bash t-shirts (RM5) and water packs (RM90) are still available and **make great gifts!** Kindly inquire with Committee. **2) [www.Ed.com](http://www.Ed.com) and Eye Candy** have been held over due to time and space constraints. **3) Thumbnail Thrash Test.** Continental tires bring back painful memories of tire-wrestling and my Merdeka '97 crash on the Gap-Kuala Kubu Baru-road. However, in the quest for light, cheap, durable (pick any two) tires, I purchased a Super Sport 100/3000 GP 'Deutsche Telekom' 700x23C Combo for my road bike prior to my 97km epic. Well, what can I say? They were light, easy to mount (no wrestling), gripped well and were more cushy than my old 700x20C tires. All in all, a good investment made even sweeter by the reasonable price (probably because they had **Pink** sidewalls!). **4) That's all for Bits & Bobs for now...**

## 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 May 2, 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	<b>Your Name Here</b>	?
Alistair Swanson	2	Andy Knellar	1	Mark Clark	1		

## Ed.itorial

- The Basherama will be going out by electronic and snail mail for the next three 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!**

**This has been mentioned in previous Basherama's but unfortunately, I haven't been able to deliver the treeware versions as promised. Basherama! 64 will go out as treeware.**

- On 27 May 2000, Hulk, Chew and Ed. rode **Jim Thompson's Grave** (as described by Pigen Pat in the 'Trails' section of the KLMBH website) up in Cameron Highlands.

It was a pleasant 9-hour ride which included photo calls, nature calls, lunch calls, snack calls, chatting with the local Orang Asli and rain jacket calls.

All this was accomplished with only **one** wrong turn in the Boh (Umphh!) Tea Plantation. We never even noticed the five-way intersection that had earlier riders stumped. But then again, we were able to read and speak the local language, which helped us immensely despite a set of bad knees and a running nose (sniff, sniff).

Read all about it in Basherama! 64 (or speak to any of us if you plan to ride **Jim Thompson's Grave** before then).

- Someone asked me the other day **"Why this obsession with riding Bukit Kiara?"** as some of us weekend warriors seem to ride there almost every... weekend.

Well, there's lots sweet and challenging technical singletrack, much of it maintained by **Pigpen Pat** (a round of applause and beer please!), and it's close to home. Imagine that, singletrack within the city limits! **WOW!**

Anyone interested in riding Bukit Kiara with us (no whiners, please!) can contact Pigpen Pat (rides weekdays too!), Joe, Hulk or Ed. to arrange for the ride of a lifetime.

**Ed.**

[www.bikehash.freesevers.com](http://www.bikehash.freesevers.com)