

# BASHERAMA



THE OFFICIAL NEWSLETTER OF THE KUALA LUMPUR MOUNTAIN  
BIKE HASH

[WWW.BIKEHASH.FREESERVERS.COM](http://WWW.BIKEHASH.FREESERVERS.COM)

## EDITOR'S NOTE

Dear Readers,

We would first like to say thank you very much to both Gostarnjoe and James for the lovely bash in Kajang. This is the first bash I remember with MORE downhill than short—huh? The food was fantastic too.

In this issue, we have the short bash report by Vim, we will include the long by Mazlim in the next issue and the continuation of KOTRT's Kuala Mu Epic Adventure by Rainman.

All those who have not received their jerseys may collect them at the next bash. Please head to registration.

On-on,  
**Melody**

*Hare-Raiser or NewsBash?*

## On on to Elmina Football Field - June 29

**Venue: Elmina Football Field**

**Hares: El Hefe, Hulk, Chew, Thomas and Rainman**

**Directions:** VIA North-South HIGHWAY

**Drive time:** 30 minutes (Speedy Gonzales) to 45 minutes (Slowpoke Rodriguez)

From KL, head North on the North-South Expressway. Exit at Sungai Buloh Exit (after the Overhead restaurant). Turn left after the tollgates heading towards Kuala Selangor (Route B54). Zero tripmeter at traffic lights. Continue straight on towards Kuala Selangor. At about 10.1km turn left (at which turning there is large sign for Saujana Utama). Continue on for just over 1km watching out for speed bumps, crossing bridge at 10.9km, until you come to a junction at 11.2km. Can't miss this, as the Highway construction site will be visible to the left. Continue straight on for about 100m until you see a football field on the left. Park at the side of the field, taking care not to obstruct the field itself, (for obvious reasons).

Please arrive no later than 0900 to prep your bike/gear & sign out. Take note of the travelling times posted with the directions above. Bashes start at 0930 SHARP.

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## Riding in the rain

**Written by  
Vim**

I managed a fall from a slippery root that toppled me off the bike while on an uphill.

What a better was to spent a Sunday? .... In this part of the world, haven't figured out anything better.

The details at this short ride that I did almost a month ago is a bit sketchy. Reminiscing now, I remember leaving the registration table and catching up to the last pack of the short riders as they obediently ride out of the housing area passing an intersection guided by a couple of very dedicated hares controlling the traffic on the main road. I rode into the plantation among some familiar faces and not so familiar faces, anticipating some mix terrain of up hills, down hills, bumpy roads, single tracks, streams...all in all a little adventure loop that would take me away from my urban lifestyle.

Apart from the typical trail of a bike hash, all the above ingredient and more, one thing sticks out in my memory about the ride...the rain. I haven't really experienced riding in the rain, and I can safely say this was one of my first. Somewhere halfway on ride the rain came down. The good part : a nice shower to cool down and the bad part : slippery slides. I managed a fall from a slippery root that toppled me off the bike while on an uphill. The rest of the riders seem to have better balance as I did not see anyone else fall.

The short ride was a good mix, not too easy or too hard. A scenic ride through the greens that gave the right kind of combo ride for a moderate level thrill seeker on wheels.

For me, I remember the short ride as a pleasant ride that got me back without much injury or bruise just comfortable enough to enjoy the nasi lemak that was prepared by the kajang gang. What better way to spent a Sunday? ...in this part of the world, haven't figured out anything better.

**By Vim**

## Kuala Mu or Bust! - Cont'd

Well, we'd come this far on our bikes. Surely we could make it a little further. Besides, if we climbed into the truck, word would spread far and wide the minute we got back to civilization. We'd probably never live down the shame and have to change our names and emigrate to Singapore or something.

We climbed onto our bikes and began cranking uphill again. Sure enough, 1km later the trail turned downhill. The continuous drizzle had now turned the hard-packed trail surface slick as ice. The final long, steep downhill was fast and treacherous and made even more so by my spongy front brake and the fact that my rear brake lever began to pump up, causing the rear wheel to lock instantly if I touched the lever.

I stopped to let the rear brake cool off a bit and then rolled on downhill with Sup watching my back. A couple of stops later we hit the valley floor and Orang Asli villages, which had been conspicuously absent for the past 16km.

It was almost 4.30pm when we rolled into Kuala Mu with my cyclocomputer reading 45.5km. There was a football field, a rather large school and several brick and mortar buildings along with clusters of Orang Asli houses. The village seemed to be very clean and well groomed. Much better than I had pictured it.

The village headman, or Penghulu, had given us a dilapidated canteen building to use. It had a roof, concrete floors and three walls. The back wall was solid while the other two walls were waist high with wire mesh reaching up to the ceiling. All our gear was in the building and everyone else was lounging around. The Orang Asli kids were standing along the outside of one wall, watching our every move in silence.

Then I heard the bad news. Pat had arrived at Kuala Mu at around 12.15 pm. Sheesh! Boy were we slow!

We parked our bikes, peeled off our wet gear and sat down for a while. Then it was bath time. We made our way on foot through the village upstream to the waterfall entertained by music from an unknown source. There was quite a lot to see during our walk through the village. Little puppies, a kitten, tapioca stored on shelves outside each house, a sled made out of a palm frond with two japanese slipper soles nailed on as "seats" next to a grassy slope with sled tracks leading to the bottom. Cool!

Well, we'd come this far.... Surely we could make it a little further

The final long, steep downhill was fast and treacherous .....causing the rear wheel to lock instantly if I touched the lever

## Kuala Mu or Bust! - Cont'd

Tongkat Ali  
....some un-  
named  
persons  
were  
haggling ....  
Entire  
bundle  
purchased

I was so busy looking around the village that I almost walked into a metal pole. I looked up and saw wires leading from the pole to the house next to it. I looked up further and realized there was a solar panel right at the top of the pole. Not bad at all for a village this far in the interior.

The water at the waterfall was the color of tea. Probably because of the rain or some logging upstream. It was freezing cold, too. We all jumped in and did the necessary in record time. We could see the log bridge that led to Yong Yap just a little bit further upstream.

Once we were all cleaned up it was time to present the Penghulu with the "buah tangan" or gifts that we had brought for his village as a token of appreciation for allowing us to stay overnight. Various types of medicine, baby formula and chocolate for the kids were handed over in front of the KOTRT banner, which was hung under the only sign for Kuala Mu.

Then, it was time to prepare for dinner. Halim, Malik and Su Aun, the only rose among the thorns, got working in our makeshift kitchen. The rest of us were entertained by the local kids playing sepak takraw on the court in front of our lodgings while munching on ground nuts. Again, we had a large audience of kids watching the goings on in the kitchen.

Fried sardines, chicken curry and mixed vegetables were laid out on the tailgate of the Ranger with nasi kawah. Yummy! As we were eating, some of the Orang Asli came by to sell us Tongkat Ali, the root which has the properties of Viagra®. Soon some unnamed persons were haggling with him and the entire bundle was purchased for RM30. That set off a chain reaction of events, which saw everyone in Kuala Mu with any Tongkat Ali to sell making a beeline for our humble shack, little kids included. Can't say who bought 'em (wink, wink) but suffice to say that we probably cleaned out Kuala Mu of its supply of Tongkat Ali that night.

As the chefs prepared the second course for the night, fried chicken drumsticks, we began setting up for bedtime. Three tents had been pitched outside for those inclined to get "back to nature" while the rest of us would sleep in the shack. We rearranged our gear and those lucky enough to have them assembled their camp beds. Pretty nifty, these. Felt like we were still at home.

## Kuala Mu or Bust! - Cont'd

The first round of fried chicken was devoured in seconds but the second round was donated by many to the Orang Asli kids who had been standing and watching us for the past three or four hours. Boy were they happy. The scrawny dogs who had been hanging about weren't too happy, though.

Funny thing about the village was that it was all dark, despite the solar power. That was until some one drove up in a 4x4 to the Penghulu's house. Then they started their karaoke jam session which didn't stop until after I fell asleep later that night.

Just as we were about to go to sleep, up walked a guy with a baseball cap turned backwards. He seemed eager to talk and talk we did, although I was really sleepy. Told us about the area, the Orang Asli tribe, his love for scramblers, the local malaria clinic (which caught Pat's attention even though he couldn't understand a word we were saying) and how Samy Vellu was visiting Kuala Mu next week, among other things. That was why everything looked spruced up. This guy was a Malay from the lowlands who had an Orang Asli wife and was at Kuala Mu to build a badminton court before Samy's visit. Lucky for us he wasn't building a toll gate. We gave him a couple of Panadol when he complained of some pain in his side and shortly thereafter he got up to leave. He left us with a subtle warning to keep the mosquito coils lit and to be wary of any strange happenings that night. We were out in the jungle, after all.

I must say that that warning kept some of the guys awake most of the night. I myself slept like a log except when I had to go pee (once) and chase off the stray dogs who were trying to get at our trash and food (twice). Pat said that the night was like the campfire scene from "Blazing Saddles!", complete with snoring, belching, farting and smoke from the mosquito coils.

Morning came and we all geared up for the ride out. Breakfast was fried eggs, bread, bananas and dates. I managed to snag some salmon sandwich spread from Azmi but by that time we had run out of plain bread and I had to eat it with the Gardenia wild berry bread that we had brought from KL. Weird taste, to say the least.

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**To be continued in the next Basherama,  
make sure you save this copy for reference**

## Bike Tips

### No. 12: Granny Ring Change

If your smallest chainring is worn and needs to be replaced, you can re-use the old chainring by flipping it over. Chainrings wear on the leading edge of each tooth, here the tooth comes into contact with the inner surface of each link in the chain. The trailing edge never wears. Because the granny ring (the smallest chainring) does not have ramps or profiled teeth to assist shifting, you can safely flip it over so that the trailing edge of each tooth now becomes a leading edge. You now have a granny ring that not only performs like a new ring, but also is slightly lighter!

(A chainring needs replacement if you experience "chainsuck". Look at the profile of the teeth: if it is hooked or resembles a shark's fin, the chainring needs replacing.)

**We're on the Web!**

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

# Wanna be a Hare?

Time to step up and take the challenge trail-riders.

- **Be a HARE—Get out and find some trails**
- **Prove to us (especially Tony and Colin) that you can set a better trail than the ones you've ridden so far :P**

### **REWARDS for 1st time HARES ...**

- ⇒ **You will learn the art of become a world class hare. An experienced co-hare will be your mentor - help, guide & advise**
- ⇒ **You will receive a free T-shirt**
- ⇒ **You will receive RM10 discount on your next year's membership**
- ⇒ **You will be able to do more Mountain Biking with a real purpose – the pleasure of seeing your fellow colleagues enjoy (being tortured by) the fruits of your labour!!!**

**If you would like to Help set a Bash (become a Hare), please contact Melody the Tank Girl for more info.**

## Hare Tonic

Joe Adnan	17	Simon Kenney	3	Andy Blake	1	Jonathan Startin	1
Richard Aubry	12	Bill Steven	3	Andy Knellar	1	Jor Han	1
Ngah Fuji Bakri	11	Mohamad Sany	3	Angus Knowles	1	Karen Brunson	1
Eric Teo	11	Kelvin Wong	3	Annett Frohlich	1	Kenny Stewart	1
Pat Brunson	8	John Mugford	3	Ashley Bates	1	Liz Roberts	1
Paul Sweeney	6	Paul Moir	3	Charl Bester	1	Low Min Chee	1
Gordon Fraser	6	Alistair Swanson	2	Chris Williams	1	Marie Benedix	1
Shaharin Hashim	6	Conrad Fawcett	2	Clara Chin	1	Mark Clark	1
Matt Schneller	6	David Todd	2	Colin Hercus	1	Mike Smit	1
Raymond Keys	5	Dick Shelly	2	Colin Jackson	1	Mike Wright	1
Barry Hills	5	Gostarnjoe	2	Dave Baker	1	Paul Booth	1
Peter Bloomer	5	Grant Lee	2	David Foo	1	Peter Pickernell	1
Mike Elliot	5	James Lim	2	Emma Booth	1	Phaedra	1
Jake Slodki	4	John Hagedorn	2	Geoff Stecyk	1	Pinhead	1
Alison Keeler	4	John Spencer	2	Graham	1	Robbie Knowles	1
Denis French	4	Nick Smith	2	Ian Miller	1	Ralf Macchaus	1
Shaharudin Darnis	4	Nigel Blott	2	Ingrid Burke	1	Shaiful Othman	1
Toh Hoon Chew	4	Noel Brennan	2	James Aubry	1	Simon Ng	1
Melody Tan	4	Shariman Alwani	2	Jamie Knowles	1	Steve Ellison	1
Andrew Elford	3	Speedy the Dog	2	Janie Ravenhurst	1	S.Y. Chong	1
Peter Heston	3	Tan Boon Foo	2	Jason Wong	1	Tony Harvey	1
Scott Roberts	3	Thomas Fong	2	Jeff Dean	1		
Mark Chatterton	3	Larry Chan	1	Jo Williams	1		
Richard Cropp	3	Amy Tan	1	Jonathan Chong	1		

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. 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.

[speedythedog@yahoo.com](mailto:speedythedog@yahoo.com)

## Hareline

In order to facilitate the efficient planning of your 2003 cycling

calendar, the following Bash dates have been fixed for the 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.

Anyone interested in setting a Bash can **contact 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
December	100	15 December 2002	Joe Adnan & Pat Brunson
January	101	26 January 2003	Pigpen and Tank Girl
February	102	23 February 2003	Colin Hercus and Tony Harvey
March	103	30 March 2003	John Mugford and Ralf Macchaus
April	104	27 April 2003	Jake Slodki and Paul Moir
May	105	25 May 2003	Joey Lim & Kajang Mtb Group
June	106	29 June 2003	El Hefe, Hulk, Chew, Thomas & Rainman
July	107	27 July 2003	Bye Bye Lye & Yip
August	108	7 September 2003	<b>Hares Needed !</b>
September	109	28 September 2003	Paul Moir and Tony Stapleton
October	110	26 October 2003	<b>Hares Needed !</b>
November	111	30 November 2003	Raymond and Brian
December	112	21 December 2003	<b>Hares Needed !</b>

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## Schedule of Events

Date	Event	Contact
22 June	Malacca Mountain Bike Hash	M2BH
22 June	King of Kiara 2	Geoff Kronenburg
29 June	June KLMBH Bike Hash	KLMBH
27-29 June	Subaru International Mountain Bike Race	mtb@cycling.org.sg
5 July	AXN Challenge 2003, Malaysia	www.axn-asia.com
6 July	Team Time Trial—40km road	Geoff Kronenburg
19 July	Malakoff University Duathlon Series—UM	info@quickrelease.com.my
27 July	July KLMBH Bike Hash	KLMBH

M2BH	<a href="http://malaccabikehash.tripod.com">http://malaccabikehash.tripod.com</a>
PCC	<a href="http://pcc-cycling.freesevers.com">http://pcc-cycling.freesevers.com</a>
KOTRT	<a href="http://pwp.maxis.net.my/kotrt">http://pwp.maxis.net.my/kotrt</a>

## Used bike stuff for sale

- Rudy Project Tayo c/w 2 lenses, \$150
- Look 396 Clipless pedals c/w 2 pair cleats, \$150
- Rear LED light, \$5.00
- Shimano XTR Brake pads, \$10.00
- Giant QR, \$5
- Profile Design Styker 2000 aerobar, \$200.00
- San Marco Era saddle \$50.00
- Selle Italia SLR Trans Am saddle, RM150.00
- Woodsman Carbon Brake Booster, \$50.00
- Headband, \$5.00
- Quick release, rear wheel, \$5.00

**Contact: ICECUBE at +6012-208-4857 or adadli@pc.jaring.my**

## Bash Tribe at your service ...

**Basher-in-Chief**—Mohamed Sany - 012 201 8855 [mohdsany.zainudin@sscm.amanah.com.my](mailto:mohdsany.zainudin@sscm.amanah.com.my)

**Hare-Raiser**— Melody "Tank Girl" Tan— 012 238 1154 [tan\\_melody@hotmail.com](mailto:tan_melody@hotmail.com)

**Bash-Cash**— Raymond 'Rocketboy' Keys—012 234 5187 [rostrajo@hotmail.com](mailto:rostrajo@hotmail.com)

**Bash-Piss** — Matt Schneller—012 302 0164 [matthew.schneller@shell.com](mailto:matthew.schneller@shell.com)

**Backup Bash Piss**— Mazlim Husin

**www.Bash**—Vimala Siva

**News-Bash**—Phoon Shi Fun

**Honourary Committee Members** – Ngah Fuji Bakri

**KLMBH photo album on the web at:**  
**<http://groups.msn.com/KLMBH/pictures>**

## Breaking up checks...

Bash Checks (cheques) are not pieces of paper that you can cash in at the bank.

**What is it then?** It is where the paper trail ends and you find lots of paper piled together at one spot. It can usually be found at forks on the trail.

There are 3 types of checks that hares may set.

1. **Back Checks**—Where bashers will check the obvious routes leading from the check but then realise that they have to go back on their in-route to find the real trail. Alternatively hares may lay it up a dead end where they know they you will have to back track.
2. **Circular/ Loop Checks**—Leads you up a hill, round in a wide circle, then you'll meet other bashers coming round, needing a trip back down the hill to find the real trail. A solution to a loop check can be any trail that branches off from the loop. Unless, of course, it is a back-check loop-check, in which case you should grab the hare and hang him up on the nearest tree by his/her Lycra. In some instances, loop checks may not be marked with a large pile of paper, but the trail of paper brings you around to a previously-ridden section of trail.
3. **Normal Checks**—Leads you to a pile of paper at a junction of several tracks, then set "falsies" and the real trail as before.

**What should I do at checks?** Go and CHECK where the correct path is and break the check.

**How do you know where the correct path is?** It will be laid with a constant stream of paper again. Don't be a lazy slob. Check whether it is Left or Right or Up the Hill or Down the hill, etc.

**How do I break a check?** It's very simple. All you have to do is to go back to where the pile of paper is and pick it up and scatter it along the correct trail path. If it's a back check, please pick up paper leading to the back check/ false trail and scatter it along the correct trail. Then shout ON ON to let the others know that you have found the correct trail.

**Purpose of a check** - To enhance the camaraderie of bashes by regrouping the fast and slow riders. A bash is not a race therefore please do not ride off full speed again once you have found the trail. The person who discovers the trail should BREAK the check :-)