SEPTEMBER / OCTOBER 2003 ISSUE 99

BASHERAMA—SEPT/OCT 2003 ISSUE



THE OFFICIAL NEWSLETTER OF THE KUALA LUMPUR MOUNTAIN **BIKE HASH**

WWW.BIKEHASH.FREESERVERS.COM

EDITOR'S NOTE

Hi everyone,

This is another 'bumper' issue where you will find articles on the September and October bashes and most importantly, details of the upcoming Bash Annual Dinner!!

To all our Muslim riders, Selamat Berbuka Puasa and Selamat Hari Raya. And to burn off all that extra rendang, ayam percik and lemang, I would recommend doing the Long Ride twice at the November bash! (the hares are gonna kill me for this....)

On-on, Shi Fun

On on to Ulu Rening BASH - November 30, 9.30 SHARP

Venue: Ulu Rening Start: 9.30 SHARP Hares: Brian Wearing & Scott Roberts

Drive time: 45 minutes to an hour

Make your way to Rawang via either the NKVE or going past Templer Park. Follow the North bound trunk road (Rte 1) towards Ipoh. Landmarks along the way are: passing through the traffic lights at Sg. Choh, through Serendah, past the Serendah Golf Course, past Antara Gapi housing development and into Batang Kali. At the traffic lights in Batang Kali, turn right for Genting Highlands. Proceed for 2.0 km and turn left towards Ulu Renning. Slip left another 1.5km further (sign-posted Ulu Renning) and proceed for another 4-km. You will pass a slew of new housing development projects and a run-down golf course which is all part of the Genting Valley Club. At the dirt track on the left, 4WD vehicles can proceed in and park 200-meters inside. Low-slung vehicles such as Proton Wira's et. al. can park on the shoulder of the paved road.

OPTION B. For those who like going over Batu Dam (like me!), take Jalan Kuching towards Ipoh/ Selay ang. Exit immediately after the Mobile petrol station and Makro (sign-posted Kuantan). Set trip meter when you first hit the roundabout above Jln Kuching. Take 3 o'clock exit off the roundabout heading to Kuantan. ~1.5-km later, take the left slip-road down towards Batu Caves. At the bottom of the ramp, merge left, sign-posted Hulu Yam. Go over the railroad tracks, and ~800-meters later, turn right at traffic light (mosque on right and Milo advertisement board across from the light. Follow this road for ~4-km until you see the Cityliner bus depot on the right. Turn right, sign-posted Ulu Yam Baru (or spelled Hulu). Follow this road up and over the hill, around Batu Dam, and keep going straight for another 20+ km. At the T-Junction in Ulu Yam Baru, turn left. 1-km later, turn right (sign-posted Genting Highlands)! Keep on this road going straight, past the intersection for Genting Highlands with Lucky LIKE Restaurant on the left corner. Another ~2-km later you will come across a row of shop lots on the left hand side of the road. At the end of that first row of shoplots turn right for Ulu Renning (Restaurant Lucky LIGHT ... note the spelling ... will be at the end of that row). Proceed another 1.5-km and slip left for Ulu Renning. Proceed another 4-km past all of the construction and golf course, and park as mentioned above.

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Another new trail at Batu Dam

Written by Colin

Around 50 riders gathered at the top of Batu Dam for the start. We were all busy, signing in, signing up for next year's membership or signing up for annual dinner when the hares, Paul Moir & Tony Stapleton, called us to order for a quick briefing. There was to be a short ride on triangular paper and a long ride on square paper.

We were soon under way with a quick sprint across the damwall and out onto the Ulu Yamroad. The riders spread out as faster ones tried to gain position for the single track that awaited us. After a km or so the trail turned in at Ecostone Resort, no surprises here. A quick dash through the resort and I turned right just before the canoe club, woops no paper I must have missed something I thought as the riders below called a check. I pressed on and soon found the paper.

Followed the paper over the first ridge, coming to a check at a Y junction, called 'Are You' to the riders ahead and turned right almost running head on into a returning rider. Apparently there was a false trail on the right junction. Turned back and took the left branch only to find square paper running up a tree. Another false trail. Two junctions and two false trails?

The track was eventually broken to the right junction, apparently the right hand false trail was in triangular paper and applied to the short ride.

Maya had dropped her water bottled and broken it, she was scrounging drinks off all the other riders. Why didn't she use her Camel Back?

The new trail
was an
interesting
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The trail continued, eventually meeting the track that follows the waters edge. Turned right heading back towards the cars but was surprised when the paper turned back up hill on a trail I'd never ridden before. The trail used to be a dead end but the hares had cut a new trail that took us out to a construction site and then back to the park below the dam. The new trail was an interesting addition and hopefully it will get ridden enough to pack it in. All up a pleasant ride at a well known location, good weather, fast single track riding and some surprising new trails. Well done Tony & Paul.

Colin

Short and Sweet

The short ride at Batu Dam was an exceptionally good ride. This new way of riding the trail at Batu Dam has reversed the direction of the trail and is actually a refreshing break from the previous way of riding the trail. I actually think this is one of the many trails where there are more downhills than up hills. The trail itself is actually more rideable the way it was marked out.

I actually think this is one of the many trails where there are more downhills than up hills.

The ride started with 4km of road, not a big problem if you know how to pace yourself. I thought it was a nice warm-up, but as soon as we hit the dirt it was time to ride seriously. The first hill was a bit of a shock, I, along with many others, went for the conventional push. After about 20 minutes of climbing the fun really started, 4 downhills and 2 uphills, it was wonderful.

After half an hour of downhill and small up hills we came to the first of two stream crossings and a nice rest area. The views of the dam and the bamboo groves were made to ensure a breath taking ride.

The last 10 minutes, or so, of the ride was less challenging as it was nice and flat as it wound its way around the banks of the dam. The second stream was nice to ride through cooling things off.

Overall a great ride for those of us looking for a easy "challenge" and a fun day. My brother and I will be back to Batu dam as soon as dad will take us – please dad!

The views of the dam and the bamboo groves were made to ensure a breath taking ride.

Damien Stapleton

Of Langsuirs, skinny dipping and virgins....

Long Ride, Sg. Sendat

We all have a deep dark secret we hope to remain buried. Something that would cause us to cringe in cold sweat should such secrets be alluded to the public. Something unpleasant, disgusting and quite dire - I sucked at the last major steep mucky downhill section. And darling Adele had the grand amusement of watching every mis-pedal and teori titik pegun in action as I heaved and swayed and lurched like a heathen whale from hell during that particular downhill. Suck. And I really thought I had waited long enough for her to scoot ahead away from her purview before I tempted gravity. But she waited. Under the shade. Dang.

Oh well. Though one should not dwell on the why's of being conferred such a dubious honour as Paksarela Long Ride Scribe, there are some trivialities that need cautionary mention: I mean I am after all, not a paying member (and not entitled to the car sticker!). Nor do I know enough of anybody (I can only manage to identify the hares and assisting rabbits by their colours: The Balak in Red, The Chick in Grey etc.) So that makes me pretty much a defacto Scribe with an apparent lack of locus standi and quite simply hopeless with names. Still. Mr. Proposer Joe knows best. He is a lawyer after all. Any certiorari applications to quash this scribe – please re-direct to Mr. Adnan.

Obligatory eggs and beans reference aside - as expected of a good 'ol down 'n dirty weekend, the passage was bushy, wet and dry - and altogether quite gratifying. All 22 or so kliks had a bit of everything - from moist singletrack to steamy hot springs; from salacious rocky climbs to torrid mucky descents; from the lusty sounds of XT cranksets to the sultry caterwauling of wild fowl. I only added that wild fowl bit. The only wildlife I saw was just mainly us. There is definitely something for the sane and wildly insane in the membrane. I'm quite sure that some sections would have been the height of venereal excitement for some of the FRBs as well.

You could split the trail into 3 parts:

Part 1: The Loop to Nowhere

"And round and round like a fool I go. Down and down in the pool I go. Dragging me down \dots " – The Who

As an apparent homage to Swensen's Rocky Road, the Hares set us off on a rock-strewn 4WD track that leads to Sg Sendat waterfalls. About halfway

Written by Adil Othman

I heaved and swayed and lurched like a heathen whale from hell during that particular downhill

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Of Langsuirs, skinny dipping and virgins....

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through, the hash takes a sharp left hander up into one of the many thrilling sub-trails littered along the way. It's an easy gradient up into the hills with a fast downhill section round the back. The tight-arsedly bourgeois generation who came equipped with GPS receivers were tempted to ignore paper – since paper seems to lead back the way we came in a counter-clockwise direction. And indeed it did. One circle and its back onto the 4WD track where we came in. Now if only I was slow enough I could have waited for the FRB's where the trail criss-crossed

Part 2: "Don't Go Chasing Waterfalls

"..... stick to the rivers and the lakes that u're used to ..." - TLC.

If I didn't understand female metaphorics, I would have really thought the song was about waterfalls.

Further along the 4WD track, the hash takes another left turn-off into some luscious singletracks running parallel to the river. For those wanting to re-visit this area, you should consider riding further ahead – you will come across a rotten wooden bridge – and across the bridge and over the crest, you will find a gobsmacking multi-tiered waterfall. Suitable for dips as there are pools at every tier. As the bridge has surpassed its shelf life by at least 10 years – most picnic goers have pretty much shunned the place – it's desolate. So skinny dipping is ostensibly possible for the adventurous and the randy-minded. Mind-numbingly cold water awaits and plenty of uncollected rubbish to keep you company.

Due to overnight rain, the river was slightly swollen when the hashers did the crossing. Bikes had to be lifted clear of the water during the crossing as a bubbling brook it ain't. Think of it as Sg. Sendat with extra evisceration.

I reckon this was easily the best part of whole trail – this piece of single-track can be ridden quite fast with the river running pretty much beside you most of the way. Very shady no matter the time of the day as there is ample tree cover throughout. The Hares had some slight trickiness

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(ed's note : this para will sure grab everyone's attention.)

Of Langsuirs, skinny dipping and virgins....

up their sleeves as you had to lift the bike over a fallen log which is at an acute angle. Did I also tell you that you had to scramble yourself over as well? It was a bit of a tight squeeze for the vertically challenged ("bulky" if you're PC and "fat" for the insensitive prats) between the cliff, the log and the river below. Those having severe weight problems of being too slender and sylphlike would have been able to skip over the log in double-time though.

Alas! Felt like it was too short. 9 kilometres down and the metal bridge is upon us already. This is where the Long and the Short part ways. As it turned out there was the FRB Pack of 10 riders and there were the Coasters and the Pushers of 2 riders who opted for the Long Ride. There weren't anyone else in between. You don't need rocket science to determine who was part of the C&P.

... Elaeis guineensis (to Joe—its "pokok kelapa sawit" to you and me)

....

Part 3: The Oil Palm Estate

"Now come along with me/ We'll do the plantation rock / It's easy as can be / You'll wanna dance round the clock / Well it became a sensation / Rockin' on the plantation" - Elvis

This estate can be characterized by two longish climbs - one under the cover of Elaeis guineensis (to Joe - its "pokok kelapa sawit" to you and me) and the other in the open out on the logging track - and two downhills - one of which is a quite a mother of a downhill. See opening paragraph on my feeble attempt at this downhill. I did hold my two fingers aloft at Adli (my riding partner) at the bottom though - which can double up as a cry for victory or a reminder of just how many breasts I have. The nice thing about this plantation is that there is sufficient area for you to recover before punting yourself further uphill. Or pushing your bike as the case may be.

With sweaty armpits and high body temps, the sight of the hot springs didn't actually tickle our desire to jump in. Unless we wanted to make salty soups of ourselves as Pat rightly pointed out later. Of course the two unidentified men in underwear already immersed in the hot springs made our choice a lot more simpler as we quickly rode past them – Adele was close behind us although I wasn't able to gauge the gratification value she gained from the steamy frolic that unfurled before her. But not before we had our chuckle of the day though – when spender-clad stranger stood up and popped the question: "Berapa you beli ini basikal? Seratus lima pulo boleyy dapat ka?"

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(ed's note : It also means diff things in diff countries....)

Of Langsuirs, skinny dipping and virgins....

The ride into the plantation was very cooling and shaded all the way. The climbs were doa-ble and fairly pleasant. Then it is out onto the wide, dry and rutty logging track – which is the only hot section of the entire ride with a fairly short-ish climb before you meander downhill at a fair clip back into the plantation again. Again plenty of time to recover before you tear up on the main road - passing Hulu Yam town before reaching the Start point. At the exit of the plantation, don't forget to wave at the langsuir apartment complex which is housed in a colossal tree that – which by fair estimate – must be more than 100 years old. I mean if you thought that the pokok at your kampung was large, let me tell you that this is gargantuan - it is so large that it makes your local rambutan tree look like a well you get the picture. At this juncture you would have picked enough muck and mud on your bike to show for all your pain and pleasure of the day.

Langsuir as legends would have you believe – are your basic run of the mill fiends who wail at night and look for fresh virgins. Yup, I'd say that's roughly half of the hashers that rode today I believe.

Useless stats

My GPSr logged 21.27 km for the Long Ride. It should be a bit more taking into account that I lost satellite signal twice. My Moving time: 2hrs 13 minutes. My Stopped time: 38 mins.

We started at 60 m above sea level hitting a high of 178 m (give or take a few metres).

Fastest recorded speed of the day for an ambling coaster: 45km/h. I can only imagine the insane speed the FRB's were doing.

Leech count: nil. Don't think anyone else made snack status either.

River crossing – once on foot, many others (> 5) on the dry comfort of bridges.

Ceteris paribus, the Long Ride is survivable with 1 litre of water if you are weight-averse. 2 would be just nice.

Unless you are an orphan and come from Smallville, expect to complete the Long Ride at a more realistic 2hrs plus at FRB pace. Easy-riders will clock-in about 30 - 45 minutes thereafter.

Oh. How can I forget?!

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Bike Tips

No.14: How can I stop chainsuck? (Not by buying another bike)

The most common cause of chainsuck is lack of lube on the chain. Without enuff lube, the chain doesn't disengage as fast as it normally would on the bottom part of the ring and it gets pulled back up into the frame at the bottom bracket.

Worn chainrings are another common culprit. When chainrings wear, they look like a breaking wave, with a crest at the peak of the tooth. This crest scoops and holds the chain as it comes around the bottom of your stroke, then it pulls it up into the frame from below.

5 causes of chainsuck:

- Lots of sticky mud in the drivetrain
- Misadjusted low-limit screw that lets the chain slip off the small ring
- Not enuff lube on the chain
- Bent chain link
- Worn chainring teeth

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

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

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 Brunsdon
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	31 August 2003	Thomas, Chew & Edward
October	109	26 October 2003	Paul Moir and Tony Stapleton
November	110	30 November 2003	Scott Roberts and Brian Wearing
December	111	14 December 2003	Raymond, Pat & Allen

We're on the Web! www.bikehash.freeservers.com

Schedule of Events

Date	Event	Contact
23 November 2003	Batu Dam Ride	Pedalphiles Cycling Club
30 November	November KLMBH Bike Hash	KLMBH
13 December	KLMBH Annual Dinner	KLMBH
14 December	December KLMBH Bike Hash	KLMBH
20-21 Deœmber	Pesta Pulau Pinang	Penang Cycling Association

М2ВН	http://malaccabikehash.tripod.com
PCC	http://pcc-cycling.freeservers.com
KOTRT	http://pwp.maxis.net.my/kotrt

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

Ooohhhh.... I wanna be a member....I wanna be a member.....

I can't wait and I don't wanna be late, Registration fee that needs to be paid Ooh for all the many benefits and goodies Dinners and rides and even some T's!

If you are a big boy or even a big girl, And age 19 years or way above, You only have to pay all of ringgit 50 For someone to get you muddy and dirty

If you are 18 of age or anything below Your little piggy you don't have to blow Coz we are kind and sweet and we love you lots

20 ringgit we ask of you and yes that is all!

KLMBH Member Benefits

Sign up at the November or December 2003 Bash and you get to enjoy.....

- 2003 Annual Dinner (member's subsidized price)
- Eligible for lucky draw for 2003 Annual Dinner
- 2 rides Nov-Dec 2003 PLUS 12 rides in 2004!
- 2004 Annual Dinner (member's subsidized price)
- 2004 Polo T-shirt
- 2004 Int'l Bike hash t-shirt
- Car sticker upon registration
- KLMBH Basherama Newsletter
- And most importantly, you get torturers who will execute organized short and long rides with welllaid (or not) paper and a chance to see some bike chicks in action. (this is to lure more guys to join)

KL Mountain Bike Hash ~ Annual Dinner 13 December 2003

Come my gallant knights and fair ladies for the KLMBH Annual Dinner!!

Ladies and gentleman....

It is my pleasure to invite you to the KLMBH Annual Dinner this 13th December 2003.

- 3 Chance upon Lady of Fortune who will determine the gift to be bestowed upon you (only to those who have been knighted as KLMBH member 2003)
- 3 Allow your sense of taste to be overwhelmed with Peranakan and Nyonya cuisine
 - 3 INFAMOUS PORTUGESE DEVIL CHICKEN CURRY
 - 3 JUICY BLACK PEPPER BEEF
 - 3 YUMMY KUM HEONG PRAWNS
 - 3 SWEET & SOUR FISH FILLET
 - 3 SUCCULENT FRIED HONEY SQUID
 - 3 TANGY MEE SIAM & MANY MORE
- 3 Partake in the leisured company of your fellow riders

When earth is aligned : 13 DECEMBER 2003 (SATURDAY)
The Sign : MUM'S PLACE (03 - 7727 8443)

The Encrypted Numbers : 31–1,33–1,35–1,37–1,39–1, JLN PJU 8/5A,

BANDAR DAMANSARA PERDANA, 47820, PJ

When the sun sets : 7.30 PM

TI CKET PRICES	ADULT	CHILDREN (12 YRS AND BELOW)
Reg'd KLMBH Members	RM20.00	RM10.00
Guests	RM30.00	RM15.00

To enter the Kingdom of RUPMUL-ALAUK-HSAH- EKIB-NIATNUOM and partake of this special feast, you must first purchase the valuable gringotts..... (normal speak "WHERE CAN I GET THE TICKETS?)

You may immerse in the witchery of Email: <u>klmbhdinner2004@yahoo.com</u> or call upon our gallant knights and lady....

FUJI - 012 307 6815 RAYMOND - 012 234 5187 MELODY - 012 238 1154

You may only purchase the gringotts through the way of truth above.

And only the brave who has the mightiest sword (computer) or the speed of the arrow (telephone) will be able to present himself before the King of RUPMUL-ALAUK-NIATNUOM-EIKB-HSAH

Spoken without inebriation means

CONFIRMATION OR BOOKING OF TICKETS IS ONLY THROUGH THE ABOVE CONTACT PERSONS ON 1ST COME 1ST SERVE BASIS >

Bash Tribe at your service ...

Bas her-in-Chief—Mohamed Sany - 012 201 8855 mohdsany.zainudin@sscm.amanah.com.my

Hare-Raiser - Melody "Tank Girl" Tan - 012 238 1154 tan_melody@hotmail.com

Bash-Cash— Raymond 'Rocketboy' Keys—012 234 5187 rostrajo@hotmail.com

Bash-Piss — Matt Schneller—012 302 0164 matthew.schneller@shell.com

Backup Bash Piss — Mazlim Husin

www.Bash-NA

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:-)