

BASHERAMA!



THE OFFICIAL NEWSLETTER OF THE KUALA LUMPUR MOUNTAIN BIKE HASH
WWW.BIKEHASH.FREESERVERS.COM

Hi all... The Basherama is a little late as Mary and myself attempted to meet up and do a smooth hand-over. As I have been briefed, I am entrusted with the responsibility to fan the fires of scandals and rumour-mongering..... As such, I will start and end this "Tradition" with this piece of information—Mary is going over to *that civilized* country for nine months apparently for work, which of course, it's so obviously clear that she's really going over to get pregnant and give birth to an American child. (Some people will do anything to get residence in another country....can you?.....)

Anyway, let's all join hands and thank her for the fantastic effort which she has put into giving this Basherama a new makeover. We would all like to wish Mary the best in her new assignment and may she perhaps impart some civility and intelligence to her new host country.

Scribes who contribute to the Basherama will be eligible to participate in a lucky dip. We will tell you more at the upcoming bash. So feel free to share with us your experience of enlightenment, as you will read in the sun-saluting article by a new member, Man squared Lye. [Ed's comment—By the way, Lye, your cousin was VERY inebriated that night so he may have misconstrued my intentions to get him to join the bike hash.... I was in reality trying to meet this month's quota to sign up new members and of course, he had in turn later, roused me from my alcohol-induced sleep at 4 in the morning (via a phone call, thank you) to ask if I would like to meet up with him in KL?? (Well.....I set my phone to silent and went back to sleep.)]

FRBs... please remember to break the checks when you have discovered the correct trail. If you are new to the Bash rides, and do not know what checks are please turn to the last page to read more about CHECKS. See you at Bukit Beruntung!

Shi Fun

MARY: What are you talking about? SHI FUN... argh... The handover was done a loooong time ago. Also, why would I want to get pregnant??? Then I won't be able to ride:P in CT, USA. :P

On on to Ladang Kampong Timur, Bukit Beruntung

Venue:Ladang Kampong Timur, Bukit Beruntung

Hares: John Mugford and Ralf Macchaus

Directions: Go north on the N/S highway to junction 118, Bukit Beruntung. Zero the trip at the toll.

Turn left at the T junction after the toll, through the barrier and go straight. At next T junction (after about 1km) turn right.

Follow the road for about 6 km, up the steep hill, down the other side, the road bends round to the left, and passes some blue tanks on the left at about km 6. At around km 7 take the right fork. At about km 7.5 take the right fork and follow the river until km 9 and park up on the side of the road. The ride will start by a metal bridge. The road is in poor condition in places so caution needed but is passable for any saloon car. The nearest shop is about 7 kms away from the site so be sure to bring all necessary water/food etc with you.

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Aum and Bashing – Spirituality on 2 wheels

The Sun shone.
 Morning brightly
 Bashers moaned
 Tony and Colin's Bash – Bloody @#\$!

**Written by
 Lye**

The (## what number?) Bash was held at the Kerling Hot Springs in Ulu Selangor. That's quite a distance from KL, about 70 km to be exact. The hares, Tony and Colin, probably thought of how nice it is to drive long distance on Sunday mornings. You don't have weekday traffic, the Polis are recovering from their hauls at nightclub raids and you never get jammed up at the tollgates. (how many participants?) bashers managed to make it past the defunct Lembah Beringin Development (think Country Heights with phantom houses and lots of lalang) and Kampung Kerling to arrive at the Hot Springs in anticipation of a bash to remember.



**Route of the
 last Bash
 (in white)**

I call it a bash to remember because if you look closely at the route of our ride through the rubber estates, you will see that despite the loopy loops, the oh-so-close backtracks and the 3-pronged leftist bias in their false trails, you should recognize the mystical Hindu word "Aum" (Or "Ommmmmm"). Make no doubt about it, the hares were out to make a cosmic statement. But before some of you accuse the poor scribe of mixing religion with Bashing, please hear me out.

Aum and Bashing – Spirituality on 2 wheels

The Long bash (sorry, the scribe has no idea what the copouts on the Short bash did) started with Valerie in the lead. Her pigtailed began to flail as the slightly uphill trail turned into one steep mother after about 2 kilometres. This was when things started to get spiritual.

The "A" in Aum stands for the first stage of wakefulness, where we experience the totality of external experiences through our mind and body. Bashers saw the hill and decided that they were not ready for such external experiences, so they got off their bikes and pushed. One rode up valiantly, past newcomer Aussie expat xxx who moaned "Oh I could do that with 9 gears on my rear cog" (yeah right mate...)

When the front riders reached the top, there was some confusion since no one wanted to ride down to see if the paper trail continued. Richard helpfully suggested that the best way to go down a steep hill was to throw your bike down it. Victor, Leong and a few other hardy souls made tentative forays down and all turned back paperless. Our first false trail...

Back at the top, I had the good fortune to meet Cheryl, who seemed to be cleaning her shoes. I suppose when you walk more than you ride, it helps to get good traction on your shoes. As I watched her meticulous motions, everyone pointed their front wheels downwards and bolted off, backtracking into the rubber estate.

Back to aUm

The 'u' in Aum stands for the state of dream sleep in which mental ex-

Aum and Bashing – Spirituality on 2 wheels

periences are perceived but without the presence of the discriminating intellect. Entering the rubber estate marked the start of our “UUUUU” state, with many people riding ahead at fullspeed – without thinking of course. It is amazing how much intellect one needs to just to spot white paper on the ground.

The result was that many bashers rode around in circles and cursed the hares. In fairness, the earlier parts of the trail was well marked only insofar as the paper had not biodegraded into the ground. At different points in the estate (where rows of rubber trees were helpfully marked A20 or B22 with no hint as to what map these references referred to), cyclists would congregate and pray for guidance from the tree spirits by asking stupid questions like:” Where is the short trail, this feels too long” “I have cycled for 3 km and there is no paper. What do I do?” Why are you turning back?” “Where are the fucking hares?”

Return to the Mouth

The three sounds that go to make up “Aum” constitute symbolically the entire universe of words. I am not going to explain the preceeding sentence; suffice to say that every sound which man can produce is between the extremes of 'a' (opened mouth) and 'm' (closed mouth).

“U” of course represents the favourite question asked that day, “ARE U SURE?” You see the hares, in all their deviousness, had thoughtfully decided to subject all of us to a series of loops, circles and generally bloody minded polydirectional paper trails that, to seasoned bashers, was like trying to figure which roads were closed for the NAM summit. Choice epithets directed at the hares included “Aiya these Mat Salleh donno how to lay paper one “ (Eric) “The hares obviously don’t know that you have to set 3 downhills for every uphill” (Raymond, the one in pink) and “This is not a typical Bash” (Hulk)

What about the scenery?

Some of you may be wondering why I have not written much about the trail itself. Here are my mental notes:

- There were a lot of rubber trees
- It was hot
- There were bubbles in the latex cups
- It was green all around
- Some were eaten alive by mosquitoes
- There were no leeches

We went uphill a lot. Next time someone else should do this section...

Aum and Bashing – Spirituality on 2 wheels

“The ride should be over by now” “How far have we gone? Where are we?” “Don’t know la, going round so much even my GPS spoil already”.

Raymond wanted to shower shamelessly in the open.

Back to Mmmmmm

By noon, people were starting to get a little grumpy.

“The ride should be over by now” “How far have we gone? Where are we?” “Don’t know la, going round so much even my GPS spoil already”. The ‘M’ in ‘Aum’ represents the stage of deep sleep where there is no consciousness of any experience; even the mind has gone to sleep. Obviously the bashers were not at this stage yet (for example, Eric was mindful enough to light up a cigarette while on his bike) But there was no doubt that our legs were falling asleep, and our minds were out to lunch.

When the end came, it was anticlimactic – the Hot Springs parking lot was now full of screaming kids and a makcik who sold nasi lemak to finance her amazingly noisy motorbike. Everyone wiped themselves down, cooled off and got into true “Mmmmm” stage. Richard stripped off to his nipple-covering leotards, a Frog changed openly in the Sun and Eric smoked a thick cigarette followed by a thin cigar (Brand: Monica Repents). In various stages of undress, we all nursed our free cokes and chatted mindlessly about the bash. Christy didn’t get enough action so she rode off with Colin (hares, watch out for women who clean their shoes too much).

I bought a beer from Mary, who seemed to be doubling up as Hash Cash since Raymond wanted to shower shamelessly in the open. As she turned away Shi Fun appeared out of nowhere shouting “Where’s Mary, Where’s Mary?” I had just met Shi Fun that morning; my cousin told me to look out for a Citibanker who was trying REALLY HARD to get him to go for the Bash. When I asked her she smiled sheepishly and said “Aiya that was at 4 in the morning, I don’t remember...” But Mary later confirmed SF tried to borrow a bike from her. Oh, I shouldn’t be writing things like this, I promised Certain People not to write nasty things about the Bash (and my family too)J

Buddha said that he only taught two things: Suffering and the avoidance of suffering. After our Hot Springs Bash-Aum, I’m sure we’d take Buddhism anytime over Hinduism. Or maybe next time you are in that area you can check out something less intense – and remember to seek blessings for the hares!

Scenic Ride (what was there to look at??!!)

Written by
**Jenny
Savage**

Why was I talked into joining the Mountain Bike Hash for the first time? Too much to drink on the Friday night before by the Co-Hare?? Whatever reason, it turned out to be a fun and challenging try-out! We all collected near the umbrellas to be told the rules and what paper trails we were chasing, then the scenic riders set out a head of the 'real' men (and women), to scout the scenic route.

The beginners (and less challenged) set out on a flat ride for the first five minutes, which was very scenic, passing a small creek and heading towards the hill, passing the slower riders in front. Then the challenge began and after 15 minutes of hellish grooves, deadly step incline and loose dirt and stone, I wondered why the hell I ever said I would try it!! For a lot of the first climb, I walked the bike, as I expended less energy doing that than riding the sharp angled track (besides, I knew I was actually going forward when pushing the bike - I was not so sure when trying to ride it!). I was still learning how to use the gears, and felt sorry for those near me as I missed the gears and hit the brake at times, and caused havoc behind me!

It seemed to flatten out, and the hares sent us off in the right direction, following a trail with square paper (rather than the rectangular paper). First and second checks were broken relatively easily, and we rode on, enjoying the slight downhill grade, and grassy tracks. Mass confusing reigned, as no one knew if they were on the scenic or long route, as outside of checks, all paper reverted to rectangle shapes. Not only that, we had no idea if we were going forwards or backwards in direction on the tracks, which coincidentally, kept coming back into loops and causing slight agitation, with no one knowing which track had been checked! At one point, (80 minutes after setting off) everyone seemed to meet at the top of the hill, after going every which way and finding no way out. Even the Co-hare was confused, and reverted to his map.. which showed lots of circular tracks.

We were all sent off down the hill and told the direction to head, but some twit sent everyone on a track leading to nowhere .. so another 15 minutes were lost, retracing our trail. I got to a section and decided to go straight down the hill, as I was told it lead back to the cars.... not following the suggestion that we needed to follow the track right, for both riding groups. My watch told me I had been out for 110 minutes, and the ride should take 120 minutes! I took the scenic ride back, coming in on a flat and very pretty route, passing water and sheds and open grounds. I arrived back amongst the cars exactly two hours after leaving them.. and was pleased to be back, and collected my can of coke.

Very few riders had come in before I arrived back, but some slowly trickled in.. also taking the shortened route. It was later I was told that the track heading right was actually the midpoint of the ride for both groups, so I was most impressed I had made the decision to head down the hill and back to the cars. Some riders were out on the ride for over three and a half hours... by that time I was back in KL and showered! We had avoided a hideous

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downhill return to camp that would have blown my hands away – I can see why people use gloves to protect the palms of their hands!

Thanks to Colin Hercus and Tony Harvey for setting the run – please don’t let them set another one!!! I have it on good authority that Mr Harvey always sets horrid runs – whether for running or cycling – so avoid at all costs! I must have enjoyed it though (at some time!), as I plan to do it again...

Jenny Savage

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**
- ⇒ **Your 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

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.

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

Hareline

In order to facilitate the efficient planning of your 2003 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.

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 Macch aus
April	104	27 April 2003	Jake Slodki and Paul Moir
May	105	25 May 2003	Hares Needed !
June	106	29 June 2003	Hares Needed !
July	107	27 July 2003	Hares Needed !
August	108	24 August 2003	Hares Needed !
September	109	28 September 2003	Hares Needed !
October	110	26 October 2003	Hares Needed !
November	111	30 November 2003	Hares Needed !
December	112	21 December 2003	Hares Needed !

Schedule of Events

Date	Event	Contact
30-Mar	Mar KLMBH Bike Hash	KLMBH
30-Mar	Malakoff Malaysian Duathlon Series	Melody Tan
06-Apr	Sg Sendat New Trail – Monster Climb Version	PCC
13-Apr	Nirvana Other Loop	PCC
16-Apr	Full Moon Nite Ride - RRI	PCC
20-Apr	Malacca Bike Hash	M3BH
27-Apr	April KLMBH Bike Hash	KLMBH
1-4 May	HOB 3: Jim Thompson Trail	PCC

M2BH	http://malaccabikehash.tripod.com
PCC	http://pcc-cycling.freesevers.com
KOTRT	http://pwp.maxis.net.my/kotrt

5 things you should know about pedals.

Pedal Power

NEW BEARINGS = MORE LIFE

On some of the nicer models, you can actually replace the bearings to give the pedals more life. Bearings control how well the pedal spins between the pedal and the axle. Some aren't worth doing, but check with your shop before you buy new pedals.

THINNER WRENCH NEEDED

You need a special, thinner wrench to take them off or put them on. A regular wrench either won't fit or may round off the pedal arm.

GREASE 'EM ONCE A SEASON

They need to be maintained. We tell our customers that Speedplay bearings will burn out if they're not greased once a season. You can usually run SPD and Look pedals several seasons without maintenance—but have a mechanic look at them once a year.

LET MUD DRY

If your pedals get muddy on a ride, don't clean them by spraying water down into them. You want to keep water away from them. It's usually better to let the mud dry and gently knock it off. Afterward, lube the moving parts to help you click in and out a little better.

REPLACE CLEATS FIRST

"Stiff" pedals usually mean you need to replace your cleats. Some riders think a cleat is okay as long as it still clicks in, but the resistance has increased—it doesn't engage or release as quickly. If you're having trouble getting in and out, replace your cleat before digging into your pedal.

Bash Tribe at your service ...

Basher-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—Vimala Siva

News-Bash—Phoon Shi FunMary

Honourary Committee Members – Ngah Fuji Bakri

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

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 :-)