



P.O.R.C.

Pensacola Off-Road Cyclist

Fall 2008

Over 2586 hours of trail maintenance since 2000 & 180 hours since February 2008 at UWF and Blackwater

Letter from the President

PORC's growing! In a 6 month period we have grown from 30 members to 60 + members strong. With the enthusiasm from the group we see no slowing down and estimate that we should be over 100 riders by early 2009. With this growth we want to congratulate the following members for becoming officers of the club.

Eric Gordon- "Vice Prez", Carlos Carey- "Worthy Scribe", Dave McDuff- "Events Coordinator", Scott Grubbs- "Trail Maintenance Coordinator-UWF" Carl Duellman- "Trail Maintenance Coordinator- Blackwater" and Dale Long- "Treasurer". We all appreciate the roles you've taken on and the time and effort you've put into the club. Also a big thanks to the rest of the Elders for being the "Gu" (no, I didn't spell glue wrong) that holds the group together.

Many thanks also goes out to all of the other members who have stepped up to help in the last several months including Mark and Truly Spokin for always stepping up whenever we have asked. Just a few of the many things we are working on include new trail head signs to make it easier for the "newbie's" to find their way around, (should be complete within 30 days), a kiosk set up at the Pate Trail head (30 to 45 days), a new club jersey (hopefully within 60 days), adding another 1.5 miles to the "Games Loop" for a total 5 miles by cleaning up some neglected existing trails, a ton of riding and social events (see below and the calendar on the website), and much more.

As the fall approaches and the weather gets cooler we welcome those who may have hibernated during the summer heat to dust off those mountain bikes and start hitting the trails again. For those of you who continued to ride through out the summer what a welcome 65 degree weather will be compared to the 95 degrees we've gotten accustomed to. I think we can all foresee more biking trips in our near future.

Want to get more involved with the club? Let us know! We're always looking for help with events, trail maintenance, sponsorship, etc.. Just post to our forum or email us at <mailto:porc@porc.org>.

Upcoming events:

The "Trail Maintenance Weekend" (Oct. 4th and 5th), a "Skills Clinic" (Oct. 12th), the "PORC Olympics" (Oct. 26th), the PORC Epic Race (Nov. 2nd), the Turkey Run (Nov. 16th), camping trips to Oak Mountain and more...

Get out and ride!

Paul Machado

TECH TIPS

How do you put on a tire on a wheel when it is either A) a smaller diameter than the wheel or B) you don't have bionic thumbs? What do you do?

- put tire in oven to soften it up
- use a hair dryer to soften it up
- coat the crap out of it with liquid soap
- take it to Mark at Truly Spokin and let him do it

The answer is D! After breaking 2 sets of tire levers trying to get my tires on my new heavy duty wheelset, I realized that it wasn't going to happen. I tried a, b and c to no avail. So I threw in the towel, swallowed my pride and called Mark. He said he could do it without tools. I said "I want to see this". Sure enough I get to the shop and gave him the wheelset and tires and within a few minutes he had them on. He showed me his thumbs. Mark has permanent indentations from thousands of wheel/tire installs. He has bionic thumbs. Note to self (and everyone else) DO NOT THUMB WRESTLE with Mark! He is a beast and will take you down laughing at you as he does it!

Carl's Blackwater Update

15 Sept-New Beginning-started the new trail on Sunday. I started at gate #2 and went left. I flagged the new trail until I ran out of flags, about 2500 feet. Then I went back with the loppers for several hundred feet until I got tired of doing that. Then I went through and chopped and grubbed for a while until I was pretty whipped. I managed to slice my leg on Saturday doing a creek cleanup. It was bad enough I decided to go get a tetanus shot and the doctor put 6 stitches in. The antibiotics were making me weak, I think, because I was unusually tired on Sunday. Anyway, this new trail looks pretty fun. A little straighter and faster. All the turns seem to be big radius turns and the forest is wide open. I need to check some of the slopes but it looks like we'll be able to keep the speed up on this one but a couple of water bars may be in order. I got 5 hours in and it wasn't overly hot. I saw a spotted fawn twice. It wasn't much taller than the schnauzer. A little later I saw the mother across the ravine. I'm hoping they got back together."

This is only a small percentage of what Carl does out there with the help of Barbara. You really need to go to his [BLOG](#) and read more. Pretty interesting stuff and you will see how much time Carl puts into Blackwater. I, for one, need to get out there and help Carl carve out the new trail. Who's going to join me in helping Carl blaze some new trails??? Last one in is a rotten egg.

Mountain Biking the Pisgah National Forest

The Pisgah National Forest covers 1,076,711 acres across Western North Carolina. This large area includes tracts surrounding the town of Asheville and the French Broad River Valley. Recreational opportunities, including mountain biking, abound within its boundaries.

This forest is divided up into 4 ranger districts: **Grandfather**, **Toecane**, **French Broad**, and **Pisgah**. The **Grandfather** and **Toecane** Ranger Districts lie in the northern mountains of NC and include areas such as the Linville Gorge Wilderness, Wilson Creek, the watersheds of the Toe and Cane rivers, Roan Mountain, Mount Mitchell, Craggy Gardens, and the trailhead [Coleman Boundary](#). The **French Broad** Ranger District stretches along the NC-TN line from the Great Smoky Mountains National Park north to Hot Springs. A few trails, including Mill Ridge and Laurel River, are open to bikes in this district.

Many of the trails used for mountain biking, and the trailheads [Bent Creek](#), [Mills River](#), and [Davidson River](#) are located in the **Pisgah Ranger District**, which lies on either side of the Blue Ridge Parkway south of Asheville, along the Pisgah Ridge and Balsam Mountains.

Choose a Pisgah National Forest trailhead from the list at the left for all the mountain biking information! [Click here for information on trails outside of the trailheads in the list.](#)

(Reprinted from <http://www.mtbikewnc.com/trailheads/pisgahnf.html>)

Local Rider Results

Team Sponsorus headed up to Jackson, MS for a race on 27 September. They are very close in the team standing with two larger teams. They are currently 3rd but only 64 points behind 1st place with two races to go. They would like to have some PORC'ERS travel in the future to some of the races and race under Team Sponsorus to help them beat the larger teams. Go to SCRCS.com to see more info on the race. Here is a link to the standings and a link to the race info. We need women too; they help in points a lot. Team Sponsorus thanks you.

<http://www.msmtb.org/2008SeriesStandings.html>

<http://www.msmtb.org/forum/viewtopic...aa2971d481ddc7>

Team

Place Name Points

1st Indian Cycle/Malt Racing 2284

2nd Mobile Velo 2280

3rd Team Sponsorus 2224

Rules of the Trail

The way we ride today shapes mountain bike trail access tomorrow. Do your part to preserve and enhance our sport's access and image by observing the following rules of the trail, formulated by [IMBA](#), the International Mountain Bicycling Association. These rules are recognized around the world as the standard code of conduct for mountain bikers. IMBA's mission is to promote mountain bicycling that is environmentally sound and socially responsible.

1. Ride On Open Trails Only.

Respect trail and road closures (ask if uncertain); avoid trespassing on private land; obtain permits or other authorization as may be required. Federal and state Wilderness areas are closed to cycling. The way you ride will influence trail management decisions and policies.

2. Leave No Trace.

Be sensitive to the dirt beneath you. Recognize different types of soils and trail construction; practice low-impact cycling. Wet and muddy trails are more vulnerable to damage. When the trailbed is soft, consider other riding options. This also means staying on existing trails and not creating new ones. **Don't cut switchbacks. Do not short-cut trails. Do not skid.** Also, be sure to pack out at least as much as you pack in.

3. Control Your Bicycle!

Inattention for even a second can cause problems. Obey all bicycle speed regulations and recommendations.

4. Always Yield Trail.

Let your fellow trail users know you're coming. A friendly greeting or bell is considerate and works well; don't startle others. Show your respect when passing by slowing to a walking pace or even stopping. Anticipate other trail users around corners or in blind spots. Yielding means slow down, establish communication, be prepared to stop if necessary, and pass safely.

5. Never Scare Animals.

All animals are startled by an unannounced approach, a sudden movement, or a loud noise. This can be dangerous for you, others, and the animals. Give animals extra room and time to adjust to you. When passing horses use special care and follow directions from the horseback riders (ask if uncertain). Running cattle and disturbing wildlife is a serious offense. Leave gates as you found them, or as marked.

6. Plan Ahead.

Know your equipment, your ability, and the area in which you are riding -- and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary supplies for changes in weather or other conditions. A well-executed trip is a satisfaction to you and not a burden to others. Always wear a helmet and appropriate safety gear.

Keep trails open by setting a good example of environmentally sound and socially responsible off-road cycling.