



P.O.R.C.

*Pensacola Off-Road Cyclist
May/June 2008*

Letter from the President

What's new in the land of PORC? Just a few of the many things we are working on include two new t-shirts that will be produced shortly and added to the new "PORC Shop" on the website. This shop will allow you to purchase club products such as shirts, jerseys, mouse pads, hats, and stickers. Also we are submitting to the UWF Beautification Board a design for a new kiosk to be placed close to the Pate parking area and new trail head signs that will have a small map of the entire loop, the name of the trail, and the distance of the trail.

As the summer heat and pesky bugs come out this time of year we want to thank all of our members for the support they have given the club over the years. Whether you are an "Elder" or one of the newbies who have just joined your participation and enthusiasm has helped us grow to over 50 members strong. This diverse member base will allow us to continue to maintain and protect our local trail system for our use and the use of others for years to come. My challenge to you is to always look for ways - small or large- to give back to the trails that you love to ride. Whether it's volunteering your time for trail maintenance or helping out at one of our events your efforts are greatly appreciated and are at the base of our foundation.

Congratulations to all of our members who have been competing and kicking butt in the regional races. The race results have been impressive!

Upcoming events we are working on: The "Rocket Run" night-ride (June or July), the "Night Time Scramble Run" (July or August), the "Beverage Run" (July or August), a group trip to Oak Mountain, "PORC polo" (on mountain bikes of course), and more...

Get out and ride!

Paul Machado

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

High Gas Prices Spiking Bike Sales

Associate Press

A National Trend

Bicycle dealers across the country are reporting that commuters are dusting off their old two-wheelers -- or buying new ones -- to cope with rising fuel prices, according to The Associated Press.

Bicycle shops across the country have been showing strong sales so far this year, and more people are bringing in bikes that have been idle for years. "We're seeing a spike in the number of calls we're getting from people wanting tips on bicycle commuting," said Bill Nesper, spokesman for the Washington-based League of American Bicyclists. Nesper expects a record number of people will be pedaling this year. Less than a half percent of Americans ride a bike to work, he said. Some stores are selling lots of bike trailers designed to haul children -- customers are using them for groceries instead.

"Millions of people have bicycles hanging in the garage and they're getting them down and riding them," said Rebecca Anderson, advocacy director for Trek Bicycle Corp. "People are looking at the bicycle as more than just a toy."

Under The Sun bike mechanic Matt Corridon said he is performing a lot of repair work. Both Sydnor and Corridon have outfitted their bikes with extra luggage and human-carrying capacity. About 40 percent of trips by car are two miles or less -- trips that a bike may better accomplish, with health benefits to boot, Anderson said.

A Positive Future

According to the National Bicycle Dealers Association, the bicycle industry is a seasonal business that can be impacted by unusual weather, as well as being an industry that relies on discretionary spending easily impacted by economic conditions. But the outlook for a two-wheeled future is optimistic, the association said. The federal government has budgeted significant transportation money for construction of bicycle-specific facilities such as bike paths and road improvements friendly to bicycles in the coming years -- another sign of the emergence of bicycling as an important form of transportation. About 18 million bicycles have been sold annually in the U.S. over the past few years, accounting for about \$6 billion in annual sales," Clements said.

TECH TIPS

Why Does Your Bike Stuff Stink So Bad?

Carlos Carey

It's bad enough that sometimes you have to roll over a nice big pile of trail apples or come across a dead critter on the trail but it is another thing when the offending odor is from you. We all stink when we ride. There is no getting around this. It comes with the territory but it is worse when you can smell the people you are riding with or they can smell you coming before they even see you! But there is a ray of hope for your malodorous endeavors if you follow these few, east tips on staying rosy fresh on and off the bike.

If you are looking at your gear, what smells worse? Usually the worst offenders are your helmet and gloves. Right behind them is your clothing that didn't dry out properly from a past ride and was just tossed in the trunk. It is real easy to toss your stuff in your trunk ride after a ride e.g. gloves, headgear, jersey left over energy bars but as attractive as your trunk looks, it is not a storage facility. You shouldn't be putting anything inside of it other than your spare tire and tools. What you should be doing is carrying a small mesh bag with you or some kind of ditty bag in the trunk in which you can place these items so they can 1. Be separated from everything else in your car and 2. Have a chance to dry off before you get home. And as a bonus you may not lose as much stuff if you know where everything is after a ride. Save time and money, heh? Another thing, don't just wad up your jersey or shirt and toss it in the backseat because most of you will forget it and it will start a smelly mess that you have to deal with for the next few days. The real key to a malodorous free existence is to rinse your gear when you get home. When I get home the first thing I do is rinse my helmet, gloves, shirt, shorts and socks in fresh water and let them hang dry. Your gear will also last longer if you do a little "PM". You should also wash your shorts and shirt after every ride.

So next time you ride, you'll be smellin' rosy and fresh like Snuggles the Bear or maybe running his ass over. I choose the latter. Just kidding.

Carl's Blackwater Update

"June 15th"-took the gallon of yellow tree paint and added several blazes on the trees we missed last time. The only problem is the paint is water based and we've been having afternoon rains pretty regularly. About the time I got done blazing I heard rumbles of thunder in the distance. I managed to get a ride in on the new section but that was about it. It rode pretty nice and I think it will be a nice addition. I checked the radar when I got home and it rained shortly after I left so the blazing may just be faint yellow streaks on the trees. Oh well. I need to get a gallon of the oil based stuff for when I do this again next year. The trail looks like it's been getting some use and Victor says that several people have ridden it and made comments about it, both good and bad. I need to go up and just do some laps."

8 June-"Barbara and I went up Saturday to try to finish painting blazes and rake the new trail. It was already roasting at 10:00. Woody was supposed to drop off a can of yellow paint after 11:30 so we proceeded to rake and work on the log obstacles until he arrived. By noon he hadn't arrived so we headed to the creek to cool off. There were some locals (we knew they were locals by the rebel flag beach blanket) there with the same idea so we said 'howdy' and hopped in the water. We weren't there ten minutes when Barbara sees a snake swimming along the bottom of the creek. She points it out and the locals get all squirrely. To us it looked like a water snake but to them it was a moccasin. They became obsessed at that point. We had cooled off enough so we headed back to the car and as we were pulling out, Woody showed up. We chatted with him and collected the paint and the whole time the locals were scurrying around like ants trying to find something with which to catch the snake. It was amazing. I hope it didn't ruin their day because it was too hot to sit in the sand staring at the creek.

Anyway, I created a new map but it's not the finished product. It also hasn't been blessed by the forestry people. The trail names will probably change but for now they will do. The file is pretty big so it may take some time for it to download."

Bump N Grind
Local Rider Results

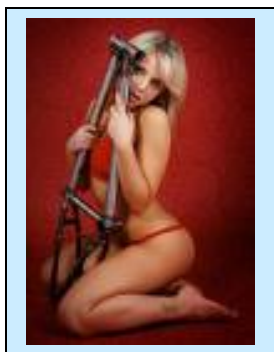
Oak Mountain, Al

Just because you live in Florida does not mean you can not race in the mountains. Team Sponsorus, flatlanders and proud of it, made a strong showing at this year's Bump & Grind held at Oak Mountain, Alabama. Pops said that he "got his first race fix (this year)" until a tree with evil intentions stepped out on the trail for a little dance with the devil and Pops got his bell rung but he was able to propel himself through the rest of the twist and turns, grades and blood rock under this own power. For others, the experience was purely on another level such as Scratch-N-Dent, who got his race cherry popped. Good job to all our riders. Next year we should plan to have twice as many riders out there for the whole weekend and make a good party out of it.

Here are the local results:

Billy Hudgens 10th Expert 19-29
Joe Damaso 4th Sport 25-29
Joe Orchesky 13th Sport 25-29 (I know that is not your last name, but that is what they have listed in the results.)
Ronnie Otts 17th Sport 25-29
Keith Moore 1st Sport 35-39
Brendan OConner 5th Sport 40-44

Congrats to All!!!!!!



Gratuitous Bike Porn

Bike Humor

Why Do Tires Lose Pressure?

1. Years ago, a few tube manufacturers, under pressure to reduce the weight of their inner tubes began looking for ways to make a lighter tube. First they did a little market use analysis and determined that the worst time for a tube to lose air is when it's being used. As a tube is being spun while in use, they realized that due to the laws of centripetal acceleration, the air presents the greatest pressure on the outer wall of the tube. This led to the obvious answer, they could shave the thickness of the inner wall!

By doing this, they've created tubes that are lighter, and yet, just as effective at holding air while being used. When the tube is not spinning, it of course, loses air at a faster rate, as the air is no longer constrained by centripetal forces, and presents more pressure to the inner wall (the thinner one).

For racers, this was no big deal. They fastidiously check their tire pressure before every ride anyway.

2. After re-taking introductory psychology twice, I can safely say that this whole dilemma can be simply solved with Freudian theory. You see the bike ride represents sex, and pumping up the bike tires represents really outstanding sex. If you ride every day, there's no problem. If you take a couple weeks off, you need to pump up your tires.

3. Anyone who's purchased a new tube fresh out of the box is familiar with that wonderful "new tube smell". New tubes emit this smell profusely. If you assume that both the inner and outer surfaces of the tube emit (outgas) equal amounts of new tube smell, there must be a lot of this aroma confined within the tube. (Since everybody knows that smells don't penetrate rubber.) The heat generated by the friction of riding excites the rubber molecules to further outgassing, filling the tube even more. The more you ride the more new tube smell is released into the tube. Those of us that spend 24hrs/day on our bikes know for a fact that air does not need to be added to tires, though occasionally you do have to bleed off a little of the odor or risk rupture. This is especially important prior to transporting your bike by air.

As further evidence of this theory I submit that it is common knowledge that new tubes hold "air" better and longer than old tubes. This is due to their higher aromatic potential.

Taken from <http://www.kenkifer.com>

Sweet Home Alabama Trails

Oak Mountain

Ride Summary:

Some of the best riding in Alabama

Trail Description:

Oak Mountain has a great mix of trails. From technical and tight singletrack to fast roller coaster rides, to wide open fire roads, Oak Mountain has it all. This is definitely one of the top rides in the state. There are a lot of trails here so just hop on your bike and start exploring.

How to get there:

From Birmingham, take I-65 South to exit 246 (about 25 miles from Birmingham). Head West on HWY 119 then take a quick left onto State Park Road. From there you will see several trailheads to choose from throughout the park.

Additional Notes:

There is an admission fee for the park.

Nearby Town:	Birmingham, Alabama
Ride Type:	Many Trails To Choose
Trail Type:	Single Track 60% Dirt Road 40%
Distance:	20.00 miles (32.18 KM)
Duration:	2 - 3 Hours
Elevation Gain:	600+
Climbing:	Steep At Times
Skill Level:	Beginner through Advance

Chickasabogue Park

Nearby Town:	Mobile, Alabama
Ride Type:	Loop
Trail Type:	Single Track 85% Dirt Road 15%
Distance:	11.00 miles (17.70 KM)
Duration:	2 - 3 Hours
Climbing:	Rolling Terrain
Skill Level:	<u>Weekend Warriors</u>

Ride Summary:

Three loops to choose from.

Trail Description:

Chickasabogue Park offers three loops for mountain bikes. Two of the loops are open on alternating days to keep trail wear to a minimum. The third, an easier loop is open every day. The park offers some technical tight trails with roots and some fast trails easier trails.

How to get there:

From I-65 take Exit 13. If you're coming from the South, go left at the light. If you're coming from the North, go right at the light. Then turn left onto Shelton Beach Road. Follow Shelton Beach Road past the Mobile College and for another mile or so to Whistler Street. Turn left onto Whistler and look for the signs to the park.

LET'S EAT!!!!

Los Dog's Kitchen

(This bread pudding recipe is based on one from the famed Bon Ton Cafe in New Orleans and one that I use at home.)

Bread Pudding Recipe

INGREDIENTS

Rum Sauce:

- 1/2 cup (1 stick) butter, melted
- 1 cup sugar
- 1 egg
- 1 cup Rum

Bread Pudding:

- 1 loaf French bread, cut into 1-inch squares (about 6-7 cups)
- 1 qt milk
- 3 eggs, lightly beaten
- 2 cups sugar
- 2 Tbsp vanilla
- 1 cup raisins (soaked overnight in 1/4 cup bourbon)
- 1/4 teaspoon allspice
- 1/4 to 1/2 teaspoon cinnamon
- 3 Tbsp unsalted butter, melted

METHOD

Rum Sauce:

In a saucepan, melt butter; add sugar and egg, whisking to blend well. Cook over low heat, stirring constantly, until mixture thickens. Whisk in bourbon to taste. Remove from heat and let cool. Whisk before serving. The sauce should be soft, creamy, and smooth.

Bread Pudding:

- 1 Preheat oven to 350°F
 - 2 Soak the bread in milk in a large mixing bowl. Crush with hands until well mixed and all the milk are absorbed. In a separate bowl, beat eggs, sugar, vanilla, and spices together. Gently stir into the bread mixture. Gently stir the raisins into the mixture
 - 3 Pour butter into the bottom of a 9x13 inch baking pan. Coat the bottom and the sides of the pan well with the butter. Pour in the bread mix and bake at 350°F for 35-45 minutes, until set. The pudding is done when the edges start getting a bit brown and pull away from the edge of the pan. Can also make in individual ramekins (A **ramekin** is a small glazed ceramic serving bowl used for the preparation and serving of various food dishes)
- Serve with rum sauce on the side; pour on to taste. Best fresh and eaten the day it is made. Makes 8-10 servings

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.