

# TERRA TIMES

The official publication of the Concerned Off-Road Bicyclists Association

Spring 2007

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CONCERNED OFF-ROAD BICYCLISTS ASSOCIATION

CORBA is committed to gaining and maintaining mountain bike access to trails in Los Angeles and its surrounding areas through education, information and preservation

## The "A" Word

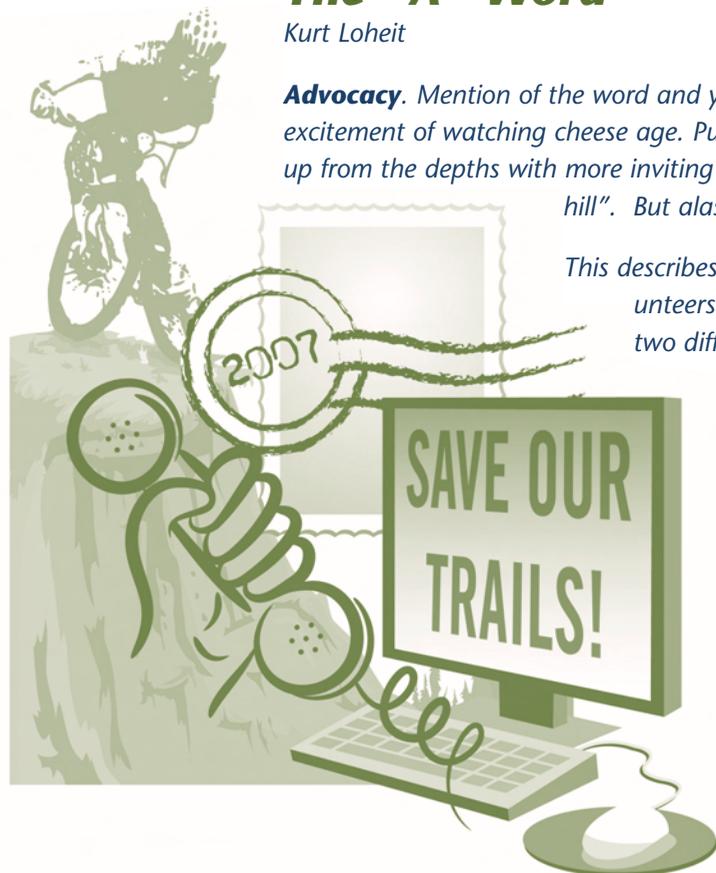
Kurt Loheit

**Advocacy.** Mention of the word and you usually conjure up the image of licking stamps with the excitement of watching cheese age. Put "Mountain Bike" in front of Advocacy and it should pull it up from the depths with more inviting mental pictures like "sweet single track" and "gnarly down-hill". But alas, for most people, it does not.

This describes the root difficulty faced by advocates while recruiting volunteers. Advocacy and mountain biking seem to be residing on two different planets. Yet advocacy is what pays the dues to provide us with the opportunities to ride some great trails. Given the appeal of advocacy, it's hard to imagine that we have any trails at all. But we do, thanks to the individuals and groups who are willing to put in the time and pay the dues. Even with odds sometimes stacked against them, volunteers tirelessly push forward, through endless meetings, letters, education and plain old grunt work, so every mountain cyclist has the opportunity to ride.

While this does not paint the most

**Advocacy continues on page 2**



### **Advocacy continued from page 1**

attractive picture, it does illustrate that advocacy doesn't just happen. It requires the dedication of individuals who want to make a difference. Not just for themselves, but for everyone, even with the knowledge that thanks are few and that the majority of cyclists will be unaware of the sacrifices made on their behalf.

Many people assume that getting started as an advocacy volunteer requires a background in rocket sci-

ence. Far from it. All that's needed is the willingness to help out.

Most organizations like CORBA are understaffed, and have more work than they can handle. New volunteers may become overwhelmed by all that is going on. Do not get discouraged. Help is needed in many areas, whether it's making phone calls, writing letters, or any one of the many tasks that need to be completed.

Your efforts will be appreciated by

countless mountain bike riders and other users. As proof, I offer myself. After 20-years of advocacy, I can without any hesitation say that I have provided trail opportunities for thousands (if not 10's of thousands) of users, including many who are reading this. And I wouldn't ask for anything in return other than to say if you have ever thought about getting involved with advocacy, please take the next step and give us a call. As for me, I've got some more stamps to lick.

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## **You're Never Too Old, Or Too Good**

Mark Langton

Mountain biking, like most sports, requires biomechanical techniques. Simply stated, proper fundamental skills are needed to become more proficient. However, some skills require more trust and less analysis.

For example, while descending a steep hill, most riders are afraid of being pitched forward over the handlebar. Beginners tend to straighten and tense their arms, thinking that a death grip will keep them from going OTB (over the bars). Actually, the opposite is true. You must relax and bend your arms and your waist while moving your weight rearward (but not behind the saddle), putting your upper body and head closer to the handlebar. Getting closer to the handlebar and therefore closer to the front wheel might seem counterintuitive, but often you need to turn off your brain and trust your technique to become a truly advanced rider.

Since fear responses often paralyze

your body, I tell riders that their brain is probably the biggest obstacle to becoming a better mountain biker. If you can replace the fear with technique, you can focus on the mechanics, overriding the fear. It's sort of like having a mantra; tell yourself to relax, and you'll relax. It sounds simple, and it works!

### **OFTEN YOU NEED TO TURN OFF YOUR BRAIN AND TRUST YOUR TECHNIQUE TO BECOME A TRULY ADVANCED RIDER.**

Even the most talented and successful athletes regularly practice the fundamentals. Professional athletes practice the fundamentals under the watchful eye of their coach or trainer. Recreational athletes should do the same thing. An understanding of the fundamentals will allow you to build upon the proper techniques, helping you to advance to higher levels of perform-

ance. And evaluation and feedback from a trainer or coach will help you get to the next level more quickly. Of course, people have different levels of ability, and some are more naturally gifted than others.

Regardless of your natural ability, the one thing you can do to improve is to have an understanding of and ability to perform the basics. And one of the best ways to get that understanding is to come out to CORBA's FREE Introduction to Mountain Bike Skills Class, held the first Saturday of each month at Malibu Creek State Park in Calabasas.

Even if you've been riding for many years, you will at the very least gain the positive reinforcement that you are riding correctly. But it's my experience that even seasoned riders learn a few new tips. You've got nothing to lose, and everything to gain!

## **ParkLink Shuttle Service**

The ParkLINK shuttle service is a great way to experience the Santa Monica Mountains parks on weekends. Now, the service is free! Mountain bicyclists can ride the Backbone Trail from the Kanan Road Trailhead (near tunnel T1) over to Malibu Creek State Park and take the shuttle back to their vehicles, among other options. There are bike racks and the shuttle is air conditioned. More information can be found at: <http://www.nps.gov/archive/samo/shuttle/>

## CORBA Programs Review – 2006



2006 was another great year for Youth Adventures. Youth Adventures is a program that takes children between ages 8 and 17 on mountain bike rides in the

Santa Monica Mountains National Recreation Area. The program is geared to youth who do not otherwise have the means or opportunity to enjoy experiences with nature.

Youth Adventures leads rides twice a month throughout the

year. Some of the groups that participated in 2006 include: The Hollenbeck Police Activities League (PAL) of the Los Angeles Police Department, which was created to implement sports activities to high-



risk youths in response to the juvenile crime increase in the Los Angeles area; Mid-Valley Youth; the Rancho San Antonio Group Home, which is a one hundred and six-bed facility that provides care for boys ages 13-17 years who exhibit behavioral, social, and emotional difficulties; Para Los Niños, a Los Angeles based nonprofit agency that provides child care, schooling and other services to at-risk children and their families; El Nido, providing culturally sensitive social services to the diverse population of Los Angeles County, many of whom are economically disadvantaged; El Concilio del Condado de Ventura, which strives to improve the quality of life of Latinos in Ventura County and the community at large; and A Place Called Home, which is a dynamic youth enrichment center founded in 1993 to provide at-risk youth with a secure, positive family environment where they can regain hope and belief, earn trust and self-respect, and learn skills to lead to a productive lifestyle free of the gangs, drugs and poverty that surround them.

The Youth Adventures program's success is demonstrated by the smiles on the kids' faces and the fact that the youth group leaders keep rebooking. Following a ride, Adriana Martinez, chaperone for Para Los Niños commented, "Oh my goodness, they have such a sense of accomplishment. They look at the mountain they just went on, and they can't believe it." CORBA would like to hold periodic Youth Adventures' rides within the City of Los Angeles for organiza-

tions who have difficulty transporting their kids to Malibu Creek State Park, but so far City Hall refuses to allow us to ride on their park trails or even on dirt roads in L.A. City parks.

We appreciate Youth Adventures' enthusiastic ride leaders including Dave Dwyer, Dave Mummert, Virgil Hemrick, and Cathy Gribble & Ryan Thompsom, and particularly Holly Harman, Terry Harman, Danny Ybarra, John Campbell and



Lance Biscoe for program management. We thank California State Parks for providing space for the new storage building and bicycle trailer, and we thank the CORBA members who donated additional funds to

help us purchase the storage building. It is making a great difference for the volunteers and the overall program. For more information, please visit [www.corbamtb.com](http://www.corbamtb.com).

Mark Langton reports a banner year for the Introduction to Mountain Bike Skills Classes.



The average class had 20 attendees. "We had very healthy class sizes all year long, with 32 being the highest," noted Mark. A total of 238 riders participated in Skills Classes throughout the year.

Mark has been teaching the monthly mountain biking skills clinic since its inception 1992, and the program continues to gain momentum. More and more intermediate and advanced riders are realizing how valuable professional tips and techniques can be for riding efficiently and for overall trail-riding fun. Whether you're just getting into mountain biking or have been riding for years, you'll learn some valuable tips from our Introduction to Mountain Biking Skills class that is offered each month (see accompanying article – "Your Never Too Old, Or Too Good").

The Introduction to Mountain Biking Skills class is held the first Saturday of each month from 9:00 am to 1:00 pm in Malibu Creek State Park. It is free of charge to all participants, and no reservations are needed. A discussion of back-country preparedness, shared use etiquette, and simple maintenance tips precedes several skills stations. These include proper seated rider position, obstacle techniques,

**Programs continues on page 6**



**This year's FTF had a record number of exhibitors, providing attendees with a vast array of products and demos.**



## 2006 Fat Tire Fest

On October 14th CORBA celebrated its 19th year of advocacy, and what a celebration it was! This year's Fat Tire Fest was a huge success. Once again the threat of rain remained just that – a threat – and sunshine prevailed.

Downhill champion Marla Streb led the poker ride with National XC rider Mike Aucutt. Marla was a gracious host and spent time talking with as many riders as time permitted while climbing Bulldog, and Mike showed us how the pros climb. After the ride they conducted a skills session. Marla showed her true character answering questions and chatting with fans long after the allotted time for the class had passed.

Many great prizes were awarded during the raffle. Thanks to all the sponsors for your generous support! You helped make the event a great success. Please support these companies and stores when you get the chance, as they help support CORBA and our efforts to keep the trails open for everyone.



**Expert downhill rider Mike Aucutt takes a moment to hang with FTF participants.**



**Downhill champion Marla Streb did a fantastic job leading a MTB skills class.**



**Marla Streb with husband Mark and daughter Nicoya.**



**Grand Prize winners included (clockwise from top left) John Shishiniocruz and his Specialized Stumpjumper, Leslie Brown and her KHS Am 2000 Freeride bike, Cameron Schroek winner of the Giant Simple 7 Cruiser, "Otto" with his Rocky Mountain Flow 3.0 frame, Nelson Hardy winner of the Santa Cruz Jackal and Eric Leib winner of the Nirve Cruiser.**





**Congratulations to David Grey (left) and Kurt Loheit (right), recipients of awards for their tremendous achievements with CORBA.**



**The FTF featured hundreds of prizes, including bikes from KHS, Giant, Specialized, and a Rocky Mountain frame.**



**As usual, the Poker Ride and Raffle were big attractions to the FTF.**



**Mike Aucott (left) and Marla Streb (rt) with CORBA member David Ross.**



**The log pull event was a great way for riders to prove their mettle and burn off the taco feast.**

### **Wanted: Fat Tire Fest Coordinator**

Once again, our annual fundraiser will be held in October and we are looking for a well-organized, energetic volunteer to assist with organizing this year's FTF. You will be helping to coordinate various aspects of all parts of the FTF, from food and marketing to exhibitors and the Poker Ride. If you, or anyone you know, are interested, please contact Louisa Bonnie at: [mtbike4@verizon.net](mailto:mtbike4@verizon.net).

### **CORBA 2007 FTF Sponsors**

- All Pro Bicycles with BOMB
- Answer/Manitou
- Mike Aucutt
- Bicycle John's
- Bike Warrior
- Bionicon USA
- Brave Soldier
- Cane Creek
- Cannondale
- Clif Bar
- Cynergy Cycles
- Easton
- Evomo Clothing
- Fox Racing Shox
- Giant Bicycles
- Helen's Cycles
- IMBA
- Intense Cycles
- Jenson USA
- KHS
- Kokomotion
- Light & Motion
- New Belgium Brewing Company
- Pasadena Cyclery
- Pricepoint
- REI
- Resource Revival
- Agoura Cycles
- Rocky Mountain Bicycles
- Santa Cruz Bicycles
- Simi Cycling
- Snow Summit
- Specialized
- Sprocket Gear
- Marla Streb
- Sundance Cycles
- Trek
- Trek Bikes of Ventura
- Westlake Cyclery
- WTB

**PROGRAMS continued from page 3**

controlled braking and slow speed technical maneuvering, pedaling cadence/gear use, and proper riding position and technique for climbing and descending. For more information, please visit [www.corbambt.com](http://www.corbambt.com).



In 2006 Hans Keifer took the reigns as Crew Chief of the CORBA Trail Crew. Hans began by investing in a new Tool Trailer to transport tools to work sites.

Additional purchases included McLeod's, loppers and power equipment, enabling volunteers to clear longer distances of brush during the half-day sessions. Further investment was made in Trailbob bike trailers, allow-



ing volunteers to ride deep into the backcountry while towing tools. As a result, more time is spent maintaining trails. Way to go Hans!

Throughout the year the CORBA Trail Crew worked the following trails in the Santa Monica Mountains and the Angeles National Forest: Pt. Mugu State Park during Santa Monica Mountains Trail Days, Sin Nombre, La Tuna Canyon, Valley Forge Trail, Tapia Spur Trail, Ken Burton Trail, and Rogers Road on three separate occasions, clearing the excessive brush growth. And in late 2006, Hans was joined by Brian Sims as a Trail Crew sub-leader who championed the re-opening of the Mount Zion Trail (see accompanying article). In Palos Verdes, Troy Braswell lead CORBA-PV's trail work efforts in the Portuguese Bend area. CORBA volunteered 1,250 hours of trail maintenance on local trails for all to enjoy.



CORBA's recreational Fun Rides are headed up by Board

Member Louisa Bonnie and MTB enthusiast, Greg Scarich. CORBA's Fun



Ride program is also known as the South Bay Mountain Biking Club. Group rides took place just about every weekend of the year, primarily in the Santa Monica Mountains, San Gabriel Mountains and Palos Verdes areas. In addition, the club conducted regularly scheduled mid-week rides in the Santa Monica Mountains and Palos Verdes. Finally, two multi-day trips were held in 2006 including Lake Tahoe in August, and a trip to Sedona, Arizona in conjunction with the North Ranch Mountain Biking Club.

CORBA's Fun Rides are a great way to meet new people interested in mountain biking, and an opportunity to ride with others. There are rides for all levels including novice rides lead by knowledgeable ride leaders. We offer a variety of rides in the Santa Monica Mountains, the Angeles National Forest and other great places throughout Southern California. The Fun Rides make it easy to get out there and explore new trails with fun people. For more information, please visit [www.corbambt.com](http://www.corbambt.com)

**New Trail Crew Sub-Leader: Brian Simms**

The CORBA Trail Crew is happy to report we now have a new Trail Crew Sub-Leader in the Angeles National Forest. Brian Simms will be organizing trail maintenance in the Angeles National Forest on the first Sunday of each month. If you have ridden in the Angeles, you know there are many trails in need of repair.

Brian had been riding and hiking in the Angeles and Mount Zion Trail for many years. He became concerned after the Mount Zion Trail had become so overgrown it was barely passable. Deciding he needed to do something about it, Brian recruited some volunteers and spent three or so days working on the trail before joining up with CORBA.

Now after approximately eight work days on the trail, CORBA's work is complete and the trail is now in good shape. CORBA is very pleased to have Brian working with us! Come on out and work with Brian on one of the many upcoming trail maintenance days in the Angeles National Forest.



**CORBA would like to thank the following donors for their generous support:**

**Conejo Valley Cyclists** for their \$1,000 donation which was applied directly to our Youth Adventures program.

And **REI** for their \$5,000 grant towards a trail work program in Rancho Palos Verdes.

Thank YOU!

## SPONSOR SPOTLIGHT

Sponsor Spotlight is a new section that showcases businesses that generously donate in-kind services to CORBA. In this issue we are pleased to feature Absolute Advantage, Inc. and Asylum.

### Absolute Advantage, Inc.

Absolute Advantage, Inc. is the publisher of Absolute Accounting and specializes in offering complete support in the implementation and use of business systems. Services include:

- Database Design & Implementation
- Accounting Systems & Programs
- Email & Corporate Internet Access
- Networks & Remote Access
- Backup Systems
- Office Integration Technologies

Randy Lawrence is a principal in the firm and Certified in FileMaker Pro. Randy developed a customized FileMaker Pro database for CORBA

that is lightning fast, powerful and simple to use. Randy is an active member and speaker in FMDiSC (FileMaker Developers in Southern California). Absolute Advantage, Inc. is the publisher of Absolute Accounting™, an accounting solution written entirely in FileMaker Pro. He is also an avid mountain and road rider. His favorite local ride is the Gabrielino Trail. To learn more about Absolute Advantage, please visit [www.absoluteadvantage.com](http://www.absoluteadvantage.com), [randyl@absoluteadvantage.com](mailto:randyl@absoluteadvantage.com).

### Asylum Design and Marketing

Asylum is a Los Angeles-based graphic design and marketing firm. Jim Shanman, owner of Asylum, has donated graphic design services to CORBA for several years, including production of the Terra Times, Fat Tire Fest materials, developing CORBA's new identity and logo, and consultation on marketing decisions. Jim is an avid mountain biker and his favorite local ride is Sycamore Canyon, linking-up Wood Canyon, Guadalupe Trail and Backbone.

"CORBA has done so much for mountain biking in Southern California.

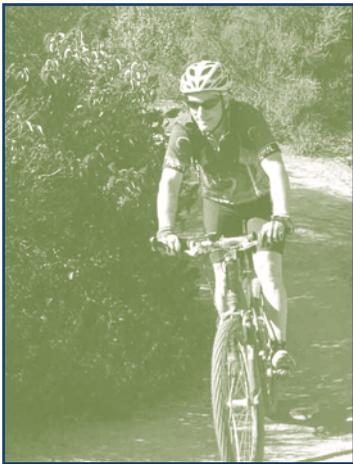
Using my experience to help them get a little more attention and funding seems a good way to give back to the trails I love to ride."



For over 20 years, Asylum has created award winning corporate identity programs, advertising and marketing material for some of the world's most prestigious companies, retailers, manufacturers, service providers and non-profit organizations. Services offered include:

- Corporate Identity
- Collateral Systems
- Advertising
- Direct mail
- Media Promotions
- Website Development

For more information about Asylum please visit [www.asylumdesign.com](http://www.asylumdesign.com), [jim@asylumdesign.com](mailto:jim@asylumdesign.com).



## CORBA Membership Application

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Telephone (h) \_\_\_\_\_ (w) \_\_\_\_\_

E-mail \_\_\_\_\_

\_\_\_\_ I'd like to lend a hand. Contact me about volunteer opportunities.

CORBA is a tax exempt "501(c)(3)" organization. Your donation to CORBA is tax deductible. Your dues will be used to promote trail access and other interests of mountain bicyclists in Los Angeles and its surrounding areas.

Annual Membership \_\_\_New \_\_\_Renewal \$ 25.00

\_\_\_\_ CORBA Bike Bell(s) @ \$5 ea. \_\_\_\_\_

\_\_\_\_ CORBA T-Shirt(s) @ \$15 ea (Size\_\_\_\_) \_\_\_\_\_

I'd like to do more to keep trails open

with an additional donation of \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Please make check payable to CORBA and mail to: CORBA, P.O. Box 57576, Sherman Oaks, CA 91413.

**Tell a friend.** Send CORBA information to:

\_\_\_\_\_

**Thank you! Welcome to CORBA.**

**CORBA Information**

818-773-3555  
 info@corbambt.com  
 www.corbambt.com

**Membership Services**

membership@corbambt.com

**Terra Times Newsletter**

David Ross  
 mtbross@pacbell.net

**Trail Building & Maintenance**

Hans Keifer  
 hans@otbmbc.com

**Youth Adventures**

Holly Harman  
 818-882-2839  
 hollytfk@socal.rr.com

Danny Ybarra  
 ssc@oco.net

**Skills Classes**

Mark Langton  
 805-558-1606  
 markmtb@adelphia.net

**Fun Rides**

South Bay Mountain  
 Bike Club  
 Louisa Bonnie  
 mtbike4@verizon.net  
 www.sbmbc.com

**GENERAL INFORMATION**

California Department  
 of Parks & Recreation  
 818-880-0350  
 dpree@parks.ca.gov  
 Fire Closure Info  
 805-488-8147

*The message changes every day at 2 p.m. It is illegal to ride in the parks when they are closed due to high fire danger.*

National Park Service  
 805-370-2300  
 www.nps.gov/samo

**CORBA is committed to:**

1. Maintaining access to and gaining access to trails in Los Angeles and its surrounding areas, through education, information and preservation.
2. Educating mountain bicyclists in the safe and appropriate use of mountain bikes.
3. Contributing to the building and maintaining of riding areas in Los Angeles and its surrounding areas.

Santa Monica  
 Mountains Conservancy  
 310-589-3200  
 www.smmc.ca.gov

Conejo Open Space  
 Conservation Agency  
 805-495-6471  
 Ranger office 805-381-2741  
 www.cosf.org

Mountain Bike Unit  
 Terry Harman  
 818-882-2839  
 terhol@gte.net

International Mountain  
 Bicycle Association  
 (headquarters)  
 303-545-9011  
 imba@aol.com  
 local rep Jim Hasenauer  
 818-704-7396  
 imbajim@aol.com  
 www.imba.com



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