

TRACKS

The Chambers Page



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Cameron Chambers

Chat with a Champion ~ *7S Legends*

Recently I joined Cameron Chambers for a cool down ride after one of his training sessions. Fortunately, for this ride, he was on a stationary wind trainer and I was riding one of the shops bar stools. I was able to keep up with the endurance wizard and still have enough wind left to talk. With grassroots sponsorship from Team Fisher, Cameron has been competing in 24-Hour events across the country.

CKMBC's endurance champion started 2004 winning the 12 Hours of Dirt, AKA the Dirty Dozen with a 50-minute advantage over the second place rider. Completing 14 laps on the 10.5-mile course Chambers completed nearly 150 miles in the 12-hour event. Following the Dirty Dozen win, Cameron added the biggest feather in his cap to date in Tucson Arizona. Beating 5-time NORBA National Champion, Tinker Juarez in the 24-Hours of Old Pueblo, the young Kansas rider proved he has what it takes to compete with the elite in mountain bike endurance racing.

After a few stumbles with stomach gremlins and misdirection, Cameron regained his winning ways finishing second at a muddied up Snowshoe WV. Like much of the country West Virginia has had an abundance of moisture turning the course into singletrack pottery. Packed wheels and brakes along with sloppy mud forced almost as much time off the bike as on. After leading early in the race Cameron dropped to second during the dark hours. A

hard charge in the weaning hours of the race got Chambers back within 18 minutes of the race leader, but the conditions stalled the 29 incher's final bid for first.

The 24 Hours of Killbuck, (OH), provided riders with some new challenges as they traverse marshy swamps on north shore style plank bridges. Cameron said going in he was worried about falling off the plank bridges.

"I found out later, it wasn't, if you were going to fall off the bridges, it was just about trying to limit the numbers of times, you fell off. One time I came down a bridge and this guy was just standing there looking back at me with real wide eyes. He had fallen off and lost his glasses. Turns out he had something like 20/400 vision without them. I looked around a little on the bridge, but I wasn't going to go diving for them."

Cameron stayed on the bridges long enough for another decisive 24-Hour win finishing with a comfortable lead over the second place rider.

Close on the heels of the Killbuck win Cameron ventured into Wisconsin for the 24-Hours of 9-mile. Competing on his Fisher provided Excalibur and Sugar 292 Cameron rode 261 miles finishing at least 12 miles ahead of his nearest challenger. Cameron's next local competition will be the Cruise the Blues 6-Hour, with Worlds Solo Championships and the 24-Hours of Moab later this fall.



At the Dung Beetle Bar.

Just when you thought it was safe to go back on "the Hill"...

**CORONADO'S** *Downhill* **CHALLENGE**

Lindsborg KS

October 9th & 10th, don't miss it!

Saturday-  
1-Mile Hillclimb,  
2 runs on Traditional" (downhill course)

Sunday-  
4-Hour XC race on a new longer course,  
(yes, the "Stairway to the Stars" is still in)

GARY FISHER

29 sugar suspension

RIDE BIKES



Cross training on the Fat Bike

**NORBA has made significant policy changes with regard to memberships**

**From the IMBA Trail News Mag  
Take a Kid Mountain Biking Day~**

Open your calendar and clear a few hours on **Saturday, Oct. 2**, for **National Take a Kid Mountain Biking Day**. It's pretty simple: find a kid, get them a bike and helmet, select a route and go ride! If you are involved with a cycling club, organize a kids event. The key is to make it fun so kids are psyched to ride again. Childhood obesity in the United States has reached an all-time high. Experts say the current generation of U.S. children could actually have a shorter life expectancy than their parents. IMBA believes mountain biking can help reverse this trend. We need your help to get kids back on bikes. IMBA's National Take a Kid Mountain Biking Day celebrates the life of Jack Doub, an avid teenage mountain biker from North Carolina who passed away in 2002. Funding is provided by the Jack Doub Memorial Endowment, Schwinn Bicycles and the Goldsmith-Greenfield Foundation. For detailed information on how to get involved with National Take a Kid Mountain Biking Day, or to organize an event with your club visit [www.imba.com](http://www.imba.com).



**What would we do without trails?**

**Heartland Series joins NORBA**

Starting in 2004, the entire Heartland Mountain Bike Championship Series was sanctioned by NORBA. It is our belief, with joining NORBA, that we can continue and expand our efforts to "Grow the Sport" within the region. In addition, we can work and build on our relationship with the St. Louis region NORBA series.

Several items of note:

1. This will not raise entry fees.
2. The series move to NORBA sanctioning will allow racers that do become NORBA members to qualify and compete In the new NORBA National Championships.
3. Expert racers and above need to have a NORBA license.

For racers who wish to compete in Heartland Racing Sport, Beginner, and Youth classes, a NORBA membership is optional. Racers wishing to compete in the Heartland Racing Pro/Expert class are required to have an annual NORBA membership.

By purchasing a NORBA membership: A racer will have their results in NORBA sanctioned (Heartland Racing) races submitted to USA Cycling where they will receive points towards Regional and National rankings, Those who participate in Heartland Racing with a NORBA membership, are eligible to be named State Champions and qualify for the National Championships. Racers with a NORBA membership may also qualify for the National Championships by placing well in AMBC (American Mountain Bike Challenge) events of which Heartland Racing will be hosting two for 2004: the Heartland Racing Spoke Pony Challenge.

NORBA has made a significant policy change with regard to memberships, with membership being optional for racers below the expert level.

As Heartland Racing racers continue to improve their overall performance, Heartland Racing has felt that they are deserving of the National recognition that the sanctioning of its events will bring to these individuals and Heartland Racing as a whole. <From the Heartland Racing website> <http://www.heartlandrace.com/>



# TRACKS

Nobody was to fond of Alex telling us the Sag would be at 25 instead of the true 37, but nobody had the energy to kick his ass.



CKMBC Wall Clock and other club or Team LATR items available online at [www.cafepress.com/spradtracks](http://www.cafepress.com/spradtracks)



## Bikerpelli cont. from pg 3

bit on day 2. We rode 56 miles and climbed 4900'. I think I was on the trail for 9 or 10 hours that day. Throughout the heat of it, I had to stop for several breaks and recoup a little to keep myself sane and hydrated. I was drinking 3 gallons of water/day, but not watering any trees until nightfall.

We camped in the valley the second night, where food again was cooked and devoured. Nobody was to fond of Alex telling us the Sag would be at 25 instead of the true 37, but nobody had the energy to kick his ass.

The third day was even more incredible than the first two. I didn't wake up revived at all, but still convinced myself that I was ready. Sleeping in the valley was nice, but it meant lots of climbing off the bat in the morning. Climb, Climb, Climb.....And finally we get some downhill. Before lunch, we sped down some pavement, coasting at 35mph and being amused by the telltale looks of speed envy given by those who were pedaling and hike biking up the hill. After lunch, Climb, Climb, Climb. I don't know how much, because we outlasted the GPS we were using, but I bet it was more than the second days elevation change. After logging 120 miles in 2 1/2 days and fatigue properly set in my body and mind, I was confronted with the moment of truth..... Friendly downhill road down to campsite, ~or~, Sick and Gnarly "I eat hardtails for breakfast" Porcupine Rim Trail, down to the camp. If I had wanted the easy road, I would have stayed home and played Xbox in the first place, so I opted for Porcy Rim.

Fatigue was fought off with adrenaline for the next few hours. Making sure to be in accordance with LATR's motto, I did an endo on the singletrack taking us from the road to the Rim. I didn't get injured, but had blood streaming and dripping from my nose for the next hour. Porcupine Rim was absolutely incredible. Majorly technical, and majorly FAST! I was holding my own on my hardtail, but some



sections I wished I had the full suspension. The group (on full\_s) I was riding with would coast much faster downhill while their bikes navigated the non-hoppable rocks and holes. I rode the same lines, but had more of an impact with the rocks, in turn, slowing me down more. This is the first time I've wanted the full suspension, when everything from my shoelaces to my cranium was getting rattled violently and I was going slower than the guys on the smooth rides. I got up in front towards the end of the rim trail, paving the way on some sick, edge-of-the-canyon, don't screw up or you're modern art, singletrack. I got down to the highway and with 2 miles of pavement left until camp, I realized how tired I was again. I pedaled in to camp, still with a perma-grin on my face from Porcupine. I got to camp just outside of Moab, grabbed a beer, and hopped in the Colorado River. 143 miles in three day, and a buttload of climbing (I think about 13k).

I met a lot of cool people on that ride, the most impressive was my riding buddy Frank. Frank is 62 years old, has Athma, and only 15% cartilage in 1 knee. We rode together on the first day. On the second and third days he left me behind in the dust. That dude rules, if I can be doing that at 62, I'll be a happy man.

Later that night, we (a select group called "the margarita table" or "that damn margarita table") proceeded to party like rock stars. We were loud and rambunctious like we had the right to be. We first got kicked out of our campsite by our own group. We then went to a vacant campsite for another hour. We got kicked out of that by a vacant campsite neighbor. Then we hiked as far as we could into the brush and continued to be loud and obnoxious. We thought is was a good distance into the wilderness, but the next day assessment showed that we were close by in the ditch off the highway. As we sat and socialized in the ditch, we saw flashlight wandering around our perimeter. Time went on, and as we were talk-