

MIKE BUFF,
R.L. OSBORN,
AND PAT ROMANO...

THE BMX ACTION TRICK TEAM



Photo by Bob Osborn

THE BMX ACTION TRICK TEAM

BUFF'S TACO BELL SPECIAL

R.L.'S FREESTYLE FLYER



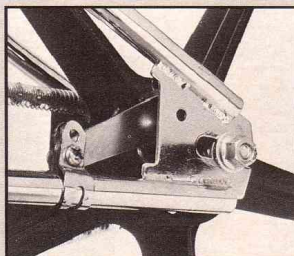
BUFF'S BIKE

FRAME: SE Racing P.K. Ripper, aluminum.
FORK: SE Racing Landing Gear, chrome-moly.
HANDLEBAR: CW Pro, chrome-moly.
HANDLEBAR STEM: ACS, aluminum and chrome-moly.
GRIPS: Rad Grips, vinyl with foam sleeve.
HEADSET: Hatta BMX II.
RIMS: ACS Z-Rims, DuPont Zytel nylon.
SPOKES: 36/080 front, 36/105 rear.
HUBS: ACS Stoker front, SunTour coaster brake rear.
TIRES: IRC, 20 X 2.125 front, 20 X 1.75 rear.
BRAKES: Dia-Compe MX, front and rear.
BRAKE PADS: Skyway Tuff Pads.
BRAKE LEVERS: Dia-Compe standard levers, Bicycle Source bend.
DUST COVERS: Keyline, vinyl.
BRAKE CABLES: Dia-Compe.
PEDALS: Shimano DX.

CRANK: Profile, tubular chrome-moly, 175mm.
BOTTOM BRACKET SET: Profile, sealed bearings.
CHAINWHEEL: SunTour, aluminum, 43 teeth.
SPIDER: Profile, aluminum.
REAR SPROCKET: SunTour, 16 teeth.
CHAIN: DID, 1/8 inch.
SEAT: ACS unitized seat and seat post.
SEAT POST CLAMP: ACS, aluminum.
SAFETY PADS: California Lite, Mike Buff Signature models.
NUMBER PLATE: Zeronine.
MISCELLANEOUS MODS AND EXTRAS: Coaster brake arm bent, Dia-Compe seat post clamp used for brake clamp... Foam padding on handlebars.
DIALIN' IN: Bicycle Source.

R.L.'S BIKE

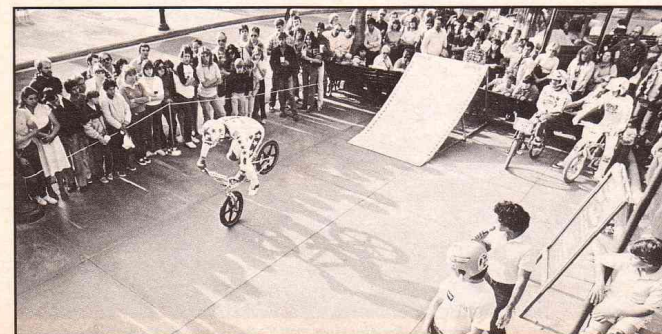
FRAME: Murray X20C, chrome-moly.
FORK: Murray, chrome-moly.
HANDLEBAR: Star Products, chrome-moly.
HANDLEBAR STEM: SunTour, aluminum and chrome-moly.
GRIPS: Oakley F-1, modular, rubber.
HEADSET: Hatta BMX II with SunTour headset lock.
RIMS: Skyway Graphite Tuff II, DuPont Zytel nylon.
HUBS: Campagnolo front, Bendix coaster brake rear.
TIRES: Knarler Knobby, 20 X 2.125 front, 20 X 1.75 rear.
BRAKES: Dia-Compe MX, front and rear.



BRAKE PADS: Skyway Tuff Pads.
BRAKE LEVERS: Dia-Compe Tech 2.
BRAKE CABLES: Dia-Compe.
PEDALS: MKS Graflight-X, nylon platform, chrome-moly shaft.
CRANK: Redline Flight Cranks, tubular chrome-moly, 180mm.
BOTTOM BRACKET SET: Redline, caged bearings.
FRONT SPROCKET: Redline, aluminum, 41 teeth.
REAR SPROCKET: Bendix, 16 tooth.
CHAIN: Union, 1/8 inch.
SEAT: Taihei Elina.
SEAT POST: Star Products, chrome-moly, lay-back.
SEAT POST CLAMP: SunTour, aluminum.
SAFETY PADS: Flite.
NUMBER PLATE: Hot Plate.
MISCELLANEOUS MODS AND EXTRAS: Brake arm bent and mounted upside-down... Pro Gard chain guard.
DIALIN' IN: Bicycle Source.



The radicalist thing R.L. ever did? A ramp-to-ground jump over his lifted four-by Toyota. The off-road lights on this thing measure 7 feet 3 inches above the ground and he cleared them by a mile. Mother Brown!



Knott's Berry Farm with the Vans Freestyle Team. R.L. front wheel hopping. Definitely a power trick.

We may be a little slow, but we're not stupid. Actually, we catch on pretty quick once you get our attention. Like when a continual 75 percent of our mail asks for more stuff on Buff and R.L., the BMX ACTION Trick Team.

How are their bikes set up? What are their outside interests? How do I get started trick riding? Et cetera.

No problem. We're going to tell you almost everything you ever wanted to know about the Squidley Squadron in this article. We're also going to take this opportunity to introduce the new rookie on the Trick Team: Pat Romano. Pat will be a



Mike and R.L. talkin' to The Duke after he got out of the hospital.

part-timer on the team for the time being. This guy is a colorful character. For more info on him, check the sidebar at the end of this article.

Trying to record the antics of Buff and R.L. isn't easy. We finally cornered them in the back of the warehouse, back where they work out on the ramps, and submitted them to the ultimate torture: Oz's Willie Nelson tapes. It wasn't long before we got what we wanted.

Buff's weekdays reluctantly begin at around 7 AM when he climbs out of bed and into his lifted Toyota four-by and heads for San Pedro High. He is a senior, taking classes in math, accounting, business law, consumer law, and a few odds and ends. When he gets too decrepit for freestylin' he plans to invest in his brother's shop, the Bicycle Source. That's why all the business courses at school.

R.L. graduated from West High in Torrance last year so he doesn't have to go to school. Instead, early morning — often as early as 6 AM — finds him at a local gym. Three sets

THE BMX ACTION TRICK TEAM

of eight reps of every grunt and sweat weight lifting number you can think of. He alternates workouts doing chest, shoulders, and arms one day and legs, stomach, and back the next. He's after definition rather than bulk. Sylvester Stallone rather than Arnold Schwarzeneger (or however you spell that).

When the waves are up, expect to see R.L. at the beach surfing before going to the gym. Two or three times a week he'll be back at the beach in the evening, running a couple miles on the packed sand. Vitamins and an intelligently controlled diet keep his energy level dialled up. Quick stretch-outs three times a day keep him limber.

In contrast to R.L.'s diet, Buff is a junk food junkie. As soon as he escapes from school he blazes over to Taco Bell for some of his favorite

munchies. R.L. picks Mexican food as his fave too, but he goes for the more authentic variety like Rosa's on

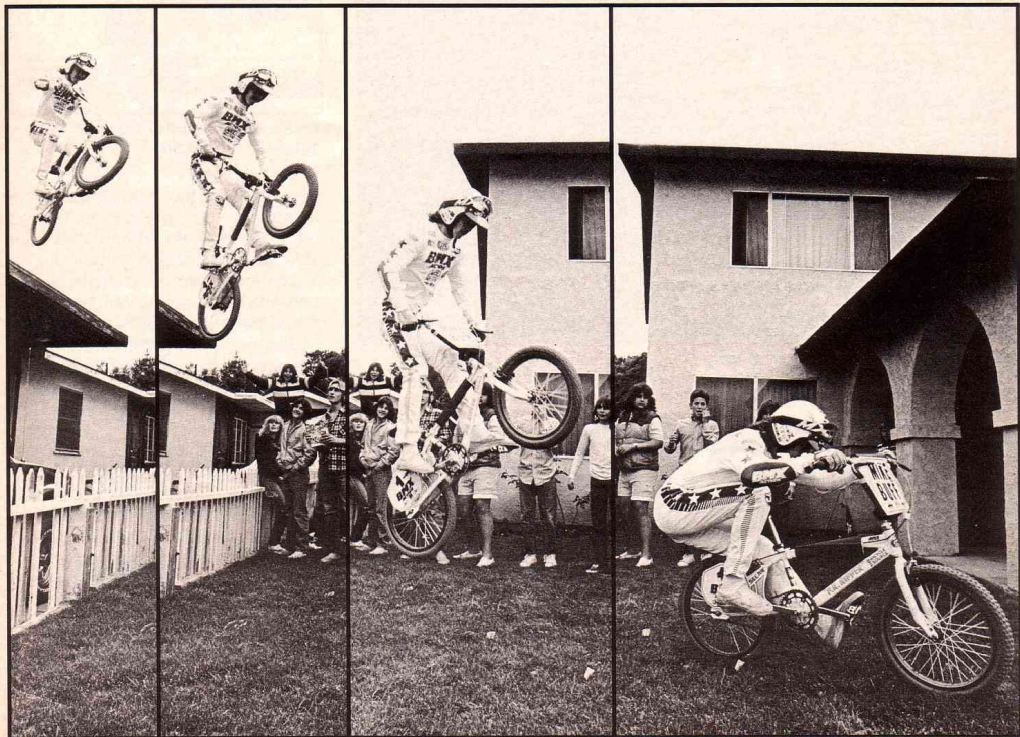


Mrs. Buff's No. 4 son, switching his P.K. for a Toyota. When Mike and R.L. drive on the street they are total straight arrows.

P.C.H. in Redondo or El Sombrero in Manhattan Beach. Weekends only, though.

By the time Buff is wrestling with consumer law, around 9:30 AM, R.L. is on the phone at BMX ACTION headquarters, setting up Trick Team shows and making arrangements for their annual summer tour. As captain of the Trick Team, R.L. handles most of the business, promotional, and scheduling duties.

The Trick Team has its own section in the BMXA warehouse. Several ramps are set up and there is floor space for ground tricks. Practice sessions sometimes get pretty hectic because Buff and R.L. are always trying to get the highest aerial or the most 540s in a row or something. They have found that this internal competition keeps their practice sessions more interesting, fun, and ef-



This is probably the spookiest thing Buff ever did. We are running it for your viewing pleasure ONLY. Do not even THINK about trying it yourself. It is TOTALLY DANGEROUS. Buff got away with it because he is a professional stunt guy. (The answers to your questions are: 12½ feet, Profile tubular chrome-moly cranks, and ACS Z-Rims.)

Photo by Bob Osborn



Buff the Fluff. One-handed one-footed drop in. Trick Team show at Magic Mountain during an NBL race.

Guess what Buff's favorite TV show is . . . FLINTSTONES!

fective. Helmets are ALWAYS worn during practice.

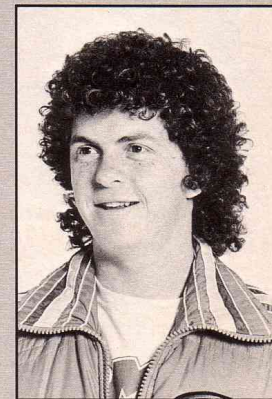
These training sessions average three hours a day, four or five days a week. During these periods R.L. and Mike work on specific tricks, background music, and the choreography for specific upcoming shows.

When these guys catch a plane or load the van and trailer and head out

for a show, they are ready. The homework is done. These guys are pros.

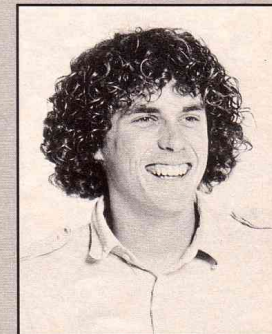
After practice, if they have time, they'll head their trucks over to a local field for a few minutes of four-wheel radness. Occasionally, when they're not committed to a show on the weekend, they'll haul their XR200s out to Indian Dunes or Saddleback and have at it.

Evenings are usually spent with their individual girlfriends. Sometimes they'll double-date for a movie. R.L.'s current favorite is 48 HOURS. Buff's Academy Award pick is FIRST BLOOD. These guys are definitely action addicts.



MIKE BUFF

AGE: 18.
HOME TURF: San Pedro, California.
SPONSOR: BMX ACTION magazine.
CO-SPONSORS: SE Racing, CW, Zeronine, ACS, Johar, Profile, Max, Bell, MXL, Vans, Bicycle Source.



R.L. OSBORN

AGE: 19.
HOME TURF: Hermosa Beach, California.
SPONSOR: BMX ACTION magazine.
CO-SPONSORS: Murray, Skyway, Oakley, Dia-Compe, SunTour, Star Products, National Tire, MKS, Taihei, D.J. Scott's, Premier, Hatch, Aero, Vans, Hot Inc., Bicycle Source.

THE BMX ACTION TRICK TEAM

PAT ROMANO



Introducing the new rookie on the BMX ACTION Trick Team: Pat Romano.

Pat brings to BMX a new dimension in freestylin'. His bike set up and the moves he makes are completely different from anything you've ever seen before.

The trick riding you are now familiar with evolved from riding bikes in skateparks. Pat's new wave tricks evolved from riding on ice!

Yes, true. At age six he was a featured entertainer with the Ice



Pat's bike is totally different from anything you've ever seen before except for the bikes Buff and R.L. were uni-cycling on the January 1983 cover of *Mighty BMXA*. We will be getting more into Pat's bike and the unique tricks he does in upcoming issues. For now, suffice it to say that he runs a 32 front sprocket, 22 rear sprocket, fixed track hub in the rear, weird bars, even weirder geometry, and even weirder yet seat post.

Capades. Pat performed on bicycles with his family for ten years -with the Ice Capades.

A highlight of the act saw each family member leaving the ice and then returning on a smaller bicycle. The final bicycle in the act had wheels the size of silver dollars. (It's listed in the *GUINNESS BOOK OF RECORDS* as the world's smallest bicycle.)

Since leaving the Ice Capades three years ago, Pat, now 19, has worked as an actor and stuntman. He's acted in *HART to HART* and *M*A*S*H*. His bicycle work for *ANNIE* was part of a three million dollar scene that was cut from the movie.

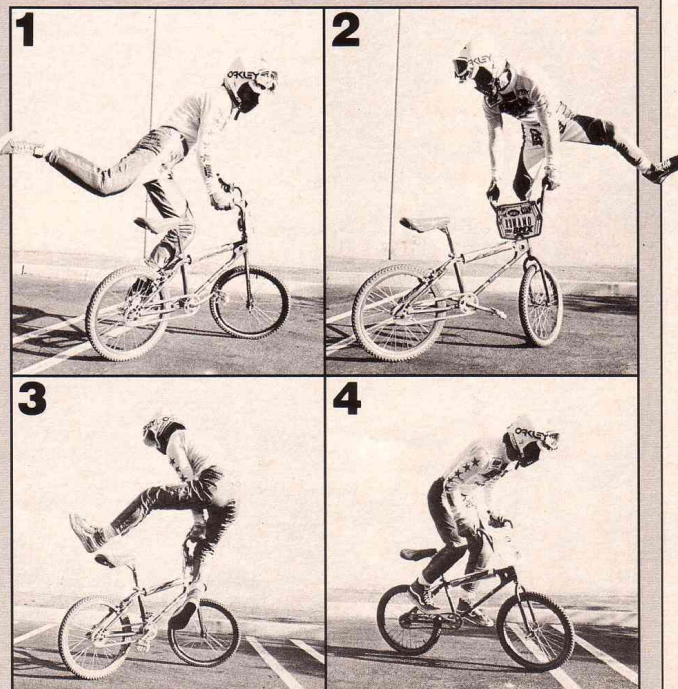
Pat also appeared in a Disney film, *SOMETHING WICKED THIS WAY COMES*, and an oriental martial arts movie in which he used his bicycle to fight the kung fu bad guys.

Another film, *SURF II*, should be out this spring or summer. Pat acted in it and also doubled himself on a bicycle. Mongoosers Brett Allen, Joe Lindgren, and Kenny Nachman also did some bicycle stunts for the movie.

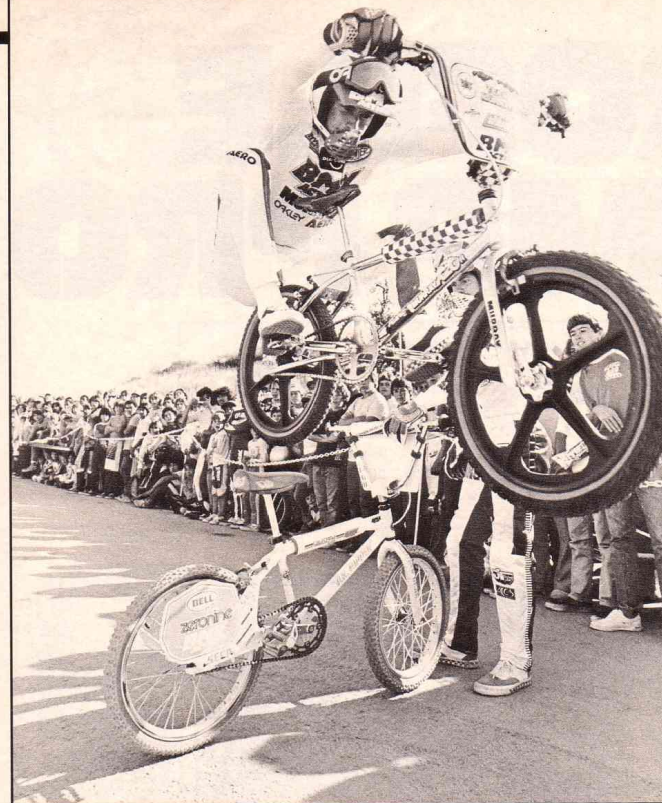
Coming up this summer is the filming of a motorcycle motocross movie called *FOOTSTEPS* that will include some BMX. Pat's in that too.

As you might expect, Pat's one strong and agile dude. He's five-six, weighs 135. It's all muscle. Years of weightlifting, gymnastics, trampolining, tumbling, and judo have dialed his bod.

Wait'll you catch the New BMX ACTION Trick Team show with Buff, R.L. AND Pat Romano. Your brains will fall out! ■



This is just to give you a taste of what's in store in future issues of *BMXA* when we get into some how-to articles on Pat Romano's mind-boggling tricks. This particular number is called a boomerang.



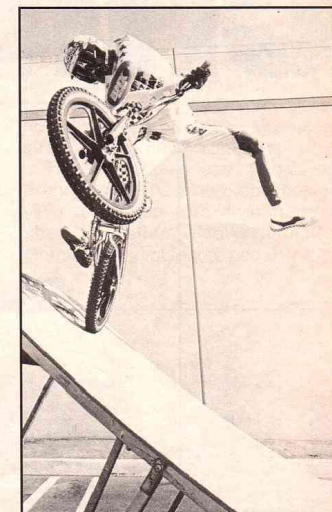
Check out the dynamics of R.L.'s bunny hop. The seat is CLEAR up against his chest, his butt is WAY out back, and he is lifting HARD with his arms and shoulders. A few years ago nobody even thought this was possible.



The Squiddle Squadron in civvies with their awesome four-by-fours. They've got some bucks in these!

Musically they are miles apart. R.L. enjoys anything from classical to heavy metal while Buff is a mainline rock 'n roller.

Plans for the Trick Team's summer tour are shaping up. Shows are al-



A one-footed X-up kick turn by Raccoon Lips.

ready scheduled in Washington, Oregon, Utah, Colorado, Texas, Oklahoma, Virginia, and Kentucky. There is talk of a trip to Japan sometime in '83 and, as this is being written, they are flying back and forth to Canada for the next three weekends. That's in addition to the normal shows they do all year. R.L. and Mike do keep fairly busy.

The 1981 Trick Team summer tour ranks as their favorite. They spent two months on the road with Dana Duke of Oakley, making life-long friends of the three.

When asked about advice for beginning tricksters, both suggested the *FREESTYLIN'* book (with all due modesty). Start out slow, master the easy stuff, and graduate upward. ALWAYS wear safety gear. And most of all, PRACTICE, PRACTICE, PRACTICE.

Both of our radical rollers plan on riding at least five more years. And who knows what tricks they'll be up to by then. ■