



## American River Bike Patrol continues to grow and evolve, from ARBP Patrol Director Jim Cheng.



June 10, 2020 was my inaugural ride with Tim Viall, Doc Margolis and Rich Fowler. Since then we have come a long way. August 1, 2020 was our very First Saturday ride, where I met most of you for the first time. There were roughly 22 of us and now we have grown to 77 registered members in 2023.

We are grounded by being part of the National Ski Patrol (NSP), but we are different as we continue to be a ground breaking Bike Patrol. Unlike many of our sister patrols, we are a year-round operation providing our own risk management, logistics and operations. We serve not a paying client, but instead the greater population of California as community servants.

We have been awarded the NSP Most Outstanding Bike Patrol and Bike Unit at the divisional level in 2020, nationally in 2021 and regionally in 2022. We have gone on to receive the highest national honors of both Silver and Gold Unit Citations. We have received the highest honors by the California State Assembly and the Sacramento County Board of Supervisors through State and Municipal Resolutions and Commendations.

In 2022 the ARBP has provided over 3,730 hours of patrolling covering 25,440 miles. Highlights include 93 medical interventions, 25 - 911 calls, 3,467 mechanical assists and 3,187 directional assists.

I am proud to report that state of the Patrol is strong. Our treasury is strong with income exceeding expenditures. Our recruitment is strong with diversity, equity and inclusion leading the way. Our growth is strong with four new patrollers joining our ranks. And our future is strong with the development of our Junior Bike Patrol program in the wing.

In our most recent restructuring of leadership and the election of new officers we have assured our continued service and growth. Congratulations go out to our new:

Assistant Patrol Director, John Poimiroo

Past Patrol Director: Tim Viall

Secretary, Mark Moreno

Registrar, Mitchel Benson

Area Coordinator West, Kathy Mahdavi

Area Coordinator East, Rick Bollinger and

Area Coordinator Foothills, Ron Ciucci

I am extremely proud to announce that after 16 months, we secured a Notice to Commence Service in the Folsom Lake State Recreation Area. It was difficult not only because of the ongoing Pandemic but

See our website: [Americanriverbikepatrol.org](http://Americanriverbikepatrol.org)

July, 2023 issue, pg. 1

because of stringent requirements and regulations of the National Ski Patrol, the California State Parks Department but, most importantly the governing interests of the Patrol.

Thank you for contributing to our accomplishments large and small. Thank you for choosing to serve our communities through the American River Bike Patrol. In my 50 plus years of Patrolling and Leadership I have never served with such an outstanding array of individuals. Thank you for giving me that honor.

— Submitted by **Jim Cheng, ARBP Patrol Representative**, [jimarbp@yahoo.com](mailto:jimarbp@yahoo.com).



Pictured are above, left, American River Bike Patrollers posed while celebrating the NSP's National Bike Patrol of the Year award for 2022; on right at California State Capital with the Resolution of Achievement presented by the State Assembly Representatives, Kevin Kiley, Ken Cooley and Jim Cooper.



At left, ARBP members posed with Sacramento County supervisors and County Parks Director, celebrating three years of service.

**American River Bike Patrol Leadership Team:**

**Patrol Director:** James Cheng  
**Assistant patrol Director:** John Poimiroo  
**Past Patrol Director:** Tim Viall  
**Treasurer:** Terry Reynolds  
**Secretary:** Mark Moreno  
**Registrar:** Mitch Benson  
**Area Coordinators:**  
**Sacramento County West,** Kathie Mahdavi  
**Sacramento County East,** Rick Bollinger  
**Foothills,** Ron Ciucci  
**Team Leaders:**  
Team 1, Greg Cordier; Team 2, Don Griffiths; Team 3, Carolyn Lewis; Teams 4 - 9, TBD.

**Advisers:**

**Associations** - Tim Viall  
**Communications** - John Poimiroo (interim) DEI (TBD)  
**EMS** - Rick Bollinger  
**Events** (TBD)  
**First Aid** - Jim Margolis  
**Fundraising** - Tim Viall  
**Helmet** - Greg Cordier  
**Insurance** - Larry Barlly  
**Junior Patrol** - Rich Fowler  
**Legal** - Larry Barlly  
**Mechanical** - Rich Fowler  
**Medical** - David Shatz  
**Newsletter Editor** - Tim Viall (interim)  
**Quartermaster** - John Grady  
**Recruiting** - Tim Viall (interim)  
**Social Media** - Wendy Lambert  
**Statistician** - Chris Eddy  
**Webmaster** - Chris Eddy

## What's Inside this issue:

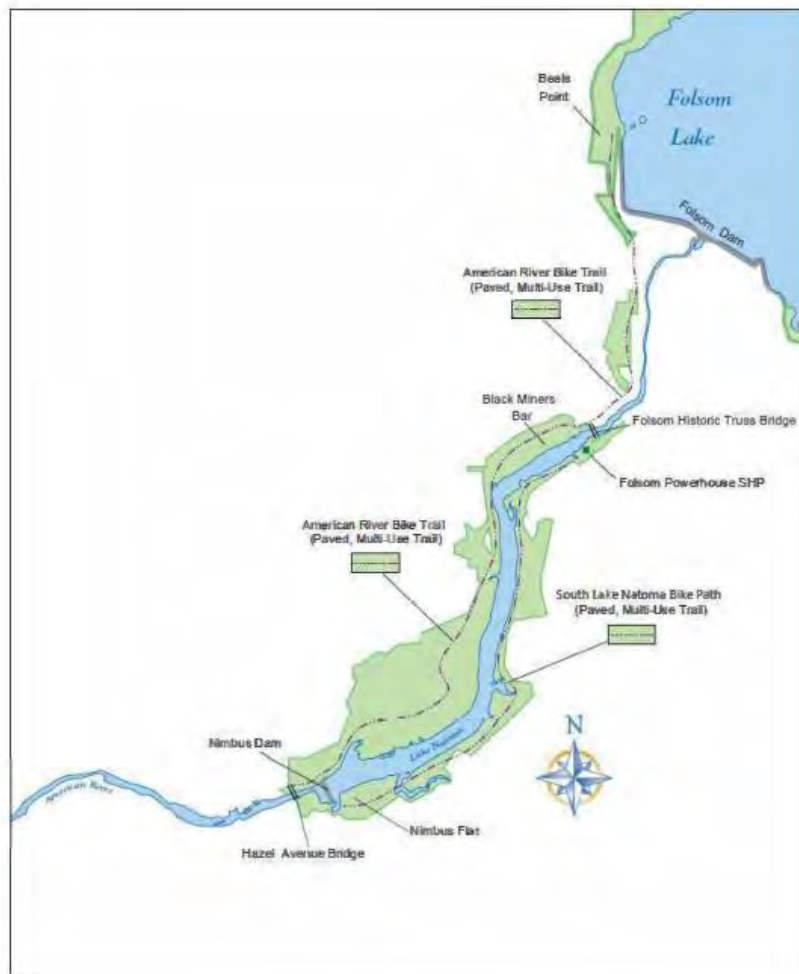
Membership drive kickoff, p. 21  
Mountain bike skills, p. 18  
NSBP has new trainers, p. 8  
Partnership with Equestrians, 16  
Patrol Director column, p. 1  
Rattlesnakes, poison oak, 12, 13  
Rick's corner, p. 12  
Sea Otter, p. 7  
What's inside, p. 3

ARBP Awards, p. 4  
ARBP Events, p. 6  
ARBP Officers, Advisors, p. 2  
Big Day of Giving, p. 20  
Bushy Lake and Turtles, p. 23  
Coffee, Bikes, Insights, p. 22  
Deer Creek Hills outing, p. 19  
El Dorado Trail update, p. 9  
Elections make new structure, 10  
Folsom Lake SRA, p. 3  
Great American Triathlon, p. 17  
Join the Patrol, p. 25  
Junior Patrol, p. 23  
Mechanics Corner, p. 22

ARBP Patrol News is published quarterly, in July, October, January and April. Send info/photos to Editors Tim Viall, [tviall@msn.com](mailto:tviall@msn.com); and Mark Moreno, [mark@mosyklos.net](mailto:mark@mosyklos.net) by the 25th of the previous month.

To be added to our E-mail list, or should your address change, please send name, address and email address to Tim Viall, [tviall@msn.com](mailto:tviall@msn.com), or call (209) 969-3875

## Folsom Lake State Recreation Area (FLSRA)



The American River Bike Patrol has an agreement to once again "Commence Work" on the paved trails of the FLSRA as indicated on this map. As per the agreement Patrollers are to serve as Trail Ambassadors, remain in compliance with ARBP Membership criteria, and act as frontline public-facing volunteers of the Parks Department. Patrollers must be the ultimate users of the FLSRA and completely knowledgeable of the terrain and areas patrolled.

As always, Patrollers must conduct themselves with the highest level of courtesy, professionalism and integrity. While in the FLSRA, patrollers are California Parks Department volunteers and will respect all rules of the Park, act as Emergency First Responders, provide mechanical assistance and provide directional assistance as well as educate trail users of trail etiquette and relevant park rules and regulations.

Acting as first responders during medical incidents and emergencies the following must be adhered to:

For minor, non-life-threatening medical incidents; Patrollers may request the assistance and support from local emergency medical service providers.

For major, life-threatening medical incidents or emergencies, including crimes in progress Patrollers shall immediately call 911 and immediately thereafter call California State Parks dispatch at (916) 358-1300.

Reports for all incidents will be completed within 24 hours by the attending Patroller. Since Patrollers should never be solo, the assisting Patroller not only helps treat the Patient but also serves as a witness and helps gather information from other witnesses such as names & phone numbers. In the event there is no second Patroller, the attending Patroller will secure witnesses while assessing scene safety by asking witnesses to stay or standby. For patients in denial, Patrollers shall attempt to use the "Refusal of Care" card.

For more information and the forms go to [americanriverbikepatrol.org](http://americanriverbikepatrol.org).

Submitted by **Patrol Director Jim Cheng**.

---

## ARBP AWARDS 2023

**ARBP Patrol Director Jim Cheng presented these awards at our recent Patrol Awards Barbecue. Certificates of Appreciation and Outstanding Awards went to the following:**



**Stephen Green, President American River Association (SARA)**

(not pictured) **Warren Truitt, SARA Past President**

(not pictured) **Sue Fossum, AR Equestrian Volunteer Patrol Board Chair**

These folks have been supporters of the American River Bike Patrol since 2019. Warren in particular helped our founder Tim Viall navigate the halls of government. He recently wrote that "the ARBP is the best thing to ever happen along the American River Parkway".



**Liz Bellas, Director Sacramento County Parks Department**

Liz championed last year's County Board of Supervisor's Resolution and Commendation and continues in steadfast support the ARBP.



**Leonard Orman, Chief Ranger County Parks Department**

Chief Orman provides valuable insights for the future of enforcement activities along the American River Parkway and continues to be a strong supporter of the ARBP.



**Erik Taylor, Associate Park and Recreation Specialist, California State Parks**

Erik has been an advocate and positive force despite the many setbacks and seemingly insurmountable issues in reaching an agreement to patrol in the Folsom Lake State Recreational Area.



### **Mitchel Benson, ARBP Events Advisor**

ARBP has become an integral partner with state and municipal agencies. What sets this Patrol apart is continued outreach and participation in community activities and events. Mitchel has been instrumental in coordinating patrols for the California International Marathon, The California Ironman Competition, the California Triathlon, Bike-Hikers Party Pardee, the Sacramento Turkey Drive, Run and Ride the Parkway and the UC Davis Victory Over Violence 5K Run.



### **Carolyn Streng, ARBP Secretary**

For the past 3 plus years Carolyn has been instrumental in keeping records of our motions and resolutions. Our minutes are legally binding documents that record critical structural and financial decisions that affect the current and future prospects for the Patrol.



### **Chris Eddy, ARBP Webmaster**

Everything is dependent on the internet: information, meetings publicity. Chris has stepped forward to not only modernize but to also maintain our website.



### **Barry Calfee, Outstanding Leadership in Times of Crisis**

This Patroller has always stepped up when needed. At the last minute, he has served as the Registrar at all OFC Training sessions. He has also taken up leading the Patrol at the Annual Sea Otter Classic with just a few days notice for the past two years.



### **Ron Ciucci, Most Outstanding Team Leader**

Team Leaders are critical in communicating with our members and referring back questions and concerns. This Team Leader is a regular fixture along the newly patrolled El Dorado. He has inspired his team to generate the highest participation rate of over 80%. Ron's Team logged in the highest hours and mileage for the year at 891 hours for a total of 6,446 miles.



### **Rich Fowler, Most Outstanding Mentor**

As a Patrol Founder, Advisor and Team Leader, this person has been an inspiration to many. He regularly leads patrols locally and sometimes to the Bay Area. He is generous with his time and is heading up an outreach program for youths at risk. He has opened his garage to the patrol for one-on-one training sessions on bike repair and maintenance.



### **"Doc": Jim Margolis, Most Outstanding Instructor**

Just about every Patroller has had the privilege of receiving this man's tutelage. As another Patrol Founder and Advisor he has put in countless hours administering and providing Emergency Care and First Care Instruction. A longtime veteran he began patrolling in 1988. He too has opened his house for one on one instruction to those who a willing to attend.



### **Greg Cordier, Most Outstanding New Patroller**

This person received numerous nominations, here are some excerpts; Since joining in August 2022 this individual has truly embraced the Patrol, both on special events as well as regular patrols on the Parkway. He is one of the first to volunteer for nearly every special

event, and his enthusiasm is infectious.

I recently rode with this candidate and the number of homeless camps surrounding his neighborhood is stunning. We began in the triangle seen at upper right, then rode to Old Sac, returning by way of the Two- Rivers Trail, with a detour to the Bike Kitchen. I am very impressed with him. He patrols daily and does a great job helping others along the route he follows. Also, he carries work gloves and picks up lots of trash as a service to his neighbors. Truly impressive what he does. Very actively involved in both on trail and outside events such as the Sea Otter Classic.

He has a mechanical background and still I saw him at Rich Fowler's attending the mechanic workshop. And he I have also seen him doing medical stuff with Doc. There hasn't been a patrol event that I have been to that he was not also there. It's really impressive.



### **Paul Rieger, Most Outstanding Service**

In addition to being an Advisor this Patroller has logged in 293 hrs and 2,443 miles of service. His nomination included this note:

- We had a complicated website full of glitches, but it would be much worse and even more antiquated if not for the efforts of this person.
- A solid, efficient website is sort of like the drummer in the band. It is responsible for keeping us humming along at a smooth and constant rhythm. If it is out of wrack, it mucks everything up.



### **Rick Bollinger, NSP Host Patroller of the Year**

In addition to two advisor positions this patroller has logged in 402 hours and 3,397 miles. This patroller also makes himself available to other patrollers for all sorts of advice and guidance regarding patrolling. He also always invites others to patrol with him, and he is a joy and pleasure to patrol with.



### **John Poimiroo, Most Outstanding Patroller**

This patroller has logged in 209 hours and 1,116 miles. He is a Patrol Leader's Patroller.

John joined the NSP in 1969, was Patrol Director of the Olympic Valley Ski Patrol and received national appointment #4736 in 1977 after heading up patrolling at the National Ski Jump Championships the last major event held on the Olympic ski jumping hill at then Squaw Valley USA while also developing winter safety public service

announcements for the NSP at Lake Tahoe. He is the recipient of the prestigious American Red Cross life-saving award and the California State Emergency Services Life Saving Cross. He is good to his word and takes things from conception into full operation. He has served in multiple Advisory positions and is single handedly responsible for developing patrol opportunities with the Placer County Sheriff's Department. He has opened up the El Dorado Trail to ARBP Patrol thereby providing those communities with greater safety and quicker emergency response times. He is responsible for rewriting the ARBP Policies and Procedures, Bylaws and Patroller's handbook and assisting the ARBP meet FLSRA requirements. He is a phenomenal fund raiser and publicist. The following are comments from his nomination:

- He is like the Swiss Army knife of bike patrollers.
- He is a force-multiplier.
- He is not only a leader, he is a regular patroller.
- He always invites and welcomes others to ride with him.
- He is a master at fundraising and communications and actually seems to enjoy handling government paperwork.



### **Tim Viall, 2022 Outstanding Alumnus & Certificate of Appreciation**

Tim began his tenure in the National Ski Patrol in 1975 with the Mt. Spokane Patrol. In 1993 he moved to California and joined the Dodge Ridge Patrol. He received the prestigious National appointment #9650 in 2002. He served as the Mother Lode Region Newsletter Editor & Marketing Committee Chair from 2002-2009. He has served as the Far West Division Alumni Advisor from 2016 to 2018 and has been the National Alumni Advisor for the past four and half years. He has created Alumni Celebration Ski Days throughout the US and an Alumni Celebration Ski week, in Whitefish, Montana. He has recently served on the National Bike Patrol Task Force and completed the newly developed NSP Bike Patrol Training course. He has been a member of the Sacramento Bike- Hikers club, and built a close working relationship with the nonprofit Parkway Foundation and Save the American River Association. He regularly attends American River Coalition meetings and is also a lead participant that helps stage the annual Ride the Parkway event. He has been the Lead Coordinator for the NSP Safety patrols at the annual Sea Otter Bike Classic in Monterey. He is the Master Craftsman of the American River Bike Patrol. Working tirelessly over a 10 month period he successfully developed through the County Parks Department and Sacramento Board of Supervisors an MOU allowing the ARBP to become a reality. We would not be here without his persistence and vision.

---

### **ARBP Events Schedule, July to October, 2023**

July 4th, Tuesday, **National Holiday Independence Day** (also, July 3 and 4, Rancho Cordova Independence Day celebration at Hagan Park on the AR Trail.

**July 8th, Saturday, Saturday Event** hosted by Area Coordinator- West, at Discovery park Archery area from 10 to 2 PM with Patroller Greg Cordier speaking on the history of the Bicycle Kitchen and Doc Jim Margolis giving a OFC refresher on Heat Related illnesses.

July 11th, Tuesday, 9 AM to Noon Rich Fowler's **Bike Mechanic Clinic**,

July 11th Tuesday, 3 PM to 5PM, **Doc Margolis' Medical Refresher**

**July 13th, Thursday, 7 PM Leadership Meeting** via Zoom

**July 13th, Thursday, 6 PM REI Meeting.** Rich Fowler will speak to REI staff regarding the Youth Mentorship Program. Your support in the way of attendance would greatly be appreciated.

**July 15, Saturday, The Great American Triathlon** (see full details on page 17)

7:58 AM at William Pond Rec Area and finishes at River Bend Park; **Contact Mitchel Benson for more insight or to volunteer.**

**July 22, Saturday, Hydration/recruitment/helmet-fitting station, Lower Sunrise between the boat launch and old Fair Oaks steel bridge, 9 AM to 1:00 PM, contact Tim Viall, [tviall@msn.com](mailto:tviall@msn.com); or 209.969.3875.**

**July 27th, Thursday, Townhall Meeting** via Zoom

**Aug 5th, Saturday, First Saturday Meeting**, hosted by Area Coordinator-East

**Aug 8th, Tuesday, 9AM to Noon Rich Fowler's Bike Mechanic Clinic**

**Aug 8th, Tuesday, 3 PM to 5 PM, Doc Jim Margolis' Medical Refresher**

**Aug 10th, Thursday, Leadership Board Meeting** via Zoom

**Aug 24th, Thursday, Townhall Meeting** via Zoom

**Sept 5th, Tuesday, 9AM to Noon Rich Fowler's Bike Mechanic Clinic**

**Sept 5th, Tuesday, 3 PM to 5 PM, Doc Jim Margolis' Medical Refresher**

**Sept 9th, Awards Banquet in Sacramento, Courtyard Marriott on Y Street. We have been awarded the Most Outstanding Bike Patrol Unit and recognized as having the Most Outstanding Bike Host in the Mother Lode Region. We go on to Division and National Awards.**

**Sept 9th, Saturday, First Saturday Event**, hosted by Area Coordinator East

**Sept. 9, Saturday, American River Bike Fest** (formerly Ride the Parkway),

**Sept. 9-10, Saturday-Sunday, Waves to Wine**, MS Fundraiser, SF-to-Rohnert Park

**Sept 14th, Thursday, Leadership Board Meeting** via Zoom

**Sept 28th, Thursday, Townhall Meeting** via Zoom

**October 7, First Saturday Meeting**

**Oct. 22, Sunday, Ironman California,**

**Nov. 5, Sunday, Run the Parkway**

**Dec. 3, Sunday, California International Marathon**

---

## **Sea Otter Bike Classic first-aid is provided by Far West Division patrollers for 20<sup>th</sup> year, ARBP leads patroller turnout with 11 volunteers!**

The annual “Sea Otter Classic Insta-Patrol” came together April 19-23, 2023 for the Sea Otter Bike Classic at Laguna Seca Raceway and Ft. Ord National Monument, California. It was the 20th year for NSP volunteers where, annually, about 10 NSP and NBP alpine and bike patrols join together to provide four days of first-aid service, with 55 National Ski and Bike Patrol volunteers covering 130+ shifts and treating scores of first-aid incidents over far-flung and diverse venues catering to thousands of competitors.

The Sea Otter Classic is the USA's largest cycling event ([seaotterclassic.com](http://seaotterclassic.com)); after 20 years working with the event, the NSP/NBP is an integral part of the overall staffing and success of the event, which annually draws almost 10,000 entrants, 60,000 spectators and a trade fair of 550 cycling vendors.

This year, the American River Bike Patrol and Dodge Ridge NSP Patrol were in the lead, providing, respectively, 11 and nine patrollers. They were joined by patrollers and alums from China Peak, Sierra at Tahoe, Alpine Meadows, Big Bear, SoCal Nordic and patrollers from the Pacific Northwest and Intermountain Divisions. Based on shifts staffed by NSP volunteers, the Sea Otter Foundation parsed out a donation total of \$6,400 to patrols representing the volunteers at work for our team.

Our NSP contingent was supplemented by medical staff of Monterey Spine and Joint and nursing students from California State University-Monterey Bay. National Bike Committee Chair Jeremy Verbeke was also present and helped staff an NSP ski and bike patroller recruitment kiosk, backed by Far West Division Bike Advisor Richard Wilson. Each year, a celebratory Saturday evening BBQ allowed patrollers the chance to have fun and many of the 50-some fellow patrollers from around the western states.

For insight and to volunteer for the **2024 Sea Otter Classic, set for April 18 to April 21, 2024**, contact **Tim Viall, Sea Otter recruiter for NSP volunteers**, [tviall@msn.com](mailto:tviall@msn.com), cell: 209.969.3875.





Pictured above, Sea Otter patrollers celebrate with a Saturday night barbecue, and ARBP patrol leader Jim Cheng keeps watchful eye near top of Sea Otter dual slalom course.

---

### **First-ever crop of NSBP Bike Patrol Instructor Trainers includes ARBP's Tim Viall and FWD bike advisor Richard Wilson**

At the NSP's mid-May National Bike Committee Face to Face meeting in Denver, the division was represented by two Far West Division patrollers, Richard Wilson, FWD Bike Advisor, and Tim Viall, board member, American River Bike Patrol. Over the four-day meeting, Richard and Tim worked with other Bike Committee members and NSP Denver staff on the in-development Bike One and Bike Two training programs.

Wilson and Viall also graduated from the NSP's first-ever Bike Patrol Instructor Trainer education course and are among the first-ever NSP Bike Instructor Trainers. The committee is currently fine-tuning several new bike patroller skills development courses. Benefit to the American River Bike Patrol is that Viall will quickly be able to train and sanction ARBP members as skills instructors when those courses are rolled out in coming months. For insight, contact **Tim Viall**, [tviall@msn.com](mailto:tviall@msn.com), National Bike Comm. member.



At left, the National Ski Patrol's National Bike Committee met for four days in Denver; one of results was a dozen newly-minted bike patrol instructor trainers, including Tim Viall of the ARBP, second from left, and Richard Wilson, FWD Bike Advisor, fifth from left, pictured outside Denver NSP offices.

The new instructor trainers await the release of the Bike Patroller One, and Bike Patroller Two courses, coming this fall.

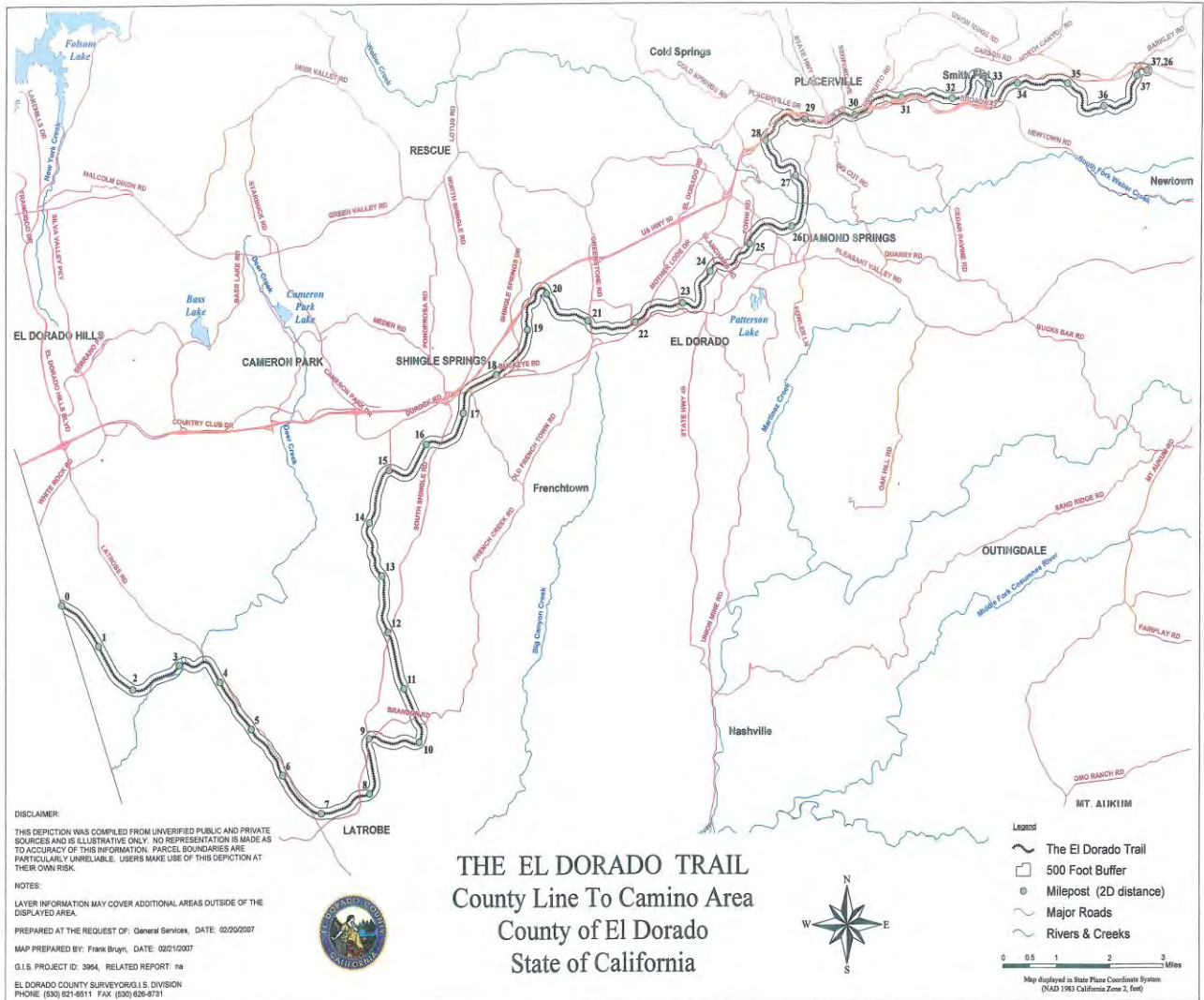
# El Dorado Trail Update

Patrollers on the El Dorado Trail have reported overgrown weeds along its edges. In some cases, blackberry branches stretch out onto the trail closing a lane. ED County Parks and Placerville Parks are aware and have removal scheduled.

The Old Depot Bike Park will open this month. Once opened, it is sure to attract cyclists from far and wide to its jumps and pump track, among the most impressive in the greater Sacramento region. If you've not patrolled there, as yet, the new bike park is near Missouri Flat Rd.

A new sidewalk and parking lot has been added at Placerville Station off Mosquito Rd. The improved parking lot is a great place to base a patrol of the EDT. Nearby are public rest-rooms and the improved sidewalk is two lanes wide, allowing for bikes coming and going both directions on their way to downtown Placerville or up to Camino. Please see El Dorado Trail map, next page.

Submitted by **John Poimiroo, Assistant Patrol Director**



## Elections Establish New Patrol Structure



Recent elections approved new Governing Documents and restructured the patrol with a focus on patroller support, operations and training. Under the new structure, three patrol areas have been defined: Sac County West (Sacramento River Trail to Guy West Bridge), Sac County East (Guy West Bridge to Hazel) and Foothills (Folsom Lake SRA and the El Dorado Trail).

Each area is comprised of an Area Coordinator and three teams. AC/West is Kathie Mahdavi. AC/East is Rick Bollinger and AC/Foothills is Ron Ciucci. They serve as points of contact supporting teams in their areas.

The ACs are in the process of interviewing and appointing Team Leaders. Some previous team leaders will continue, but perhaps with new members on their teams. Others will be newly appointed Team Leaders. Teams 1 - 3 are in Sac County West; teams 4 - 6 are in Sac County East and teams 7 - 9 are in the Foothills area. Because this is a volunteer organization, patrollers may ask to be moved to another team or area, though the ACs will seek to balance the number of patrollers across all teams. If you have not yet been told what team you have been assigned, that should happen shortly.

Teams are assigned one or more trail Sectors. The Patrol asks that patrollers patrol their primary sector/s most frequently, though patrollers are not limited to patrolling there. You may patrol anywhere on the Jedediah Smith Memorial Trail or El Dorado Trail.

Recently, Folsom Lake SRA reopened to patrolling. All patrollers may again patrol anywhere from the Fish Hatchery east to Beale's Point, including the Johnny Cash Trail.

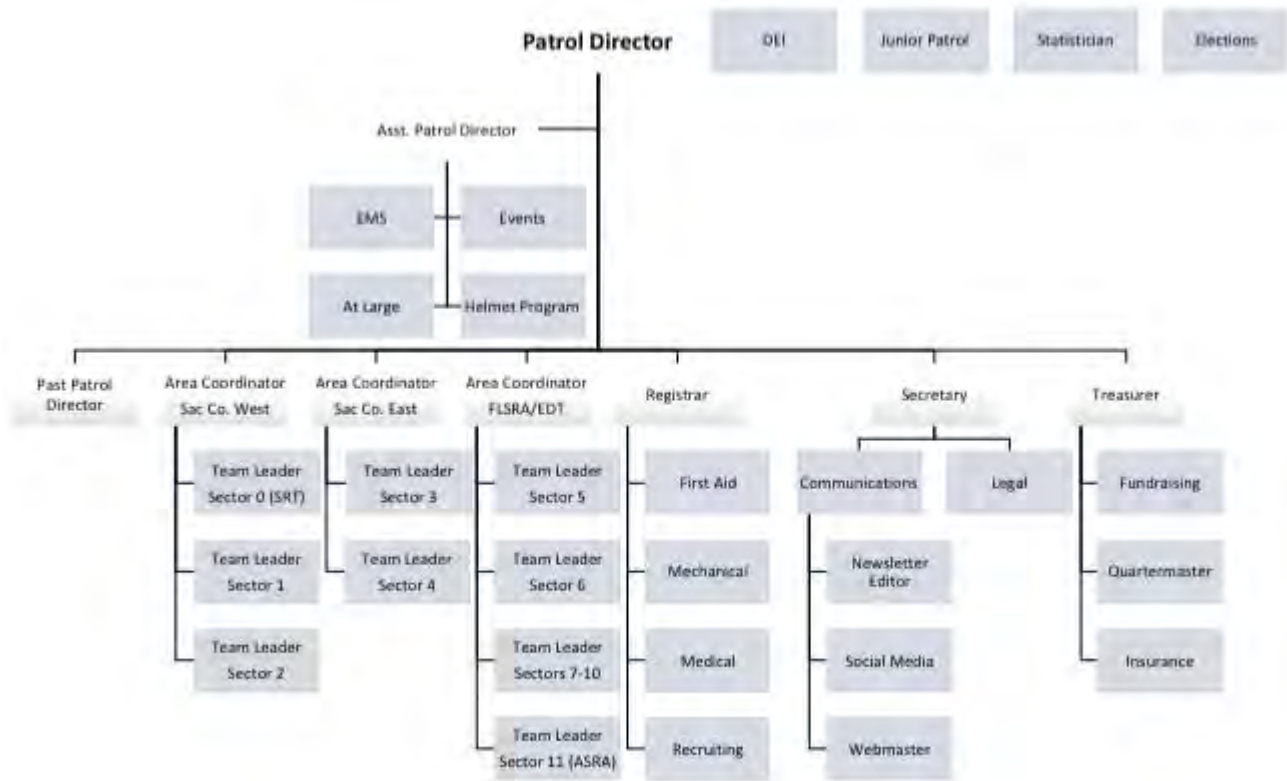
Team Leaders will oversee bike patrol training and checkoff rides for candidates on their teams. Teams also organize First Saturday meetups in their sectors. Here's a schedule of upcoming First Saturdays: July, Team 1; August, Team 4; Sept., Team 7; October, Team 2; November, Team 5; December, Team 8; Jan., Team 3; Feb., Team 6; Mar., Team 9; Apr., Team 1; and so forth.

First Saturdays will include first aid and mechanical repair training sessions, plus briefings, updates, resupply and special presentations or rides. Teams decide where the First Saturday will be held and schedule training with advisers.

Because this is a volunteer organization, restructuring is taking a little time, but the process will soon be finished and the patrol structure shouldn't change again in the near term. The purpose of restructuring was to focus the patrol on patrol operations and training (our core mission). It also responded to increased responsibilities (e.g., El Dorado Trail) and anticipated expansion of the patrol into Folsom Lake SRA and along the Sacramento River Trail. Additionally, our agreement with California State Parks required submission of bylaws, policies & procedures and the patrol handbook, which were all updated and designed to support you, the patroller.

Please see the newly revised ARBP Patrol organizational structure, next page, below.

Submitted by **John Poimiroo, Assistant Patrol Director.**



The new ARBP organization chart, reprinted from the updated Patroller Handbook (find it on-line)!

## Rick's Corner

Hello folks, I would like to address a few Patroller Safety Points that I have recently observed on the trail. Trail use is really starting to pick up due to the nice weather. As the trail gets more congested there is a lot of unsafe passing being done by speeding cyclists. When in traffic keep a watchful eye for a cyclist to enter your lane from the front or the rear. Be prepared to escape on the shoulder rather than collide with an errant cyclist. I recommend all patrollers should have a rear view mirror to observe who approaches from behind you.

The other Patroller Safety concern that I have is the homeless population. The Sacramento County Rangers have cleared Bannen Island so the homeless. Two of our patrollers were assaulted when they checked on a homeless person who was sleeping right next to the Johnny Cash trail entrance in Folsom. If you feel you must communicate with a homeless person, stay on your bike and be prepared to retreat if necessary. If you feel a homeless person has become a threat, that is a 911 call. Thanks, **Rick Bollinger, Area Coordinator, East.**

## Rattlesnake Bites

It is that time of year again when the weather is great and bike riders and walkers are out in force on the American River Parkway. The birds are abundant and we even get to see occasional deer and coyotes, but we also occasionally encounter the more dangerous rattlesnake. Rattlesnakes can be found all along the

Parkway, including absorbing the warmth of the bike trail by lying on it. As such, patrollers may be asked to assist with a rattlesnake bite.

As we do in all cases, the first thing we assess is scene safety. More often than not, the snake is long gone, being equally afraid of us as we are of them, but don't become a second victim. The second thing to do is – take a deep breath. There is certainly a need for urgency but a calm demeanor on your part will keep your victim's heart rate down and slow the spread of the venom. If possible, keep the affected extremity below the level of the heart. Do not apply ice to the wound, and do not apply any constricting device like a tourniquet or tight dressing. In fact, if the patient is wearing something that could become constricting, like a ring or watch, remove it before the swelling sets in.

Calling 911 as soon as possible is very important as life-threatening symptoms can occur within minutes. Bites can be very painful, and can progress to nausea and difficulty breathing. Stay with your victim and keep him/her calm until EMS arrives. Submitted by **Dr. David Shatz**.

---

### **Rattlesnake and Poison Oak, by Mark Moreno**



**Western Rattlesnake, (Crotalus oreganus)**

This is the most common rattlesnake along the American River. The one pictured was taken in May of 2023 by Randy Nemmer in Rancho Cordova. When a user of the American River bikeway is bitten it is best to photograph the offending creature so that the correct anti-venom may be administered. If the snake was killed, the body may be photographed, but do not handle the head as it remains capable of inflicting a bite for a long period after it is dead.

Rattlesnakes are cold-blooded, meaning that they do not internally regulate their own body temperature, but must moderate their temperature by moving from cold places to warm ones or vice versa as needed. It is for this reason that they are sometimes seen on the bikeway at times when the path is warm but not hot. Dawn and dusk are key times for them to move. During the heat of a summer day they may be stumbled upon in tall grass, under rocks, or inside hollow logs. Their camouflaged coloration

often makes them invisible until you are almost on top of them. You cannot rely on hearing a rattle as they sometimes lose their tail to predators.

They eat all manner of small creatures. Juveniles are restricted to insects and amphibians whereas a full grown rattlesnake can swallow large rodents and even larger prey. They are an important ecological member that keeps excess rodent populations in check.

### **Q&A for OFC Hosts, by Doc Jim Margolis, below:**

How do you know if a rattlesnake bite is a serious one?

MONITOR VITAL SIGNS AND IF SHOCK DEVELOPS, YOU WILL SEE RAPID INCREASE IN PULSE AND RESPIRATIONS. DECREASED LEVEL OF CONSCIOUSNESS AND SEVERE SWELLING MAY OCCUR.

How much time does a rattlesnake bite victim have before symptoms manifest?

BABY SNAKES ARE MORE DANGEROUS AS THEY RELEASE ALL THEIR VENOM AT ONCE. BITES NEAR THE FACE CAUSE MORE RAPID ONSET. DEPENDING ON DOSE, LOCATION, AND TREATMENT, ONSET MAY OCCUR IN JUST A FEW MINUTES OR AS LONG AS 30 MINUTES.

Is ice a good idea? (normally we will not have any but some well-intentioned individual may come by to offer it.)

NO. ICE PREVENTS THE BODY'S NATURAL DEFENSES. CLEAN WOUND WITH SOAP AND WATER AND LOOSELY BANDAGE. HAVE VICTIM SIT DOWN AND TRY TO BE CALM. ANY ACTIVITY INCREASES ABSORPTION OF VENOM. REMOVE ANY CONSTRICTIVE CLOTHING OR JEWELRY SINCE VENOM MAY CAUSE SEVERE SWELLING OF THE BITTEN APPENDAGE.

Is bandaging necessary?

SEE ABOVE. ELEVATION IS NOT HELPFUL. KEEP THE BITTEN UPPER EXTREMITY AT HEART LEVEL. A SLING AND SWATHE CAN HELP PUT THE UPPER EXTREMITY AT REST. MAIN THING IS TO TAKE CHARGE AND KEEP PUBLIC FROM DOING HARM. NO TOURNIQUET OR CUTTING AND SUCKING THE WOUND IS CURRENTLY INDICATED. BE PREPARED TO TREAT SHOCK— LAYING VICTIM DOWN, KEEP WARM, CALL FOR OXYGEN.



**Poison Oak (*Toxicodendron diversilobum*, syn. *Rhus diversiloba*)**

Pacific or western poison oak is a perennial, deciduous shrub that sometimes grows as a vine and is in the sumac family. Its leaves will sometimes resemble oak leaves and hence its common name. All its parts contain an irritating oil called urushiol. Its relative, poison ivy, is so similar in appearance, growth, effects on humans, and responses to control efforts that their common names are often interchanged, however true poison ivy, *T. radicans* or *T. rydbergii*, are found in cooler climate areas. Poison oak is characterized by a leaf composed of 3 leaflets. It is actively growing as soon as the warmer months appear, but dormant plants are still present in the late fall and winter months.

### **Q&A for OFC Hosts, by Doc Jim Margolis, below:**

How do you best avoid the spreading of poison oak oils?

PATIENT AND RESCUER SHOULD BOTH PUT ON GLOVES TO REMIND BOTH NOT TO WIPE THEIR EYES WITH POTENTIALLY CONTAMINATED FINGERS. REMIND PATIENT NOT TO TOUCH THEIR FACE ESPECIALLY THEIR EYES. WASH ANY CONTAMINATED AREA WITH SOAP AND WATER ASAP AND CAREFULLY AVOID SPASHING. AFTER WASHING, COVER THE AREA SHOWING A REACTION WITH A DRY DRESSING WHICH MAY HELP TO ABSORB ANY OILS EXITING THE SKIN PORES AND PREVENT FURTHER SPREAD. REMOVE EXTERIOR CLOTHING CAREFULLY (CONTAMINATED) TRYING TO KEEP CONTAMINATED EXTERIOR SURFACES IN CONTACT WITH ONE ANOTHER, AND BAG. AVOID CONTACT WITH YOUR DOG ESPECIALLY IF HE/SHE HAS BEEN ROMING SINCE DOGS CAN TRANSFER THE TOXIN TO HUMANS.

What if the victim accidentally rubbed their eyes?

WASH WITH CLEAN WATER OR SALINE FOR AT LEAST 5 MINS. IF SYMPTOMS DEVELOP YOU MAY NEED TO BANDAGE BOTH EYES.

What if a fire is burning making smoke near an area known to contain poison oak?

THIS CAN BE AN URGENT EMS CALL! ASSESS THE AIRWAY AND BREATHING OF ANY NEARBY INHALLATION VICTIMS. MAY NEED TO CALL FOR OXYGEN AND FOR EMS TO START AN AIRWAY (EITHER ORAL OR NASAL.) DO WHAT YOU CAN TO KEEP THE AIRWAY OPEN WHILE WAITING FOR EMS. AN EPI-PEN MAY ALSO NEED TO BE ADMINISTERED IF THE PATIENT HAS A KNOWN REACTION TOWARDS POISON OAK AND IS CARRYING ONE. VERY IMPORTANT TO CHECK FOR MEDICAL ALERT TAGS.

As long as I wear gloves is there any chance of victim-patroller poison oak transfer?

ALWAYS. ITS EASY FOR TOXIN TO GET ON YOUR GLOVES AND WE ARE ALWAYS TOUCHING OUR FACE. IF YOUR GLOVES TOUCHES A PATIENT'S CLOTHING THE TOXIN IS EASILY TRANSFERRED TO WHATEVER EXPOSED SKIN, ARM OR LEG, YOU TOUCH WITH THAT GLOVE. BEST PRACTICE IS TO CHANGE YOUR GLOVES AFTER YOU BAG THE PATIENT'S CLOTHING AND AGAIN AFTER WASHING THE CONTAMINATED BODY PARTS.

---

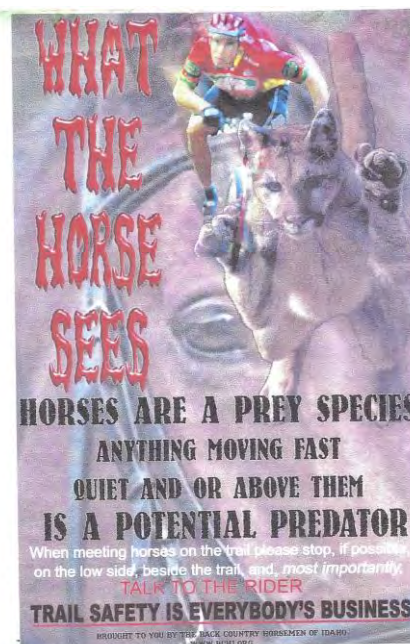
## Partners in Safety, the Equestrian Patrol and ARBP!

Providing education to the public is a priority for both the American River Parkway Volunteer Equestrian Trail Patrol (ARPVETP) and the American River Bike Patrol. Since 1995 members of the ARPVETP, along with their horses, have been riding the equestrian/hiking trails of the American River Parkway. Working with Sacramento County Regional Parks as extra 'eyes and ears' for the Parkway, ARPVETP members along with their horses, provide education on trail etiquette as well as opportunities for those enjoying the Parkway to come 'up close and personal' with them and their horses. Horses are magnets for providing opportunities, especially for children, to engage with the public about Sacramento County Parks and the Parkway specifically. Information provided includes - How, what and why is the best way to be safe when encountering a rider/horse on the Parkway?

If you are hiking, running, walking on the dirt equestrian/hiking trail approaching, either in front of or behind a horse, talk in a friendly voice to the rider to let them know you are there. If the rider is calm, comfortable and aware of your approach, usually the horse will be as well. Horses are large animals and that's why on trails, horses have the 'right of way' and should be given that option by all trail users. If possible, move off to the side of the trail and wait until the horse passes before continuing on your way. Many times riders/horses will actually move off the trail for you, but let the rider tell you what is comfortable for them. Running up behind a horse without letting the rider know you are there may startle both rider/horse, potentially putting everyone in an unsafe situation.

There are areas on the paved Parkway bike trail where horses and bikes intersect or ride alongside one another. Again, if you are riding a bike approaching a rider/horse from behind, it is safest to let your approach be known to the rider/horse. Give out a call 'on your left' or 'right' – this is especially true if riding on a bridge as there is less room to navigate around one another.

Being aware of, and following simple trail etiquette, is everyone's responsibility and allows all of us to safely enjoy the Parkway or any trail that we may wander on. Article submitted by **Sue Fossum; ARPVETP.**





## July 15, Saturday, The Great American Triathlon

The GAT starts at 7:58 AM at William Pond Rec Area and finishes at River Bend Park

It is time again to recruit volunteers to assist with the Great American Triathlon, scheduled this year for Saturday, July 15, along the American River. To refresh your memories, it is a race that includes, in the following order, running (5.95 miles), cycling (12.5 miles), and kayaking (6.1 miles).

I have spoken with Jim Geary, who once again is heading up GATs Public Safety/Emergency Response/Communications for the event. He was very happy with our efforts last year, and our impact on the safety of the event, and would like us to follow a similar approach this year — with modifications that I have proposed.

### Highlights:

—Our volunteers will be working in ARPB uniforms and carrying our regular bike repair and first aid kits. Volunteers should expect to be in position by 0645 to 0700 at the latest.

—Event participants will be expected to be in position by 0750, and the event will begin at 0758 for adaptive participants and then 0800 for all others. The Parkway will officially reopen at 12 noon.

— There will be an estimated 470 participants on the course at any one time: 400 Ironman participants who do the entire triathlon and then about 200 on relay teams, meaning about 1/3 of that number participating in each of the three events.

— FYI, here are the roles we need to fill:

**ARBP TEAM 1:** Two patrollers will serve as a sweep team, following behind the non-elite runners — NOT THE WALKERS — from the running start of the race at 0800. The precise course is still being finalized, largely because of heavy Army Corps equipment and work on certain part os the levee, so the actual course will be shared with those who end up working the event. That said, the running segment starts at William Pond Rec Area (Mile #14) and ends about 5 miles later at the Guy West Bridge (#8) running/cycling transition area. Team 1 patrollers will then continue to follow/sweep the non-elite participants/cyclists for 12.5 miles to the Lower Sunrise Bridge (approx. #20) cycling/paddle transition area.

**ARBP Team 2:** Two patrollers will join Team 1 patrollers and follow/sweep participants/cyclists at Guy West Bridge (#8) running/cycling transition area for the 12.5-mile race to Lower Sunrise Bridge (approx. #20) cycling/paddling transition area. With two teams on the course, these teams can discuss pre-race how to space yourselves apart as seems appropriate and safe.

**ARBP Team 3:** Two patrols will be a stationary team set up at the Lower Sunrise Bridge (approx. #20) cycling/paddling transition area, available to aid cyclists coming off their bikes, as well as spectators who might be suffering from heat-related conditions from standing out in the sun all day.

**ARBP TEAM Leader:** I will not be able to participate this year. I will be out of town that entire weekend. So, we will need someone else to serve as ARBP Team Leader on the day of the event, stationed on the ground at Race Command at River Bend Park, alongside safety and communications staff, to help coordinate ARBP efforts and be in communication with other race safety staff.

Please let me know by close of business next Wednesday, June 28, if you want to volunteer PLEASE use the words “Seeking Patrollers” in the subject line of your response, and please INCLUDE IN YOUR EMAIL: --What role you prefer, 1st, 2nd and 3rd choices (Team 1, 2, or 3, or Team Leader). Also, let me know if there is someone you want to be teamed with.

—Your cell phone number

—Your T-short size

I'll do my best to satisfy your requests.

Also, we will have an opportunity to set up an info booth its River Bend Park like we did last year, for Friday and Saturday, July 14 and 15. If you would prefer to work the booth, please let me know. We will need at least one person on Friday to go to the storage shed, load up our booth set-up and bring it to the park to set

up, and another on Saturday to break it down and return it to the storage unit. (It can stay set up overnight.)  
**Contact Mitchel Benson for more insight or to volunteer.**

---

## **Improve your mountain bike skills on fire roads and single track trails!**

We are offering mountain bike skills-training to our ARBP members who would like to improve or gain skills for cycling on fire roads and single track trails! Here are some pointers from our friends at **Folsom Auburn Trail Riders Action Coalition (FATRAC)**, and several coming mountain biking opportunities in August at Deer Creek Hills Preserve near Rancho Murieta.

Our parent the National Mountain Bike Patrol (and NSP) is within months of releasing its first sanctioned bike patrol skills course, Bike Patrolling One, with a more technical course, Bike Patrolling Two, to follow. In May, at the National Bike Committee meeting in Denver, Tim Viall was one of the first dozen NBP (as was Richard Wilson, Far West Division Bike Advisor) members trained as a bike patrol instructor trainer, and they now await the release of the courses. In the meantime, here are some pointers and the August riding opportunities:

### **FATRAC offers pointers for safe mountain biking, by Bob Horowitz, FATRAC:**

So, you are an accomplished road cyclist who wants to get off the pavement and onto some gnarly singletrack. What are the main things you need to know?

**Maintain focus:** Mountain biking on singletrack requires your undivided attention. Climbing a fire road may not require quite the same level of attention as riding a twisty lakeside trail that drops off on one side, but you still need to focus. It's a little like meditation; maybe that's why so many riders report a clarity of mind after a good ride.

**Look up and down the trail.** Look up the trail to anticipate gear shifts before they happen. Look closer to where you are going to evaluate obstacles as they get closer and ensure there are no rocks or stumps hiding on the side of the trail.

**Right gear, right time.** Being in the wrong gear can cause you to lose momentum or control. Plan your shifts by looking up the trail. Once you are putting a lot of pressure on the chain, it is too late. Slow to downshift and you'll run out of power on that hill and maybe fall over. Too low of a gear and your pedals will spin without providing traction on a descent. Whether going up or down, try to always keep in a gear that allows you to provide power to the wheels. Try to shift one gear at a time, like in a car. It is ok to brake and pedal at the same time. It is great to enter a climb spinning madly and try to maintain those RPMs.

**Pedal position.** Many trails in our area feature a "bench cut," with a dirt sidewall, rocks and vegetation on the uphill side, and a dropoff on the other. Don't get ejected from your bike by hitting your inside pedal on a rock or other object. Your inside pedal should be kept near the top and slightly to the back of center. On switchbacks, alternate.

**Maintain speed.** More falls are caused by going too slow than going too fast. Trust your bike and your front wheel.



**Pick up your front wheel.** You don't have to know how to ride a wheelie, but it is very helpful to know how to get the front wheel up and over rocks, ruts, small creeks, mudholes, etc. Jumping can be helpful to clear obstacles, but excessive jumping does not make you faster and might lead to a crash.

**Lower your center of gravity for descents:** If you have a dropper post, drop your seat for steep descents. If you don't, slide your butt off the back of the seat to maximize control and eliminate the possibility of going over the bars. If you can't equip your old ride with a dropper post, then at least get a quick-release seat clamp.

**Tire pressure:** Rock-hard tires will lose traction in sand, decomposed granite and other softer surfaces. Under-inflated tires can lead to flats and waste your energy. Tire pressure is personal; but somewhere around 28 psi might be a good average for our area. Tubeless tires allow you to run lower pressures with less fear of flats, but run too low can result in a squishy feeling on hard corners and sometimes in "burping," which will cause you to lose a gulp of air at once without getting a flat.

**Extra tools:** In addition to the usual, a chain tool is mandatory. For tubeless tires, a plug kit (aka tire bacon) is essential. Putting a tube into your tubeless set up on the side of the trail sucks.

Above all, if you are on the trail, and an upcoming feature makes you uncomfortable, get off and walk.

---

**An invitation to ride: Mountain Biking at Deer Creek Hills Preserve,**  
by Carly Amastiso, Sacramento Valley Conservancy and Tim Viall, ARBP

American River Bike Patrollers are invited to join for **Monday special evening sessions to improve your mountain biking skills, on Monday evenings, August 7 and 21, at Deer Creek Hills Preserve** in the Sierra foothills near Rancho Murieta.

The Sacramento Valley Conservancy invites you to explore Deer Creek Hills Preserve on your mountain bike every Monday night from July through October. The self-guided trails are open exclusively to riders from 4:30 to 8:30 p.m. Docents mark new routes throughout the season to keep things exciting. The terrain is a mix of rolling savanna grasslands, dotted with dramatic blue oaks and open vistas overlooking Sacramento's largest open space preserve. The trails include cross country style single track, rocky creek crossings, with some technical climbing sections.

The Preserve serves as a working cattle ranch from November through May, and as a result, the cattle have proven to be superb designers for creating flowy single track. This venue is ideal for experienced riders with knowledge of shifting to lower gears for climbing hills, and bicycle handling for rapidly changing terrain. Riders must pre-register online, pre-pay the \$10 registration fee, and complete a liability waiver before arrival. Frequent visitors can save by purchasing a season pass. Registration fees and season pass sales support public programs and stewardship of Deer Creek Hills Preserve. Location details and more information is available on the website. A reminder email is sent to all registered riders the evening before each ride.

For more information and registration: [www.SacramentoValleyConservancy.org/Events](http://www.SacramentoValleyConservancy.org/Events)

**To register for the Monday, August 7 and/or the August 21, 6 PM outings for ARBP members, please RSVP well in advance to Tim Viall, ARBP, [tviall@msn.com](mailto:tviall@msn.com); or contact Tim for more insight, 209.969.3875.**

---

## Big Day of Giving; Thanks!



Thanks to many of our own ARBP members and several score members of the general public who support our work, the American River Bike Patrol (and other local nonprofits) were strongly supported by the Sacramento Region Community Foundation and its Big Day of Giving on Thursday, May 4. The ARBP received a shade over \$5,000 from the BDOG.

BDOG donations to the bike patrol will be dedicated to underwriting the cost of training, NSP and CPR certifications and outfitting patrollers and their equipment for the patrol. Our objective is to make the patrol self-sustaining without cost to its members. We also seek to make the patrol affordable to patrollers who otherwise couldn't join us and, thereby, better reflect our American diversity and those cyclists we see daily on the trails.

For more information on Big Day of Giving contact ARBP board member Tim Viall, [tviall@msn.com](mailto:tviall@msn.com) or call 209.969.3875. Thanks for your support and generosity!

## Building our ARBP membership; Summer membership drive kicks off!

The ARBP is kicking off a membership drive effective July 8, to welcome new members as we head to the summer/fall riding season. Building membership will occur with your help; and we are implementing recommendations made by the Diversity team and Recruitment team.

Hence, help us recruit new members; pointing towards an **Outdoor First Care and CPR training day on Saturday, September 30.**

YOU, our members are the key; we ask our existing membership to recruit likely candidates in the next months and hand out the **blue ARBP card** to cyclists on the Parkway.



**Always carry a good supply of the blue cards for recruitment. And, don't overlook foot patrolling on side-trails where you can discover fresh wonders and meet and recruit future bike/hiking patrollers!**

We have updated the membership detail on the ARBP "Join the Patrol" website area and cleaned up the membership application/info flyer.

### Here is our plan for the membership drive:

- 1) We will actively "deputize" our current members to accelerate their outreach/discussion on the trail and equip them all with the new blue cards
- 2) Target current and alumni members of NSP who live within about 15 miles of the Sacramento County and El Dorado County portions of the trail – with direct email invites as we did three years ago.
- 3) Outreach to existing cycling clubs, hiking clubs and outdoor event clubs in the Sacramento area, and a few of our partner agencies who attend the American River Coalition meetings.
- 4) Specific outreach to clubs and organizations that attract diverse members; we developed a shortlist in our DEI meetings.
- 5) Reconnect with some of our lapsed members from the past couple of years, some of whom may be ready to re-join.
- 6) Media outreach to the general public, including a couple of "ride with bike Patrollers" Saturday morning invites, a public meeting, or two, at a place like REI Co-op, a similar venue in El Dorado County. Outreach as well through our own social media and newsletter. Such a media blitz could include celebration of our three year anniversary!

**For recruitment posters or flyers**, contact Tim Viall, [tviall@msn.com](mailto:tviall@msn.com), 209.969.3875, or pick up a supply on the July 8 First Saturday. Questions or suggestions, contact Tim.

# Coffee, Bikes, Insights offers several upcoming learning opportunities!



**July 29, Saturday: Learn more about Old Sacramento and its seven wonderful museums! July 29, Saturday, 9 AM to about 11:30 AM. Join other ARBP members at Steamer's Coffee in Old Sacramento, 101 K Street in Old Sacramento, for a discussion of the museums and points of interest in Old Sacramento,** followed by quick informational stops at Sacramento History Museum, California Railroad Museum, and, if time, California Auto Museum; then take a patrol ride with fellow patrollers up the American River Trail to the mile four marker for a discussion of the approved off-trail riding options in the Bushy Lake/Cal Expo area. **RSVP to Tim Viall, [tviall@msn.com](mailto:tviall@msn.com), or call 209.969.3875.**

**August 7 and 21, Monday eves: Introduction to mountain biking, August 7 and 21, Monday evening, 6 PM to about 8:15 PM at Deer Creek Hills Preserve near Rancho Murrieta;** an introduction to mountain biking (or, freshen your skills) in Sierra foothills, with our hosts FATRAC and Deer Creek Hills bike docents. Learn the basics of riding fire roads and single track trails in beautiful Sierra foothills scenery! As part of the fun, get a good tour of this lovely 4,000 acre foothills nature preserve. (See full details on page 19 of this newsletter) **RSVP to Tim Viall, [tviall@msn.com](mailto:tviall@msn.com), or call 209.969.3875.**

---

## The Mechanics Corner: Be Prepared!

Last week I did a ride around Lake Natomas with some friends from out of town. Not sure why but I decided not to take my regular patrol bike (with all the equipment). I also decided to wear my patrol shirt. So, I was an official patroller without my usual tools.

We no more than got started when we came upon a rider (with a group) who was having a problem with a disc brake cable rubbing on the front tire. In fact, it was a dangerous situation because the cable was “catching” on the tire nobs (mountain bike tires). On inspection I learned that the cable was wrongly threaded around the head tube. I needed to disconnect the cable from the brake and realign the whole cable. However, I didn't have the tool I needed to disconnect the cable. After trying a number of workarounds that were not successful, I found a piece of wire that would hold the cable off of the tire. Fixed, but barely and badly. Submitted by **Rich Fowler, [richowlman@gmail.com](mailto:richowlman@gmail.com).**

The lesson for me is to not try to do a hybrid ride. Either ride with friends and don't wear the shirt OR ride patrol and carry needed tool. Be prepared! I think I first heard that in Boy Scouts when I was ten years old. Still good advice!

-----

## **Progress Report: Junior Patrol Program; Fifty Trek Bikes: Need Your Help!**

You may be aware that we've been working for some months now to establish a Junior Patrol Program in collaboration with Cordova High School located just one block off of the American River Trail near Hagan Park. In discussing this program with Principal Gerad Hyden, he shared that the school was the owner of fifty (that's 50) Trek Bikes that had been purchased several years ago, but had not been used for the past six years. He didn't know what shape they were in or whether they could be used, but said he would find a key and let me take a look. Friday I was able to get into the container holding the bikes. I could not believe my eyes. They were lined up just waiting to be cleaned, oiled, aired and prepared for riding.



So, in the last half of July (Date not set yet), we will do a workday at the school to prepare the bikes for use. A date has not been set as yet, but if you would like to help with this, please sent me a text or an email...and I will let you know. Major mechanic skills not necessary. Mostly we will be cleaning, adjusting, oiling chains, and pumping up tires. Please let me know if you can help. Rich Fowler 916 761 7382 (Text) or [richowlman@gmail.com](mailto:richowlman@gmail.com).

---

## **Bushy Lake Turtle Research**

Female turtles on the lower American River are currently nesting in upland habitats. The turtles' movements between aquatic and terrestrial habitats make them highly susceptible to vehicle and bicycle strikes along the American Parkway Trail and Bushy Lake Restoration site.

Turtles at Bushy Lake have been observed nesting between late April and the end of July. Turtles travel up to 2 kilometers (1.24 miles) away from the water to nest and lay their eggs. While all turtles on the Parkway face the risk of collision, the Western pond turtles (*Actinemys marmorata*) are especially vulnerable to risks from human activity and collisions with vehicles. The Western pond turtle is the only native freshwater turtle in California, is listed as a reptile species of special concern, and is undergoing review for protection under the U.S. Endangered Species Act (Thomson, Wright, and Shaffer 2016; USFWS 2015).

**If any turtles are seen in the field or along the parkway,  
follow these steps to ensure the turtles' safety:**

1. Leave the turtle alone and give them at least 100ft of space;



2. If you observe a potential or direct risk to the turtle, such as being in the middle of the road or bike trail, try to gently encourage the turtle to move to a safer place in the same direction it was heading. *Avoid picking up the turtle*; handling a turtle can scare them. Turtles may urinate, lose their water, and be unable to finish laying eggs. She will need to return to the water to “fill up” to make another nesting attempt.
3. If you believe the turtle is a Western pond turtle, maintain your distance, take the best picture you can, and provide information to the Bushy Lake Citizen Science Turtle Monitoring research program. Do not disturb or handle the turtle. Email [bushylake.ca@gmail.com](mailto:bushylake.ca@gmail.com).

## How to identify the Western Pond Turtles and Red Eared Sliders

### Western Pond Turtle (Native)



Western pond turtles (*Actinemys marmorata*) are characterized by their nearly uniform brown, dark brown, or black upper shell (carapace). They often bask with an outstretched neck, and the face and neck are cream colored with dark markings. The outer scutes along the rear edges of their carapace have a smooth edge and are not serrated.

### Red-Eared Slider (Non-Native)



Red-eared sliders (*Trachemys scripta elegans*) are characterized by their colorful, distinctive markings. They have two red stripes behind each eye. Their upper shell (carapace) and skin are olive or brown in color and have a mottled pattern. Their bottom shell (plastron) is most commonly yellow. The outer scutes along the rear edge have a serrated edge.





Join the Team!

# American River Bike Patrol

for the  
American River  
Parkway, Sacramento, CA



A bike safety patrol has been established for the American River Parkway in Sacramento. Bike Patrollers work as trail ambassadors, providing trail directional advice, equipment insight and assistance, safety education & bike safety programs, assistance with events, first-aid services and serve as eyes and ears of the Parkway Rangers and other stakeholders on one of the country's busiest and most scenic bikeways.

We welcome community members who want to become either bike patrollers or young adult patrollers (ages 14.5 to 18); you are invited to join and will be offered trail readiness training as trail ambassadors, bike skills development, Outdoor First Care first-aid and CPR training, mentoring and leadership training. Patrollers commit to 48 hours or more of annual patrolling along the American River Parkway and always patrol with a senior, adult patroller and a second adult.

You'll gain membership in the National Ski and Bike Patrol and its bike patrol subset, with 30,000 members in 640 bike and ski patrols across the USA.

Join the Team, provide community service and make life-long friends!

For link to website and info flyer:  
[americanriverbikepatrol.org](http://americanriverbikepatrol.org)

To join, or for more info, contact Rick Bollinger, patrol recruiter, [firetoy13@gmail.com](mailto:firetoy13@gmail.com); cell, (916) 207-8746. Please email name, address, email, phone, current or past first-aid or NSP experience, and if interested in patrol leadership positions.



Join the Team!

