



From the Director's Desk

Upon reflecting on the last year's accomplishments, I am overwhelmed by this Patrol's level of service and commitment. Riding stats for the close of 2023 are greater than 2022 by over 10%. You have collectively covered 34,156 miles through 5,177 hours of service. You have all provided 4,757 assists with 67 being serious medical interventions resulting in 911 calls. Most importantly, we continue to do this on our own without public or private sponsorship. See "Director" Continued on Page 3

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Bicycle on top of a creature being pinned down by 3 cyclists. ...for more see pg 14



Is this the last you will see of John Doe? for more, see pg 4

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: Mitchel Benson

Area Coordinators:

Sacramento County West, Kathie Mahdavi

Sacramento County East, Rick Bollinger

Interim North, Jeff Gamache

Foothills, Ron Ciucci

Team Leaders:

Greg Cordier

Don Griffiths

Carolyn Lewis

Carolyn Streng

Paul Sassenrath

Mitchel Benson

Wendy Lambert

Jeff Gordon

Ron Cone

Jeff Gamache

Advisers:

Associations- Tim Viall

Communications- John Poimiroo

DEI- Carolyn Streng

Elections - Unfilled vacancy

EMS- Rick Bollinger

Events- Don Hufford

First Aid- Jim Margolis

Fundraising- Tim Viall

Helmets- Greg Cordier

Insurance- Larry Barly

Junior Patrol- Rich Fowler

Legal- Larry Barly

Mechanical- Rich Fowler

Medical- Dr. David Shatz

Mountain Bike - Alain Grenier

Newsletter Editors- Mark Moreno & Tim

Viall

Patroller's Handbook - John Poimiroo

Quartermaster- Dave Olney

Recruiting- Tim Viall

Safety Patrol- Tim Viall

Social Media- Mark Moreno (filling in for Wendy Lambert)

Statistician- Chris Eddy

Webmaster- Chris Eddy

Agencies:

Sac County - Kathie Mahdavi and Rick Bollinger

California State Parks - Ron Ciucci

El Dorado County - Ron Ciucci

City of Roseville - Jeff Gamache

American River Bike Patrol News is published quarterly, in July, October, January and April. Send info/photos to Editor Mark Moreno, mark@mosyklos.net by the 25th of the previous month.



Calendar of Events

Saturday **March 30th**, 8:00 AM- Junior Bike Patrol

Tuesday **April 2nd**, 3:00 PM- Medical refresher for Sea Otter at Doc Jim's

Saturday **April 6th**- Party Pardee, Ione California

Saturday **April 6th**, 8:00 AM- Junior Patrol

Thursday **April 11th**, 7:00 PM- Leadership board meeting

Saturday **April 13th**, 10:00 AM- First Sat Event in Roseville's Royer Park,

Saturday **April 13th**, 8:00 AM- Junior Patrol

Thursday **April 18th** through Sunday April 21st- Sea Otter Classic

Saturday **April 20th**, 8:00 AM- Junior patrol

Thursday **April 25th**- Junior Patrol Final Ride in SF

Thursday **April 25th**, 7:00 PM- Townhall meeting

Saturday **April 27th**, 8:00AM- Outdoor First Care hands on

Saturday **April 27th**- Roseville Bike Fest, (Jeff Gamache is supporting)

Saturday **April 27th**- American River Parkway half marathon

May is National Bike Month; see Sacramento Bicycle Advocates' website, sacbike.org, for events going on throughout the month.

Tuesday **May 2nd**- The Big Day of Giving

Saturday **May 4th**- First Sat Event with details TBD

Tuesday **May 7th**, 9:00 AM- Rich Fowler's Bike Clinic

Tuesday **May 7th**, 3:00 PM- Doc Jim's medical clinic

Thursday **May 9th**, 7:00 PM- Leadership board meeting

Saturday **May 18th**- Bike Fest (ARPF) event at William Pond Area

Sunday **May 19th**- Victory Over Violence 5K run FLSRA

Thursday **May 23rd**- Townhall meeting

Saturday **June 1st**- First Sat event, details TBD

Tuesday **June 4th**, 9:00 AM- Rich Fowler's Bike Clinic

Tuesday **June 4th**, 3:00 PM- Doc Jim's medical refresher clinic

Weekend **June 8th & 9th** to noon- Family Fitness and Health Day, Sacramento County Parks

Thursday **June 13**, 7:00 PM- Leadership board meeting

Thursday **June 27th**, 7:00 PM- Townhall meeting

Saturday **July 6th**- First Sat event, details TBD

Director, Continued from page 1

In my 51+ years with the National Ski Patrol I have never served with such an amazing group of self-starters and leaders. To name just a few, we have John Poimiroo who selflessly devotes himself to all manner of administrative business and has tirelessly run several special events. We have Rich Fowler who started the Junior Bike Patrol and continues to mentor us in bike mechanics. Tim Viall continues to proliferate the ARBP model in other communities, bringing in new members, becoming the nation's first mentor for NSP Bike 1 Training and continues to lead our largest special event, the Sea Otter Classic. Doc Margolis continues to mentor and train old and new Patrollers in Outdoor First Care. Gerry McIntyre gives us outstanding photographic coverage, and Patrollers Greg Cordier and Jeff Gamache continue to contribute to our outreach programs and expanding service. So many others like Rick Bollinger, Ron Ciucci, Kathie Mahdavi, Carolyn Streng, Eva Harriman, Nadia Johnson, Carolyn Lewis, Linda Collins, Duane and Traci Hutchinson, Jonathan and Nicole Nichols, Wendy Lambert, Ted Pennman, Dave Olney and Victor Massenkoff (just to name a few) are perennials of service. We have a strong leadership team that includes Rick Tower, Alain Grenier, Michael Gnafakis, Barry Calfee, Ron Cone, Chris Eddy, Mark Moreno, Terry Reynolds, Paul Sassenrath, and Dr. David Shatz providing behind the scenes supportive work. Because of these Patrollers, the State of the Patrol is excellent!

Our membership is grown to the highest on record to 106, our service record is excellent, our reputation is unscathed, and our treasury is strong. We continue to grow in community support and expanding demand for our service. Take for instance our most recent acceptance in the City of Roseville. You will see in this Newsletter, the ever-expanding activities that set us apart.

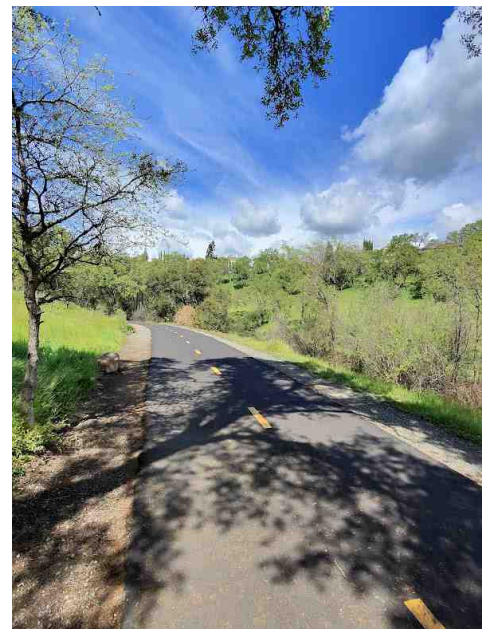
In all of my presentations and press releases I am proud to be representing all of you and ever thankful for this opportunity to serve as your Patrol Director. The work you all do is inspiring and a joy to witness. Thank you all for being of service and a beacon of light. -- **submitted by Jim Cheng**

April First Saturday Postponed to April 13

The March First Saturday to be held on Roseville City trails was rescheduled to April due to winter storms. The rescheduled event will occur on Saturday, April 13 at 10 a.m. at Royer Park in downtown Roseville, a week later than usual. The new date recognizes that a large number of patrollers will be supporting Party Pardee on Apr. 6.

First Saturdays are the patrol's monthly patroller meet-up, training, restocking and orientation opportunities. Patrollers are expected to attend at least four First Saturdays each year, in order to stay up to date. This First Saturday will include guided tours of the Miner's Ravine Trail and, optionally, the Pleasant Grove Creek Trail and its South Branch.

Candidates who have completed all training requirements, four training rides and who have complete patrol packs and uniforms will be able to get their final Check Off ride. All patrollers attending a First Saturday, may claim at least four hours when they submit a Shift Report for the day. --**submitted by J Poimiroo**





OFC Refresher course from a previous year

Half The Patrol to Refresh First Aid

A huge turnout is expected for OFC Skills Day on Apr. 27, as half the patrol must refresh its OFC cards this year. Joining the big group will be mountain hosts from Sierra at Tahoe, making the class the largest yet held by the American River Bike Patrol.

If you are a bike patroller and your OFC card expires this year, and you have not yet signed up to take the course, here's what you must do:

The first step is to email Jim Margolis informing him of your intent to attend the Outdoor First Care Skills class on Saturday, Apr. 27 at the La Familia Counseling Center, 3301 37th Ave., Sacramento. The class begins at 8:30 a.m.

Then, enroll online at nsp.org (Center for Learning) in the Outdoor First Care Renewal course. You must complete this online course by Apr. 24.

If you are a candidate and have not yet taken the OFC course, you will need to go to nsp.org, sign in (you must be a member of the NSP) and enroll in the Outdoor First Care Online course. Again, you must complete the online course by Apr. 24.

After you have completed the renewal or basic course, sign up for the "OFC Skills Day" or "OFC Renewal Skills Day," as appropriate to the course you've just completed.

Then, text or email a copy of your CPR card (Apr. 24) to Dr. Margolis (jamadapa@att.net - 916.947.9636).

If you do not hold a valid CPR card or your card expires this year, you will need to enroll in a CPR class. Due to the large number of patrollers needing recertification in OFC, the patrol will not be holding a CPR/AED recertification class on Apr.27. Instead, you will need to get a CPR card on your own. Many CPR/AED courses are listed online. They cost about \$65. Typically, they include an online training followed by an in-person practical skills session. Some CPR courses include basic first aid, though you still must complete OFC to be a bike patroller.

Finally, proof of having completed CPR (your card or a confirmation letter) must be texted or emailed to Doc Jim by Apr. 24.

For those unable to attend the Apr. 27 skills day class, another OFC class may be held in late spring/early summer, but there is the possibility none will be held until fall or that you will need to join a class held by another patrol. Once your OFC card expires, you cannot perform first aid while patrolling.

--Submitted by John Poimiroo



Outdoor First Care Suggested Supplies By Doc Jim Margolis

Can't do first care unless you have the right tools:

1. Restock roller gauze, 4x4s, and 1" adhesive tape of some type.
2. Coban wrap (over the roller gauze) to secure dressing especially for Sea Otter.
3. Gloves and Facemask.
4. Alcohol wipes (for you, not for patient wounds).
5. SAM splint, extra roller gauze, triangular bandages (for splinting).
6. Pulse oximeter or stethoscope (unless you are fully confident that you can take a pulse and respiration rate on just about anyone).
7. Tourniquet (military grade).
8. EMT shears.
9. Tweezers (splinter, bee sting removal).
10. Gatorade/water in second water bottle.
11. Charged cell phone with partner's number and Zello.
12. Sugar cubes or other sugar supply.
13. Whatever meds and supplies you need for yourself.
14. 3x5 cards, pen, copy of OFC protocol.

Happy safe riding
Doc Jim



You never know what you may need until you don't have it.

Junior Patrol Program Graduates 17



ARBP Patroller Kathie Mahdavi schools a Junior Patroller on the fine nuances of bike repair.

The average age for members of the American River Bike Patrol, Sacramento, CA is estimated at 65 years of age. In an effort to attract younger riders both to the patrol and to cycling the American River Parkway, a collaborative program with Cordova High School was forged. The school is located less than a mile from the parkway and just happened to have 50 Trek Bicycles in storage that were not being used. Twenty “at risk” students signed up for the program.

After the first ride of five miles, only one student knew that the trail was there, but after ten weeks of careful mentoring by members of the patrol, those same students rode the entire length of the American River Trail - 31 miles. In a moving celebration at the end of the ride, students

received brand new Trek bicycles to take home. In the spring of 2024 fifteen students are continuing the training program, learning bike mechanics and safe street riding skills. The average age of mentors has dropped to 63!

For info, contact Rich Fowler, American River Bike Patrol, CA, richowlman@gmail.com; 916.761.7382.



Some of the Junior Patrollers from Rancho Cordova



American River Patrol works with new Bakersfield Bike Patrol



It's smooth riding on the Kern River Class 1 Bike Trail

Representatives of the Southern California Region and the American River Bike Patrol have been consulting with and offering advice to locals and the city and county of Bakersfield, CA in the formation of a Kern River Bike Patrol. The new patrol would act as trail ambassadors offering information, mechanical assistance and first-aid as needed for the newly expanded Kern River Trail that runs from the Sierra foothills, through and past the San Joaquin Valley town of Bakersfield.

National Ski Patrol alumni Jeff Goines contacted the National Bike Committee in late 2023, and National



Bike Committee volunteers have been responding since. A public meeting is set for April 11, and it's anticipated that patrol leadership will be identified, the new unit established and new patrol members volunteering on the trail by sometime this summer.

For information, contact Southern California Region bike adviser Shawn Biglari, skipatroller1@gmail.com, or Tim Viall, ARBP, tviall@msn.com.

Kern River Bike Patrol

From left, Shawn Biglari, S. CA bike advisor, Rich Fowler, NSP Bakersfield alumni Jeff Goines and Tim Viall, American River Bike Patrol



River City Waterway Alliance

The American River Parkway, aka the Crown Jewel of Sacramento, is known to every cyclist in Sacramento County. Sadly, the jewel has become tarnished by the proliferation of illegal campers. The homelessness issue is complex, and people need somewhere to live, but the Parkway is not an appropriate location. However, hope is in sight, called the River City Waterway Alliance.

Sacramento Area Creeks Council is a proud sponsor of RCWA, which includes volunteers from Elk Grove Anti Trash and Arcade Creek Adopt a Creek programs. RCWA has taken it upon themselves to remove over a million pounds of trash from abandoned camps in our local waterways. They are a force of nature when they move in with their boots or waders, tools and buckets, and their positive attitudes and dedication to the cause!



For more information on RCWA and how you can support their activities via SACC, please go to:

<https://www.facebook.com/rivercitywaterwayalliance>

<https://www.youtube.com/channel/UC7ys8UMQ5GpL7kvIAZIRtoQ>

<https://instagram.com/rivercitywaterwayalliance>

<https://saccreeks.org/>

Crystal Tobias

President, Sacramento Area Creeks Council





The Jedidiah Smith Memorial Trail is an amazing amenity in the American River Parkway, the crown jewel of Sacramento. Sacramento County Parks is responsible for the trails from Discovery Park to Hazel Avenue. But once you cross Hazel Avenue, Folsom Lake State Recreation Area, part of California State Parks, has jurisdiction over 100+ miles of trails. Friends of Lakes Folsom and Natoma (FOLFAN), a 501(c)(3) non-profit organization, partners with Folsom Lake SRA on a variety of efforts to make the park more inviting to the public. Guided hikes, eagle viewing, loaner life vests and Juneteenth activities are just a few of these options.

Sounds awesome, right? There are many ways that you can get involved with this amazing organization. Check out their website at www.FOLFAN.org to get more details and find out how you can help support FOLFAN, which in turn supports our beautiful Folsom Lake State Recreation Area. --Crystal Tobias

Hiawatha Trail in North Idaho invites summer visitors



The Hiawatha Bike Patrol invites you to visit and ride the trestles and tunnel that make a big part of the Hiawatha experience in N. Idaho

Who is up for a summer trip to Eastern Washington and North Idaho, to visit the Hiawatha Trail Bike Patrol, which is looking forward to its 7th season serving the Route of the Hiawatha “Crown Jewel” of rail-to-trail adventures? The patrol provides service seven days a week from late-May through mid-September. We also support monthly full moon rides and two running marathons on the trail. The Hiawatha Trail also connects with a huge network of paved trails around Lake Coeur d’Alene and all the way into Spokane, WA, on the Centennial Trail system.

In 2023, 41 Bike patrollers with OEC certification and 17 Bike Hosts with OFC certification served on the Hiawatha Trail. Our Bike Patrol is truly a “Regional NSP Bike Patrol” as many members come from Lookout Pass, Mt. Spokane, 49 Degrees North and Snowhaven Ski Patrol organizations as well as those primary to our bike patrol or bike host unit.

During the previous six seasons, many guests expressed appreciation for our first aid support in this back county location. In addition to medical concerns we also assist the public with bike repairs, many other needs and information. We would love to have you come visit us! You can contact our patrol leadership at HiawathaBikePatrol@tds.net and you can check out information on our trail’s website: <https://ridethehiawatha.com/>; submitted by Denny Burt. For those interested in a summer visit with other members of the ARBP, contact Tim Viall, tviall@msn.com, 209.969.3875.



This year's Big Day of Giving is, Thursday, May 2!

The American River Bike Patrol and other local nonprofits are gearing up for this year's Big Day of Giving event, the capital area's day-long celebration of local philanthropy that is powered by GivingEdge and brought to our community for the past decade by the Sacramento Region Community Foundation. Please mark your calendars for Thursday, May 2, and join the movement that helps local community-serving organizations raise critical funds each year!

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, as well as support our safe cycling/walking programs and our Junior Patroller program. 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 River Parkway users.

To reach those goals, involvement and support of our ARBP Patrollers is requested. Here are ways you can help:

- Spread the word – send an email, text and/or post (Facebook, Twitter, Instagram) with news of BDOG, encouraging your friends, family and coworkers to visit the ARBP BDOG page to donate.
- Matching grants – to boost donations, help raise matching grants where every dollar donated by an individual, company or organization is matched by a major donor up to a certain amount. Bike clubs, bike shops, bike manufacturers, companies you know, health organizations and individuals can all offer matching grants of any amount from small to large.
- Pledge drives – have some FUN; invite your friends, family and other cyclists or coworkers to pledge one dollar, \$5, or \$10 for every mile you patrol from April 1 through the big day of giving on May 4. Donations can be limited to a set dollar amount.
- Personal donations – we welcome any and all of our patrollers to donate, if you can help. Even better, offer a donation that can be used in the matching grants program, where you authorize us to include your amount in a matching grants program, to be used to match other donations from potential donors inspired by a one-to-one match by your donation.
- Website widgets – if you manage a website, widgets can be provided for your site that will direct owners to the ARBP Big Day of Giving page. Contact Tim Viall, tviall@msn.com.
- Lawn sign – place a BDOG lawn sign in your front yard. Contact Tim.

For more information on Big Day of Giving and how you can help, contact ARBP board member Tim Viall, tviall@msn.com or call 209.969.3875. Please encourage friends, family and business cohorts to support the ARBP. Thanks for your support and generosity! --submitted by Tim Viall



Sea Otter invites first-responder volunteers



ARBP Patrollers, family and friends are invited as volunteer course marshals or if qualified, as first-responders at the USA's largest bicycling event, the Sea Otter Classic, Thursday to Sunday, April 18-21, 2024 at Laguna Seca Raceway and Ft. Ord National Monument between Monterey and Salinas, CA. This huge event, with 9,000 participants, 60,000 spectators and 400+ trade show exhibitors, offers a fun, team-building and fund-raising opportunity for FWD patrols and patrollers/spouses/friends and family (for more info on the Sea Otter event: seaotterclassic.com). Join almost a dozen ARBP volunteers; last year's Sea Otter event attracted 60 NSP/NBP members; their patrols received \$6,500 for their member's service.

For a single page Sea Otter information flyer, go to: <https://drive.google.com/file/d/1ZqPI5Avy5MS1niTnTNT-v3sPNhaVvB8f/view>. For answers to almost any questions, go to our Questions and Answers sheet: <https://drive.google.com/file/d/1TnBdAZPEfs6EQI6yJY7EnEn1RgDKySgU/view>.

Each patroller, host or course marshal earns \$45 per day for their work (paid to your patrol).



Shots of the Sea Otter "Insta-patrol" at Laguna Seca Raceway and Ft. Ord National Monument, CA

Each volunteer gains these benefits: Free admission to the four-day event (an \$80 value), free camping at "Ski and Bike Patrol Central" for tents, motorhomes or trailers (almost priceless), free lunch and cool t-shirt, and big Saturday NSP barbecue (build new NSP contacts, friendships at the USA's largest cycling event).

To Volunteer, send name, email, cell phone, your NSP patrol, days available, t-shirt size, type of first-aid credential, and if you need tent/trailer/RV space to Tim Viall: tviall@msn.com; Cell, 209.969.3875.



Afghan Helmets for Kids

On Saturday March 23rd, under the threat of rain the ARBP “Helmets for Kids Program” gave away 48 helmets to Afghan Refugees at the Salam Center in Citrus Heights. The joyful faces seemed to burn the clouds away.



Pictured above, Patrollers use cordage to measure the circumference of prospective youngsters looking to do the smart thing- wear a helmet. Pictured below, our dedicated crew pauses a moment to pose for a group shot.

Please Help these students achieve their dreams!

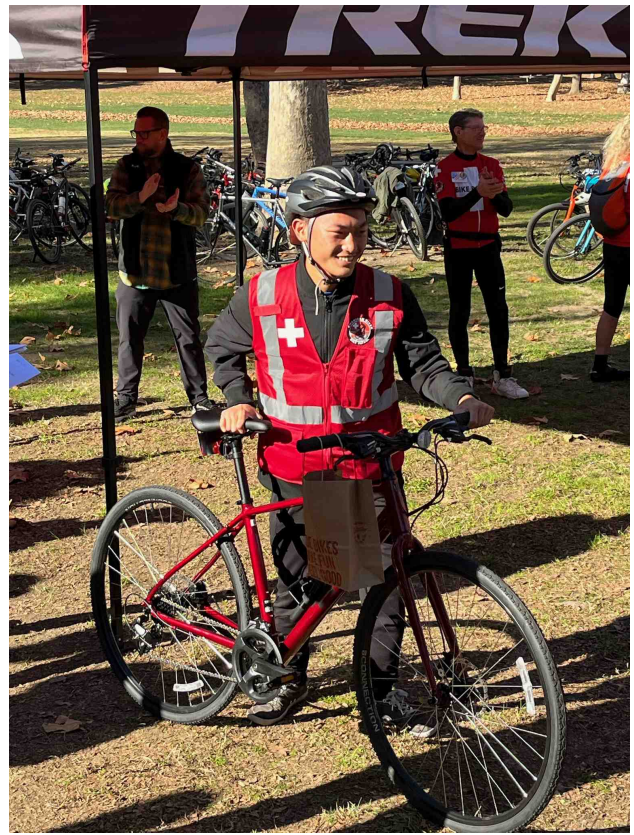
Two Junior Patrollers and North Sacramento residents, Bell Lee and Fernando Lopez, have been selected by Grant Union High School to visit MIT, Harvard University, Brown University, Yale University, NYU, Columbia University and Princeton University in June. The patrollers were chosen because of their exceptional academic, athletic and community service accomplishments. To take this trip, however, they need their community's financial support.

Lee and Lopez are exceptional students. Lee has a 4.64 Grade Point Average and ranks first in his class at Grant Union. Lopez has a 4.46 GPA and ranks seventh. Both are fully certified and active bike patrollers, patrolling regularly on Team One, and are remarkable individuals.

Should they be admitted by one of these or other colleges, they would become the first-generation of collegians in their families. Bell plans to study Environmental Engineering and Applied Physics. Lopez plans to study Engineering and Philosophy. Both are scholar athletes at Grant Union H.S. in long distance track, cross country and tennis.

If you would like to help send these promising students east, donations in any amount should be made out to Grant Union High School College Tour Club, and please include the student's name on the memo. Send the donation to Grant Union High School, 1400 Grand Avenue, Sacramento CA. 95838.

--submitted by Greg Cordier and John Poimiroo



The two students pictures above, Fernando Lopez on the left, and Bell Lee on the right, after picking up a well earned bicycle with the help of the American River Bike Patrol's newest program, and a generous discount from Trek Bicycles.

Building our ARBP membership!

The ARBP is in midst of a membership drive, to welcome both cycling and hiking new members as we head to the summer/fall riding season. Building membership will occur with your help.



Here are the steps, moving forward:

1. 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 or hikers on the Parkway.
1. Share our single page flyer/poster and tri-fold recruitment brochure, contact Tim Viall for a supply, tviall@msn.com, or get a supply at our April 13 First Saturday event.
2. Reaching out to specific cycling groups and other organizations that represent diverse communities (Carolyn Streng and Viall are building a target list).
3. Delivering posters and flyers to local bike shops and outdoor sporting goods retailers like REI, Dick's Sporting Goods, etc.,
4. Emailing current NSP active and alumni members who live near the bike trail (suggesting the email mid-April, when ski season is likely to wane; thanks to Doc Jim for the overall NSP member/alumni list).
5. An April 27 OFC class is the culmination; and, a second class in Summer or early Fall.

For recruitment posters or flyers, contact Tim Viall, tviall@msn.com, 209.969.3875, or pick up a supply on April 13 First Saturday. Questions or suggestions, contact Tim.

Cougars On The Trail?

Riding on the American River Bikeway you strike up conversations with users of the trail. I often ask what creatures people have seen. Besides deer and coyote one man said he saw a bobcat. I have seen the occasional quail and ample squirrels, which are potential prey for bobcats. One fellow showed me a picture on his cell phone of a friend's carbon fork and front wheel assembly with a dead squirrel tangled in the spokes. No, he did not swerve to miss it, because he never even saw the poor creature. According to his companion the man had luckily not sustained any serious injuries to himself, just to his expensive bike.

As I rode further, I saw a beat up old sign which read "Mountain Lion." I was taken by surprise because I have seen no evidence.

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Eventually, I see a pair of deer with one hobbling from an injured knee. How could such a nimble animal hurt itself among the sparse vegetation? When running for its very life, that's how! The sign's warning notched up higher on the believability scale.

On March 23rd, came the sad news of a pair of hikers looking for shed deer antlers in a forested area within the El Dorado wilderness. They were both attacked with one of the men seriously injured and the other succumbing to his mortal wounds. I did a bit a research and discovered that the level of cougar encounters appear to be on the rise.



In February, a group of 5 competitive cyclists were riding in the early afternoon in Snoqualmie Washington, and were attacked by a cougar without any advanced warning. One woman was knocked off her bike and pinned to the ground. The other 4 women sprung into action to save the life of their friend. They used rocks and sticks, and after what seemed a lifetime managed to free her. They used their bikes to pin the animal to the ground until help

arrived. When an officer from the Washington State Department of Fish and Wildlife showed up he was forced to shoot the mountain lion. Autopsy revealed an earring in its stomach which it had swallowed while half the cyclist's face was in its jaws. The woman who was attacked survived and has a new appreciation of life.

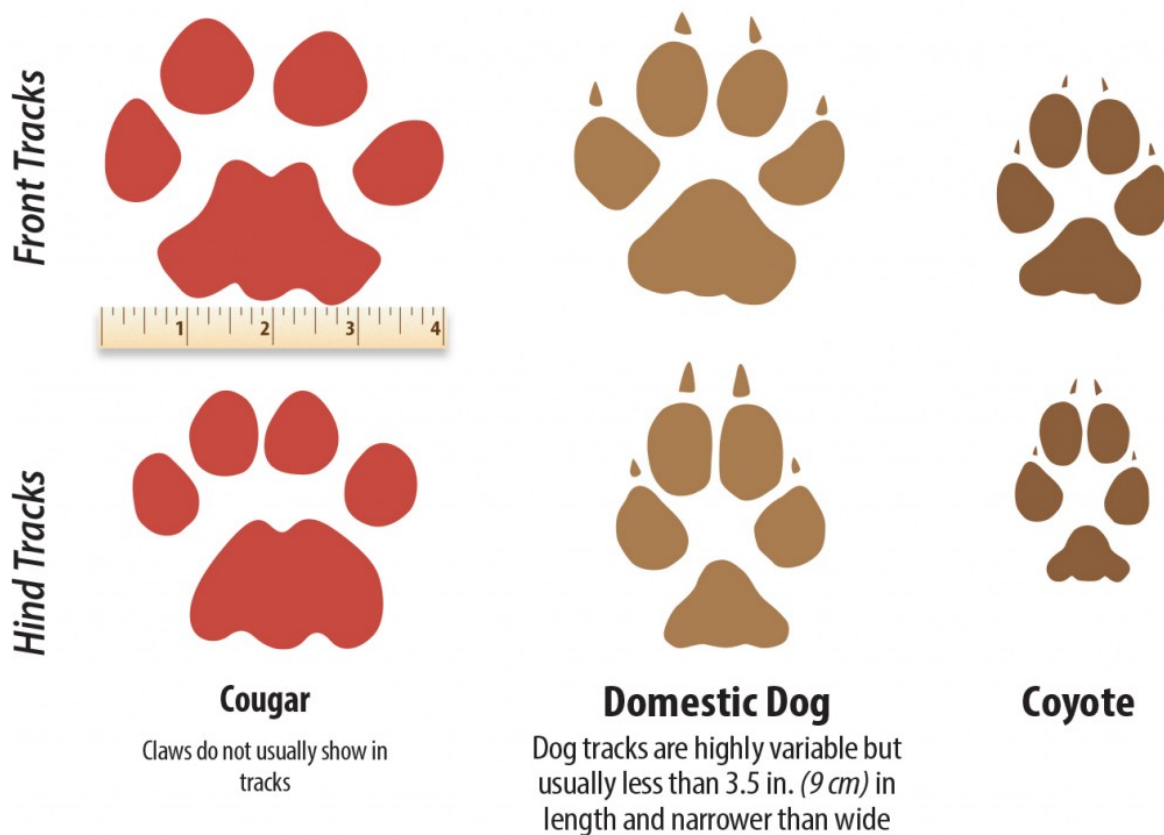
A month ago, a Cache Valley snowboarder went out of bounds at Beaver Mountain despite warnings against straying. Reveling in the virgin snow his enjoyment ended the moment he saw familiar paw prints in the snow. His keen observation put him on guard as he tried to make his way back to the safety of people who could hear any calls for help. His instincts bade him take off his snowboard and walk. Just then he saw a mountain lion leaping within his blind spot, and he swung his snowboard around hard. The scrawny cat



managed to scratch his neck and slice his jacket, but he had successfully knocked it away. The cougar attacked a second time, but he again used his snowboard to fend off the lion's jaws. In this manner he was able to gain far enough distance to strap on his snowboard and board back down to the welcome sight of an over-crowded ski run.

The experts all say the same thing, make yourself look big, take your sunglasses off to stare the lion down, make noise, don't run, but don't stay totally still either (like a deer,) and if you have a bike put it between you and the hungry animal. Now is a good time to shout loudly for help.

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California state law classifies cougars as “specially protected mammals,” so hunting is not permitted which has allowed their numbers to grow. Along the parkway there are plenty of turkeys for a cougar to eat rather than people. Cougar attacks on humans remain quite rare. Crepuscular by nature, only when living near urban environments will cougars become completely nocturnal unless sick or wounded.

Patroller Michael Gnafakis makes a very convincing case for the presence of at least one cougar near Granite Bay. He relates that experts who work with big cats in both sanctuaries and rehabilitation facilities have noticed that these animals are instinctively triggered to attack anyone hunched over, such as “a cyclist hunched over on a bike with a flat back.” Michael also mentions, “When tying your shoes or working on a bike it is much better to squat and keep your back erect versus bending at the waist.” Natives living in the Sundarbans of India, “coexist” with tigers and developed a “backwards facing mask,” a technology which Michael plans to incorporate onto the back of his helmet.

As cougars are territorial and one cougar will command a large area, a case for the absence of cougars the closer you get to Discovery Park is tempting to make. Yoda’s admonition seems prudent here, “Always two there are.” Regardless of what you believe, it is nevertheless wise to be wary especially for the sake of any small children you have with you.

For a more detailed list of preventative measures see our FaceBook page at:

<https://www.facebook.com/AmericanRiverBikePatrol/>

--submitted by, **Mark Moreno, Editor, March 25th 2024**

Join the Team!

American River Bike Patrol

for the
**American River
Parkway, Rancho Cordova**



New bike safety patrol established for the American River Parkway in Sacramento. Bike Patrollers work as trail ambassadors, providing trail directional advice, equipment insight and assistance, safety insights and 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.

Young adult patrollers, ages 14.5 to 18, and adults 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. Young Adult 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. Adult patrollers are also required to patrol 48 hours annually.

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

Join the Team and make life-long friends!

For link to website and info flyer:
americanriverbikepatrol.org

To join, or for more info, contact Rick Bollinger,
firetoy13@gmail.com, or call (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!