



# TRAIL REPORT

Newsletter of the American River Bike Patrol

July 2026- Volume 7, Issue 3



*Assembled around the Carl Dahl memorial bench at Lower Sunrise, ARBP patrollers pose for a photo op. The vacant space is to commemorate Carl Dahl to whom the bench is dedicated.*

## Over 100 Honored

Over 100 members of the Bike Patrol and two non-patrol supporters were honored at the Patrol's Annual Awards BBQ in June.

They included:

- 19 New bike patrollers;
- 16 patrollers who volunteered more than 100 hours of service;
- 4 patrollers who achieved 100 hours and 1,000 miles patrolling in one year. The 100/1000 helmet sticker has now been awarded to 18 past and current members of the Patrol;
- 14 five-year service pins;

- 1 Silver Saddle pin to a graphic design team that has volunteered their talents and energy to designing Patrol collateral materials;
- 1 NSP Angel pin to a teacher who helped guide the Velo Lancer program;
- 17 Emergency Response Team pins, described as similar to a combat action ribbon, signifying a significant medical, mechanical or other assist, signifying you've been in action as documented on an Incident Report;
- 12 silver stars, signifying meritorious service; and
- 14 gold stars, signifying exceptional service.

Recipient of the Carl Dahl Outstanding Patroller of the Year was Jim Margolis. His citation read: "This exceptional Bike Patroller was one of the three founders of the American River Bike Patrol and has served as first aid adviser since. In that capacity, he has opened his home to monthly first aid clinics and has taught countless first aid sessions at First Saturdays. He offers his expertise as a first aid instructor to trail user groups and is a constant presence at all patrol first aid training sessions. In the past four years, he has volunteered 330 hours instructing courses, not counting the untold number of hours he spends preparing for the classes he teaches. In addition to patrolling over 1,500 miles on his bike in that period, he continued to support his ski patrol. He is a senior OEC Examiner at Senior tests twice annually, teaches at annual OEC classes throughout the Division and is an OEC I and IT at least four times a year for our and other patrols. Among all of our patrollers he stands out as among the hardest working, most dedicated and most helpful. And, he does that with positivity, great skill and good humor."

To see the complete list of honorees, click this link, or copy and paste into your browser:

<https://docs.google.com/document/d/1IPKaIBUvQPJN3qn3tEtD0NuGYwkkzb3/edit?usp=sharing&oid=105183958767082083251&rtpof=true&sd=true>



## Director's Chair

### What Happens to Incident Reports?

By John Poimiroo, Patrol Director

We've learned from some health care professionals within the patrol that it's commonly believed that the Patrol releases confidential patient information recorded within Incident Reports to others. Not true.

The confidentiality of patient information within Incident Reports is protected by the Patrol and not released without a court order requiring its release.

The reason we keep information recorded on Incident Reports confidential is because of the Health Insurance Portability and Accountability Act (HIPAA) which protects the privacy of patient information.

HIPAA applies to persons, businesses or agencies that receive payment for health care in the normal course of their business/employment and those who work (paid or volunteer) for covered entities (such as hospitals, medical practices, insurance companies, fire departments, etc).



The ARBP neither receives payment for health care nor is it a “covered entity.” Therefore, it is not required to comply with HIPAA. Nonetheless, it is the policy of the ARBP to securely retain Protected Health Information (PHI) as if we were a covered entity. The Patrol will disclose PHI only when required by a court order, which would then be our legal obligation to do.

We take this obligation so seriously, that when the Patrol was contacted by an insurance company asking for a copy of an incident report involving a bike collision in which one of the bikes was damaged to such an extent that it required costly repair, even though the incident did not involve a medical response, we replied that we could not provide the report unless ordered by a court to do so. The insurance company chose not to seek a court order.

It is vital that following medical incidents and any major repair or other incident of note, that all patrollers submit Incident Reports, as soon as possible, detailing what happened and to whom. That is your only way to assure that an accurate recounting of what happened is recorded. It is difficult to recall the specifics of assists, days, weeks or months later.

To help you in gathering the details of medical incidents, the Patrol provides free Emergency Responders First On Scene notebooks. They are given out by the Quartermaster at First Saturdays. Following your return from a patrol, transfer the details of the incident from your notebook to the online Incident Report found in the Patroller’s Portal. Reporting what you did soon after the incident helps assure accuracy in reporting. And, always protect your notebook from being seen by others; it’s your record.

Please note that you do not need to submit Incident Reports for minor assists. Repairing a flat or handing out a bandaid do not require collecting the person’s information. Though, use Patroller’s judgement. If you think the assist needs to be documented, please do so. That’s your call.

There are another couple of ways Incident Reports are useful to the Patrol. The first is to alert senior Patrol officers of a significant incident so that they can speak with the involved patroller when memory of the event is fresh. Incident reports are also educational in that the “general” and “not-attributed” lessons within them provide real-life training examples of the care we provide. They also contain details for service awards. A life saving or hazardous rescue by a patroller should be recognized and the general details within an Incident Report help justify a meritorious service star. In all cases, PHI is not shared; health information remains confidential.

Incident Reports. They’re there to record what happened for your and the patrol’s protection. Anything reported stays confidential and is not released to others, unless ordered to do so, and that’s never happened.

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### What's Inside?

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## Lyme Disease, by Doc Jim Margolis

Lyme disease is caused by a bacteria carried by the deer tick. **Prevention** is key—if in wooded or grassy area wear a long sleeve shirt and pants, tuck in the cuffs and use DEET. Inspect your pets, they may transmit the tick(s) to you. If bitten, remove with tweezers pulling straight out and not twisting, and clean the



area. If you develop signs of Lyme disease contact your doctor, Lyme usually responds to a short course of antibiotics.

### ***When should you see a doctor:***

1. If the tick is not removed within 24 hours.
2. Fever, fatigue, joint swelling and headache manifest.
3. A bullseye rash appears.
4. Most often Lyme is prevented with a short course of antibiotics.
5. There is a blood test for Lyme, but it will usually not become positive until after 72 hours or after the typical rash occurs.
6. Long term Lyme occurs in about 10% of cases and include chronic fatigue, depression, sleep problems and cognitive issues. These cases may require a long course of IV antibiotics.
7. Several other conditions are similar to Lyme; e.g., congestive heart failure, meningitis, long COVID. Your doctor may need to run tests to make sure its something other than Lyme.



*From left to right: **Prevention**, a person with athletic tape binding trouser legs to socks; **Extraction**, of the tick on the day of; and **Symptoms**, the development of bullseye rash.*



## Medical Review Factoids, (Continued) by Bike Patroller Roberto Hurtado-Fiel, M.D.

17. Always conduct a secondary survey because the main complaint, although important, is usually not the only thing that needs to be addressed. Be wary of distracting injuries.

18. Patients with suspected fractures of long bones often have multiple fractures. For example, the force required to fracture a femur is more than enough to cause the weaker/smaller bones to also be affected. As mentioned above, always perform a secondary survey.

19. There are multiple triage systems for mass casualty incidents: START, RAMP, SALT, etc. Mass casualty management is still an evolving field.

20. The goal is to stabilize and, if required, get the patient to the appropriate level of care. Remember to call for help and activate 911, Park Rangers, other patrollers etc. early in your interaction.

21. There are many acronyms for reporting/handing off a patient. Common ones are SBAR, CHART, MIST. Their goal is to help remember the important information that should be relayed to EMS so that they know what to expect, gear considerations and which level of care may be required for transport.

22. Always ask for pregnancy status in young females after a trauma because they might not just need a trauma center but also an OB specialist.

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## Randall's Encounter

**Location: Stone Creek mixed-use trail**

**Status: Training ride; no supplies or PPE present.**

**Observations and Actions (were made by Randall Watkins):**

Approximately 100 yards ahead of a turn, Randall observed a woman sitting on the trail with a second woman leaning over her while on the phone, and a male standing nearby. As he approached, a Rottweiler with a leash attached ran out of the brush and charged at Randall. The dog was approximately 50 yards away at this point.

He stopped to assist and observed that the woman on the ground had significant swelling and abrasions to her face, arm, and knee. The second woman was in contact with 911. Randall began a primary assessment and determined the woman had tripped over the dog. He started the SAMPLE assessment, but was forced to take a defensive position when the dog became aggressive. He used his bicycle to shield the injured woman. The second woman attempted to control the dog by holding the leash. This resulted in her being injured.

Due to confusion regarding the trail access point with the 911 operator, Randall volunteered to meet EMS at the trailhead while the other two individuals remained at the scene.

Resolution:

Upon their arrival, Randall briefed EMS on his observations and alerted them to the dog's aggressive behavior. EMS waited for police arrival to contain the animal before proceeding with treatment.

We discussed this at length the above report at a recent first aid refresher.

Key Take-a-ways:

1. Randall provided appropriate care considering he was not in uniform or had supplies.
2. Even though a candidate he did take charge, addressed and took care of scene safety.
3. A second 911 call, to address the need to deal with a viscous dog, would have been helpful.
4. Scene safety is always the number one priority.





## Baptism by Fire, by Mark Moreno

A contingent of the ARBP and other ski patrollers joined the USA's largest bicycle event, the Sea Otter Classic, by Lifetime. In terms of medical intervention each assignment has the potential to be uneventful or demanding—the proverbial “box of chocolates.” Patrollers are there as insurance, and we all hope that every contestant returns home injury-free.

Our photographer Gerry McIntyre, was by all accounts assigned to a fairly low-key marshal point up on the Gravilla circuit in the Fort Ord back-country, but then was bombarded with requests for just about everything, especially water. Others had no such requests at all.

Sherry Martinez was positioned at Marshal Point 16 on Friday for the very same race; however, perhaps due to the technical nature of the course at this particular location, she encountered at least 3 people who needed medical attention. A recent OFC graduate, she had the luck of being thrown into the “fire.” One man rolled and sustained a road rash to his shoulder which Sherry rinsed with plain water to wash out the dirt. He grimaced in pain, leap back onto his rig, and rode off to maintain his honor and finish. Another man also crashed, but besides the rinse, had to have more serious intervention. He had two wounds, but the one to his arm would not stop bleeding. Gentle staunching with a 4x4 did not stop it so she notched it up and had the rider apply pressure with a wad of 4 x 4s while she roller bandaged him and



managed to get the bleeding to stop. The straight laceration to his leg should have been bleeding, but somehow was not, and Sherry left it unfettered, even though the normal temptation with a wound this long is to do something. He needed advanced attention and she called for transport. The medics who arrived quickly said that anything applied would have been removed, and they felt his leg wound would not merit stitches.

This year everything at the Sea Otter was well organized with only a few minor issues such as the less than perfect number of radios at our disposal. Many of the backcountry assignments were reached by cycling to them as opposed to being driven there by our ever-helpful sag drivers. For the first time ever, we were allotted the use of one of the car racing garage bays at Ski Patrol Central to help stay out of the elements. One-wheel litter familiarity training was made possible in the garage. The Grand Fondo was removed from the list of races we participate in. Similarly to last year, two tractor-trailers provided shower facilities to volunteers.

A special thanks to our NSP organizer Dave Rollings; our recruitment officer, Sag 2 driver and bag-lunch-getter Bill Collins; NSP Central base commander and camp coordinator Julie Winter; Sag 3 driver and radio equipment tracker Derek Koonce.





## Coffee, Bikes and Insights outings

(usually held third Saturdays)

Coffee, Bikes and Insights (CBI) events are designed to explore the wonders of the American River Bike Trail, and are open

to ARBP members, family and friends. So if you see one that intrigues you, bring several others with you!

Most of our CBI events are held the third Saturday of the month, including:

Soil Born Farms, July 18, 9 AM at the farm; this one includes brunch served by Soil Born Farms, fee required. If you're biking, it's on the western side of Hagen Park, just off the American River Bike Trail. If driving, 2140 Chase Dr., Rancho Cordova. For more insight into this special Urban farm, offering organic grown produce, educational programs and much more, see website: [soilborn.org](http://soilborn.org).

For these events, below, mark your calendars and watch for more detail to come via email when they're firmly set:

August 15, Camp Pollock visit

September 19, Western Pond turtles and Bushy Lake exploration

October 17, Fair Oaks Historical Society

If you have questions, let me know; if you have suggestions for future CBI programs, pass them along. Thanks, Tim Viall, [tviall@msn.com](mailto:tviall@msn.com)!



*Parks Director Liz Bellas cut the ribbon on one of a dozen new benches in Sailor Bar, an event attended by a number of ARBP members.*



*Executive director Rachael Cowen shares Effie Yeaw Nature Center insights with several members of the bike Patrol and others.*



*Several ARBP members attended the grand rededication of Sailor Bar Park*

## ELECTION RESULTS, Jim Cheng, Election Chair

Thank you everyone who voted. We had an impressive 76% voter turnout for the 2026 ARBP Election. Poimiroo edged out Gamache 49 to 34 in the first ever contested Patrol Director's Race.

All other Leadership positions remained unchanged.

It's now time to come together and support our Leadership Team as we progress to keep this Patrol the "Most Outstanding Patrol Nationally".

## Who's Who, by John Poimiroo

This month, several leadership team members start new terms of office or are newly appointed. Here are new members of the team:

- Tom Schaefer is now Team Leader for Team 4.
- Daniel Liu will be assisting Treasurer Terry Reynolds as Budget Adviser. This new position helps patrol leaders submit budget recommendations and track expenditures.
- The Events Adviser position has been replaced with an Events Team, staffed by Patrol operations leaders: Jeff Gamache, Greg Smith, Rick Bollinger, Ron Ciucci and Alain Grenier. They will decide which events the patrol takes on and find event captains to lead those events chosen by the patrol.
- Similarly, the newly appointed Quartermaster Team of Mike McCullough (Quartermaster), Don Hufford and Terry Reynolds oversees the design, selection, purchase, supply and distribution of Patrol supplies and uniforms.
- Heading up Membership is Ned Dickson. His job is to welcome and track the progress of new members.
- Supporting Ned will be a Recruiting Adviser whose role is to inform potential members of opportunities to join the patrol. If you're interested in this role, text 916.801.1013.

CLICK THIS LINK TO SEE ENTIRE TEAM:

[https://docs.google.com/document/d/1TYPtJkpcXfE90XhQh7vTF\\_XsHFzM8dt0HL0fPIRudwg/edit?usp=sharing](https://docs.google.com/document/d/1TYPtJkpcXfE90XhQh7vTF_XsHFzM8dt0HL0fPIRudwg/edit?usp=sharing)

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## ARBP Needs You To Fill in One of These Two Positions

The Bike Patrol is seeking volunteers for the following leadership team positions: Recruiting Adviser, and as Captain of the Family Fall Festival.

If you are not presently filling a Leadership position or would like to broaden your horizons, please consider volunteering for one of these positions.

**Recruiting Adviser:** The new role of encouraging cyclists to join the Patrol has been assigned to this adviser. It includes seeking presentations by Patrollers before local groups and cycling clubs, working with the Social Media Adviser to develop memes and other notices, assuring that Patrol promotional handouts



are available at info booths on trails we serve and assisting the public information officer in encouraging the public to join, through news reports. Anyone with a promotional or marketing bent is perfect for this position.

**Family Fall Festival Captain:** The Family Fall Festival is held on the Saturday before Halloween each October. Conducted by the Save the American River Association, it is a family event that celebrates the Parkway's wildlife, environment and recreation. We fit free bike helmets in our booth. The Captain supervises getting the Patrol booth set up, helmets to the event and back and helmet fitting. We impact the greatest number of lives on one day at this event, with our largest helmet fitting.

We really need two people to step up. If you can, please call or text John Poimiroo at (916) 801-1013.



Just For Fun

*Duck.ai sees us as super models. Here we are patrolling the American River in heroic poses. Don't we look good!?*

## Patrol Social Committee seeks members

ARBP members are invited to join the patrol social committee and share ideas for fun activities and programs.

Under consideration are:

A lakefront summertime barbecue featuring boats, paddle boards and kayaks,

A Patrol holiday party at year-end,

A ski outing at one of our nearby ski resorts

Also under consideration are fresh ideas for Coffee, Bikes and Insights outings, at special interest places along the American River Bike Trail.

To join the committee and share your thoughts, please contact Tim Viall, [tviall@msn.com](mailto:tviall@msn.com) for a zoom meeting to be held on Monday, July 13, 7 PM. Join us and share in the fun!



# Bike 1 course, and, becoming a National Bike Patrol instructor

Our next Bike 1 course is set for Saturday, July 11, the second half of our First Saturday event that day at Discovery Park West at the Oak Pavillion. We Invite ARBP members to take the Bike 1 course, and to consider becoming National Bike Patrol bike instructors, to join our instructor ranks (which currently include Greg Cordier, John Poimiroo, Alain Grenier, Dave Olney, Chris Mullen and me).

Take Bike 1: To sign up for the July 11 Bike 1 course, go to [nsp.org](http://nsp.org), then to your Learning Center, and take the online portion of Bike 1, which takes several hours. Once you have that certificate, then sign up for the hands-on portion of Bike 1, set for July 11.

Become a bike instructor: our Patrol, and the National Bike Patrol, are working on steadily improving and adding to its bike instruction tool kit, with the coming Bike 2 skills program, a future Senior bike patroller program and developing bike skills enhancement seminars. You can become part of that, and help impart those newly-honed skills to our hundred-plus member team.

Here is how to become an instructor; It's relatively easy:

- First, take the National Ski and Bike Patrol Instructor Development online class, which takes about three hours. You will also need to have the Bike 1 course certificate, which many of you already have.
- After you have those certificates, let me know and I'll line you up as a co-presenter for one of the upcoming Bike 1 classes, with the next one scheduled following the First Saturday session on July 11 (and several more opportunities before year-end).

That's it, other than participating as a bike instructor from time to time, and helping us add our ARBP talents to the finalization of the future Bike 2 and Senior Bike Patroller skills program.

If you have questions, let me know, and when you have that Instructor Development certificate. Thanks, Tim Viall, [tviall@msn.com](mailto:tviall@msn.com)!

## Zello Update

The Zello Walkie-Talkie app and the Zello Work environment has undergone a few minor changes, and one of these may confuse some users. Under your initials you still see 4 choices, but they have changed. Previously when we were finished with Zello we looked for "status" in order to change it to "offline." Instead we now see "Available, Busy, and Solo" and then "Profile." It is "Profile" that we want since that is where "Status" has been moved to.

The option of "Busy" is for when you are occupied with a medical intervention and do not wish to be disturbed. This makes sense when calling 911 or when you are in the middle of CPR. However, you have enough to do already, so it is unnecessary to add yet another thing to your list of worries. "Solo" is for breaks allowing for monitoring of a single channel.



# New Field Protocol

A new field protocol has been published by Patrol Leadership to guide patrollers in dealing with threatening situations on the trail. This was necessitated after a patroller was assaulted by e-moto riders. The protocol recognizes that we patrollers have no law enforcement authority and urges patrollers to use restraint in dealing with reckless, aggressive or threatening behavior.

Following is the new protocol.

## AMERICAN RIVER BIKE PATROL

### Field Protocol: Threatening Situations on the Trail

*Including e-motos and youth riding dangerously or aggressively*

*Do Not Engage • Get Safe • Call It In*

**Core Principle:** ARBP patrollers have no enforcement authority and do not engage anyone behaving recklessly, aggressively, or threateningly on the trail — whether on an e-moto, on foot, or otherwise. Approaching or signaling can provoke confrontation. Your job is to get to a safe location, call it in, and let the agencies with authority respond. Your safety comes first — every time.

#### STANDARD RESPONSE — RECKLESS, AGGRESSIVE, OR THREATENING BEHAVIOR

1. **Do not approach. Do not signal.** Either can be read as a challenge and escalate the situation.
2. **Get off the trail to a safe location.** A trailhead, parking area, or any spot well clear of the subject's path.
3. **Photograph only if you can do so safely and unseen.** From a distance, out of the subject's sightline. If there's any chance of being noticed, skip it — a description is enough.
4. **Call 911 first** if there's an immediate danger to trail users or yourself, or if a crime is in progress or just occurred.
5. **If a 911 call is not warranted,** contact the appropriate agency for the trail you're on via their non-emergency dispatch number (see below). Report what you saw, when, where, and direction of travel.
6. **From a safe position,** give other trail users a brief heads-up about the hazard ahead, then move on.
7. **Report to ARBP leadership via your Team Leader** the same day. Every incident gets logged so leadership can coordinate with the agencies.

#### IF THREATENED OR APPROACHED

- **Leave the area immediately.** Move toward people, a trailhead, or any populated location.
- **Call 911.** Stay on the line until help arrives or dispatch releases you.
- **Do not argue, debate, or stand your ground.** There is nothing on the trail worth getting hurt over.
- **Report to your Team Leader** the same day. If you can't reach them, notify ARBP leadership.

#### PATROLLER SAFETY RULES

##### ALWAYS

- patrol in pairs in known problem areas.
- keep agency numbers cached and ready.
- debrief significant incidents with your Team Leader the same day.

##### NEVER

- approach, block, chase, or physically intervene.
- raise a hand to signal "stop" or wave anyone down — it reads as a challenge.
- engage with an unaccompanied minor involved in these incidents — call it in instead.

#### WHO TO CALL

##### EMERGENCY

Immediate threat / injury or crime in progress or just occurred

**CALL 911**

##### NON-EMERGENCY

*Dispatcher for the trail you're on:*

<b>Sacramento County Sheriff</b>	(916) 874-5115
<b>Sac County Park Ranger</b>	(916) 875-7275
<b>Auburn &amp; Folsom Lake SRAs</b>	(916) 358-1300
<b>El Dorado County Sheriff</b>	(530) 621-6600
<b>City of Sacramento</b>	(916) 808-5471
<b>Folsom Police</b>	(916) 355-7231
<b>Roseville Police</b>	(916) 774-5000
<b>Placerville Police</b>	(530) 642-5280

**Your Team Leader** (same-day debrief)

**When in doubt: Do not engage. Get safe. Call 911.**

*American River Bike Patrol • americanriverbikepatrol.org • Patrolling 400+ miles across Sacramento, El Dorado & Placer Counties*



# Upcoming Events

## Month of July

Sat., **July 4**, Regular First Saturday postponed due to holiday, but please note that a Hydration Station will be set up at Lower Sunrise adjacent to the Jim Jones Bridge. Contact: Mitchel Benson.

Mon., **July 6**, 7 pm- Board of Directors, Executive Session Meeting via Zoom

Tues., **July 7**, 3 pm, First Aid Clinic, (also available that evening, if you prefer) Please RSVP to Jim Margolis at: (916) 947-9636 (text)

Wed., **July 8**, 7 pm- Leadership Team Meeting

Thurs., **July 9**, 9 am, Bike Mechanics Clinic, At Cordova H.S. (this represents a change from the usual arrangement) Please RSVP to Rich Fowler at: 916-761-7382 (via text)

Sat., **July 11**, 10 am, First Saturday Event- at West Discovery Park Oak Pavillion.

Sat., **July 11**, 11 am, Bike 1 class, as the second portion of the First Saturday event, Contact Tim Viall and see page 10 for details.

Sat., **July 18**, 8 am- The Great American Triathlon (formerly Eppies Great Race)  
Those signed up will receive information.

Sat., **July 18**, 9 AM, Coffee, Bikes, Insights outing at Soil Born Farms, brunch served by Soil Born Farms, fee required. If you're biking, it's on the western side of Hagan Park, just off the American River Bike Trail. If driving, 2140 Chase Dr., Rancho Cordova. For more insight into this special Urban farm, offering organic grown produce, educational programs and much more, see website: soilborn.org.

Thur., **July 23**, 7 pm- ARBP Townhall Zoom meeting. Open to all ARBP members.

Sat., **July 25**, 10 am- BLS Skill Class at the Streng Center (by William Pond)

## Month of August

Sat., **Aug 1**, 10 am- First Saturday Event, Foothills region

Tue., **Aug 4**, 9 am- Bike Mechanics Clinic, Please RSVP to Rich Fowler at: 916-761-7382 (text)

Tue., **Aug 4**, 3 pm- First Aid Clinic, (also available that evening, if you prefer) Please RSVP to Jim Margolis at: (916) 947-9636 (text)

Sat., **Aug 8**, 8 am- OFC Skills Class and Testing at La Familia Councelling Center. For details contact Doc Margolis.

Sat., **Aug 8**, 8 am- **Sac OEC class** for first time OECers, repeats every week until Sat Oct 24th. Contact: Derek Koonce for details. This represents a special opportunity as OEC is often taught in the Lake Tahoe region.

Wed., **Aug 12**, 7 pm- Leadership Team Meeting via Zoom

Sat., **Aug 15**, 8 am- Sac OEC class continues

Sat., **Aug 15**, Coffee, Bikes, Insights outing, Camp Pollock visit, more details to follow.

Tue., **Aug 18**, 6 pm- MLR Fall Meeting

Sat., **Aug 22**, 8 am- Sac OEC Class continued.

Thur., **Aug 27**, 7 pm- ARBP Townhall Meeting via Zoom, open to all members

Sat., **Aug 29**, , 8 am- Sac OEC Class continued.



## Month of September

Tue., **Sep 1**, 9 am- Bike Mechanics Clinic, Please RSVP with Rich Fowler at: 916-761-7382 (text)  
Tue., **Sep 1**, 3 pm- First Aid Clinic, (also available that evening, if you prefer) Please RSVP to Jim Margolis at: (916) 947-9636 (text)  
Sat., **Sep 5**, 10 am- First Saturday Event- Northern region  
Sat., **Sep 5**, 11 am- Bike 1 Class- second portion of the First Saturday event  
Sat., **Sep 5**, 8 am- Sac OEC Class continued.  
Sat., **Sep 5**, 8- am- BLS CPR Refresher, contact Jim Margolis for details.  
Wed., **Sep 9**, 7 pm- Leadership Meeting via Zoom  
Sat., **Sep 19**, 8 am- OFC Skills Day at la Familia Counseling Center. Contact Jim Margolis for details.  
Sat., **Sep 19**, Coffee, Bikes, Insights outing, Western Pond turtles and Bushy Lake exploration, more detail to follow.  
Sat., **Sep 19**, 8 am- Sac OEC Class continued.  
Sun., **Sep 20**, Family Fall Festival  
Thu., **Sep 24**, 7 pm- Townhall Meeting via Zoom, open to all members.  
Sat., **Sep 26**, 8 am- Sac OEC Class continued.  
Sun., **Sep 27**, Urban Cow Half Marathon

Coffee, Bikes, Insights outing, October 17, Fair Oaks Historical Society, more detail to follow.

On the first Tuesday of each month, Rich Fowler and Jim Margolis hold clinics on bike mechanics and first aid. These are one-on-one opportunities to receive customized instruction. You'll learn what tools work best, how to maintain your bike or how to gain confidence should you be faced with a common repair issue on the trail OR you'll practice first aid skills and be better prepared for upcoming OFC or OEC refreshers. The sessions are free, the only cost is to text Rich and/or Jim that you're coming. If you plan to go, please send those texts ASAP. Here are the details:

### **Bike Mechanics Clinic**

Tuesday, July 7, 9 a.m.

7573 River Ranch Way, Sacramento (in the pocket)

Text Rich Fowler at: 916-761-7382

### **First Aid Clinic**

Tuesday, July 7, 3 p.m. (also available that evening, if you prefer)

601 39th St, Sacramento

Text Jim Margolis at: (916) 947-9636

Don't be shy. They offer this to patrollers to pass along their knowledge of bike repair and first aid, and will do this even if one person signs up.

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



## Parting Shots



*L to R: Victor Massenkoff, Two members of the Horse Patrol, Sherry Martinez, Chris Haustein (Safety Patrol), Rick Bollinger, County Ranger, Rich Fowler, John Poimiroo.*



*Previously, at a big Rodeo Event, ARBP was present to assess the helmet-fit on children, and had discovered several mal-adjusted or poorly-fitting helmets. Then on May 12th, during May Is Bike Month and at the request of Team 7 Leader Wendy Lambert, Pius Kamber Bill Bleakly stepped up and also donated their time to help students from Oak Chan elementary in Folsom, by providing a helmet check as they exited school that day. It was no surprise that many of the helmets previously checked were still fitting well. Says Wendy Lambert, "It's nice when patrollers give up their own time to show up to help others. I truly appreciated their time."*

