



# TRAIL REPORT

Newsletter of the American River Bike Patrol

April 2026 - Volume 7 Issue 2

## ARBP Welcomes Three New Patrollers in First Three Months of 2026

By Mitchel Benson, Registrar and Team 9 Leader

Congratulations to our first three newly certified Patrollers of 2026: Leo Chan (Team 1), Barbara Lee (Team 0, **pictured at right**), and Elle Kari Steele (Team 1).

In addition, we have one new candidate so far in 2026 – Joe Blasy (Team 6).

The Patrol continues to grow – and from an increasingly faster rate – from the small group of diehard volunteers who gathered at an REI in 2020 to launch our organization.

Today, our roster comprises 114 members, including 90 fully certified patrollers and 24 candidates working their way through our system.

Of the 114 members, 31 joined in 2025 – our best recruitment year ever! That number is up from 22 in 2024, 20 in 2023, and eight in 2022.

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# Director's Chair

By John Poimiroo, Patrol Director

Spring is a busy season for the Bike Patrol.

The season's beautiful landscapes, decorated with blossoms, wildflowers and fresh greenery, warming weather and sunny, cloud-speckled days inspire many, whose bikes have otherwise been gathering dust, to go riding .

That often results in unprepared bikes on the trails and prone to flats, broken chains and adjustments. So, now's the time to do a little spring cleaning. By that, I mean check your patrol pack to tune up your bike and assure you're carrying two tire tubes, several CO2 canisters and a stocked first aid kit.

Free first aid and bike repair supplies are available at First Saturdays, but if you can't make it to one, speak to your Team Leader. He or she may be able to snag what you need and get it to you the next time you team up.

Spring is also full of special events. April begins on the 4th with Party Pardee. 20 patrollers plus Pat Hanlon as Patrol Command will support the event's 100k, 70k and 42k courses. Sponsored by the Sacramento Bike Hikers, it's one of the biggest events of the year and generates a big donation for the Patrol, helping to underwrite BLS/CPR training, NSP memberships and operating costs.

Sea Otter Classic (April 16 - 19) will be supported by a large contingent of our patrollers who will camp at Laguna Seca at Patrol Central or stay nearby on the Monterey Peninsula while providing patrol protection to 9,000 athletes and the 65,000 spectators who travel to see the largest cycling event in North America. The Patrol's volunteer efforts are rewarded with a large donation from Sea Otter, again helping to underwrite our costs. Contact Bill Collins ([wfcollins@att.net](mailto:wfcollins@att.net)) to join our contingent.

A series of non-stop events follow through April and National Bike Month (May), requiring lots of patroller support. If you can, please volunteer by emailing [americanriverbikepatrol@gmail.org](mailto:americanriverbikepatrol@gmail.org). Here's a rundown:

**Apr. 11** - Earth Day at Rio Americano H.S. brings patrollers to campus to talk about bike safety. (Kathie Mahdavi and Jim Margolis are coordinating this and need patrollers to staff the booth)

**Apr. 25** - RC Kids Day at Hagan Park (helmet fitting booth - help needed)

**Apr. 29** - SDOT Bike Buddies Briefing (A team will talk about how to prepare to bike to work - no need for additional patrollers)

**May 2** - Roseville Bike Fest (helmet fitting booth - help needed)

**May 6** - JIBE, Kids Bike Party, North Natomas (Jim Cheng and Sherry Martinez are leading and request two more patrollers to man a booth from 5 to 8 p.m.)

**May 9** - Dry Creek Extension Grand Opening, Roseville (Hydration booth and patrolling - help needed)

**May 14** - SDOT Bike Buddies Ride, Wm Pond to SDOT (Patrollers are needed to escort newbie bike-to-work commuters)



**May 14** - SABA/Rancho Cordova Community Bike Ride, 6 p.m., Sunriver Park (Russ Henley and Rich Fowler are putting a team together to escort community riders - help needed)

## Newsletter Gets Renamed

There's a new name for the ARBP's newsletter ... *Trail Report*.

*Trail Report* will continue to chronicle the bike patrol, its doings and issues of importance to bike patrollers. To contribute to the *Trail Report*, email [mark@mosyklos.net](mailto:mark@mosyklos.net).

## E-bike Update

Since the last issue of *Trail Report*, two deaths resulting from collisions with ebike riders have intensified statewide interest in ebikes.

As stated last month, the bikes aren't the problem; it's the behavior of some riding Class II ebikes and e-motos that is.

We recognize that the issue isn't going away. It's intensifying. As evidence of that, an NPR reporter recently interviewed John Poimiroo, Chris Warren and Vic Massenkoff about ebikes for a special report. More attention on the misuse of ebikes and misunderstanding of why this is occurring, is expected.

More about ebikes is found in the Patroller's Handbook.

## Appointments

Paul Rieger becomes the patrol's first Adaptive Cycling Adviser. Paul, who rides a recumbent ebike, is one of the patrol's leaders in miles and hours patrolled. He will be reaching out to adaptive cyclists and related clubs to better understand how the patrol can best serve this segment of the cycling public.

Newly appointed team leaders include Sherry Martinez, Team 1 (North Sacramento); Don Thompson, Team 10 (Roseville); and Chris Haustein, Team 11 (Safety Patrol).

Open team lead positions include: Team 3 (Sectors 2 - 3): Team 12 (FLSRA and ASRA) and Team 13 (Hidden Falls Regional Park). Open advisorships include: Budget, Events and Helmet.

If you are interested in becoming a team leader or adviser, email: [americanriverbikepatrol@gmail.com](mailto:americanriverbikepatrol@gmail.com)





## Sacramento County and City 311 apps

By Greg Smith, AC West

The Sacramento County and City 311 apps provide a wealth of information for areas within their respective jurisdictions, as well as a user-friendly way to report non-emergency related issues while bike patrolling. These are two separate apps for reporting matters requiring attention dependent on which jurisdiction you're located in. Of course, if you feel it is an emergency, calling 911 is appropriate.

Resources available through the app include the ability to report code enforcement matters, illegal vehicles on the trail system, trash removal needs, trail maintenance needs, signage issues, illegal unhoused encampments and speeding problems, safety related issues, animal control problems, environmental health concerns, etc. Users can call in matters or use the app. The apps allow users to

report matters by providing your own contact information or to remain anonymous. It allows for reports using a specific address, geographical features or by pinpointing on the app's map.

By providing your contact information it allows the agency to contact you with questions. In my use of the City 311 app, I have received notifications that they had received my report and what department it was referred to for mitigation. The 311 apps also allow users to see what reports have been made nearby your location. In researching this article, the author used this feature for his own home address and found a complaint that had been filed regarding scavenging of our trash bins 2024.

The Sacramento County and City 311 apps provide users with multiple tools to address matters requiring attention along multi-use bike trails in our area. The apps are available on the Sacramento County website <https://311.saccounty.gov/>, the City website <https://www.cityofsacramento.gov/information-technology/311/sac311-smartphone-app>, or through the Apple Store or Google Play sites.

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

13. ABCDE: Airway, Breathing, Circulation, Disability, Exposure

14. Head-tilt and Chin-lift are adequate first steps when attempting to open a patient's airway.

15. In the trauma setting ABCDE becomes XABCDE: eXanguination, Airway, Breathing, Circulation, Disability, Exposure. X can be also remembered as eXtreme eXternal bleeding.

16. In trauma settings the preferred order is CAB: Circulation, Airway, Breathing because patients can exsanguinate and die from major bleeds quicker than death from a lack of oxygenation. Some studies showed a better mortality outcome using CAB vs ABC in certain trauma patients.



## Sea Otter is April 16–19; volunteer ASAP!



The huge Sea Otter Classic cycling event is coming up in just two weeks, April 16–19, at Laguna Seca raceway park at Fort Ord National Monument between Monterey and Salinas, California. Join 13 ARBP first aid volunteers, part of the 60 person Sea Otter Safety Patrol.

First aid and course marshall volunteers receive free entry to the USA's largest cycling event, free camping, free lunch, a custom Sea Otter Safety Patrol hat, Big Saturday night barbecue and plenty of fun in between. In your spare time, tour the over 400 Sea Otter vendors at the USA's largest Cycling tradeshow.

The Sea Otter Classic features everything from mountain biking, dual slalom, road racing and cross-country - thrills and spills that draw 8,000 plus competitors, ranging from avid pro and amateur bikers - and 60,000 spectators.

By serving as first-aiders, course marshals and non-medical SAG drivers, the patrollers and friend's volunteer service can earn a share of approx. \$10,000 for their patrols (based on numbers of shifts per member/patroller or volunteer.) Patrollers, family and friends are offered no-cost FREE camping right in the Laguna Seca paddock at Ski Patrol Central, FREE admission to the festival, FREE lunch and cool volunteer t-shirt. Motorhomes, camping trailers and tents make for cozy accommodations and all will enjoy the Friday and Saturday night (hosted) NSP barbecues. Make new NSP friends and share your NSP talents for this grand event.

Here is the latest breakdown on recruiting:

ARBP: 13 members, 41 shifts

Dodge Ridge: 12 members, 35.5 shifts

China Peak: 10 Members, 32 shifts

Other patrols: 25 members, 53.5 shifts

Overall: 61 members, 163 shifts



ARBP patrollers at Sea Otter include: Bill Collins, Andy Hegelein, Gretchen Jacobs, Mark Moreno, Gerry McIntyre, Chris Warren, Bill Bleakly, Derek Koonce, John Poimiroo, John Webb, Lee Ann Lambirth, Randy Howard and Stephen Louie.

To volunteer or for more insight, connect ASAP with the FWD Sea Otter coordinator at [seaotter@farwest.org](mailto:seaotter@farwest.org).



# ARBP Bike Academy Update

By Victor Massenkoff, Bike Academy Mentor



Preparations for the 2026 Bike Academy class at Cordova High School have begun. The year begins with our program being honored with two distinguished awards. First, on March 13th the Cordova Community Council presented the ARBP Bike Academy Velo Lancers with the “Distinguished Community Service Organization” award at their 26th Annual Community Volunteer Awards event. Second, based on a nomination by

Sacramento County Regional Parks Director Liz Bellas, our Bike Academy program has been selected to receive the California State Park’s Kids & Trails Merit Award. This award will be presented at the Annual California Trails & Greenways Awards ceremony on April 15th in San Ramon. (See flyer next page)

This year we welcome newly minted Patroller Barbara Lee to the position of Assistant Bike Academy Advisor and Apprentice Mentor. She will be working alongside Lead Mentor Lary Bucher who has filled that role for the past two years. We owe much of the Academy’s success to Lary’s leadership, his heartfelt commitment and talent in teaching young students and of course his passion for cycling. Lary is our program’s “secret sauce”. We are thrilled he will be with us for another year.

We are very excited to have Barbara join us this year. She is a Sacramento native and is super involved in many ways serving the Sacramento community. She is a passionate cyclist and brings a wealth of cycling experience to the Patrol and the Bike Academy. She is a member of the League of American Bicyclists and is a certified League Cycling Instructor. She is also a very active member of SABA and JIBE teaching adult and youth safe cycling, learn to ride and bike rodeo courses. And as if that isn’t enough, she is also the Volunteer President and Book Buyer for the California State Capitol Museum Volunteer Association. To top it off she volunteers for the California State Railroad Museum Foundation as one of Santa’s helpers during the Polar Express program. We are very fortunate to have her join our Patrol.

The Bike Academy is also looking for additional Patrollers who might be interested in becoming mentors or substitute mentors. To learn more about how the program operates, this year’s schedule and how to become a mentor, please contact Bike Academy Advisor Rich Fowler at [richowlman@gmail.com](mailto:richowlman@gmail.com).





Dear Liz,

Congratulations! Your nomination, The American River Bike Patrol Velo Lancer Program, was selected for a Kids & Trails Merit Award, under the California Trails & Greenways Award Program. The award will be presented at the Annual California Trails & Greenways Awards Lunch on Wednesday, April 15, 2026, at the San Ramon Marriott. The award recognition includes a complimentary lunch.

To register for the awards lunch on Wednesday, please visit [www.parks.ca.gov/trailsandgreenways](http://www.parks.ca.gov/trailsandgreenways) and follow the “registration” prompts. Use the discount code **AWARD26** when completing your registration.

This year’s event is being held at the San Ramon Marriott. Discounted room rates of \$239 night plus tax, are available on a first-come, first-serve basis. To reserve your room, book online by visiting the [Marriott website](#) or call (888) 236-2427 and reference the California Trails Conference Foundation.

Please send four high resolution, 300dpi JPEG images of the project by **March 27, 2026**, and we will include them in the awards presentation. A description the recipient will also be included in the awards program. We will introduce them and invite them to the stage to receive their award. You will be able to reserve half of an exhibit table for setting up a display/presentation about your award recipient. If you wish to do so, please contact Noelle Breitenbach as soon as possible at [noelle.breitenbach@parks.ca.gov](mailto:noelle.breitenbach@parks.ca.gov).

***If you have any questions about registration or are interested in sponsoring, exhibiting, or donating towards our raffle/auction, please contact [Victoria Stehl](#) for details.***

If you have any questions, please let me know.

Thank you,

Sammy Reyes  
California Trails & Greenways Award Committee



# Patrollers to Help Open Roseville's Newest Trail

Members of the American River Bike Patrol will help celebrate the opening of the Greater Sacramento Area's newest bike path at the Grand Opening of Roseville's Dry Creek Greenway East Trail on Sat., May 9.

Bike Patrollers will staff a pop up booth at the new trailhead parking lot at 645 Riverside Ave. in Roseville beginning at 9 a.m., then be at the ribbon cutting at 10:15 a.m. Thereafter, they'll patrol the new trail and man the booth, providing a hydration station and answering questions.

This Grand Opening celebrates the completion of Phase 1 of the Dry Creek Greenway East Trail. There'll be booths about nature, safety and wellness trips, guided walks, a Kids Zone with scavenger hunt, games, music and a photo booth. So, if you're going, bring your family for hours of fun.

Patrollers interested in participating are asked to email Team 10 Leader Don Thompson at [iskitrees@yahoo.com](mailto:iskitrees@yahoo.com).

## Let's Celebrate GRAND OPENING Dry Creek Greenway East Trail



**Saturday, May 9 | 10 a.m. – noon**  
**The NEW trailhead parking lot at 645 Riverside Ave.**

Come celebrate the completion of Phase 1 of the Dry Creek Greenway East Trail. Bring the whole family and enjoy the new, approximately two-mile, paved multi-use trail.

**Event highlights:**

- Ribbon cutting at 10:15 a.m.
- Community Booths: Nature, safety, and wellness tips
- Guided walks
- Kids Zone: Scavenger hunt, games, music, and photo booth
- Celebrate Bike Month: Join the region and log rides to win prizes



[Roseville.ca.us/DryCreekEast](http://Roseville.ca.us/DryCreekEast)



## Hydration and Recruitment Tent-time

With a warm spring and hot summer forecasted, team leaders and ARBP members are being encouraged to set up occasional hydration and recruiting tents on area trails. Gear needed for hydration stations is stored in the ARBP storage locker in Rancho Cordova. A pop-up tent, table, folding chairs, water coolers and recruiting material will fit into most small SUVs or mid-size autos. Just fill one of the Patrol's Igloo containers with ice and water, and you'll soon make new friends on a hot day.



## It's time to think about **Upcoming Elections**, *By Jim Cheng, Director Emeritus*

As Election Chair, I am looking for Patrollers to help me solicit and count votes for these upcoming Leadership Positions:

Patrol Director

Secretary

Area Coordinator West

Area Coordinator Foothills



You may submit nominations or volunteer to run for any of these positions if you are a Patroller in good standing.

### **From Our Bylaws:**

#### Elections

The Board serves for staggered terms of two (2) years. The PD is limited to serving not more than two (2) consecutive terms.

In even years, the Patrol shall elect Patrol Director, Area Coordinator West, Area Coordinator Foothills, and Secretary.

In odd years, the Patrol shall elect Asst. Patrol Director, Registrar, Area Coordinator East, Area Coordinator North, and Treasurer.

The DE shall assume office and replace the previous DE when a new PD is elected.

#### Election Committee:

The Election Committee shall be constituted by the Board in January of each year and solicit nominations for Board positions to be elected in May and take office in July.

The Election Committee shall consist of three members of the Patrol, at least one of whom must not be serving in a leadership position. The committee shall select its chair by majority vote. The Election Committee solicits and consolidates nominations for office.

All persons nominated must be in Good Standing.

Any member in Good Standing may nominate Patrol members for office.



To qualify to be nominated, nominees must be in Good Standing.

Candidates for Patrol Director must have served as a Board member or adviser prior to nomination.

Candidates for Area Coordinator must be nominated by members of their respective teams and must have completed 48 patrol (not including admin) hours in the previous 12 months.

Open nominations from the General Membership may be accepted until March 15.

After verifying the qualifications of all nominees, the Election Committee shall present a slate of officers to the Board at its April meeting. The election shall occur from May 1 - 15.

The Election Committee will thereafter tabulate votes and report results not later than May 31.

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## Homelessness Response Report: Northern Bike Trail improvements reflect continued progress through partnerships

The City's [Incident Management Team](#) (IMT) received 602 calls for service in a recent week, responding by engaging with people experiencing homelessness, offering services and shelter options, and ensuring compliance with City laws and ordinances.

From March 9-15, the IMT responded to 589 unique locations.



The [Department of Community Response](#) (DCR) and the IMT continue to report progress and success along the [Northern Bike Trail](#), where a multi-agency effort has focused on restoring public access while connecting people experiencing homelessness to services and housing.

In 2023, the parkway was identified as a priority due to extensive encampments, public health concerns and



safety issues. At the time, an estimated 400 individuals were living along or near the trail.

Response efforts along the parkway involved coordinated work across multiple City departments and community partners. [Neighborhood Wellness](#) teams, which included Sacramento County [Behavioral Health Services](#), [Community HealthWorks](#) and [Hope Cooperative](#), played a critical role in outreach and engagement, helping connect unsheltered people to services and support.

The effort also included the Sacramento Police Department, City Park Rangers, Code Enforcement and Animal Control, along with critical infrastructure partners such as the Department of Utilities, American River Flood Control District, Reclamation District 1000 and Caltrans. This coordinated approach supported both the restoration of the trail and improved outcomes for those living along it.

The City secured more than [\\$18 million](#) in state [Encampment Resolution Funds](#) to support this work, allowing for expanded outreach, shelter access and housing placements.



Since the effort began, more than 120 individuals from the Northern Bike Trail have been placed into permanent housing through the [Street to Housing program](#), with another 120 entering interim housing. Overall, approximately 75% of individuals who were living along the trail are now sheltered or housed.

The trail is now largely restored for public use, with ongoing monitoring and response from City teams and partners to address new



encampments and maintain access to the parkway.

## Key IMT activity and service data from the reporting period:

### 311 service requests

- 311 calls received related to unsheltered individuals: 602
- Homelessness-related cases [opened](#): 2,273
- Homelessness-related cases closed: 2,357

### Outreach and placements

- Unsheltered people enrolled into shared local outreach databases: 78
- Unsheltered people placed into City shelter sites (Roseville Road campus or the Outreach and Engagement Center): 44

### Shelter availability as of March 17

- Roseville Road Campus: 37 cabins available
- Outreach and Engagement Center: 27 spaces available
- Average openings at City-funded shelters (excluding Roseville Road and OEC): 26

### Environmental services

- Trash removed: 50,420 pounds

### Additional information

- View the full weekly report: [IMT Data Report 03.09-03.15](#)
- Explore the [IMT data dashboard](#) for weekly and cumulative totals dating back to September 2023.



[Click here](#) to learn more about the City's comprehensive response to the homelessness crisis.





## Hiking Patrollers Travel Off the Beaten Path

Let's face it, the lower American River Parkway, particularly that stretch between Discovery Park all the way to the Hazel Avenue Bridge, is a walkers, hikers paradise – with many of the exciting trails off-limits to cyclists and open only to walkers, hikers and equestrians.

The Parkway was planned that way since its debut in 1961, and the county aims to keep it that way, with cyclists allowed only on the paved trails and a few carefully chosen fire roads and levee crests.

Hence, to bring safe cycling and hiking skills, first aid, and CPR when required to these trails, we need more hiking patrollers, where our cycling patrollers cannot reach.

Additionally, as some of our current Bike Patrollers age, some may age-out of serious cycling, and hiking patrolling offers a great fallback option to them (i.e., people like me with a cycling injury causing balance problems).

So let's do April and May outreach, to local hiking and walking clubs, enticing new safety Patrollers to join with us. We are looking to do a couple of invitational hikes, one in Sailor Bar, perhaps another in Sacramento Bar Park or Rossmoor Bar, as well as one in the Sierra up-country, for future hiking Patrollers to join us on informational and demonstration hikes.

To be part of the hiking patroller recruitment team, contact patrol secretary Tim Viall, [tviall@msn.com](mailto:tviall@msn.com).

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## ARBP Leadership Approves Recruitment/Membership Process

*By Mitchel Benson, Registrar and Team 9 Leader*

The ARBP Leadership at its March 11 meeting approved an array of changes designed to improve and expedite the process of recruiting candidates and training them to become fully certified patrollers.

Among the key elements of the changes:

- The Patrol will commit itself to invigorate our team structure by recruiting team leaders where needed for each section we cover, and by scheduling training events to ensure that team leaders understand



and are committed to the new ramped-up approach to recruiting and training.

- The Patrol will engage in a more robust recruitment effort, taking advantage of all patrollers as “recruitment ambassadors” as they patrol our hundreds of miles of trails — handing out “blue cards” and other brochures — and using everything from hydration stations, to First Saturdays, to community meetings, to visiting area bike shops, to engaging area cycling clubs, to embracing traditional and social media, to spread the word about joining the ARBP.

The Leadership approved a clearly defined one-page list of requirements for candidates to become patrollers, designed to make the steps less cumbersome and intimidating.

One substantial change to the list of requirements eliminates the need for candidates to complete the NSP Bike 1 course in order to become a fully certified patroller. Instead, patrollers will be required to complete the Bike 1 course within their first year as a fully certified patroller, and to be considered to be “in good standing” with the ARBP.

The Patrol will create a permanent Membership Committee, led by Membership Adviser Gretchen Jacobs, to guide the implementation of new recruitment and membership changes, and to continue to develop and monitor the process. Among other things, the new committee will create a new Candidate Training Binder that will include trail maps, patrol cards (blue, yellow, green, etc.), and a newly approved step-by-step check list/sign off list for all candidates and the patrollers training them, to follow throughout the candidate/training process.

Team Leaders will continue to take the lead in training candidates, though Team Leaders — in coordination with their Area Coordinators — can tap trained mentors to assist with candidates when necessary.

The Patrol will be creating new “Candidate” vests for our candidates, clearly marked with the word “CANDIDATE” printed across the back. Candidates will wear them throughout the training process. Once candidates become fully certified patrollers, they will turn in their candidate vests and order their regular ARBP vests or jerseys.

The Patrol, led by IT Adviser Chris Eddy, will create a new online dashboard to help keep track of every candidate’s progress, from the moment they submit a membership application until they complete their final checkoff ride. Candidates, Team Leaders, and other Patrol leadership will have read-only access to the dashboard, with editing access reserved for the Registrar, in coordination with the Membership and IT advisers.

The patrol will strive to conduct exit interviews with every candidate who drops out of training and every patroller who resigns or asks to be added to the inactive roster. The candidate’s/patroller’s team leader, area coordinator or other Patrol Leader will conduct the interview to learn what can be done to improve the training/Patrol experience.

The process of examining and reassessing the Patrol’s approach to recruitment and membership began on January 15, when Patrol Director John Poimiroo announced the creation of an ad hoc Membership Committee to study the matter and report back to the leadership with recommendations.

Poimiroo appointed Registrar Mitchel Benson to chair the committee, and asked the following ARBP members to join in the effort (all agreed):



Gretchen Jacobs, Membership Adviser

Rich Fowler, Team Leader

Victor Massenkoff, PIO

Jeff Gamache, APD

Greg Smith, AC West

Rick Bollinger, AC East

Ron Ciucci, AC Foothills

Alain Grenier, AC North and MBU Adviser

Chris Eddy, IT Adviser

In addition, two more patrollers joined the effort: Ron Kafoury, Social Media Adviser, and Chris Warren, Team Leader and Wellness Adviser. And Doc Margolis, though not an official member of the committee, joined in on many of the discussions.

At the first Zoom meeting, Benson divided the committee into three subcommittees, led by their respective subcommittee chairs: Recruitment (Bollinger). Requirements (Gamache), and Onboarding (Jacobs). Over the next several weeks, the three subcommittees, in turn, did their own work and then presented their recommendations to the full committee on March 4 for discussion and approval. The subcommittee chairs then presented their respective committee's recommendations to the Leadership on March 11.

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## Sailor Bar Re-dedication and Day of Play

The American River Bike Patrol took part in the lively and scenic rededication of Sailor Bar Park and Day of Play in the park. ARBP members Ava Harriman, Nadia Johnson, Bill Bleakley, Tom Scheffer and Tim Viall took part in the tours and staffed the bike patrol information/recruitment tent. Similar information tents included Fair Oaks Historical Society, Friends of Sailor Bar, and Save the American River Assoc.

The over 1 mile trail between the two park entrances received a dozen new concrete benches are scenic overlooks and five concrete tables to make the park even more welcoming to locals challenged by mobility handicaps.

Take the short 1 mile hike along the riverfront in the reborn park and enjoy the lovely, almost unchanged American River.



## Patrol Social Committee Seeks Volunteers

This is an open invitation to join as a member of the Patrol's Social Committee, to help brainstorm and execute several fun, social outings each year, open to patrollers, family members and friends.

Help the new social committee plan the patrol's sixth birthday party. The social committee will meet occasionally either in person or via Zoom meetings. One event being considered is a Patrol Birthday Party to celebrate the Patrol's sixth anniversary. Other events might include a bike outing to Lake Tahoe or the Bay Area, a summertime kayak/SUP/sailboards summer barbecue on Lake Natoma - you get the idea, have fun, include family members or friends, and enjoy your membership in the ARBP. To join the committee, please contact Tim Viall, [tviall@msn.com](mailto:tviall@msn.com) or phone 209.969.3875.

## "Coffee, Bikes, Insights" program, 2026



The "Coffee, Bikes, Insights" program offers fun outings to help our members become Renaissance thinkers as to the history, flora and fauna and gems of the American River Parkway. The program envisions third Saturday morning visits with 10 to 20 Bike Patrol members, family and friends. We will provide coffee or hot chocolate and danish, and the host organization presents a 30 minute discussion or tour of their facility or program, and addresses questions and answers. Small group patrol rides follow on the nearby Parkway.

Recent outings included Folsom Historical Society in February and a Sailor Bar hiking tour in March. Coming up are Saturday, April 18th, 10 AM, presentation and tour of the Effie Yeaw Nature Center in Carmichael, and, on Saturday, May 16, 9:00 AM, a walking/hiking tour of Sailor Bar Park on the American River. Attendees have the option of adding easy going patrol rides after the tours. Mark your calendar and invite friends

To sign up, please email: your name, which event, how many people and your contact info, to Tim Viall, [tviall@msn.com](mailto:tviall@msn.com), or phone 209.969.3875. Please bring a bike lock, if you are bringing your bike.

Future outings: We are also looking to future outings at locations like the Lake Natoma trail, hosted by FOLFAN (and featuring the popular Eagles nest), the Bushy Lake area, featuring Western Pond Turtles and Indigenous peoples' insights, Old Sacramento and the Sacramento Historical Museum and the Fair Oaks Historical Society. If you have other suggestions for future destinations, please share with Tim Viall, [tviall@msn.com](mailto:tviall@msn.com).



# Reflections on Bike 1 and Becoming a Bike Instructor

By Tim Viall



Since the rollout of the new Bike 1 Basics of Bike Patrolling course, we have shared the course with almost 65 percent of our veteran members, and have offered it to our all new candidate patrollers since the start of 2025. Along the way, we have groomed five of our members as NBP bike instructors. With that as background, here are observations from the trail.

We will be offering the Bike 1 course on Saturday, April 4, following First Saturday. The event presents the option to become a bike instructor.

In our first years, we had developed our own bike skills training program, which covered much of the ground touched by the Bike 1 course. Bike 1 also offers a good platform for developing bike instructors and we are working to enlist more of our members as instructors. We then apply the course insights for basic safe cycling instruction to the general public at community events and cycling fairs.

We are working with the National Bike Committee in the development of the Bike 2 course, which will offer basic and advanced skills for urban, cross-country, downhill and terrain parks cycling. Additionally, the Bike Senior program is also being developed, which should be ready for rollout in early 2026.

An overview of The Bike 1 course; Basics of bike patrolling includes both an on-line portion, and a hands-on segment, totaling about eight hours of instruction for each candidate. Modules include:

Module 1, Bike frame and components overview, and ARBP bike tools, equipment required, ABCDE Quick Check overview, bike assessment, and helmet fitting (use the ARBP business cards below as teaching tools):

Module 2, Bicycling equipment check, both mechanical tools and first-aid gear,

Module 3, Outdoor Emergency Transport, primarily protecting the victim, interaction with EMS services.

Module 4, Scene size-up, (add insights into special circumstances we can encounter on the ART, i.e., congested trail, multiple incidents, homelessness interactions, equestrians, water safety, etc.)

Module 5, Adaptive Cycling; a simple overview.

Our patrol adds to modules: Trail Readiness (a review of the ARBP on-line course); Ranger and County/State maintenance interaction (911, 311 calls and the 311 County app); and a demo Check-off ride on the trail.

Our ARBP handouts to the public, business-sized cards, are great tools for NSBP bike patrollers and bike



instructors.

ARBP members are encouraged to become NSBP bike instructors and the Bike 1 course makes a good training ground for new bike instructors. The process of developing new Bike Instructors is outlined in the NBP bike instructor training manual, available through the NBP. The manual includes student check sheets, feedback questionnaire, a bike instructor application and mentorship tools.

Our future targets include development of a Bike 1 course for families with young riders, to bring basics of safe cycling and hiking practices to youthful riders and their families. Our local county and state land manager partners welcome such targeted clinics that promote safe cycling practices to our busy trail system. And, as noted, we look forward to contributing to the coming Bike 2, bike patroller skills course; the coming NBP bike patroller skills training program. It's coming soon; get in on the ground floor as an NBP bike instructor. Additionally, the Senior Bike Patroller program is being developed; consider enhancing your bike instructor skills.

For additional insight, contact American River bike instructor trainer Tim Viall, [tviall@msn.com](mailto:tviall@msn.com), 209.969.3875.

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## Rattlesnakes

By Mark Moreno

Snake encounters on the American River Parkway in Sacramento County and Folsom Lake State Recreational do happen, but luckily most are happy sightings with no one getting hurt.

However a plague of recent rattlesnake encounters in warmer Southern California give cause for concern. On February 1, a 25 year old cyclist, Julian Hernandez, was bitten while mountain biking on the Quail Hill Loop Trail in Irvine and died on March 4th from this injury. On Friday March 6, a 13 year old was bitten at the Wendy trailhead in Newbury Park and was rescued using a wheeled litter then transferred to a waiting ambulance. She survived. On the same day another person, who survived the ordeal, was bitten by a "baby" rattlesnake in Minor Oaks. Both of these were located in Ventura County. On March 14th a 46 year old mother, Gabriela Bautista, was airlifted from where she was hiking at Wildwood Regional Park in Thousand Oaks, but died 5 days later. An 81 year old grandmother was bitten in her own backyard also located in Thousand Oaks.



Peak mating season occurs this time of the year as temperatures warm up. Seven to eight thousand people in the US are bitten every year, yet typically only 5 die from their injuries, so very rare.



Although rattlesnakes are identified by the presence of a rattle, not all rattlesnakes will have one when they are young, or when predators (e.g., a coyote, river otters, and young eagles) attack the wrong end of the snake. Eventually the rattle grows back.

Rattlesnakes can also be difficult to see, especially if they were sleeping in tall, dry grass. They have a characteristically shaped head, described as an arrowhead. A Northern Pacific rattlesnake with rattle present, is seen at left. (photo courtesy of Larry Barlly)

Treatment consists of getting transport to an emergency room as soon as possible. First get the patient and yourself well away from harm's way. If it is a warm day be sure to move out of the sun. Take a photo of the snake if possible without getting bit. Remove constricting jewelry from the limb that was bitten and place the item(s) in a ziplock baggie with the patient's belongings. Document this. Current field treatment does not include using a tourniquet nor the old fashioned "sucking out" of the wound. It is better to keep the patient still and comfortable. No ice is used. While you do not want the wound getting

dirty, if a dressing is used make sure it is minimal. Monitor the patient's condition until advanced care arrives.

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## Meet Your Social Media Advisor — And How to Stay Connected with ARBP Online!

Hi fellow patrollers! I'm Ron Kafoury, and for those I haven't met yet, I've been serving as the Social Media Advisor for the American River Bike Patrol for about six months now. My goal is simple: make sure the great work we do out on the trails gets the visibility it deserves — both within our patrol community and with the public we serve. That means sharing trail safety tips and patrol highlights, promoting events happening along our trails, recruiting new patrollers, and helping raise donations that keep our organization running strong.

We've been ramping up our social media presence, and I wanted to make sure everyone knows where to find us and how to get involved. Here's a quick rundown of our channels and how to follow or join each one:

**ARBP Public Facebook Page** This is our outward-facing page where we share trail safety tips, patrol highlights, community news, and recruitment info with the general public. We've been cross-posting and connecting with related groups and organizations to expand our reach, so there's a lot more activity here than you may have seen in the past.



*How to follow:* Go to Facebook and search for **American River Bike Patrol**. Click the "**Follow**" button to see our posts in your feed.

**ARBP Members Only — Private Facebook Group (Patrollers Only)** This is our internal space — the place for training updates, event coordination, patroller discussions, and general camaraderie. Any patroller can post here, so don't be shy! If you've got a great trail photo, a question for fellow patrollers, or news to share, this is the spot.

*How to join:* Search Facebook for **ARBP Members Only** and request to join. If you need help getting added, shoot me an email at [rkafoury@gmail.com](mailto:rkafoury@gmail.com) and include your Facebook name so I can find you and get you set up.

**ARBP on Instagram** We're building out our Instagram presence with Reels, trail photos, and content designed to reach new audiences — especially potential volunteers. If you're on Instagram, give us a follow and help spread the word!

*How to follow:* Search for **American River Bike Patrol** on Instagram, or look for our handle and tap "**Follow.**"

**Want to Help with Content?** Here's something I want every patroller to know: you don't have to be a social media expert to contribute. If you've got a photo, a story from a patrol, or an idea for a post you think the public would enjoy, send it my way! For the public Facebook page and Instagram, just email your suggestions to me at [rkafoury@gmail.com](mailto:rkafoury@gmail.com) and I'll review them and get them polished and posted. And remember, you can post directly to our **ARBP Members Only** group anytime.

We're going to be much more active across all of these channels going forward, and the more patrollers who are connected, the stronger our community will be — both online and out on the trails.

Thanks for everything you do out there. See you on the trail!

— Ron Kafoury, ARBP Social Media Advisor

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## Calendar Of Events

**Sat., Apr. 4,** 8 a.m., Party Pardee in lone, put on by the Sacramento Bike Hikers. Join your fellow patrollers and ride the rolling hills around Lake Comanche and Lake Pardee for this yearly classic. Contact Patrick Hanlon at 916-517-6864 / [pwhanlon@gmail.com](mailto:pwhanlon@gmail.com) or John Poimiroo at 916-801-1013 / [poimiroo@gmail.com](mailto:poimiroo@gmail.com) for more information.

**Sat., Apr. 4,** 10 a.m., First Saturday Event At Black Miners Bar, FLSRA. An agency presence is likely, so if you are not at Party Pardee please attend this important First Saturday Event.

**Sat., Apr. 4,** 12:30 p.m., Bike 1 class, just after First Saturday for more information contact Tim Viall at 209-969-3875 / [tviall@msn.com](mailto:tviall@msn.com)



**Tues., Apr. 7th**, 9 a.m., Rich Fowler's Bike Clinic. Contact Rich Fowler at 916-761-7382 / richowlman@gmail.com to RSVP.

**Tues., Apr. 7**, 3 p.m., Doc Margolis' Medical Clinic. Contact Doc Jim at 916-947-9636 / jamadapa@att.net to RSVP.

**Wed., Apr. 8**, 7 p.m. Leadership Meeting via Zoom.

**Sat., Apr. 11**, Earth Day at Rio Americano H.S.

**Wed., Apr. 15**, Lunchtime, Velo Lancer Award (see flyer on page 6) At the San Ramon Marriott.

**Wed., Apr. 15**, noon, Far West Division Bike Patrol Summit, held at Sea Otter event, Laguna Seca Raceway, near Monterey, contact RW Wilson for more information, rwskiya@sbcglobal.net.

**Thurs., Apr. 16**, to Sunday, April 19, Sea Otter Classic at Laguna Seca Raceway and Fort Ord National Monument. See Sea Otter, page 5 in this publication or contact Bill Collins for more information, wfcollins3@att.net.

**Sat., Apr. 18**, 10 a.m., Coffee, Bikes, Insights, At Effie Yeaw Nature Center, Carmichael. Contact organizer Tim Viall at 209-969-3875 / tviall@msn.com

**Thurs., Apr. 23**, 7 p.m., Townhall Meeting via Zoom.

**Sun., Apr. 26**, 5:30 p.m., Velo Lancer/ Bike Academy Mentor interest session and potluck with burgers provided. Contact Rich Fowler at 916-761-7382 / richowlman@gmail.com for more information.

**Wed., Apr. 29**, Noon, Bike to Work Day Information Session - Presented to SDOT employees

**Sat., May 2**, 10 a.m. First Saturday, Royer Park, Roseville (Includes Zello Training)

**Sat., May 2**, Roseville BikeFest, Vernon Street Town Square, Roseville

**Tues., May 5**, 9 a.m. Rich Fowler's Bike Clinic. Contact Rich Fowler at 916-761-7382 / richowlman@gmail.com to RSVP.

**Tues., May 5**, 3 p.m. Doc Margolis' Medical Clinic. Contact Doc Jim at 916-947-9636 / jamadapa@att.net to RSVP

**Wed., May 6**, JIBE, Kids Bike Party, North Natomas

**Sat., May 9**, 10 a.m. Dry Creek Greenway East Trail Opening Ceremony in Roseville.

**Wed., May 13**, 7 p.m. Leadership Meeting via Zoom.

**Thurs., May 14**, 6 p.m. - Rancho Cordova Community Ride, Sunriver Park, RC

**Sat., May 16**, 8:30 a.m., Coffee, Bikes & Insights - walking/hiking tour of Sailor Bar Park, Starting at Olive Avenue park entrance.

**Thurs., May 28**, 7 p.m. Townhall Meeting via Zoom

**Tues., June 2**, 9 a.m. Rich Fowler's Bike Clinic. Contact Rich Fowler at 916-761-7382 / richowlman@gmail.com to RSVP.

**Tues., June 2**, 3 p.m. Doc Margolis' Medical Clinic. Contact Doc Jim at 916-947-9636 / jamadapa@att.net to RSVP

**Sat., June 6**, 10 a.m. First Saturday Event. West. (Includes Zello Training)

**Sat., June 6**, Bike 1 class, the second half of our First Saturday event, starting around 12:30 PM, Location TBD

**Wed., June 10**, 7 p.m., Leadership Meeting via Zoom.

**Thurs., June 25**, 7 p.m., Townhall Meeting via Zoom.



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## ARBP Leadership Team

### Elected Board (Voting Rights)

- Patrol Director - John Poimiroo
- Assistant Patrol Director - Jeff Gamache
- Treasurer - Terry Reynolds
- Secretary - Tim Viall
- Registrar - Mitchel Benson
- AC/West - Greg Smith
- AC/East - Rick Bollinger
- AC/Foothills - Ron Ciucci
- AC/North - Alain Grenier
- Director Emeritas - Jim Cheng

### Appointed Team Leaders

- Team 0 - Rich Fowler (Sectors 0 - 1)
- Team 1 - Sherry Martinez (Sectors 0 - 1)
- Team 2 - Gerry McIntyre (Sectors 1 - 2)
- Team 3 - TBD (Sectors 2 - 3)
- Team 4 - Rick Bollinger (Acting) (Sectors 3 - 4)
- Team 5 - Paul Sassenrath (Sectors 3/4/11)
- Team 6 - Chris Warren (Sectors 3/4/8/9)

- Team 7 - Wendy Lambert (Sectors 3/4/8/9)
- Team 8 - Terry Reynolds (Sectors 4/8/9/11)
- Team 9 - Mitchel BensonI (Sectors 7/8/9/10)
- Team 10 - Don Thompson (Sector 11 - Roseville)
- Team 11 - Chris Haustein (Safety Patrol)
- Team 12 - Alain Grenier (Acting) - MBU - FLSRA/ASRA
- Team 13 - Alain Grenier (Acting) - Placer Co/Hidden Falls RP

### Appointed Advisers

- Adaptive Cycling - Paul Rieger
- Associations - Kathie Mahdavi
- Agencies
  - o Sac County - Rick Bollinger
  - o El Dorado County/Placerville/Folsom - Ron Ciucci
  - o Folsom Lake SRA - Ron Ciucci and Alan Grenier
  - o Auburn SRA - Ron Ciucci and Alain Grenier
  - o City of Roseville - Jeff Gamache and Alain Grenier
  - o Placer County - Alain Grenier



- **Bike Academy - Rich Fowler**
- **Budget - TBD**
- **Elections - Jim Cheng**
- **EMS - Rick Bollinger and Greg Smith**
- **Events - TBD**
- o **Party Pardee - TBD**
- o **Sea Otter Classic - Bill Collins**
- o **Roseville Bike Fest - Gamache**
- o **Family Fall Festival - Cordier**
- o **State Parks Week - Alain Grenier**
- o **Great American Triathlon - Bollinger**
- o **Urban Cow Half Marathon - Oetken**
- o **California IRONMAN - Poimiroo/Mahdavi/Cairns/Bleakly**
- **First Aid**
- o **OFC - Jim Margolis**
- o **OEC - Derek Koonce**
- o **BLS/CPR - Dave Olney**
- **Fundraising - Kathie Mahdavi**
- **Helmet - TBD**
- **IT - Chris Eddy (Website and Statistics)**
- **Mechanical - Rich Fowler**
- **Medical - David Shatz**
- **Membership - Gretchen Jacobs**
- **Newsletter Editor - Mark Moreno**
- **NSP - John Poimiroo**
- **NSP Bike Committee - Tim Viall**
- **PIO - Victor Massenkoff**
- **Quartermaster - Terry Reynolds (Acting)**
- **Rules/Patroller's Handbook - John Poimiroo**
- **Safety Patrol - Chris Haustein**
- **Social Events - Tim Viall**
- **Social Media - Ron Kafoury**
- **Mountain Bike Unit/Safety Patrol - Alain Grenier**
- **Wellness - Chris Warren**

*INCIDENT 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](mailto:mark@mosyklos.net), by the 25th of the previous month.*



## Parting Shot



*Can you identify these patrollers and where the picture was taken? If so, be one of the first three to correctly ID each of the patrollers and the location to win a Fenix LD01 pen light. Email your answers to [mark@mosyklos.net](mailto:mark@mosyklos.net)*

