



TRAIL REPORT

Newsletter of the American River Bike Patrol

October 2026- Volume 7 issue 4



Margolis and Mahdavi Named Best in the Nation

Jim Margolis and Kathie Mahdavi were awarded the National Ski/Bike Patrol's top honors as the finest Bike Patroller and Bike Host in the nation. The awards were presented at the Far West Division's Annual Awards banquet held in Sacramento in September. For the high honors they received gold merit stars and commemorative trophies and plaques.



It was Margolis' second prestigious gold star. He previously received three yellow and one purple merit star, a distinguished service award and a meritorious service award from the NSP. Recognition as the nation's top bike patroller was based on Margolis' extensive contributions to first aid training, including monthly clinics, presence at all patrol first aid training sessions and over 330 hours instructing courses in the past four years. In addition to the extensive number of first aid classes which he teaches or serves as an Instructor Trainer, he patrolled over 1,500 miles on his bike, volunteered at numerous events and continues to support his ski patrol. A formidable record of community service, support to the NSP and work with cooperating associations, atop his work as a bike patroller, contributed to his recognition as top bike patroller in the nation.

Mahdavi received her first gold star and first national NSP award by being named top Bike Host. The distinction between Bike Patroller and Bike Host is particular to the National Ski Patrol. In the NSP, Patrollers hold Outdoor Emergency Care (EMR-level) certificates, while Hosts hold Outdoor First Care (Advanced First Aid) certificates. In the American River Bike Patrol, both NSP bike patrollers and hosts are called bike

In This Issue

BLS and OFC	2
Patrol Hours	3
Bike Safety	3
Vital Signs	4
ARBP 7 Years	5
Velo Lancers	6
Rick's Corner	7
Patrol App	7
D2 Bike Fest	7
Bike 2	7
Factoids	8
Bike 1	9
IronMan	10
Run To Feed	11
Events Team	11
Coffee Bikes	12

patrollers and serve equally.

As one of the ARBP's leading patrollers in miles and hours, Mahdavi stood out as a leader, previously serving as Assistant Patrol Director, one of the founders of the patrol's women's circle, the patrol's representative to agency cooperative associations, at the forefront of developing bike safety educational programs for youth within its Bike Academy, as fundraising adviser, as a captain at IRONMAN, and for helping to expand bike patrols throughout Sacramento. the sixth largest city in California. She was selected to be one of the ARBP's patrollers to accept the Mayor of Sacramento's Nonprofits of Distinction award for this accomplishment.

Mahdavi is a leader in her community, as an instructor/trainer for the River City Rowing Club where she recognized that AEDs had deteriorated and needed improvement, serving as liaison for the club's Daylight Rowing Team composed of older rowers and its Safety Launch Diver. She served on the American River Consortium supporting waterbird habitat and is a caring neighbor, assisting older residents get to medical appointments.



From The Director's Chair

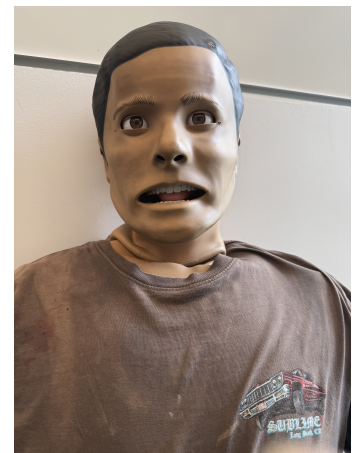
Last Chance to Take BLS and OFC

The last opportunity this year to renew your BLS or OFC cards will occur on Oct. 10 and 17 in El Dorado.

BLS/CPR is being conducted by Sierra-at-Tahoe on the 10th at the Sierra Crest Academy, 6540 Koki Ln in El Dorado. To register, contact Ron Ciucci (ron_ciucci@yahoo.com). You must complete an online portion of the course (estimate 4 hours) prior to attending the skills session.

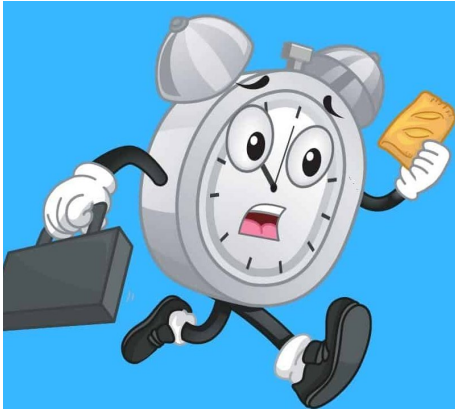
OFC is being conducted on the 17th by Sierra-at-Tahoe at Light of the Hills Lutheran Church at 3100 Rodeo Rd in Cameron Park. To register, contact Ron Ciucci (ron_ciucci@yahoo.com). You must complete an online portion of the course (estimate 4 hours) prior to attending the skills session.

The next OFC and BLS classes will not occur until March 13, 2027 in Sacramento. If your OFC or BLS expire before then, you will need to stand down from patrolling until you renew. The American River Bike Patrol and Sierra-at-Tahoe Mountain Host Unit cooperate to provide four opportunities to renew OFC and BLS each year.



*Haunted Halloween CPR/
ACLS Training Manikin*





Post Your Patrol Hours Now!

To be eligible for reimbursement of patrol and training costs, October 31 is the deadline to post Shift Reports for your patrols between November 1, 2025 and Oct. 31, 2026. **No exceptions.**

If you have not posted all hours from this past year, do so immediately or you will be ineligible for reimbursement of patrol and training costs.

Should the two-month window for reporting hours, done earlier in the year, be closed on the Shift Report, pick any day that's open. We'd rather have your hours and reimburse you, but please be more attentive in the future about posting hours quickly following patrols and training. This exception may not be available in the future.

The online Shift Report is now the **ONLY** way to report hours. Emailing hours no longer works.

Oak Chan Bike Safety

RJ Wichert and the Oak Chan PTO are thanking the ARBP for supporting the Oak Chan Bike Safety Night again this year. They write:

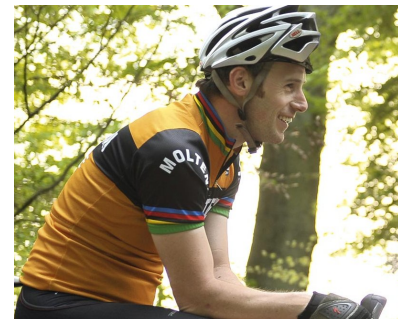
“Bike Night 2026 was a huge success and it looked like we had around 100 kids and parents this year. Your team helped us put the SAFETY in Bike Safety Night with your generous support of our bike helmet fitting station. It might not be the station the kids want to go to, but it's BY FAR the most important one for them to visit. I lost count of how many poorly fitting helmets I saw during bike night... Two of which were worn backwards!! This annual re-check of the kids' helmets goes a long way to making them safer on the road. Thank you for supporting us again this year!! I saw it was really busy throughout the event. Thank you for pushing through and getting as many helmets checked as possible!

“Your support really made our Bike Safety Night a success, and it wouldn't be the same without your helmet fitting station. We truly appreciate your donation to our event and can't wait to work with you again next year if possible.”

— Submitted by Wendy Lambert



Above: Stephen Louie, Wendy Lambert and Bill Bleakly. Below: An improperly worn helmet.



15 “VITAL” SIGNS

Vital signs are any measurable sign that will help assess a patient initially and monitor how the patient is progressing. Traditional vital signs are pulse, respiration, temperature and blood pressure.

Abnormal initial vital signs may indicate how critical the patient is and how rapid EMS needs to be activated. Serial vital signs help us monitor our patients and EMS should be updated when there are significant changes. Examples: skin



A first responder quickly assess signs & symptoms

goes from sweating and hot to dry indicating heat exhaustion may have progressed to heat stroke; should a runner have 10% of initial race body weight— they are critically dehydrated and should stop racing and EMS be activated.

Other examples: a suspected head trauma that initially is A and O x 4 and PERRL and becomes confused and has dilated pupil — may be an indication of stroke or intracranial bleeding. Initial normal pulse, respirations and pulse ox and then pulse and respirations increase and pulse ox below 94--- indication of shock and probable bleeding.

- 1, LOC – Level of consciousness- Alert and Oriented x4—time, place person and event, AVPU (alert, responds to verbal, responds to pain, unresponsive) or use the GLASGOW-EMT scale.
2. PULSE
3. Respirations
4. Blood Pressure
5. Temperature
6. Pulse Oximeter
7. SKIN SIGNS -color, hydration, temp and turgor (“Tenting” occurs when skin is pinched and does not return to shape—indicates dehydration)
8. Capillary refill
9. PUPILLARY SIGNS 1-9 mm, PERRL (pupils equal and reactive to light)
10. CMS (circulation, motion and sensation distal to injury)
- 11.. PAIN (0-10) (this is more of a symptom, but accompanying affect consistent with rating; e.g. crying, severe anxiety in patients complaining of pain level 8).
12. Affect and Mental Status (calm and cooperative vs anxious, agitated, combative, paranoid and hallucinating).
13. CHILD ABCS-- A (appearance)— Parent indicates “My child just doesn’t look right.” or “There is something wrong with my child.”— is IMPORTANT INFORMATION. B (work at breathing.) C (skin color)
14. HEART AND LUNG SOUNDS
15. HEIGHT AND WEIGHT

— Jim Margolis, M.D.





Founding board members, Doc Jim, Rich and Tim at the January, 2020 American River Coalition meeting

As ARBP Begins Its Seventh Year, Looking Back and Ahead...

The American River Bike Patrol went from a “good idea” seven years ago to one of the largest and most honored bike patrols in the nation, now 126 members strong and patrolling over 402 miles of trails in three counties, three cities, two state parks and across the greater Sacramento area.

Here’s how it all got started:

As national alumni advisor for the National Ski Patrol, Tim Viall writes, “I attended Powderfall in 2019, the ski patrol’s annual

patroller event. At one of its sessions, I took heavy notes on “starting and expanding bike patrols.” I was then an inactive patroller, having just moved into the Sacramento/Rancho Cordova area. Soon thereafter I attended an American River Coalition monthly meeting at which there was a steady litany of concerns stated related to speeding, homelessness, crime, graffiti and that families were backing away from using the JSMT due to those challenges. After several such meetings, I suggested that some type of bicycle safety patrol might make sense for the parkway. Sacramento County Parks and most of the 20 organizations that attended the meeting liked the idea. I then spoke with Jim Margolis due to his long NSP service and medical background, and Rich Fowler, a longtime friend and positive consensus builder, who became my accomplices and championed the idea of an American River Bike Patrol.

“At the Coalition’s January meeting in 2020, the three of us made our proposal official, presenting a Powerpoint and outlining the suggested look and feel of such a new organization. Within a month we had covered a list of details with Sacramento County’s risk management officer, and Doc Jim and I survived a fairly rigorous meeting with the two chief Rangers of the Parks department (who at the start were not certain they wanted to deal with a new “do good first aid” organization). Now with County Parks’ blessing, we forged a three-page MOU with Sacramento County, and were approved in late February.

“Two public meetings were then presented at REI Coop in March, attended by about 60 interested community members. From our existing original expected members and 30 new community members, we began patrol operations in April, 2020. Thanks to Doc Jim, Rich, original Patrol leaders Jim Cheng and Barry Calfee, current Patrol leaders John Poimiroo and Jeff Gamache, and creative, energetic ideas and program proposals by scores of other advisors, team leaders and members, we’ve grown to one of the top patrols in the nation. In May, the new Patrol’s first recorded assist was a lifesaving one at Willow Glen in Folsom Lake SRA.

“Thanks to our fourth season of the Cordova High Velo Lancer’s program, and safe cycling sessions presented to various groups and students throughout the community, we’ve also become one of the leading proponents and contributors to safe cycling and hiking along the Parkway and its connectors.



“While not claiming to be good at crystal balling the future, our current Patrol, with well over 100 bright community leaders, armed with a good original idea, and brimming with new possibilities, our future is bright. Working in three counties and with a number of major cities - the door is wide open for the ARBP to become even a greater contributor to safe cycling, hiking and family fun along the wild and scenic American River Parkway and beyond.”

— Tim Viall.



Our first big First Saturday patrol ride, starting at the AR Fish Hatchery, spring, 2020

Join the Year Four Finale — Velo Lancer Program on October 31, 2026.

All American River Bike Patrol Members are cordially invited to be a part of the 2026 Grand Finale of the Cordova High School Velo Lancer Program. Starting from Beals Point at 8 a.m. eighteen students will complete the ten-week program by riding the 32-mile length of the Jedediah Smith Memorial Trail, arriving at Discovery Park around 11:30 a.m.

Patrollers are welcome to join the students for the ride or to be at Discovery Park for the celebration and the barbecue. To join the ride, be at Beals Point at 7:45 a.m. or join the group by meeting up anywhere along the trail. Your presence at Discovery Park would be most helpful in assisting with parking and other last minute preparations that are always needed.

If you have questions, contact Rich Fowler at (916) 761-7382.



The proud new owner of a Trek bicycle holds up proof of his accomplishment as a previous year's graduate of the Velo Lancer program





Rick's Corner

Be aware that all Mileage Markers on the State side (Hazel ave East) have been removed to make room for cleaner, updated wayfinding signage to be installed along the parkway. You can check out the link on facebook under the Parkway Foundation. Additionally, all Call Boxes along the length of the JSMT have been removed.

Bike Patrol App

There's a new iPhone Bike Patrol app that's been custom built for the American River Bike Patrol by Social Media Adviser Ron Kafoury.

Although the app is still in Beta testing, it's now being made available to the entire patrol. Follow these links to add it to your iPhone and learn about it. Sorry, but an Android version is still in development.

[ARBP_Bike_Patrol_Getting_Started-1.pdf](#)

[ARBP_Bike_Patrol_How_To_Use.pdf](#)

D2 Bike Fest - First Saturday, October 3rd

This month's all-member, First Saturday meetup and training session is one not to be missed.

It occurs on Oct. 3 on the Northern Sacramento Parkway at the corner of Grand and Altos Avenues and coincides with the 3rd Annual D2 Bike Fest, conducted by the Del Paso Heights Community Association.

In addition to First Saturday training and briefings, members of the Patrol will fit helmets and escort a community bike ride on the Northern Sacramento Parkway. City officials and dignitaries are expected to participate.

The D2 Bike Fest will feature booths by several bicycle organizations, a free BBQ lunch and a free bike valet.

From Bike 1 to Bike 2 and the Future, Senior Bike Patroller program

Currently, most of the Patrol's veteran patrollers, and all recent patrollers, have taken Bike 1. In the works is a Bike 2 skills course, and then Senior Bike Patroller recognition. Now working on the criteria for these programs are John Poimiroo, Alain Grenier and Tim Viall. The NSP hopes to issue Bike 2 in 2027 with its Senior program to follow thereafter. More about these opportunities will be announced next year.





Group of ARBP mountain bike riders train for backcountry skills at Deer Creek Hills Preserve

Medical Review Factoids (continued from last issue)

24— If you see someone unconscious, check for breathing and a pulse. If no pulse is felt and the patient is not breathing spontaneously, immediately start chest compressions.

25—When encountering an unconscious patient, per OEC (Outdoor Emergency Care) protocol, assume possible neck/back injury.

26—Not all unconscious patients are cardiac arrests. Other causes could be trauma, infectious, low blood glucose levels, drugs etc.

27—When checking for a pulse on a patient found down, the carotid pulse is preferred over the radial pulse.

28—Chest compression rate during CPR should be 100-120 compressions per minute. CPR chest compression rate is similar to the rhythm of the Bee Gees “Stayin’ Alive” song. The preferred song being taught in courses varies, but the beats per minute (bpm) is the important thing.

29—Remember to allow full chest recoil between compressions. Recoil allows the heart chambers to fill with blood and be prepared for the next chest compression to circulate it throughout the body.

30—CPR stands for **cardiopulmonary resuscitation**. As a provider, you are trying to function as the heart by applying external chest compressions and as the respiratory apparatus by breathing for the patient through artificial breaths.

31—Provide breaths every 5-6 seconds. Too fast or too slow may cause inadequate gas exchange.

32—Observing the chest rise is one of the methods to verify that the patient is receiving adequate rescue breaths and a good mask seal has been achieved.

— Roberto Hurtado-Fiel, M.D.



BIKE 1 Skills Session Update

Bike 1, the Basics of Bike Patrolling's Skill Session will occur on **Sat., Oct., 10, from 9 a.m. to Noon**, at Tim Viall's home, 11135 Moose River Ct, Rancho Cordova. For patrollers riding to the event, the location is just two blocks off the JSMT near mile 19.2, not far from Lower Sunrise Rec Area. If you are a candidate, sign up as described below; veteran patrollers are welcome to sign up, too.

Bike 1 offers an introduction to bike patrolling and is a prerequisite for Bike 2 which is coming next year. Bike 1 is a prerequisite for becoming a National Bike Patrol bike instructor, as well. Here's what's included:

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; simple overview.

ARBP Additions: Trail Readiness (review the ARBP online course); Ranger and County/State maintenance interaction (911, 311, 311 County app); and a demo Check-off ride on the trail.

To register, go to NSP.org and log in; then go to the Center for Learning and take the prerequisite course, Introduction to Patrolling, Bike Fundamentals; then register for Bike 1 Patrol Basics - Hybrid (online module) and complete the online portion; then register for the Bike 1 Hybrid Skills Session on Oct. 10.

We'll see you Oct. 10 at Tim Viall's house. And for those interested in becoming an NBP bike instructor, contact Tim.

— Tim Viall, tviall@msn.com, (209) 969-3875.



ARBP bike instructor Greg Cordier offers tips on bike frame challenges, and flat tire repair.





California IRONMAN, October 18th

Thirty-five bike patrollers will stand 46 shifts during California IRONMAN on Sunday, October 18. They will be divided into three teams: Bike Tech, Bike SAG and Run Safety.

Of all events supported by the ARBP, California IRONMAN is not the largest (Run to Feed the Hungry supports 35,000 athletes), but it is the most elite. Up to 3,400 athletes swim 2.5 miles, bike 112 miles and run a full marathon - in less than one day.

Bike Tech patrollers ride the 112-mile cycling course from three assigned sectors. They patrol and on bicycles but also respond to Zello calls dispatching them to breakdowns. Bike Tech patrollers are there to fix flats, chain breaks, derailleur adjustments and other adjustments, to keep the thousands of athletes competing in IRONMAN on the bike course. Occasionally, they provide medical assists, though there is an AMR team of EMTs and Paramedics on call to respond.

Bike SAG patrollers drive and navigate transport rental pickups along the bike course, being dispatched to pick up and transport riders abandoning the race due to fatigue, injury or breakdown. The most serious injuries are transported out by ambulance, though the SAGs will often pick up and transport an injured rider to an aid station.

Run Safety patrollers provide safety coverage for runners along the 26.2 - mile marathon course. This course runs along the west and east banks of the Sacramento River from West Sacramento to the finish line near the state capitol. Because the marathon is the last event of this supertriathlon, the thousands of athletes are exhausted and often not dressed for the chill October night. Two years ago, Run Safety patrollers responded to some 200 cases of cold exposure. Many athletes were dressed in thin running outfits and were experiencing electrolyte imbalance and dehydration. — John Poimiroo



Run to Feed the Hungry, November 26th

A Sacramento Thanksgiving Tradition since 1994, Run to Feed the Hungry is the largest athletic event to occur in the greater Sacramento area. Some 34,000 people walk or run 5k and 10k courses through downtown Sacramento to raise funds and support Sacramento area food banks. This year's event occurs on Thursday, Nov. 26.



The American River Bike Patrol began supporting RTFTH last year. We do not patrol the event on bicycles. Instead, patrollers are stationed at intersections to assist with traffic control and direct runners. Additionally, our highly recognizable patrol shirts identify bike patrollers as sources of aid and assistance. So if you volunteer, carry a patrol pack and bring a folding chair and water.

The Sacramento Running Association has asked us to increase the number of patrollers available to support



New Events Team Established

To consider what events the Patrol should support and who should lead events, a new Events Team has been established led by Assistant Patrol Director, Jeff Gamache. The team is composed of the APD, plus Area Coordinators Greg Smith (West), Rick Bollinger (East), Ron Ciucci (Foothills) and Alain Grenier (North).

Event support requested by the Patrol is first sent to Jeff who calls an online, phone or in person meeting of the Events Team to decide if the event meets the Patrol's guidelines, if it conflicts with another event or patrol function, and who is best able to manage the event.

Our Bike Patrol gets a regular number of requests, often at the last minute. Last minute requests are difficult to fulfill. So, the team has the duty of informing the requester if the patrol is unable to respond.

When judging which events to accept, the team considers: will patrollers be doing what they normally do (first aid or bike repair), will the event organizer agree to allow volunteers to wear patrol uniforms, does the event support or is on one of the trails we serve, and other factors.

The Bike Patrol is a trained body of first responders. We are not extra hands to help with crowd control. The Events Team assures that when the Bike Patrol accepts an event, its volunteers will be working in ways respectful of their time and commitment to serving others. — John Poimiroo



“Coffee, bikes, insights”, seeking your suggestions for future programs!

“Coffee, bikes, insights” began 18 months ago, for the purpose of providing patrol members informational and social programs that appeal to our Membership, families and their friends. Past programs have included a tour of Fair Oaks Historical Society, tours of Lake Natoma, several informal sessions at the newly redeveloped Sailor Bar Park area, a tour of Soil Born Farms, tour of Effie Yeaw Nature Center and the Folsom Historical Society.



Patrol members, family and friends take part in the CBI event at Folsom Historical Society

The Patrol will take a break from these programs in winter, restarting them next spring. Tim Viall encourages members to contact him to suggest places and programs of interest to Patrollers, anywhere throughout the over 402 miles of trails now served by the Patrol. Send suggestions to: tviall@msn.com.



ARBP Members and friends take part in a CBI tour of the new Sailor Bar Park improvements.



Calendar of Events

Oct 1- 4, Thur.– Sun. Aftershock, Rock Music Festival, Discovery Park thru access is blocked.
Oct 3, Sat, 10 am., First Saturday Event, Northern Sacramento Parkway
Oct 3, Sat, Del Paso Heights third annual D2 Bike Fest, see page 7
Oct 6, Tue, 9 am Rich Fowler's Bike Clinic
Oct 6, Tue, 3 pm Doc Jim's First Aid Medical Clinic
Oct 10, Sat, 9 am-12, Bike 1 course, 11135 Moose River Court, Rancho Cordova, tviall@msn.com
Oct 10, Sat, BLS/CPR, Sierra Crest Academy 6540 Koki Ln, El Dorado, see pg 2
Oct 13, Tue, 7 pm, Leadership Meeting via Zoom
Oct 17, Sat, OFC, Light of the Hills Lutheran, 3100 Rodeo Rd. Cameron Park, see pg 2
Oct 17, Sat, OEC Skills refresher, Homewood Ski Resort, Lake Tahoe
Oct 18, Sun, 8 am, California IronMan, see pg 9 in this issue
Oct 22, Thur, 7 pm Townhall meeting via Zoom
Nov 3, Tue, 9 am. Rich Fowler's Bike Clinic
Nov 3, Tue, 3 pm, Doc Jim's First Aid Medical Clinic
Nov 7, Sat., 10am, First Saturday Event (East)
Nov 10, Tue, 7 pm, Leadership Meeting via Zoom
Nov 14, Sat, 8 am, Boreal/Donner OEC Refresher
Nov 21, Sat, 8:30 am - 2 pm combined Bike 1 & bike mechanic course, contact Rich Fowler
Nov 26, Thur, Run To Feed The Hungry
Nov 26, Thur, 7 pm, Townhall meeting via Zoom
Dec 1, Tue, 9 am, Rich Fowler's Bike Clinic
Dec 1, Tue, 3 pm Tue, 3 pm, Doc Jim's First Aid Medical Clinic
Dec 5, Sat, No First Saturday Event
Dec 8, Tue, 7 pm, Leadership Meeting via Zoom

Apr 16-19, 2027, Sea Otter, Bike Patrol opportunity at the USA's largest Cycling event, at Rancho Seco Raceway and Fort Fort Ord National Monument, contact Tim Viall for info, tviall@msn.com.



Ski Patrol Central- Sea Otter Patrollers prepare to depart for their backcountry first aid assignments issued by Dave Rollings at Fort Ord.



Leadership Team - FY26

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 - Tom Schaefer (Sectors 3 - 4)
Team 5 - Paul Sassenrath (Sectors 3/4/11)
Team 6 - TBD (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 Benson (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
Sac County - Rick Bollinger
City of Sacramento - Rich Fowler
El Dorado County/Placerville/Folsom - Ron Ciucci
Folsom Lake SRA - Ron Ciucci and Alan Grenier
Auburn SRA - Ron Ciucci and Alain Grenier
City of Roseville - Alain Grenier
Placer County - Alain Grenier
Bike Academy - Rich Fowler

Budget - Daniel Liu
EMS - Rick Bollinger and Greg Smith
Events Team - Assistant Patrol Director and AC's
Party Pardee - Hanlon
Sea Otter Classic - Collins
Roseville BikeFest - Thompson
Dry Creek Greenway East Trail Dedication - Thompson
Bike to Work - Poimiroo
Mayor Pro Tem's Ride - Martinez
SABA/Cordova Community Ride - Henley
Journey to Hope - Martinez
Sacramento Community Ride - Henly
Family Fall Festival - TBD
State Parks Week - Grenier
Great American Triathlon - Bollinger
Urban Cow Half Marathon - TBD
D2 Bike Fest - Martinez
California IRONMAN - Poimiroo/Mahdavi/Louie/Bleakly
First Aid
OFC - Jim Margolis
Stop the Bleed - Jim Cheng
OEC - Derek Koonce
BLS/CPR - Dave Olney
Fundraising - Kathie Mahdavi
Helmet Distribution - Supply: Quartermaster Team;
Scheduling: Events Team
IT - Chris Eddy (Website and Statistics)
Mechanical - Rich Fowler
Medical - David Shatz
Membership - Ned Dickson
Newsletter Editor - Mark Moreno
NSP - John Poimiroo
NSP Bike Committee - Tim Viall
Bike 2 - Poimiroo, Grenier
PIO - Victor Massenkoff
Quartermaster Team - Mike McCollough (Quartermaster),
Don Hufford, Terry Reynolds
Rules/Patroller's Handbook - John Poimiroo
Safety Patrol - Chris Haustein
Social Events - Tim Viall
Social Media - Ron Kafoury
Mountain Bike Unit - Alain Grenier
Wellness - Chris Warren



Join the Team!

American River Bike Patrol

American River Parkway
Sacramento, El Dorado counties



We welcome community members as bike patrollers; you will be trained as trail ambassadors receiving trail-readiness training, bike mechanical skills, Outdoor First Care first-aid and CPR training, mentoring and leadership training. Patrollers commit to 48 hours or more of annual patrolling along the American River Parkway and trails in Sacramento and El Dorado counties.

The American River Bike Patrol was established in 2020 and has grown to over 80 members assisting the public along the American River trail system. You'll become a member of the National Ski Patrol and its bike patrol subset, with 32,000 members in 640 bike/ski patrols across the USA.

Training includes an Outdoor First Care course, about 8 hours, half on-line with the balance hands-on, a CPR course and a three hour on-line trail-readiness course. monthly First Saturday refreshers on first-aid and bike maintenance skills keep members sharp. Members join the National Ski and Bike Patrol, pay dues and purchase uniforms (recently, the patrol has helped offset some of those costs).



Join the Team, provide service and make life-long friends! We are seeking individuals who want to give back to their local community and assist cyclists and users of the American River trail system. Join with us!

For more info and to join our team, see our patrol website;

americanriverbikepatrol.org.

