



Hello and welcome to another edition of the ARBP Newsletter

Your Leadership team has been busy creating opportunities for you to learn and grow as Patrollers. To this end, you will find events and opportunities to increase your knowledge and skills. In Rick's Corner you will see the development of our communications efforts by the Radio Committee. Under recruitment you will read about our new candidate training and upcoming opportunities for OFC Certification as well as information about getting new uniforms.

There is an update for those who are recovering from injuries or just like to hike off trail in the development of our article about Hiking Patrollers. A list for additional community service opportunities at special events is full of exciting news. The start of the Junior Bike Patrol should inspire you and ensure the growth of our Patrol. You will gain insights on using the Patroller's Portal and changes that make it easier to use. There is a trail map and updates to the El Dorado Trail. We also have some exciting Leadership Positions that need you and your insights.



Remember we rely upon you using your "Patroller's Best Judgment" in all that you do, from scene size-up to administering care.

Be sure to join in our activities, leadership opportunities and always patrol in pairs to be the "Best Patroller" you can be.

- **Jim Cheng, ARBP Patrol Leader**

American River Bike Patrol Rides on!

The patrol began trail service along the American River trail system just three years ago, and has grown to over 110 registered NSP members. Thirty-four are current members of the NSP, and sixty-six have been recruited from surrounding Sacramento communities. The patrol reached an agreement with the El Dorado County Sheriff's Department to expand service to the east, all the way past Placerville and into Camino, CA. increasing coverage to over 74 miles of trail. The patrol has renewed its agreement with California State Parks in the Folsom Lake State Recreation Area and now covers just over 48 miles of paved and single-track multi-use trail.

This is an urban patrol with no supporting entity such as a ski resort or major sponsor. The Patrol provides for its own risk management, logistics and operations. The Patrol is also uniquely dedicated to cycling as a year-round operation.

The Patrol's strategic planning committee has completed an extensive member survey providing valuable insights for the future. The Patrol's diversity, equity and inclusion program has set into motion policies and procedures for expanding recruitment efforts. Outreach and program development has revitalized Patrol Policies and Procedures and the Patrol's Leadership Structure. The developing Outdoor First Care "Plus" training and recertification programs continue to keep the Patrol up-to-date and proficient. Community involvement and service continues through such events as the Sea Otter Classic, California Ironman, California Triathlon, California International Marathon and several other small community events. Several of the Patrol's members have been involved with the National Bike Committee aiding in developing bike patrol skills courses, and adding one of the first National Bike Patrol Instructor Trainers.

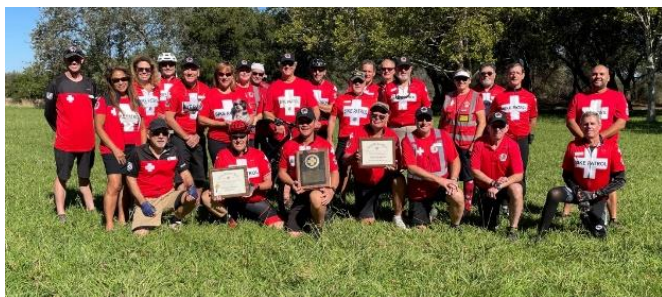
Patrol recruitment and ranger relations continue to bring in new members and outstanding reviews. The continued refinement of the Website cannot be understated and the brightening of our newsletters.

In the 2021-22, the Patrol provided over 3,730 hours of patrolling covering 25,440 miles. Highlights include 93 medical interventions, 25 - 911 calls, 3,467 mechanical assists and 3,187 directional assists. These are average numbers and over the past three years of service can simply be tripled for an approximate total of the Patrol's stats since inception.

The Patrol has been awarded the NSP Most Outstanding Bike Patrol and Bike Unit at the Division level in 2020, Nationally in 2021 and Regionally in 2022. The Patrol has also received Silver and Gold Unit Citations in 2020 and 2021 respectively. The Patrol went on to receive California State Senate Resolution #1505 and Sacramento County Board of Supervisors Resolutions and Commendations in 2022 and 2023 respectively.

On September 9, 2023, two ARBP Patrollers were given National Outstanding awards. Rick Bollinger was awarded the Most Outstanding Bike Patroller and Jim Cheng (yours truly) was awarded Most Outstanding Bike Patrol Leader.

There are so many individuals that continue to make significant contributions behind the scenes. I have been with the National Ski Patrol for over 50 years and in that tenure I have never had as positive an experience as now. As we move forward we have much to look forward to and I commend you all in being part of this Patrol to serve the community. I look forward to seeing you soon and on the trail.
— submitted by **Jim Cheng, ARBP Patrol Leader**, jimarbp@yahoo.com.



Pictured are above, left, American River Bike Patrollers posed while celebrating the NSP's National Bike Patrol of the Year award; on right at California State Capital with the Resolution of Achievement presented by the State Assembly



Far West Awards Banquet September 9, 2023: (left to right) Mary Bollinger, John Poimiroo, Carolyn Lewis, Duane Hutchinson, Rick Bollinger, Traci Hutchinson, Bob Oetken, Jim Cheng, Elizabeth Winward, Jim Margolis, Brandon Cheng, Jeff Magaziner, Socorro Magaziner.

ARBP Events Schedule, October to early 2024

- Each month, **Bike Mechanic Clinic**, first Tuesday monthly, 9 AM to Noon at Rich Fowler's
- Each month, **Doc Margolis' Medical Refresher**, first Tuesday monthly, 3 PM to 5PM at Doc Jim's
- Oct. 7 - First Saturday, Wm Pond Rec. Area, Mile 13 Call Box (far west-end of Wm. Pond)
- Oct. 22 - California IRONMAN, Sacramento
- Oct. 26 - ARBP Town Hall, ZOOM
- Oct. 29, Treasurer's Ride and Lunch; Noon, Wm. Pond Park, AR Parkway (see p. ==>)
- Nov. 4 - First Saturday, location TBD
- Nov. 5 - Run the Parkway, ARP
- Nov. 30 - ARBP Town Hall, ZOOM
- Dec. 2 - First Saturday, location TBD
- Dec. 4 - California International Marathon, ARP
- No Town Hall in December
- Jan. 6 - First Saturday, TBD
- Apr. 6 - Party Pardee, Ione
- Apr. 18-21, Sea Otter Bike Classic, Monterey, CA

ARBP Leadership sought!

Your ARBP needs leaders for several program adviserships, as noted below:

Events Advisor: This key position fields calls from private and public organizations seeking the Patrol's services or participation. This advisor can also recommend events to the Patrol' Leadership where exposure would be of benefit to the community and /or the Patrol. Once an event is approved/sanctioned by Leadership, this individual is charged with screening and organizing Participants and managing the Patrol's portion of the event. This Advisor "manages" and does not need to become an active participant in the events. Contact **John Poimiroo**, poimiroo@gmail.com for more info.

Fund-raising advisor: This advisor watches over ongoing fund-raising efforts like Giving Tuesday and Big Day of Giving events, grant writing opportunities, occasional raffles of donated cycling merchandise and other methods to generate donated funds for the patrol. Tim Viall and John Poimiroo will assist, share past successes and what is currently in the works. Fund-raising work usually takes a few hours a month, sometimes more for major funding efforts. Contact **Tim Viall**, tviall@msn.com; 209.969.3875 for more insight.

Recruitment Advisor: Advisor sought to head up the ARBP's ongoing recruitment effort. Volunteer work includes watching over the patrol's website recruitment portion, responding to inquiries from interested future patrollers (using email and occasional phone calls), sharing recruitment tools with patrol members on Townhall meetings and occasional First Saturday events). Recruitment work usually takes a few hours each month, occasionally more than that. Tim Viall, acting recruitment advisor, will offer his insight and assist in the transition. Contact **Tim Viall**, tviall@msn.com; 209.969.3875 for more insight.

Rick's Corner

The **ARBP Radio Committee** which consists of John Poimiroo, Mitch Bensen, Mark Moreno and myself) has been diligently working on the Patrol's Radio Project. We have purchased six Radios with Ear Bud Mics and Chest Harnesses. The Committee has been very busy testing these radios and getting them programmed. The intent of these Radios is to augment our Patrollers in covering special events. Several patrollers have expressed their desire to purchase their own Radio Kits. This has to be done through the committee so your Radio can be programmed before it's put into service. The goal of the committee is to have the Radios programmed for field use by the middle of October in time for the Ironman event.

Now a word on **Patroller Safety**. It has been noted that our Patrols are experiencing illegal vehicles being ridden on the trail. We have seen everything from Motorcycles (2 stroke) to mini bikes. It is very important to note that the ARBP is not Law Enforcement. Our policies and procedures state you are NOT TO ENGAGE. Your best action is to dismount your bicycle and take lots of pictures and be a good witness. These bad folks split pretty quickly when they see they are being photographed. They are very aware that they are engaged in illegal activity. If it is at all possible, please patrol with a partner, there is always safety in numbers. - **Rick Bollinger**, Area Coordinator, Sac County East.



RIDCR ASSISTANCE • BIKE REPAIR • TERRAIN EVALUATION • PATHWAY MONITORING
 OBSTACLE REMOVAL • NAVIGATION GUIDANCE • ENVIRONMENTAL AWARENESS
 BIKE TRAINING • WILDLIFE ALERT • EVENT PATROLLING • EMERGENCY PREPAREDNESS
 CLINICS/HOSTING • EMERGENCY SIGNALING • BIKER EDUCATION • HELMET CHECKS
 HYDRATION/BRANDING • HIGH-AJ OBG SUPPORT • PATHWAY CLEANUP • PUBLIC RELATIONS
 CROWD MANAGEMENT • ACCIDENT RESPONSE • INJURY ASSISTANCE • FIRST RESPONDER
 HAZARD MARKING • TRAIL INSPECTION • EQUIPMENT CHECK • SAFETY TRAINING
 INCIDENT REPORTING • TEAM COORDINATION • CROWD CONTROL • RISK MANAGEMENT
 SAFETY PROMOTION • EQUIPMENT REPAIR • CPB ADMINISTRATION • AED OPERATION
 PUBLIC INTERACTION • CONTINUOUS LEARNING • MEDICAL EVALUATION • FIRST AID
 OFF-SEASON TRAINING • BLOODBORNE PATHOGENS • RESCUE TECHNIQUES
 SAFETY INSPECTIONS • ACCIDENT DOCUMENTATION • STAKEHOLDER COMMUNICATION



2023 Treasurer's Ride "Budget Positive"

SEPTEMBER TOWNHALL MEETING



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WHAT

- A Purely Social Ride From Multiple ARBP Locations
- Fully Sponsored by The ARBP Treasurer
- Lunch for All Patrollers and Guests
- T-Shirts for All Patrollers

WHY

- Opportunity to Connect
- Introduce Interested People to the ARBP
- A New Shirt!
- Social Not Training



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LOGISTICS

- October 29th (Sunday)
- Start From Somewhere on the Trail
- Arrive @ 12 Noon @ William Pond Park
- Bring Friends Interested In the ARBP
- Bring Partners and Guests That Support You in the ARBP Mission

CHOICES

- Ride or Drive-In
- Uniform or Not
- Make it a Patrol Session or Not

See Treasurer's Ride, cont'd next page...

See our website: Americanriverbikepatrol.org

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Next Steps

- Expect Emails From Your Area Leader
- RSVP to Ensure We Don't Waste Food



Watch for an email from your team leader, and please reserve your plan to attend!



New trailside signage has recently been added to the trail, from mile 0 to mile 23.

Thanks go to the American River Parkway Foundation and the grant-funding that allowed this valuable addition to the trail.



PATROL STORE







PATROL STORE LINK


orders@groundzeroatg.com

Home / Shop

View Cart Select a Category Enter a keyword Search

ARBP - American River Bike Patrol

			
\$65.00	\$32.50	\$10.00	\$2.00
Heka Cool Bike Jersey Bike Jersey	Sublimated Tech T Performance T	Snapback Trucker Cap Port Authority Snapback Trucker Cap. C112	3" Round Sticker Sticker


\$6.00
Embroidered Patch Patch

NOTE: Scan the QR code, above, which will take you into the Patrol Store, with sizing and ordering information.

Additionally, an all-purpose mesh vest, sizes S, M, Lg, XL, XXL are available, \$30 each.

You will be notified by phone and/or email when your orders arrive.

Complicated trail injury in FLSRA, a summary and learning experience

Summary of events: At approximately 11:25 AM, Saturday, September 9, we were flagged down by a rider in the Willow Creek area (Folsom Lake SRA) who stated that there was another rider down on the bike path and he looked like he was injured. Rick Tower and I were riding together that day and we responded to the area where the injured party possibly was.

At approximately 11:30 hours we both saw a middle-aged man, sitting on a large rock, and next to him was a bicycle that was upright. On first impression I took notice of the man's pale color, sweating profusely with his head in his hands. I introduced Rick Tower and myself to him and explained our level medical training and experience. I asked him if I could provide medical treatment for him and he replied, "Yes". He seemed confused so I asked him several questions in an attempt to determine his level of consciousness (LOC). He was unable to answer the majority of my questions and was oriented to name only. I therefore began a rapid trauma assessment and told Rick Tower to contact 911.

I immediately asked permission to place him in C-spine precaution and he replied, "Go ahead". I then placed my hands on both sides of his head to prevent him from moving his head side to side or up and down. However, as soon as I did, he became belligerent and combative. He started yelling at me, "You're choking me. I can't catch my breath". He immediately pushed my hands away, stood up and began walking away. As he did, he stated, "I'm going to shit my pants", and laid down in the rocks next to the bike trail. Both Rick and I tried to reassure him that it was OK while providing him with cleaning wipes. At that moment a California State Parks Ranger arrived.

I advised the State Ranger on the condition of the patient and for emergency services needing to respond. Approximately 10 minutes later, Folsom Fire Department arrived. We provided them with a hand-off report and transferred care to them. The patient was transported to an unknown (to us) hospital.

The objectives to learn from this incident:

1. Work as a team

2. Manage the incident

3. One member focuses on the patient and the other takes care of everything else, such as managing the scene, obtaining necessary information, collecting witness information (Name, phone/email) giving medics the information at the time of hand-off, and talking with any emergency personnel who show up before the medics. This allows for undivided attention to the patient. (In this case I took care of the patient and Rick Tower took care of everything else.)

4. When a patient is combative, or does not comply with anything asked of him to do. Call 911 *** (KEY POINT)**

5. Train on rapid trauma assessment. If the patient fails his CMSs or is assessed to have a poor LOC, this is a life-saving scenario, call 911. No urgent need to splint any broken bones, although you still need to stop any heavy bleeding. BLS (Basic Life Support) is all you need do. Breathing and heart function.

6. CMS's

7. 3-5 minute vitals

8. Vitals documented for hand-off to EMS.

This is known as a "load and go". Since the patient has a high probability of death, treatment for shock is important. Submitted by **Christopher Warren, ARBP.**

Isn't That Special...



Autumn is the season of special events for the American River Bike Patrol. The patrol supports four major events in October, November and December: Family Fun Festival, California IRONMAN, Run the Parkway and the California International Marathon.

At **Family Fun Festival** on Oct. 1, the patrol will be supporting the Save the American River Association by fitting free helmets for kids in need. We anticipate fitting more than 25 free helmets for kids who lack them.

On Sunday, Oct. 22, over 3,000 athletes will compete in **California IRONMAN**, a monumental triathlon that includes a 2.5 swim, 112-mile bike ride and 26.2 mile run. Patrollers will serve as Bike Course SAGs who transport exhausted or broken down cyclists to aid stations, roving Bike Techs who quickly get cyclists back in the race and Run Safety patrol to assure that through the afternoon and into the night of this grueling endurance competition runners are protected and cared for when they exhibit exhaustion and exposure.

Run the Parkway on November 5 is the only running event that entirely benefits the American River Parkway. Patrollers will serve as rolling course marshals/first aiders/sources of encouragement for athletes who are out for a fun run (20 mile, half marathon or untimed walk) or are preparing for the California International Marathon.

On your patrols you may have seen world-class athletes now preparing for the **California International Marathon (CIM)**, occurring in December. They are rail-thin Nigerians and college marathoners who have been running the course so that they're ready on Dec. 4 when the race - a #1 qualifier for the Boston Marathon - takes off. Teams of ARBP patrollers will be stationed along the course to provide emergency assistance between aid stations.

Volunteering for one of these events is another way we give back to our communities. Aside from the pride we take in helping others, the larger of these events often reward participants with swag items, such as t-shirts and memorabilia. To volunteer, email acting events adviser, **John Poimiroo** - poimiroo@gmail.com.

Unit One, This Is Unit Two, Over...



Starting this fall, when patrolling special events, bike patrollers will be issued Tera TR-500 Dual Band VHF/UHF 16-channel handheld radios.

At previous events, the patrol found that patrol teams needed radios to more directly and universally communicate to all team members, rather than relying exclusively on our mobile phones, which do not work well for group communications. Mobile phones remain the main means of reaching EMS by dialing 911, but the radios will provide secure and reliable means of connecting with one another, race control and other emergency services.

Use of these radios requires an FCC license, which the Far West Division of the National Ski Patrol has. When using FCC-licensed radios, patrollers will be asked to keep broadcasts, short and communicate using accepted radio protocol.

Ten codes, such as 10-4, will not be used. Instead, we will be using clear language, such as “I understand” or “Copy.” A typical communication will begin by stating the person you are attempting to reach, then identifying yourself. When issued a radio, patrollers will be assigned an event call sign, such as Unit 1 or SAG 4.

Here’s an example of a typical interaction:

“Unit Two, this is Unit One, Over.”

“Unit One, go ahead.”

“Unit Two, what is your location? Over”

“Unit One, I am on station at mile 15. Over”

And another:

“Tech One, this is Tech Two, over.”

“Go Ahead, Two.”

“Tech One, I need a golf cart to transport two runners from Chase Drive to River Bend, over”

“Tech Two, Copy. A golf cart is being dispatched to Chase Drive.”

If it is clear that the conversation has ended, there is no need to close it by saying “Out.” Though, the word “out” can be used to emphasize that the conversation has ended. We never say “Over and Out,” as that means a response is requested, but the transmission has ended.

The point of these examples is to emphasize that radio communications are not chatty, but businesslike. They communicate needed action or reports quickly. Channels 1 and 2 will be programmed to the NSP FCC License frequency, call sign WNGD952. These two channels will be what patrollers will use. Occasionally, channels 3 - 9 will be assigned to special events frequencies and channels 10 - 16 will connect to EMS networks (not ordinarily used by patrollers during events).

Patrollers issued radios will be responsible for their care and return to the assigned event coordinator at the end of duty. Mark Moreno has agreed to serve as Radio Adviser and will maintain check in and check out logs and charge radios between use.

If you would like to purchase your own radio for personal use at events (not necessary), you can opt to do so by going to Pro Deals at NSP.org, then shop Powerwerx and purchase a TR-500 with earpiece. Separately, buy a Holsterguy RCH 100 chest harness on Amazon.com. Submitted by **John Poiriroo**.

New Consolidated Incident and Shift Report To Collect Data for Statistical Reports

The screenshot shows a web form for reporting incidents and shifts. At the top, there is a date selector for the report and radio selection buttons for Sac County, Folsom Lake SRA, and El Dorado Trail. The form is divided into two main sections: 'Add Incidents To Report' and 'Shift Report'. The 'Add Incidents To Report' section includes fields for Incident Location, Assistance Rendered To, Sex, Age, Phone, Email, Agency Contacted, and Incident Care Provided, followed by a 'Submit Incident' button. The 'Shift Report' section includes fields for Shift location, Patrol Hours, Admin Hours, Etiquette count, Assist count, 311 count, 911 count, and Patrol miles. Below these fields is a large text area for notes and a 'Read more' section with expandable categories: Trail Issues, Medical Issues, and Mechanical Issues, along with a checkbox for 'I have no counts to add today'.

Changes to the Incident and Shift Report (now consolidated into a single report) will automatically collect and account for the number and types of assists performed on the trail.

This innovation was programmed by Patrol Statistician Chris Eddy and will be made active in October.

The new form looks much like the previous ones, but allows incidents to be added to a shift report without having to fill out a separate report.

Also, counts of Trail Issues, Medical Issues and Mechanical Issues can be entered by clicking plus signs that open accordion lists of the most commonly mentioned issues, with boxes to fill in descriptions of uncommon ones.

By doing this, we are able to tabulate specific assists - something that was done manually previously.

Triathlon patrollers; one complicated volunteer assignment!

Since its launch three years ago, the American River Bike Patrol and its patrollers have been playing an increasingly expansive role in recreational rides and high-level competitive races and events. In the coming weeks alone, patrollers will be volunteering to help ensure the safety of participants and spectators in the Ironman California (Oct. 22), Run the Parkway (Nov. 5), and the California International Marathon (Dec. 5).

A recent article in Triathlete Magazine discusses the unique challenges that safety personnel face when they work such high-profile events and monitor such hyper-competitive athletes.

Although the article focuses on the swimming competition in triathlons — a sport that the ARBP has not encountered — it contains a number of excellent points regarding the importance of preparation and split-second decision making to safety personnel involved in all sorts of athletic events, and even simply patrolling our parkway:

"But while athletes focus on other things on race morning – namely, the part between the start cannon firing and the finish line clock counting down – there is one group of people physically and mentally rehearsing for the worst-case scenario on the swim: Triathlon lifeguards may well have the toughest job on race day – scanning that mass of humanity in the water, identifying the one person who needs aid, and providing that aid in time to save a life. It's a far more complex science than most realize, and one that's getting the attention it deserves from researchers." Submitted by **Mitch Benson, ARBP**.

Read the full article here:



The Hardest Job in Multisport? Triathlon Lifeguard.

protection.outlook.com

See our website: Americanriverbikepatrol.org

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Deer Creek Hills Preserve hosts ARBP members



Pictured above, ARBP members with Bob Horowitz of FATRAC (and a Deer Creek Hills docent) and Dave Rhodes, FWD Certified adviser (and Deer Creek Hills docent), who escorted our ARBP folks. Thanks to Sacramento Valley Conservancy, staffer Carly Amatisto and their dedicated docent crew!

Visit Deer Creek Hills in October; Mondays: The Sacramento Valley Conservancy invites you to explore Deer Creek Hills Preserve (just north of Rancho Marietta in the scenic Sierra foothills) on your mountain bike and is open every Monday night through the end of October. The self-guided trails are open exclusively to riders between 4:30pm-8:00pm. Docents mark new routes throughout the season to keep things exciting.

Bring your full suspension, hard tail, or Class1 e-mountain bike (hybrid bikes not recommended) for a self-guided tour of this lovely 4,600 acre foothills nature preserve . Trails are marked with cones and range in distance from 3 miles-10 miles and a map of the trails is available upon check in.

It is requested that you register on the Sacramento Valley Conservancy website:

<https://sacramentovalleyconservancy.org/events/>, tickets are \$10 for adults, free for kids. Please note that the sun sets earlier and earlier as the season runs through October. If you are new to mountain biking or are not comfortable riding in the dark or dwindling light, be sure to arrive promptly at 4:30 in order to allow enough time to enjoy the trails while the sun is up. Bike lights are required after sunset. – submitted by **Tim Viall**.

Sea Otter Bike Classic, April 81-21, 2024 offers first-aid opportunity for ARBP members and family

Sea Otter Bike Classic first-aid was provided by Far West Division patrollers for 20th year in 2023, ARBP led patroller turnout with 11 volunteers!

The annual “Sea Otter Classic Insta-Patrol” will come together April 18-21, 2024 for the Sea Otter Bike Classic at Laguna Seca Raceway and Ft. Ord National Monument, California. Last year was the 20th year for NSP volunteers where, annually, about 10 NSP and NBP alpine and bike patrols join together to provide four days first-aid service, with 55 National Ski and Bike Patrol volunteers covering 130+ shifts and treating scores of first-aid incidents over far-flung and diverse venues catering to thousands of competitors.

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

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

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

Mark your calendars: for insight and to volunteer for the **2024 Sea Otter Classic, April 18 to April 21, 2024**, contact **Tim Viall, Sea Otter recruiter for NSP volunteers**, tviall@msn.com, cell: 209.969.3875.



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

New Patrol Structure moves forward

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

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

The ACs are in the process of interviewing and appointing Team Leaders. Some previous team leaders will continue, but perhaps with new members on their teams. Others will be newly appointed Team

Leaders. Teams 1 - 3 are in Sac County West; teams 4 - 6 are in Sac County East and teams 7 - 9 are in the Foothills area. Because this is a volunteer organization, patrollers may ask to be moved to another team or area, though the ACs will seek to balance the number of patrollers across all teams. If you have not yet been told what team you have been assigned, that should happen shortly.

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

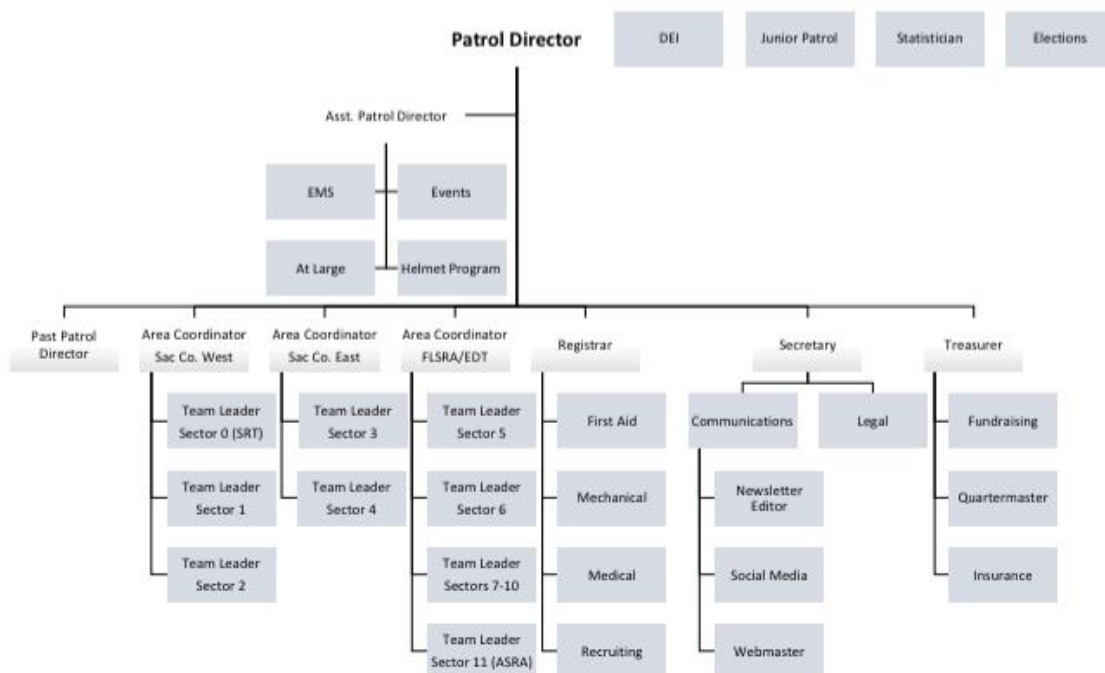
Recently, Folsom Lake SRA reopened to patrolling. All patrollers may again patrol anywhere from the Fish Hatchery east to Beale's Point, including the Johnny Cash Trail.

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

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

The purpose of restructuring was to focus membership on patrol operations and training (our core mission). It also responded to increased responsibilities (e.g., El Dorado Trail) and anticipated expansion of the patrol into Folsom Lake SRA and along the Sacramento River Trail. Additionally, our agreement with California State Parks required submission of bylaws, policies & procedures and the patrol handbook, which were all updated and designed to support you, the patroller.

Please see the newly revised ARBP Patrol organizational structure, below. Submitted by **John Poimiroo**.



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

Giving Tuesday coming, Tuesday, November 28

GIVING TUESDAY

Thanks to many of our own ARBP members and several score members of the general public who support our work, the American River Bike Patrol (and other local nonprofits) were strongly supported by the Sacramento Region Community Foundation and its Giving Tuesday campaign last year. . The ARBP received over \$2,000 from the national non-profit supportive event.

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

For more information on Giving Tuesday, contact ARBP board member Tim Viall, tviall@msn.com or call 209.969.3875. Thanks for your support and generosity!

Building our ARBP membership; member drive adds 26 new members; adding hiking patrollers later this year...

The **ARBP summer membership drive** generated 70 interested folks, and led to addition of 26 new members (18 completed their OFC and/or CPR class on Sept. 30, with eight more remaining to do the class Oct. 21 or Oct. 28). *We welcome new members as we head into the fall riding season!*





Hiking patrollers: Sacramento County Parks has approved our suggestion of adding hiking patrollers for the “off pavement” trails in the American River Parkway; New hiking patrollers, “safety patrollers”, will receive the same first-aid and bike maintenance training as do our bike patrollers (and we anticipate many hiking patrollers will do “double duty”, some patrolling by bike, some on foot). In the future, we will be contacting both Folsom Lake State Rec Area and El Dorado County to suggest adding hiking patrollers to our team in those areas. Kathie Mahdavi, Tim Viall and Mitch Benson will be approaching many of the almost dozen hiking and walking groups in the greater Sacramento area; let Tim know if you’d like to help, tviall@msn.com.

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



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

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

For recruitment posters or flyers, contact Tim Viall, tviall@msn.com, 209.969.3875, or pick up a supply on the First Saturdays. And, stock up and hand out those blue cards to interested members of the public. Questions or suggestions, contact Tim.

Trail Lingo

I was riding with a fellow patrol member the other day when we came up on a guy looking carefully at the chain on his bike. Member says, “Need any help?” I shuttered. “Wrong question, dude!” Somehow asking someone if they need help almost always engenders a “Nope, I’m good!” response more times than not.

So, what do we say when we find someone in mechanical distress? “Have everything you need?” is my first suggestion. “Yeah, do you have a tube?” “Yeah, my pump is working.” Easy to answer that question.

Lately, when I have my patrol uniform on, I will often just check in. “Everything ok?” Yeah, just taking a break...thanks for asking.” OR, “Maybe, can’t get this pump to work.” Or, “I don’t think so, but hold on a minute.” It is a natural for patrol members to check in with people off their bikes. Be aware of people. “Everything OK?” shows you care that you are ready to respond if needed.

How we ask the question is important. Please don’t ask, “Need any help?”

Monthly bike mechanic training sessions happen the first Tuesday of each month at my home. Call Rich Fowler at (916) 761-7382 if you would like to attend one of these sessions. Submitted by **Rich Fowler**.

Junior Patrol Program Update

Thanks to some very generous donors, the Trek Store, and the leadership of the ARBP, over \$20,000 has been put aside for the Junior Patrol Program. And as of today, 15 very diverse and eager students at Cordova High School have registered for the program. On Saturday, October 14th we will start the weekly prep sessions. On that day, we will distribute practice bikes, helmets, and needed bicycle equipment. First ride will be five miles.

The program will end with Saturday, December 16th after the students ride the entire length of the trail—31 miles from Beale’s Point to Discovery Park. Students who finish will receive a brand new Trek FX1 to take home and keep. And they will receive a shirt indicating that they are official members of the Junior Bike Patrol.

We are beginning to visualize what a second semester will look like. The entire Patrol has stepped up and supported this new program. Now the real work begins! If you are interested in joining, please call **Rich Fowler** at 916 761 7382.

Addition of hiking patrollers to the ARBP team

The proposal to add hiking patrollers to our American River Bike Patrol was presented to, and approved, by Sacramento County Parks in September.

Proposal: Recruitment of hiking patrollers to patrol the fire roads and single-track trails that lace the American River Parkway, In Sacramento County’s portion of the Parkway, from mile 0 to mile 23. For

each mile of paved trail in the American River Parkway, there are well-over double the amount of fire road, equestrian and single-track trail, currently not patrolled by members of the ARBP. Currently, fire roads and single-track trails in Sailor Bar, Sacramento Bar, Rossmoor Bar, River Bend Park, Grist Mill, Bushy Lake/Cal Expo areas and others receive almost no patrol presence by ARBP. By adding hiking patrollers, we would considerably increase our service to users of the parkway, our overall exposure to the hiking and biking public, as well as adding first aid and CPR access to those in need.

Training: Training would be the same as our current membership, requiring either an OFC or OEC first-aid credential, CPR, trail-readiness and bike mechanical training.

Equipment: Hiking patrollers would carry the same first aid supplies and bike mechanical tools as do our biking patrollers.

Uniform: On the assumption that some hiking patrollers would also spend time as biking patrollers, our current uniform would be fine. For those who want to perform strictly as a hiking patroller, uniform would read “Hiking Patrol”, or “Safety Patrol”.

Source of hiking patrollers: There are almost a dozen hiking and walking clubs in the greater Sacramento area. Additionally, we would recruit from the hikers and walkers along the parkway.

Timeline: We would approach the hiking and walking clubs in fall, 2023, and offer an OFC class for hiking (and biking) patrollers in spring 2024.

What can you do as an ARBP member? Talk to hikers on the trail; for those with interest, please have them contact either Kathie Mahdavi, kwellman1@comcast.net or Tim Viall, tviall@msn.com, our co-advisers for hiking patrollers.

Ace Helmet fitters!

Pictured below, Greg Cordier and Kathie Mahdavi worked the Rancho Cordova Family Festival, and with help from several other members, fitted helmets to 70 kids and family members. Yay, bike patrol!



Join the Team!

American River Bike Patrol

for the
American River
Parkway, Sacramento, CA

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

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

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

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

For link to website and info flyer:
americanriverbikepatrol.org

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



Join the Team!