



## Greetings and Happy New Year!

I can never adequately express my appreciation for your commitment to the provision of community service and humanitarian aid through the ARBP. You have singularly and collectively made the ARBP a source of good in a violent and tumultuous world. As we look toward a new year of service, I am proud to report that the State of the Patrol is excellent. Membership is strong, our treasury is healthy and community support and recognition is positive. We continue to be recognized as the Most Outstanding Bike Patrol locally and nationally. And, we continue to be sought after for our services. Our “Patrol Stats” continue to amaze and inspire. This New Year will undoubtedly be filled with challenges, but I am ever confident we will prevail and be made stronger by them. I am especially proud to serve as your Patrol Leader and as such, I am committed to being of service to you. Be safe and ride on. – *Jim Cheng*

## New Patroller in the American River Bike Patrol

I would like to give recognition to one of our newest patrollers, **Greg Cordier**. Greg comes to our Patrol from the Sacramento Bicycle Kitchen. This organization works to improve bicycling in Sacramento by making bicycle maintenance, repair, and training more widely available to everyone, regardless of skill level.

[See Greg Cordier on page 8](#)

## ARBP Events Schedule, Jan ‘23 - April ‘23

- **January 26, Th (likely 7 PM)** – Zoom Town Hall Meeting
- **February 4, Sat 10:00 AM** – First Saturday Meeting , at [William Pond Recreation area](#), presented by Tim Viall’s team as lead.
- **February 7, Tue 9-12 noon** – Bike Mechanic Clinic, to be held at [Rich Fowler’s](#)
- **February 7, Tue 3-5 PM** – First Aid Refresher, to be held at [Dr. Jim Margolis’](#)
- **February 9, Th (likely 7 PM)** – Zoom Leadership Meeting
- **February 15, Wed 10:30 AM** – A Coffee, Bikes and Insights Event – Tour Of The Sac Valley California Native Plant Society Nursery & Gardens, 2140 Chase Drive, Rancho Cordova. (on the

American River Parkway at Soil Born Farms and accessible off the AR Bike Trail between mile 15 and mile 15.5 through Hagan Park) built to demonstrate the native plants common to our area. [sacvalleycnps.org/nursery](http://sacvalleycnps.org/nursery) . RSVP to Tim Viall, [tviall@msn.com](mailto:tviall@msn.com). **Note:** rain cancels the event.

- **February 23, Th, 7 PM** – Zoom Town Hall Meeting
- **March 4, Sat** – First Saturday, time and location to be announced later.
- **March 7, Tue, 9-12 noon**, Bike Mechanic Clinic, to be held at [Rich Fowler's](#)
- **March 7, Tue, 3 - 5PM**, First Aid Refresher, to be held at [Dr. Jim Margolis'](#)
- **March 9, Th, 7 PM**, Zoom Leadership Meeting
- **March 23, Th, 7 PM**, Zoom Town Hall Meeting
- **April 1, Sat**, time and location to be announced later, First Saturday Meeting
- **April 1, Sat**, at a time to be announced later, Party Pardee in Ione
- **April 4th, Tue**, at 9AM to 12 noon, Bike Mechanic Clinic, to be held at Rich Fowler's
- **April 4th, Tue**, at 3PM to 5PM, First Aid Refresher, to be held at Dr. Jim Margolis'
- **April 20-23**, for 4 days Th–Sun – **Sea Otter Classic** event at [Laguna Seca Raceway](#) and Ft. Ord National Monument, between Monterey and Salinas. Opportunity to volunteer as both first-aiders and course marshals ([for more details, see Sea Otter Classic 2023 page 17](#))

[For more Events and for Coffee, Bikes, and Insights... see page 9](#)

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## Folsom Lake State Recreation Area Liability Releases

By Jim Cheng

Unfortunately, patrolling the FLSRA continues to be off limits for the opening of the New Year 2023. The ARBO-FLORA Committee has met all the requirements by conferring with the National Ski and Bike Patrol and securing Liability Insurance. Now the Bureau of Reclamation, which owns the land, has stepped forward to review the agreement and the insurance declarations provided by the ARBP. A time frame for this process has not been provided.

Regarding the issue of insurance, Silent Sports Insurance (SSI) has required that I request Liability Release forms from all Patrollers. Unfortunately this has led to some unanticipated confusion.

The Liability Waiver has since been rewritten and was initially adapted from the National Ski Patrol (NSP) waiver used for NSP sanctioned events such as OFC Training. The primary intent is to request that a Patroller not sue the ARBP. It does not imbue immunity to the insurance company or exclude acts of negligence by the Patrol. I must present them to you, but it is NOT required for membership.

You as a Patroller are always trusted to use your best judgment (Patroller's Best Judgment / PBJ) for everything from scene size-up to scene safety and level of care. PBJ is the basis for everything we do. The

appropriate use of the patient liability waiver is no different. As a Patroller you must decide when it is or is not appropriate. It is assumed / obvious that we would never request a waiver before providing medical care. That said, if the patient is saying they intend to sue “*anybody*”, you may want to consider using the waiver. If a rider “*insists*” that you make a bike repair, you may want to consider using the waiver. The most *important part* of the waiver is the patient’s “Refusal of Care”. Always use the form if an injured person refuses care. The Patient Liability Waiver is simply another tool in your toolbox.

The Medical Report form is required by both the FLORA and SSI for serious or life threatening 911 related incidents. As patrollers, using PBJ again comes into play. How you determine the MOI and assess the patient’s needs and attitude also determines when the form needs to be used. Minor lacerations, abrasions or strains will most likely never need to be reported on a Medical Report form.

If we all stay within the scope of our training, legal exposure will be minimized. I want to assure you that I am dedicated to resolving your concerns, and I hope this provides the needed clarity. With the support of the NSP and the accolades of becoming the Most Outstanding Bike Patrol both locally and Nationally, Patrolling in the FLSA will soon be a reality. Thank you for your continued patience.



**July 2022, The ARBP receives the National Most Outstanding Patrol Award and Gold Citation**



**September 2022, ARBP receive a CA State Resolution #1505 for Outstanding Community Service.**





January 10, 2023 Sacramento County Board of Supervisors passed a resolution honoring the ARBP.

## El Dorado Trail Update...

With the addition of the 37-mile-long El Dorado Trail (EDT) this past October, the American River Bike Patrol expanded its patrol area to 59 miles of bike trail. Once an agreement is finalized with the State of California to again patrol Folsom Lake SRA, that number will grow to 69 miles, more when both sides of the Lake Natoma Loop are considered.

Patrols have been occurring on the EDT by Teams 3 (Ciucci) and 9 (Poimiroo). The trail has four patrol areas:

- (mile 0) El Dorado County Line, Folsom to (mile 22) El Dorado (MTB)
- (mile 22) El Dorado to Ray Lawyer Dr. (mile 25.5)
- (mile 25.5) Ray Lawyer Dr to Mosquito Flat Rd (mile 30.3)
- (mile 30.3) Mosquito Flat Rd to Camino (mile 37.3) (Last mile MTB)





The first 22 miles (Lower Section) and last mile of the trail are on dirt (historic railroad grade). All other sections of the trail are paved Class I bike-path. Not much patrolling occurs on the dirt sections; few cyclists or hikers use them.



There are two basic patrol areas: between El Dorado and Ray Lawyer Drive (Middle Section) and from Placerville up to Camino (Upper Section).

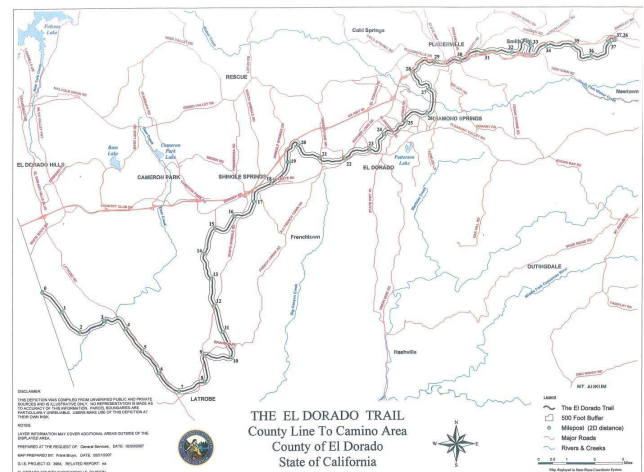
To patrol the Middle Section, it's most convenient to begin at Ray Lawyer Drive and ride south toward El Dorado. Drive US 50 to Ray Lawyer Dr. in west Placerville and park at the Park n Ride. Directly across from the entrance to the parking lot is the trail.

The Middle Section of the trail passes by pastoral scenery and over Weber Creek Bridge upon which lovers have locked engraved padlocks. Other interesting places along the lower trail (middle section) include Cat Hill, where dozens of feral cats hang out.

At Missouri Flat Road the bike trail is closed due to trail improvements. To continue to El Dorado, patrollers must detour around the construction by riding north along the Missouri Flat sidewalk to the first intersection, then cross there, detouring around the back of the Wal-Mart store and through its parking lot to Forni Road. Turn left on Forni Road and ride a half mile to reconnect with the EDT.

From Forni Road, it's a beautiful ride through the newest part of the EDT along tourist rail tracks which end at the old El Dorado train station. If you start in El Dorado, follow these directions in reverse.

To patrol the upper section of the EDT, you can either park at Ray Lawyer Drive and get on the EDT just east of the parking lot, then ride through downtown Placerville to the Mosquito Rd. entrance to the EDT (opposite the Placerville Station bus terminal) or park at the bus



terminal and ride directly up the EDT to Camino, six miles up a 6% grade. It is a workout and the descent is fun. This trail is narrower than the JSMT and lightly traveled. At points you need to detour short distances.



Be aware that there are no mile markers or call boxes on the EDT. You will need to use your phone's map to identify the nearest cross street when calling 911. Ranger assistance is not available on the EDT and there is no 311 app to report trail maintenance issues. If you feel something is so bad it needs to be reported, take a photo and email it to Ciucci or Poimiroo who will forward your report to El Dorado County Parks and Trails.

Otherwise, we patrol on the EDT similarly to the JSMT. You'll find there is lighter bike traffic and walkers tend to walk on the left side of the trail. When calendaring your patrol, identify it as on the EDT, the same for shift reports. For an introductory patrol, email Ron Ciucci or John Poimiroo. *—Submitted by, John Poimiroo*

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## An Outlook Towards 2023

2022 certainly decided to go out with a bang, with Mother Nature providing a not so gentle reminder of the power of our river and its important role as part of the flood control system for Sacramento! Fortunately, New Year's Day brought a brief respite, and I, along with many others, were able to once again visit our parks and use our amazing trail. As I was out and about, I was grateful to see several members of the American River Parkway Bike Patrol out and ready to offer assistance to the members of our community. The work that you do and support you provide is invaluable, and we at Regional Parks consider ourselves very lucky to have grown in this partnership with you all. As we look forward into 2023, we will continue to seek your support. This year we are expecting additional work on our levee system, which will mean many new detours and possible challenges for our trail users. We are expecting similar recreational use of our trails and parks as in years past, and look forward to working with you on the trail and at other events. It is an exciting time for Regional Parks, with the influx of many dollars for capital projects that we will implement over the next few years, the anticipated adoption of the American River Parkway Natural Resources Management Plan and more.

With much gratitude and appreciation for all that you do, I wish you and yours a very Happy 2023

*—Submitted by, Liz Bellas, Director, Sacramento County Regional Parks*



## Outdoor First Care - CPR MASK

The standard ARBP First Aid Kit contains a CPR Mask. Current COVID guidelines recommend chest compressions only for patients needing CPR. Although this is safer for the rescuer, it is still less effective than chest compressions and breathing at a rate of 30:2. The mask is a moderately safe barrier and the one-way valve prevents the rescuer from breathing the patient's exhaled air.

In addition, it is useful for Rescue Breathing. This is indicated for any patient who is having difficulty breathing, has a rate of less than 6 per minute and has a pulse. Examples include opioid overdose and near drowning. —By Jim Margolis, M.D.



**Mask, compressed**



**Uncompressed and strapped**



**Airways of various sizes**

The CPR Mask comes compressed. It needs to be expanded. It is placed with the apex on the bridge of the nose and the base on the chin with a firm seal. Breaths should be given at a rate of 20 per minute. The depth is determined by the size of the patient. A child may only need a puff, but a full sized adult will need a full breath. You should see the chest rise with each breath you give. There is a plastic port for supplemental Oxygen if available. If a patient is totally unresponsive an oral airway may also be needed. (see photo to right)

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## January 1st Ride Report

Wendy Lambert, Rick Bollinger, John Poimiroo, and Rick Tower rode the bikeway on January 1st, looking out for the usual possibilities. With the recent rain and high winds, they came across downed trees and other debris strewn across the bikeway. Their findings resulted in no less than six 311 maintenance calls. Way to go team!





## [Greg Cordier](#) ...continued from page 1

Greg is a graduate from our last OFC class and is off and running, or I should say riding. Greg has assisted and been directly involved with such events as Run The Parkway, The Turkey Run, SARA event booth setup and manning and The California International Marathon.

Greg is also no stranger to Patrolling our Parkway. You can find his name on our Patrol Calendar at least 2 to 3 times a week as he patrols our western sector Arden to Discovery Park.

Greg, thank you for who you are and what you have contributed to our Patrol, keep up the excellent work. Greg Cordier, you are in the ARBP Spotlight!

—Rick Bollinger, Recruitment Advisor, Ranger Liaison



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## Recurring Monthly Events: (continued from page 2)

- **Bike Maintenance workshop**, every first Tuesday, 9 AM, at Rich Fowler's home, [7573 River Ranch Way, Sacramento](#), RSVP to [richowfman@gmail.com](mailto:richowfman@gmail.com)
- **Outdoor First Care refresher**, every first Tuesday, 3 PM at Doc Jim Margolis's house, [601 39th Street Sacramento](#); RSVP to [jamadapa@att.net](mailto:jamadapa@att.net)

## Coffee, Bikes and Insights outings offer new learning opportunities!

[...ARBP Events Schedule. continued from page 2](#)

These optional sessions combine coffee, snacks, camaraderie, the opportunity to learn more about the history, flora and fauna of the American river system, followed by small group patrol rides.

Other Coffee, Bikes and Insights events will be offered in future months, most of them on a Saturday morning, including:

- Introduction to mountain bike riding, with inspiration, insights from the Folsom Auburn Trail Riders Association ([FATRAC](#)) [See also page 14.](#)
- An visit to the Sacramento Historical Society and the California Auto Museum
- A visit to the Effie Yeaw Nature Center
- A Tour Of The Sac Valley California Native Plant Society Nursery & Gardens (see Calendar on page 1 for this month's already scheduled event.)



# A short history of the American River Bike Patrol

The idea of a bike safety patrol was first shared in the monthly meetings of the American River Coalition group, chaired by the SARA, in fall, 2019. The plan received solid support by the 20+ attendees.



A formal bike patrol proposal was presented to Sacramento County Parks and Recreation in early 2020; after a positive reception by the Parks Director, Doc Jim Margolis and I convinced the County's Chief Ranger and his assistant we were a viable partner, and County Supervisors approved the agreement in February, 2020. Our mission as stated was to act as trail ambassadors, stress/teach bicycle and hiker safety, provide wayfinding and bike mechanical assistance and offer first-aid and CPR services as required.

Recruitment began in March, 2020 with two public meetings at REI co-op, and 80 potential patrollers attended. Today we number 96 bike patrollers.

We report to three land managers, Sacramento County on the American River Trail from miles 0 to mile 23 (Hazel Ave.), Folsom Lake State Recreation Area, from mile 23 to Beals Point and we recently signed on to patrol the 40+ miles of trails in El Dorado County.

For 2022, we're projected to handle about 150 first-aid incidents, will assist with approx. 300 trailside bike repairs, well over 5,000 interactions with the public on safe cycling/hiking practices, have made scores of 911 calls and reported several hundred challenges on trail including downed trees, illegal campfires and illegal camps.

We are focusing on a diversity, equity and inclusion (DEI) for future recruitment, with a goal to recruit and train more young and diverse members; and are reaching out to trailside communities for assistance in helping attract more diverse and family-focused bike patrollers.

The ARBP was recently awarded the honor of top bike patrol in the nation for 2022, out of approximately 140 bike patrols who are members of the National Ski and Bike Patrol system.

For additional insight into our members and our patrol services, see [americanriverbikepatrol.org](https://americanriverbikepatrol.org).

*—Tim Viall; board member, American River Bike Patrol.*

## Diversity, Equity and Inclusion (DEI) goals, January, 2023

Inspired by a renewed focus on diversity, equity and inclusion by our parent organization, the National Ski and Bike Patrol, a series of meetings of ARBP members have advanced straight-forward targets for our focus, so the patrol (now and in the future) applies diversity, equity and inclusion practices for future membership attraction and building of patrol leadership. Those goals include:

- Develop a DEI statement of support and future focus for inclusion in Patrollers Handbook, and referenced on ARBP website.
- Update the Patrol website to make a more clear and inviting “contact us” option, and a second clear “how to join the patrol” option.
- Upgrade the patrol recruitment flyer to reflect diversity goals, for use at Hydration/Info stations, bike and sporting good shops and other posting/sharing locations in targeted communities.
- A report on DEI activities in each newsletter
- Upgrade the “blue handout card” to be more of a recruitment tool.
- Identify and work with groups that represent diverse target populations in cities along trails, (Viall noted he was working with the Cordova Community Council to identify such groups in the Rancho Cordova community; asking others to reach out in their towns, accordingly). Requested that other committee members work up a target list of helpful partner organizations for outreach in the new year.
- Identify existing ARBP minority and female members who can move into patrol leadership positions.
- Invite meeting with the Recruitment Committee to share how they handle current recruitment efforts and how they deal with people who express interest in joining the patrol.

Thanks to the committee, which includes Carolyn Streng, Larry Hudgins, Jeff Du Bois, Rich Fowler, Carolyn Lewis, Wendy Lambert and Tim Viall. Additional ARBP Members are welcome to join in the effort; email your interest to Tim, [tviall@msn.com](mailto:tviall@msn.com), or call 209.969.3875. – *Submitted by, Tim Viall*

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## ARBP Would Like to Thank Our Sponsors



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**S A C R ★ M E N T O**





## SACRAMENTO AREA BICYCLE ADVOCATES

### **SABA: Your local bike advocacy organization**

Happy New Year Bike Patrollers! As we start 2023 with a bang of flooding and downed trees obstructing the ARBT, I thought I'd take a minute to say hello and let you know what we are up to in 2023. My name is Deb Banks, and I am the Executive Director of the Sacramento Area Bicycle Advocates (SABA). We work to make the Sacramento Region a safer place for cyclists and all users of our streets and trails. SABA has been around since the early 80's and has grown into a non-profit that works in three areas: advocacy, education, and encouragement, with the mission of supporting more people to make more trips by bicycle every day.

Our advocacy is focused on influencing leaders to do the right thing when it comes to securing safe roads and trails for cyclists and other users besides vehicles. We do this through direct campaigns for policy changes, letters in support or against a variety of types of road changes, and in collaboration with other organizations to keep our leaders accountable for helping our region have safe streets and clean air.

In addition, we teach people how to be safe cyclists and encourage riders to build their skills. We have licensed cycling instructors on staff which follow the League of American Bicyclists teaching curriculum. This past year, we've also extended this into basic bike mechanic courses, teaching folks the basics of fixing their own bikes, so they can be more self-reliant and confident while out on the road.

We offer monthly social rides, highlighting new bicycle infrastructure in town as well as other themed rides – to visit murals, our parks, etc. Our largest event, by far, is during May. We manage “May is Bike Month” for 6-counties: Sacramento, Sutter, Yolo, Yuba, El Dorado and Placer. It is a huge and rewarding undertaking!

We also provide direct service: our Bike Valet provided cyclists free and secure bike parking at over 200 events in 2022 (we parked over 7300 bikes!); our Ride Ready Repair bike mechanics fixed over 1500 bikes keeping them in service for those in need of a bike for their transportation needs, and we repaired and gave away over 100 donated (to us) bikes to youth and adults who needed a bike for transportation or recreation. We believe that the bicycle can help change the world, or at the very least, change someone's life. Bikes bring joy.

We expect to do more of all of this in 2023. Our organization is supported by donations from the public (donate to us!) and grants that support work in under-served communities. We are a small staff bolstered by a small but committed volunteer group and we are always looking for like-minded people who believe that a bicycle can better someone's life. If this is you, please be in touch! Find me at [Deb@sacbike.org](mailto:Deb@sacbike.org), and more about SABA at [www.sacbike.org](http://www.sacbike.org).

## Pro Deals and discounts available through Expert Voice (as well as the NSP website)!



American River Bike Patrol members,

Your American River Bike Patrol has been approved as a sanctioned Emergency First Responder organization by Expert Voice, allowing access to hundreds upon hundreds of pro deals and discounts from cycling, ski and outdoor recreation retailers.

Welcome to ExpertVoice! Your team American River Bike Patrol is now live. ARBP members can upload their credentials when applying or renewing, and a member of the Expert Voice Credential Crew will review and approve their applications (approval, after you apply and submit a copy of your membership card, typically takes a day or two).

Here is what to do:

1. Sign up or login at [www.expertvoice.com](http://www.expertvoice.com)
2. For new users, search "American River Bike Patrol" when prompted to find an affiliation
3. Existing users, add affiliations under your logged in profile menu;
4. and when asked for your membership credential, use your new **white** ARBP membership card.



Also, Take the time to wander through the pro Deals offered through your NSP membership. Merely go to the NSP.org website, login with your membership number, go to Pro Deals and check out outdoor gear, ski, and cycling options through 58 nationally recognized suppliers. In all these options, Please remember these sweet deals are offered to you for your own, individual use, only. They're not available to family members, friends or others. –Submitted by, Tim Viall

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## ARBP Would Like to Thank Our Sponsors





## Folsom Auburn Trail Riders Action Coalition

FATRAC is a mountain bike trail advocacy, construction and maintenance non-profit serving the greater Sacramento region, including the urban areas as well as our foothill communities. FATRAC was formed in 1988 to work with California State Parks to increase quality trail experiences in the Auburn and Folsom Lake

State Recreation Areas. Almost all of your favorite mountain bike trails in Auburn, Salmon Falls and Granite Bay were built with-- and are maintained with-- FATRAC's help.



FATRAC is building new trails in Partnership with the American River Conservancy in the area just north and west of the Salmon Falls Bridge, known as the Salmon Falls Ranch. This Spring's project is known as “Chaparral Ridge.” Check our social media to find out about our Dig In fundraiser and about potential work days.

FATRAC's lasting impact at Folsom Lake State Recreation area is embodied in a new Road and Trail Management Plan that incorporates many of our suggestions and input to make this area a true mountain bike destination. The new plan – nearly 20 years in the making, plus the pending change in the use of the Brown's Ravine trail that connects Folsom to Salmon Falls – has many long-time advocates hoping that years of procedural logjams are broken.

FATRAC plays an active role in establishing new bike parks. We have helped create bike parks in Fair Oaks and in Auburn. There is a lot of interest and energy in building more. We host an annual Take a Kid Mountain Biking day in the fall, and are looking for ways to encourage the next generation of mountain bikers.

In the urban zone, FATRAC advocates for legal riding on the American River Parkway. We helped win a legal dirt-riding zone in Cal Expo and Woodlake, but it needs major upgrades. The American River Parkway plan must be amended to offer better opportunities for active users in the lower Parkway.

Please check out our website at [www.fatrac.org](http://www.fatrac.org) where you can learn more about our organization, sign up, donate and/or volunteer. See our latest goings on at our Facebook and Instagram.

**Matt Wetter** *FATRAC President*, [matt@fatrac.org](mailto:matt@fatrac.org)



## Bike Patrol Welcomes A New Sponsor

The American River Bike Patrol shares a warm welcome and thank you to our newest sponsor: Trek Bicycle Sacramento Midtown – Carlos Perez and Allen Schmalze who will be donating a Trek Mountain bike including a year of service and in the future some bike apparel. The ARBP hopes this will go to the first of many youth in need who will be equipped to join our Youth Bike Patrol.



The shop, located at 2419 K St., Sacramento, 95816, has indicated that it will be donating a Trek mountain bike, including a year of maintenance and service, and, in the future, some bike apparel.

Plans are for the Bike Patrol to share this bike with one of the many young riders in need to be equipped to join our Young Adult Bike Patrol.

The addition of Trek Bicycle Sacramento Midtown brings to 10 the number of shops and organizations that stepped up in 2022 to sponsor and support the American River Bike Patrol.

Sponsorship support for the Bike Patrol helps replenish our patrollers' first aid supplies and bike maintenance items for serving the public, as well as safe cycling/walking programs and a scholarship program to help develop, expand and diversify our young adult and adult patroller programs.

Potential sponsors are welcome to donate cash or supplies valued at \$250 to \$5,000, with a growing list of benefits to the sponsor at the increasing levels.

The American River Bike Patrol is a member of the National Ski Patrol system, a 501 C3 organization, and donations are tax exempt as determined by law.

For more information on the sponsorship program, or directions on how to donate, please contact Patroller Mitchel Benson at [mdbenison07@comcast.net](mailto:mdbenison07@comcast.net) –Mitchel Benson & Doc Jim Margolis

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## ARBP Would Like to Thank Our Sponsors



## Sea Otter Classic 2023

### Join NSP ski/bike patrollers, family April 20-23, 2023, for first-aid, marshal service at USA's huge cycling event!

#### **Sea Otter Bike Classic located at Laguna Seca Raceway/Ft Ord National Monument, CA.**

For the 20th year, 45+ Far West Division ski/bike patrollers, family and friends are invited to help provide first-aid service, non-emergency transport and course marshaling at the Sea Otter Classic at Laguna Seca Raceway near Monterey, CA, the USA's largest outdoor biking event.

NSP members and friends camp at "Ski Patrol Central" within the event, enjoy evening barbecues, find time to ride their bikes, attend the huge trade show and make new NSP friends! For their volunteer service, the Sea Otter Foundation donates approximately \$6,000 to patrols of the NSP volunteers.

Patrollers, family and friends are **offered free camping** right in the Laguna Seca paddock at Ski Patrol Central, **free admission, lunch and t-shirt**. Motorhomes, camping trailers and tents make for cozy accommodations and evening **NSP barbecues** add camaraderie and fun!

This four-day bicycling extravaganza attracts 9,000 participants ranging from world-class pro riders to serious amateurs and recreational cyclists. Over the four days, riders take part in circuit racing, cross-country events, wild downhill and dual slalom racing and citizens road and cross-

country rides. Each year, NSP members provide first-aid care to over 150 riders, from incidents of road rash and exhaustion to more serious trauma-induced injuries.

Over 60,000 spectators crowd the huge venue, which spreads out from Laguna Seca Raceway into the scenic back country of the Ft. Ord National Monument and, for the road

races, along roads through Monterey County. 400 trade show vendors make for the largest market in the country for cycling



equipment and accessories.

In 2022 the Dodge Ridge Patrol and American River Patrol was joined by patrollers from China Peak, Mt. Shasta, Sierra at Tahoe, Alpine Meadows, Boreal and other patrols and first-aiders. The NSP contingent pairs with Monterey County Rural Fire Services and AMR Ambulance.

We invite members of NSP patrols to join us! For Sea Otter Classic insight go to: [seaotterclassic.com](http://seaotterclassic.com); **mark your calendars, April 20-23, 2023.**

**To volunteer or for more info, email or call Tim Viall, Coordinator for NSP Volunteers for the Sea Otter Classic: [tviall@msn.com](mailto:tviall@msn.com), or (209) 969-3875.** Volunteers should plan to provide name, patrol, email address, cell number, days available, and if planning to camp in RV, motorhome or tent.



Clockwise from top left, the NSP first aid crew for the backcountry courses prepare to depart for assignments, NSP volunteers staff two large first-aid tents at the venue; NSP members, back-country first-aiders and Friends of Ft. Ord volunteers pose for back-country photo, and tents, motorhomes make for cozy evenings at "Ski Patrol Central". Join the NSP team for NSP service, camaraderie and fun!





## Join the ARBP

**Join the Team!**

# American River Bike Patrol

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



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

Young adult patrollers, ages 14.5 to 18, and adults are invited to join and will be offered trail readiness training as trail ambassadors, bike skills development, Outdoor First Care first-aid and CPR training, mentoring and leadership training. Young Adult Patrollers commit to 48 hours or more of annual patrolling along the American River Parkway, and always patrol with a senior, adult patroller and a second adult. Adult patrollers are also required to patrol 48 hours annually.

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

Join the Team and make life-long friends!

For link to website and info flyer:  
[americanriverbikepatrol.org](http://americanriverbikepatrol.org)

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



**Join the Team!**



## Newsletter Name Contest

In this contest, individual members of the ARBP think of a catchy name that everyone will associate with these pages. Your entry at present has no other prize besides bragging rights, but that too might change. So think hard and bear in mind that as we grow, we may cover new trails, new bike paths, and new events. These new areas may not follow a river, but may follow some other structure such as rail tracks.

To submit your idea for a name, send in an email to Mark Moreno ([mark@mosyklos.net](mailto:mark@mosyklos.net)) or Tim Viall ([tviall@msn.com](mailto:tviall@msn.com)). Include your suggested title for the newsletter. You may submit more than one name, but please order them so that if two contestants think of the same name, we can give the bragging rights to that individual who placed their entry at the top. At this time we will limit the number of entries to 3 per contestant. Send in your entry by January 20th.

By February we will compile all the entries, weed out any of the blatantly spurious ones, then begin the difficult process of deciding which ones sound best. If a single name does not stand out among the rest, we may present our top choices to the leadership and have them vote. If this results in a (single) tie, we will give equal rights to two individuals. The final choice will be presented at a town hall meeting, or a 1st Saturday.

–Submitted by Mark Moreno

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## ARBP officers and advisors:

*–The ARBP Newsletter is produced quarterly, in Jan, Apr, Jul, & Oct. The deadline is the 25th of the previous month. Please send submissions to Mark Moreno, [mark@mosyklos.net](mailto:mark@mosyklos.net)*

**Patrol leader**, Jim Cheng

**Assistant patrol leader**, Jeffrey Dubois, MD

**Assistant patrol leader**, Jeff Magaziner

**Secretary**, Carolyn Streng

**Treasurer**, Terry Reynolds

**Team leaders**: Ron Ciucci, Rich Fowler, Larry Hudgins, Carolyn Lewis, Kathie Mahdavi, John Poimoroo, Paul Sassenrath, Ryan Saville, and Tim Viall.--

### Advisors:

**Bike mechanical**, Rich Fowler

**Communications**, John Poimoroo

**First-aid**, Dr. Jim Margolis

**Legal**, Larry Barry

**Medical**, David Shatz, MD

**Newsletter**, Mark Moreno

**Quartermaster**, John Grady

**Recruitment**, Rick Bollinger

**Webmaster**, Paul Rieger