

## ARBP NEWSLETTER – Vol 3, Issue 3, 2022.4.1



Hello and welcome to our first edition of the ARBP E-Newsletter. As you can see our leadership Team is actively seeking new and better ways of communicating and keeping the ARBP moving forward. Many thanks to Tim Viall and Mark Moreno for the concept and execution for this new forum. –Jim Cheng

### Upcoming Scheduled Events – OFC Refresher, Sea Otter Classic, Day Of Giving, and ARBP Elections!

APRIL 2<sup>nd</sup> – our normal 1st Saturday has been cancelled due to other events.

April 2<sup>nd</sup> – The American River Bike Patrol is hosting an information table this Saturday at the Party Pardee “base camp” in Lone. We need volunteers to help staff the table. So far, it’s just Rick Bollinger and I, and we could use more hands on deck. We plan to staff the table from about 9 am to 4 pm or so. We are offering bagels, water and non-stop repartee. So, be a mensch and help us out. If you are interested, please contact Rick at (916) 207-8746 or [firetoy13@gmail.com](mailto:firetoy13@gmail.com)  
–Mitchel Benson

APRIL 7 to 10 – **Sea Otter Classic**



The excitement begins at Laguna Seca Raceway and Fort Ord National Monument, with opportunities galore for bike patrollers! Please contact Tim Viall, [tviall@msn.com](mailto:tviall@msn.com), 209.969.3875.

APRIL 11<sup>th</sup> – Last day to order your Primal Uniform Jerseys and Tech Tees!

APRIL 16, 10 AM – Coffee, Bikes and Insights



Starts in Old Sacramento at the California Automobile Museum on 200 Front Street. After a stop at the Sacramento Historical Museum, we will proceed to bike patrol. Please contact Tim Viall, [tviall@msn.com](mailto:tviall@msn.com).

MAY – National Bike Month! Contact John Grady or Tim Viall for ideas on how to be involved.

MAY 5<sup>th</sup> – Big Day Of Giving!



All patrollers are being asked to encourage donations to the ARBP during Big Day of Giving, the Sacramento area's community-wide campaign to support local charitable organizations.

This is the first year that our Bike Patrol has been invited to participate in Big Day of Giving, and it's a big deal, providing broad exposure and - hopefully - donations that will help offset our costs of patrolling.

One of the easiest ways to participate is to forward this link to friends and family and post on the following on Facebook (cut and paste):

“Join me in helping to make the American River Parkway a safer place – click on the following link. Donations made to the American River Bike Patrol during the Sacramento's annual Big Day of Giving campaign will help pay for first aid supplies, bike tubes, first aid training and more.” –John Poimiroo

<https://www.bigdayofgiving.org/donate/American-River-Bike-Patrol>

MAY 7<sup>th</sup>, 9AM – 1st Saturday at Negro Bar Area. Contact Ron Ciucci

MAY 12 – Folsom Mayor's Ride. Contact John Poimoroo for details.

May 14<sup>th</sup> – Rancho Cordova Community Bike Event. Contact Tim Viall

MAY 21<sup>st</sup> – ARBP Refresher Course. We have come to the point where many of you need to renew your Outdoor First Care credentials. Our first OFC Refresher is being offered on May 21st by Dr. Margolis. A second Refresher will be arranged for those unable to attend the May Refresher. Refreshers are the best way to stay current in OFC treatment methodology and is a

requirement. Please make every effort to attend. Finally, I want to thank all of you for your support and continued enthusiasm. I am ever inspired by the constructive ideas from Leadership and the willing support of the Membership. We have achieved tremendous recognition from Community Leaders and Trail Users alike. Keep up the great work and stay safe! –Jim Cheng

**MAY 23<sup>rd</sup> – Deadline for Submissions To The June 1st Newsletter.**

JUNE – Our first round of elections is coming up in June with the Nominations/Election Committee being formed in April. We will be electing a new Assistant Patrol Leader, Treasurer, Registrar and six new Team Leaders. Our numbers have grown so significantly that we are adding four new Team Leaders to the Leadership Roster. To understand the process, please review our **ARBP By-Laws Election Procedure** located towards the bottom of this newsletter. My hope is for you to become involved in the process and help in the continuing growth of this amazing Patrol. –Jim Cheng

JUNE 4<sup>th</sup> – 1st Saturday with Awards. ...stay tuned

Every Month Events – 1st Tuesday, 9 to noon, is a bike mechanic's session at Rich Fowler's incredible home garage. Call 916-761-7382 to reserve your spot! And on the same day from 3 to 5PM are first-aid training sessions at Dr. Jim Margolis' home. Reserve a spot by contacting him at jamadapa@att.net

ARBP monthly Meetings. Leadership meetings occur on the 2nd Thursdays at 7 PM, while the "Townhall" meetings occur on the 4th Thursdays at 7 PM.

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## **ARBP COVID Update March 26, 2022**



### ***Moving Past Omicron***

***By Jeff Du Bois, MD***

The SARS-Co-2 pandemic, like the virus itself, continues to demonstrate twists and turns as we enter the third year of this saga. We've muddled through the initial surges, rapidly developed effective vaccines and new therapeutics to prevent and/or treat the illness, and have witnessed the evolution of new variants.

The good news is that we are currently at a near new low record for new cases since the pandemic began. Not since spring of 2021, after vaccine approvals and before the arrival Delta variant, have cases been this low. Currently, both Sacramento County and Placer County have test positive rates in the 2% or less range. The newest variant, the Omicron (versions BA.1, BA.1.1, BA.2, and BA.3) has become the dominant strain over the past 4 weeks, now accounting for 100% of genotyped samples.

Continuing the good news, the Omicron variant, while approximately 50% more transmissible than the earlier Delta variant, appears to be less invasive of lung tissue due to its mutations, and therefore less virulent of a disease. And approximately 75% of the local population has at least some vaccine protection, adding further protection against serious illness.

But there are some dark clouds still present. There has been a slight uptick in new cases over the past few days. Additionally, the combination of a less virulent disease and high vaccination rates has resulted in the distinct possibility of becoming infected and remaining without symptoms. This has been one of the hallmarks of this illness since its onset: asymptomatic transmission.

The newest twist appears to be the potential to be infected by two (or theoretically more) variants simultaneously. This is the presumed mechanism by which the latest evolutionary twist of this virus occurs: **recombinant** strains. There have been at least two recombinant strains sequenced so far. An earlier hybrid strain composed of portions of the alpha variant and portions of the delta variant was identified. Recently, a new recombinant of the delta and the omicron, nicknamed the "Deltacron" has been identified. The health implications of these recombinants remain to be seen, but the consensus of experts is that that vaccinations remain a very effective tool against serious illness.

And speaking of vaccines, Pfizer has petitioned to the FDA for a second booster (or fourth total dose) for adults over 65, and Moderna has similarly petitioned for a fourth dose for all adults. Currently, the CDC is recommending a fourth dose of Pfizer or Moderna, and a third dose of the J&J vaccine, only for those on chemotherapy, post-transplant, or living with HIV. In light of the rapidly changing viral properties, and the prolonged cellular component of immune response to vaccines, it is unclear how or when the FDA will rule on the fourth dose.

By way of refresher, neutralizing antibodies, which are stimulated in response to illness or vaccine, wane after several months. However, certain immune cells (T-lymphocytes) remain primed for many more months, even over a year. These T cells can then in turn stimulate other immune cells to generate antibodies in response to a subsequent infection.

A recent study among healthcare workers in Israel receiving a fourth dose of either Pfizer or Moderna did show a return of antibody levels to those peak levels after the third dose.

It did not, however, show a significant improvement in preventing Omicron infection. Bear in mind, the FDA's responsibility is to assure both safety and *efficacy*, in this case of a fourth dose. The CDC is responsible for promoting public health recommendations. The next meeting of the FDA's vaccine advisory panel is not until April 6. But even money suggests that the FDA won't make a ruling at that meeting as there is much doubt of the value of a fourth dose at this point, particularly with the evolving viral immunogenic characteristics. Yet, as if to prove me wrong, the FDA just came out with an approval for a fourth booster for those over 50 years of age. The CDC now recommends the fourth shot for those over 65 years of age without medical issues, and 50 years of age for those with medical issues.

Implications for our individual health and recommendations for the patrol are as follows:

- Avoid crowded venues, and if you must, consider masking up.
- If traveling, or have recent or planned exposure to large crowds, consider self-testing at home before, and/or approximately 5 days after travel/event. The test kits recommend a second confirmatory test 1-2 days after the first, if the first is negative.
- If you test positive on a home antigen test, arrange for a confirmatory PCR test
- If you've tested positive (either by home antigen or PCR) wait a minimum of 7 days and retest with a home test, but do NOT retest with a PCR test. Two consecutive negative home tests clear you to full return to duties.
- Free home tests are available courtesy of the federal government via the USPS: [COVIDtests.gov](https://www.usps.com/covid19/testing)
- For ANY respiratory symptoms (yes, I realize it is allergy season), consider testing.
- Given the propensity for minimal or no symptoms, please do test yourselves. Please don't be part of the problem!

And according to the recent CDC recommendation, get your 4th booster if you are over 50 years of age but have medical issues, or if you are over 65 years of age and are in great health.

–Jeffrey J. Du Bois, MD, [Jjdubois56@gmail.com](mailto:Jjdubois56@gmail.com)

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## **Primal Uniform Update, from John Grady, Quartermaster**

Your Primal Team Store is live and ready for ordering.

- The store is not password protected, so anyone can use the link to access the store and order.
- The ordering process is like any other online store. Add the items you want to the cart and then go through the check-out process.
- Users do not need to create or save an account if they prefer to check out as a guest, but there is an option to create an account to be able to review their account history, and save contact information for future orders.

- **VERY IMPORTANT!** Please be advised that the Primal store is **pre-set** for Bulk Shipment. **HOWEVER** users will still be required to enter a shipping address at check-out even though everything is being sent via bulk shipping to John Grady. This throws a lot of people off. When you access Primal via this link, please input any address (your billing address) to submit an order, **but everyone will pick up the order from John Grady.** This is why shipping is free. To get the prices below, you must **order by April 11th!**

To access the store, use this special link:

<https://via.primalcustom.com/collections/t07168a>

For any Team Store questions or ordering assistance, there is a ‘Help’ category with FAQ information, phone#, and LiveChat on the order page.

Or use: <https://www.primalwear.com/pages/customer-service-page>

### Our Primal Jersey, is just \$65:



Colors may vary slightly based on your viewing device. If you wish to match specific colors, please provide color calibration values and we will do our best to match them.  
We warrant customer and products to be true and that products may vary slightly from description.  
All artwork, graphics and materials created by Primal Wear, Inc. are the property of Primal Wear. Any use of Primal Wear property without prior express written permission is strictly prohibited. © 2019 Primal Wear, Inc.  
Please consult with your Customer Account Specialist with any questions prior to generating your design.

### Our Primal Tech Tee, is just \$39:



Colors may vary slightly based on your viewing device. If you wish to match specific colors, please provide color calibration values and we will do our best to match them.  
We warrant customer and products to be true and that products may vary slightly from description.  
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Please consult with your Customer Account Specialist with any questions prior to generating your design.

For questions, please contact John Grady, Patrol quartermaster, [jgrady1951@gmail.com](mailto:jgrady1951@gmail.com).

## Garage Sale Items

**From Team Leader, Jeff Du Bois, MD, [jjdubois56@gmail.com](mailto:jjdubois56@gmail.com)**

- Rack for bike trunk/pack (though I think Miguel Perez wants this); free to good home
- Men's Medium ShowersPass soft-shell cycling rain jacket, yellow, lightly worn; best offer
- Men's Small (fits waist up to 32" and inseam to 32") ShowersPass cycling rain pants, black, never worn (tags still on!); best offer, contact Jeff DuBois for details.

**From Team Leader, Tim Viall, writer and photographer, [tviall@msn.com](mailto:tviall@msn.com)**

A sweet hardtail MTB from Gary Fisher! A classic bike to ride paved and single track trails or make the daily commute on. Equipped with Shimano components and made in the USA. Recently tuned by ace bike mechanic Rich Fowler, get out riding on this Gary Fisher Wahoo mountain bike!



Year: late 1990s; Brand: Gary Fisher; Model: Wahoo; Size: XLarge frame (I am 6 feet 11/2 inch, and fits me fine); Stand Over: 31.5in; Frame Material: Steel; Color: white; Wheels: 26"; Tires: 26x2.25, almost new; Drivetrain: 3x8, 24 gears; Crank-set: Shimano; Shifters: Trigger; Derailleurs: Shimano; Handlebars: Flat Bar. Notes: Rear aluminum cargo rack, Bottle Cages, Reflectors Included.

Price: \$150. Contact ARBP member Tim Viall, [tviall@msn.com](mailto:tviall@msn.com), 209.969.3875

## **ARBP BY-LAWS**

### **6.0 ELECTIONS**

6.1 Term of Office – Officers shall be elected for a term of two (2) years. No elected officer may serve more than two (2) consecutive terms in any one office.

6.2 Excluded from Office – Candidates, alumni, and youth members (under 18) shall not hold an elected office.

6.3 Member Votes – Each member of the Patrol is eligible to cast one vote in any patrol-wide election.

6.4 Election of Officers – On June 1st, in even years, the Patrol shall hold elections for the Assistant Patrol Representative, Treasurer, Registrar, and Team Leaders of even numbered patrol sectors. In odd years, the Patrol shall hold elections for Patrol Representative, Secretary, Quartermaster and Team Leaders of odd numbered patrol sectors. Newly elected officers will begin their term of office on July 1 in the year they are elected.

6.5 Nomination Committee – The Nomination Committee shall propose a slate of candidates for each election. In addition, members may also propose eligible members for office. The Nomination Committee will verify qualifications of all candidates as set forth herein.

6.5.1 Structure – The Nomination Committee will consist of the Executive Committee, the Past Patrol Representative and one member of the Patrol at large, as selected by the Board. The committee shall select the chair by majority vote.

6.5.2 Duties and Responsibilities – The Nomination Committee shall propose a slate of candidates when nominations open, but not later than May 1. Open nominations from the General Membership shall be accepted until May 20. The Nomination Committee shall close nominations, verify qualifications, publish any candidate statements, and set election dates from June 1 to June 20. The slate of candidates shall be presented to the Board for ballot compilation.

6.6 Election Results – Team Leaders shall select three patrollers from the general membership, who are not current Board members or candidates for election to the Board, to tabulate the votes and report results. The Patrol Representative shall report results of the election to the Patrol by June 30th.