



## “Ride right, walk left” ...

Trail Etiquette, by John Poimiroo

### Keep Right or Keep Left?

Many parkway users are confused as to which side of the trail they should be on, and the lack of clear trail signage hasn't helped.

Recently, Sacramento County Parks painted signs on the Jedediah Smith Memorial Trail between Hazel and mile 18. The new signs advise: 15 MPH, Skateboards Prohibited, Bicycles Keep right, and Walkers Keep Left, but has that really settled the issue?



Most cyclists and eboard riders know the speed limit is 15 mph. Further, the proliferation of ebikes has made it easier for occasional users (who lack any awareness of trail etiquette) to exceed 15 mph. They go above that limit intentionally. So, adding huge speed limit signs is worthless unless those limits are enforced.

However, to enforce a speed limit, rangers need a calibrated radar gun, operated by a ranger certified to operate it and who is free from other responsibilities to do so. Ranger leadership has stated their desire to enforce speed limits, but other more pressing responsibilities, and a lack of free and trained rangers has prevented meaningful speed limit enforcement.

See Ride right, Walk left, continued on p. 16...

## “Hey Kids...Let's go for a Bike Ride”

We patrollers often find families in distress on the American River Trail that could have been avoided with just a little pre-ride planning. Here are five brief suggestions of what to do before you load the bikes onto the rack:

- 1.) Find an old t-shirt or towel and wipe the dust off the bikes. Spray a little 409 on the rag to ease the process. Clean bikes ride better.
- 2.) Check the air in the tires. All tubes seep air over time so tires can get flat without there being a puncture. Pump the tires up before the ride.

See Let's go for a Ride, continued on p. 16...



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## Address up-to-date?

To be added to E-mail list, or should your address change, please send name, address and email address to patrol secretary Tim Viall, [tviall@msn.com](mailto:tviall@msn.com), or call (209) 969-3875.

### American River Bike Patrol Leadership Team:

Patrol rep: James Cheng

Assistant patrol rep: Jeff DuBois

Second assistant patrol rep: Jeff Magaziner

Treasurer: Terry Reynolds

Secretary: Carolyn Streng

Bike mechanics Advisor: Rich Fowler

Communications Advisor: John Poimiroo

Equipment Advisor: Barry Calfee

Events Advisor: Mitchell Benson

Folsom Lake SRA Liaison, Michael Gnafakis

Legal Advisor: Mark Paxson

Medical advisors: Dr. Jeff Du Bois, Dr. David Shatz

Newsletter Editors: Mark Moreno, Tim Viall

Outdoor First Care advisor: Dr. Jim Margolis

Recruitment and Sac County Liaison: Rick Bollinger

Team Leaders:

Ron Ciucci, Jeff Du Bois, Rich Fowler, Carolyn Lewis, Kathie Mahdavi, Paul Sassenrath, Ryan Saville, Tim Viall, Lulu Voss (Young Adult Patrollers)

Web site advisor: Paul Rieger

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## A message from Patrol Leader Jim

Upon reaching our second year anniversary, I am proud to report that the State of the American River Bike Patrol is good. We have stabilized at 84 members, but continue to attract interest and new applicants. Our Leadership team has grown providing more service and guidance for the Patrol. We have a new, Assistant patrol Leader, Treasurer, and four new Team Leaders. We have six new local sponsors, and our fund raising activities have been a huge success thanks to John Poimiroo and Mitchel Benson.



Our treasury is strong with funds in excess of expenditures and a positive balance. Our outreach through community service has been strong with our participation in four major events: the California International Marathon, the California Ironman competition, the Sea Otter Classic, and Party Pardee. We have provided two verified lifesaving CPR interventions; one on and one off the Trail.

We are one of, if not the largest, bike patrol Nationally, and we are setting the standards for First Care and the National Bike Patrol (pictured below, Jim Margolis, Tim Viall and I recently accepted top bike patrol in the region award). We continue to reduce suffering for those stranded or injured. We are guardians for those who are lost and needing comfort. We continue to serve and cover ground not tread before. I could not be prouder of you all.

Of all of my awards, being your Patrol Leader is the highest honor. I thank you for your support, your membership, and most importantly, your participation. I encourage you to continue in service whether on or off Trail. Have your CPR and First Care Supplies on the ready (I carry mine in the car).



As the old Scout Motto goes, "Be Prepared". Stay Safe and I hope to see you on the Trail.

- **Jim Cheng**, ARBP patrol leader

## New look, new newsletter name...?

With this issue of our Bike Patrol News, we are moving to a modified focus, with articles of general interest to everyday cyclists and hikers in the first 5-6 pages, and more technical, bike-patrol-related articles in the final pages of the newsletter. We anticipate this continuing as we work to build our readership and utilize a number of friendly Parkway non-profit organizations who have volunteered to forward our newsletter on to their mailing lists. We also seek to build our ARBP talents and sharing safety tips for cycling/hiking on the trail.

We also anticipate building our own expanding list of "Friends of ARBP", hence the idea to offer more overall bike safety and safe Parkway use articles.

We will also be looking to adopt a new newsletter name in future months; so if you have suggestions, please send them along to Mark or Tim.

# Free Bike Helmets for Kids

Bike Patrol members often encounter families out for a weekend casual ride on the Parkway; too many times, no one in the entire family is wearing a bicycle helmet. A very unscientific survey seemed to indicate that many of these families were of Latino heritage, or seemed to be of low financial resources. And so an idea was born.

Through a Child Life contact of mine from Kaiser Permanente Roseville Medical Center, who is a regional Safe Kids provider, we were put in touch with Misael Chavarin, the program coordinator for a helmet distribution program for children at UC Davis Trauma Prevention and Outreach Department.

This unique program provides free bicycling helmets to kids at schools and other civic programs, and is funded through a generous grant from Kohl's. Members of the American River Bike Patrol can now advise unhelmeted families riding the bike path firsthand, and offer helmets free of charge to children (and their parents, if so desired).



- Jeffrey J. Du Bois, MD, American River Bike Patrol

## Parkway and ARBP Events Calendar:

### Key events:

**Saturday, July 16, Great American Triathlon, see details, p 7**

**Saturday, July 23, ARBP visit to new bike patrol in Half Moon Bay, details, p. 19**

### ARBP Hydration/Information station schedule (stop by and say hello!):

- o Saturday, July 9, 10-1, Wm. Pond Park, Team DuBois*
- o Saturday, August 2: Team Mahdavi, El Manto area*
- o Saturday, September 3: location to be determined, Team Ciucci*
- o Saturday, October 1: Team Viall, Lower Sunrise, 9-1*

### ARBP Monthly meeting schedule:

**ARBP Patrol monthly Leadership Meetings, 2nd Thursdays, 7 PM**

**ARBP monthly Patrol Zoom meetings, 4th Thursdays, 7 PM.**

**Mark those calendars; lots of fun opportunities coming your way!**

### Other noteworthy events:

**Sea Otter Bike Classic, April 20-23, 2023, Laguna Seca Raceway and Ft. Ord National Monument, see detail, p. 17**

## Bushy Lake Turtle Research

Female turtles on the lower American River are currently nesting in upland habitats. The turtles' movements between aquatic and terrestrial habitats make them highly susceptible to vehicle and bicycle strikes along the American Parkway Trail and Bushy Lake Restoration site.

Turtles at Bushy Lake have been observed nesting between late April and the end of July. Turtles travel up to 2 kilometers (1.24 miles) away from the water to nest and lay their eggs. While all turtles on the Parkway face the risk of collision, the Western pond turtles (*Actinemys marmorata*) are especially vulnerable to risks from human activity and collisions with vehicles. The Western pond turtle is the only native freshwater turtle in California, is listed as a reptile species of special concern, and is undergoing review for protection under the U.S. Endangered Species Act (Thomson, Wright, and Shaffer 2016; USFWS 2015).

**If any turtles are seen in the field or along the parkway, follow these steps to ensure the turtles' safety:**



1. Leave the turtle alone and give them at least 100ft of space;
2. If you observe a potential or direct risk to the turtle, such as being in the middle of the road or bike trail, try to gently encourage the turtle to move to a safer place in the same direction it was heading. *Avoid picking up the turtle*; handling a turtle can scare them. Turtles may urinate, lose their water, and be unable to finish laying eggs. She will need to return to the water to “fill up” to make another nesting attempt.
3. If you believe the turtle is a Western pond turtle, maintain your distance, take the best picture you can, and provide information to the Bushy Lake Citizen Science Turtle Monitoring research program. Do not disturb or handle the turtle. Email [bushylake.ca@gmail.com](mailto:bushylake.ca@gmail.com).

### How to identify the Western Pond Turtles and Red Eared Sliders

#### Western Pond Turtle (Native)



Western pond turtles (*Actinemys marmorata*) are characterized by their nearly uniform brown, dark brown, or black upper shell (carapace). They often bask with an outstretched neck, and the face and neck are cream colored with dark markings. The outer scutes along the rear edges of their carapace have a smooth edge and are not serrated.

#### Red-Eared Slider (Non-Native)



Red-eared sliders (*Trachemys scripta elegans*) are characterized by their colorful, distinctive markings. They have two red stripes behind each eye. Their upper shell (carapace) and skin are olive or brown in color and have a mottled pattern. Their bottom shell (plastron) is most commonly yellow. The outer scutes along the rear edge have a serrated edge.

Website: <https://www.bushylake.com/>

Email: [bushylake.ca@gmail.com/](mailto:bushylake.ca@gmail.com)

# Turtle Visual Nesting Surveys

We observe nesting turtles in the upland areas surrounding Bushy Lake aquatic habitats

We seek to observe turtle behavior of both non-native and native species, specifically when turtles begin nesting and laying activity

We record exploratory, predated, and potential active nests

Field crews were trained in nesting protocols May 2021 and May 2022 by Jeff Alvarez



**Bushy Lake**  
RESTORATION PROJECT

## Snakes on trail

THE snake on the American River Parkway of most concern is the Western Rattlesnake. Easily identified by the presence of a rattle, the snake is sometimes difficult to spot, especially if it is sleeping in tall, dried grass. Not every one of them will have a rattle as this can break off when predators, such as coyote, river otters, and young eagles, mistake or focus their attack on the wrong end of the snake. Eventually the rattle grows back. Rattlesnakes also have a characteristically shaped head, sometimes described as an arrowhead.



**See Snakes on Trail, cont'd p. 16...**

## Western Pond Turtles, by Mark Moreno

While on patrol our group, consisting of Team Leader Jeff Du Bois, MD, Larry Hudgins, Larry Barlly, and myself, keep an eye not just on people, but on any road hazard that may cross the multi-use trail.

In early June we spotted a turtle on the trail, and we not only pulled over, but soon had the critter identified, thanks to Jeff's quick use of his cell phone. The non-native Red-Eared Slider (*Trachemys scripta elegans*) is a turtle which, though commonly purchased as a pet, mirrors some of the habits of the native Western Pond Turtle (*Actinemys marmorata*) now undergoing review for protection under the U.S. Endangered Species Act. Once, the Western Pond Turtle was common from Washington State to San Diego because long ago their wetland habitat was more plentiful. The released pet store turtle, the Red-Eared Slider, does compete with the Western Pond Turtle, but, as of this writing, I have not heard of any eradication measures being taken to curtail this, and my guess is that the American River provides more than enough resources for both species to co-exist. The females of both species migrate to lay eggs.

(Note: The following is adopted from the Bushy Lake Restoration Project): Turtles on the American River can be seen attempting to nest from April through July migrating from the river to higher ground, and the Western Pond Turtle prefers the Bushy Lake area which is adjacent to Cal Expo. Information regarding



the Bushy Lake Restoration Project can be found on the Sacramento County Parks' website - <https://regionalparks.saccounty.gov> . If a turtle is spotted it is best not to frighten them. Give them ample room, but if in the middle of the pathway, try to encourage them to get off, and if reasonable, towards the side that they were attempting to reach. Do not touch or pick the turtle up.

If you believe it is the Western Pond Turtle, maintain your distance, take the best picture you can, and route the information to the Bushy Lake Citizen Turtle Monitoring research program. Email [bushylake.ca@gmail.com](mailto:bushylake.ca@gmail.com) The turtles' movements between aquatic and terrestrial habitats make them highly susceptible to vehicle and bicycle strikes along the American Parkway Trail and the Bushy Lake Restoration site. Other kinds of turtles are also seen on the American River, such as the River Cooter.

# 2022 Statistical Report of services provided

Hello, everyone, and thanks for being part of the award-winning American River Bike Patrol. I'm pleased to report what is shaping up to be another banner year under the oversight of Jim Cheng and the entire leadership team. However, as always, our thanks to everyone who puts in hours and miles on the trails - if not for you, it's all for nothing!

At right is a summary of patrol stats year-to-date Jan-May 2021 and 2022 for comparison purposes. You should be proud of what you've all accomplished in such a short time! In the past, I've also given hours and miles by team but, due to our increasing numbers, those teams are being restructured so I can't provide that comparison. The overall stats are very impressive.

In almost all categories we are up including a 34% increase in Patrols, a 44% increase in hours, and a 27% increase in mileage. Although we'd all be happy if we had fewer incidents, these statistics demonstrate the need and the benefit of having trained patrollers out there on a daily basis!

For medical incidents, the most common injuries are abrasions (22) to the arm/shoulder/hand (12) area followed by knee/leg injuries (9) and head/neck (6).

For bike repairs, the most common is flat tires (60) followed by derailleur (18) and chain issues (17).

As you can imagine, the most common in the Assists category are pedestrians walking on the wrong side of the trail (2413) followed by giving directions (40), minors without helmets (28), people blocking the trail (19 bikes and walkers), and unleashed dogs (13). We're also seeing an increase in reported speeding incidents, mostly, but not always due to e-bikes.

There are a lot of other things we track and thank you for reporting things such as debris, trash, downed limbs and trees, graffiti, rattlesnakes, etc. Keep those reports coming!

## 2022 patrol stats, compared to 2021

General Stats	Jan-May 2022	Jan-May 2021	% Increase
# of Patrols	805	532	34%
Hours	2,219	1,250	44%
Approx Miles	15,359	11,204	27%
Assists	2,573	1,758	32%
Repairs	115	88	23%
Medical	64	29	55%
911 Calls	15	10	33%
311 Calls	19	21	-11%
Ranger Calls	8	2	75%

### Mileage Leaders

It's still early in the season, but below are our mileage leaders thru May. As always though, every mile and every assist counts and you never know where or when you'll come across something.

#### 1000+ Miles

Rick Bollinger  
Paul Rieger

#### 500+ Miles

Wendy Lambert  
Ron Cone  
John Poimiroo  
Donovan Charles

#### 250+ Miles

Kirk Mckillop  
Barry Calfee  
Ron Ciucci  
Kathi Mahdavi  
Carl Dahl  
Pius Kamber

Submitted by **Jeff Magaziner**,  
assistant patrol leader



# First Saturdays and Hot Weather Hydration Stations

By Jeff Du Bois, MD

Over the course of the last two years, Tim Viall, Barry Calfee, myself, and others have worked to streamline both the process and the gear needed for a First Saturday and/or Hot Weather Hydration Stations. The goal was to make holding a First Saturday relatively easy (from a gear perspective) and reproducible. Tim began the organizational process by outlining both the gear and the process for setting up these events. We worked to consolidate the gear into one location, and then to bundle the gear into bins as much as feasible in order to facilitate a “grab and go” approach. Barry then located and procured a storage locker located on Folsom Boulevard just east of Sunrise.

Presently in the storage locker there are several marked bins of supplies, along with larger gear items. We have a bin for First Saturday, another bin for a Hydration Station, two bins of medical supplies, and a bin of bike repair items (patch kits, tubes, and soon to have CO2 cartridges).

Additionally, there are two folding tables, four folding chairs, two 5 gal Igloos and an ice chest. The bike helmet giveaway supplies for children are also located in the storage locker.

The First Saturday Bin and the Hydration Station bin are very similar in contents. However, since Hydration Stations may function as stand alone events on super hot days, we've included additional hot weather items in this bin, as well as additional suggestions for consumable supplies.

Any patroller can volunteer to run a hot weather Hydration Station. It is recommended that at least three patrollers participate in a Hydration Station (many hands make light work!). Please post your intended day and time on the patrol calendars. The reception of these hydration stations by cyclists and runners/walkers has been remarkable. Comments such as “you guys are awesome!”, “I knew you were great, but didn't know you were superheroes!”, “we so appreciate the bike patrol for doing this!” were just a few of the comments from last Saturday's hot weather hydration station.

For any questions, feel free to discuss with your team leader or any member of the leadership team to get you started!



## The Great American Triathlon, Saturday, July 16th by Mitchel Benson

The Great American Triathlon is the reincarnation of Eppie's Great Race, which was launched in 1974! Today, the event comprises three legs: a 5.82 mile run (William Pond Rec Area to Guy West Bridge); a 12.5 mile bike race (Guy West Bridge to the Lower Sunrise Jim Jones Bridge); and a 6.10 mile paddle down river (Lower Sunrise beach to River Bend Park). Competitors either complete the three legs as “ironman” individuals or as part of a relay team. The event this year is expected to attract 800-1,000 participants with 600-700 participants on the course at the same time.

The event's organizers have invited the ARBP to work the Triathlon, and the ARBP leadership has voted unanimously for the Patrol to participate. ARBP patrollers will be the only first aid/safety teams actually on the running and bike course during the event, and our patrollers will be in direct contact with the Communications Tent (Race Operations, County Rangers, and Sac Metro Fire CERT) via cellphone (no radios for this event).

# ARBP First-aid Training updates

We held our first OFC renewal class on May 21- it was well attended and staffed.

The following individuals completed their OFC renewal, which marks the first renewal course held since the inception of the ARBP: Chris Eddy, Brandon Cheng, Elizabeth Winward, Larry Barly, Bill Collins, Terry Reynolds, John Grady, Pius Kamber, Earl Bollinger, John Poimiroo, Kathie Mahdavi, Rich Fowler, Chris Clarke, Miguel Perez, Carolyn Streng and Tim Viall. Much praise is warranted for the strong work shown by all attendees.



Many thanks to my instructors and helpers- Jim Cheng, Sean Varvel, Jeff DuBois, Ron Evenson, Brian Haena, Carolyn Lewis, Ron Ciucci, Katherine Lewis, and Barry Calfee- they were all outstanding and received positive feedback about their teaching and organization of the class.

A few people missed their renewal. They need to complete CPR independently, get signed off on scenario training, and then take the next available OFC class. Sierra at Tahoe Host is having an OFC class on the weekend of August 27. Carolyn Lewis is the contact person for this class. For those that need to renew in Dec of 2022, I would suggest you try to take this class as we will probably not have our next OFC class and renewal until January of 2023.

Outdoor Emergency Care (OEC.) Several of our bike hosts have approached me about taking the next logical step in training, OEC. This is advanced first aid, similar to an EMT's level of training. It is time and labor intensive, but provides for much higher level of training than OFC. If you are interested in becoming an OEC provider, the Sacramento Class is under the direction of Derek Koonce, [derek.koonce@easternsierraregion.org](mailto:derek.koonce@easternsierraregion.org) and will take place in late summer. This would qualify you as a Bike Patroller rather than a Bike Host. This does require annual renewal and CPR certification. Questions, contact **Dr. Jim Margolis**.



## ARBP OFC PROMPT CARD

1. Scene Size-up, assess Scene Safety
2. Intro self, ask permission
3. PPE, Covid questions
4. Ask name, age
5. AVPU, if A-oriented to time, place, person and event
6. ABCDE, treat life threatening issues; Take pulse and respirations

7. SAMPLE
8. SAILER to call EMS
9. Bandaging, additional assessment and further care
10. Call for additional resources.

- Submitted by **Dr. Jim Margolis, First-aid and medical advisor, ARBP.**

# Do I Need a Patrol Bike?

By Rich Fowler

I've been asked a few times lately, especially by newcomers to the Patrol, if a specially dedicated "Patrol Bike" is needed. Here are a few thoughts.

If your *only* bike is a five thousand dollar carbon fiber beauty, (or something light and fast that you love to ride on the road or trail), then the answer is YES, get another bike for patrolling. As a patroller, you are being asked to carry tools, tubes, and a treasure trove of first aid equipment. I've seen some of you fit racks or carry back-packs and continue to use your "good" bike. But frankly, patrolling is hard on such bikes and it is hard on the patroller.



I have a great, old, Specialized Road bike that I use almost exclusively for patrolling. It is not fast. It has big, comfy tires, a strong rack on the back with a tank bag that carries all the materials needed on the trail as a patroller. When I am going to the ART, that's the bike I take. I don't have to do any switching around to make it work. My better bike (also not fast, by the way) awaits for my non-patrol rides.

If, on the other hand, your good bike is a 1987 Specialized Hard Rock Mountain Bike or a brand new decked out E-bike, don't bother to get a patrol bike. You already have one. Mountain bikes with street tires or hybrid bikes work well for trail work. Older road bikes with racks also work well. My suggestion is, don't use a high priced road bike for regular patrol work.

Every once in a while, I find a bike that is perfect for patrolling. I put ads for two of them in the Garage Sale section of this newsletter. And if you ever want help converting an older bike into a Patrol Bike, give me a call. I can help, (916)761-7382.

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## Promoting hiking and biking patrollers

I encourage all of our American River Bike Patrol members to also include hiking patrols in your patrol service. Logging a hiking patrol brings these benefits:

1. We meet plenty of new people - hikers, dog walkers, equestrian riders - that we don't see on bikes, and tour plenty of new Parkway territory that bikes can't reach.

2. It's a perfect opportunity to see hazards on side trails - fire dangers, illegal camps with campfires, fallen trees and more (use the 311 app for reporting most of these situations, or 911 if it's an active fire).

3. It's a great opportunity to patrol with a family member or two, who may not be into bicycling - such as my spouse, a serious hiker.

Equipment for a hiking patrol is the same; your normal first aid gear and basic bike maintenance tools, since you will see occasional injuries and bike challenges on the side trails. And, for reporting and safety for our members, patrolling with a partner is recommended!



In the past year, with knee and hip problems, I've done as many hiking patrols as bike patrols. I've found such backwoods gems as an illegal bike jump park being constructed in the Ambassador Drive access, in wooded area (prime deer habitat) - thoroughly removed by the county a week after I reported it. Several illegal camps, with evidence of bike chop shops or campfires, were also abated and removed by the county.

I live just off the trail at mile 19 and have hiked all the side trails between mile 17 and 22. There are 5.75 miles of paved trail in that area, but roughly 24 miles of hiking and equestrian trails in the same portion of the parkway.

Hence, take the time to occasionally perform a hiking patrol in your favorite part of the parkway - you'll find new discoveries and bring additional service to the American River Parkway and its users. In future months we will be exploring hiking opportunities with several of the local hiking clubs, hoping to form stronger partnerships with that part of the outdoor community, as well. Submitted by **Tim Viall**, [tviall@msn.com](mailto:tviall@msn.com).

# Heat-related illnesses; Tips for Staying Cool

By Jeffrey J. Du Bois, MD

Well, if COVID isn't enough to worry about, and thanks in part to global warming, we are seeing an increasing number of extremely hot days in the Central Valley. For the bike patrollers cycling out on their respective areas, this greatly increases the risk of encountering someone suffering from some form of heat-related disturbance, or possibly develop one yourself. So this seems like a good time to review the more common heat related illnesses, and their treatments.

## Risk Factors for Heat Related Illnesses (MEDIA):

### Medical Conditions

Heart disease  
Sickle Cell  
Skin disorders  
medications  
Diabetes  
Acute Illnesses  
Previous heat illness  
Diuretics

### Drugs and Medications

Vasodilators  
Antihistamines  
Thyroid  
Laxatives  
Illicit drugs

### Environmental Factors

High ambient temperatures  
Direct sunlight/no shade  
mass  
High humidity

### Individual Factors

Obesity  
Large muscle  
Poor  
acclimatization

### Environmental Factors

### Alcohol

### Individual factors

Poor access to  
water/fluids  
Sedentary,  
deconditioning  
Excessive  
clothing  
Extremes of age  
(less than 15,  
over 65)  
Preexisting  
dehydration  
Male sex

## Treatment of Heat-Related Disorders

**Before you start.** The first step in management of heat-related illnesses is prevention. If it is forecasted to top a high of 105F, this is not a day to try that metric century. Prevention actually begins well before the summer heat hits (okay, not much we can do about that now!). Like exercising at altitude, exercising in the heat is best done after acclimatization. During the late spring and early summer, preferably before the major heat starts, begin your training regimen with shorter duration rides or runs, gradually building up to a full length ride, on warm days. It is also

See **Staying Cool**, continued next page...

Spectrum of Heat-Related Illnesses				
Severity	Type	Symptoms	Treatment	Physiologic response
Mild	Heat edema	Extremity swelling, occasional facial flushing	Move from heat, elevate lower extremities; diuretics not indicated	Cutaneous vasodilation, vascular leak resulting in increased interstitial fluid
	Exercise-associated muscle cramps (heat cramps)	Muscle spasms, moist and cool skin, normal body temperature	Move from heat, rest, leg elevation, stretching, massage; oral electrolyte/fluid repletion	Muscular overuse, neuro-muscular hyperactivity, fluid and electrolyte depletion
	Heat rash (miliaria rubra)	Eruption of red papules or pustules, primarily on neck, upper extremities, trunk, and groin	Remove clothing, evaporative cooling, avoid topical emollients	Vasodilation of skin vessels with obstructed sweat ducts/pores from macerated stratum corneum; secondary infection possible
Moderate	Exercise-associated collapse (heat syncope)	Lightheadedness, orthostasis, dizziness, transient loss of consciousness immediately following cessation of activity	Rest in supine position, elevate legs, oral or intravenous rehydration; prolonged recovery or significant cardiac risk factors should prompt further evaluation	Profound peripheral vasodilation, volume depletion and decreased vasomotor tone, decrease in venous return and subsequent syncope or presyncope
	Heat exhaustion	Thirst, headache, fatigue, tachycardia, weakness, ataxia, syncope, nausea, vomiting, diarrhea, cold and clammy skin, core temperature 101° to 104°F (38.3° to 40°C)	Move from heat, rest in supine position, leg elevation, evaporative cooling, intravenous or oral rehydration; delayed response requires further evaluation	Mild thermoregulatory dysfunction, hypovolemia with splanchnic vasoconstriction and hypotension, early multiorgan dysfunction
Severe	Heat stroke	Altered mental status, seizures, coma, tachycardia, hypotension, hyperventilation, diaphoresis (skin may be wet or dry at time of collapse), core temperature ≥ 105°F (40.5°C)	Move from heat; manage airway, breathing, and circulation; cold/ice water immersion; intravenous rehydration; hospital admission	Severe thermoregulatory dysfunction resulting in endotoxin leakage, systemic inflammatory response syndrome, cellular apoptosis, and multiorgan dysfunction

**Staying Cool, continued from previous page** advisable to throttle back one's effort by at least 25%. Exercising in heat requires more cardiac output to circulate to the skin where the skin acts much like a radiator. So even if you're used to hammering at 18–20 mph, when riding in the heat, ease on up and watch your heart rate. Hammering also, increases the depth and rate of your respiration. The lungs and upper airway can lose a remarkable amount of moisture just with exhalation. So in addition to monitoring your heart rate, keep the breathing easy. One quote from a high altitude cycle training seminar has stuck with me: Start slow and ease on up!

Less is better. Wearing lighter colored and lighter weight material can help transport sweat to the surface and allow water vapor to escape with resulting cooling. While sunscreen is important on sunny days (and even overcast days), use care in the selection of sunscreens when working out in the heat. Heavy, oily sunscreens create a barrier to effective sweating. In lieu of heavy sunscreens, consider some of the newer high UV protection lightweight clothing that is available on the market. White lightweight arm sleeves or leg sleeves are effective solar barriers but can still transport water vapor efficiently.

**On the ride.** Drink up. I am not suggesting drinking a prescribed amount of water based on some calculation or the latest diet phase. Rather, be mindful of your hydration status and take frequent small sips during the ride rather than loading up at a water fountain. On particularly warm days, be sure to add electrolytes to your water bottle(s). Personally, I find the recommended amount of electrolytes to add to water by the product is too much. For a 20 ounce water bottle, I typically add about half the recommended amount of powder. But everyone needs to find their own 'sweet spot'. I have found that following the manufacturer's recommendation leaves my mouth feeling more puckered and my GI tract more bloated. But that's TMI perhaps.

**Treatment of heat illnesses.** The primary treatment for any environmental injury is to remove patient from the source of injury. For bike patrollers treating heat related disorders, this most commonly means getting the patient out of the sun and into the shade. Rest, leg elevation, removing excessive clothing are additional steps to be taken. Most mild to moderate forms of heat disorders will respond to oral hydration, preferably with electrolytes. Heat related muscle cramps have long felt to be related to electrolyte disturbances, although neuromuscular dysfunction is gaining popularity as a primary cause.

The primary distinguishing features between heat exhaustion and heat stroke is the presence or absence of altered mental status. No altered mental status suggests heat exhaustion, although this can rapidly deteriorate into heat stroke. The absence of sweating is often considered another distinguishing feature between moderate and severe heat

related disorders, although the skin may yet remain damp as one slips from exhaustion into stroke. Likewise, recent attempts to cool oneself with water can also confound that assessment.

The principal treatment of heat stroke is immediate cooling of the core body temperature. Ideally, this should be instituted within 15-30 minutes for optimal outcomes. It is not possible to achieve the necessary type of cooling methods out on patrol, so if one suspects they are dealing with a potential heat stroke victim, activate 911 immediately, and follow the ABC's, protecting the airway and dealing with breathing and cardiac issues if they arise. Bear in mind that altered mental status could also be unrelated to the ambient temperature, but rather a manifestation of other conditions such as intracranial hemorrhage with or without closed head trauma, drug effects, and alcohol intoxication.

### **Tips for Keeping Your Cool**

There is more to cooling down than simply drenching your head in a water fountain or from a spare water bottle. After more than a dozen marathons, several in the heat of summer and fall, and countless centuries and double centuries, I've come across several tricks for helping one stay cool while riding (or running) in 100F weather. On more than few Davis Double Centuries, rest stop volunteers handed out tube socks loaded with ice. These wrap around your neck and stay in place reasonably well. The ice immediately drops your core temperature (amazing how this can reinvigorate you!), but even when the ice is gone, the evaporative effects can help cool you until it becomes bone dry. Then tuck it in your pocket until the next rest stop or water source.

Many water bottles today are insulated. Loading these up with ice (or freezing them the night before a ride) can help keep these cool well into your ride. I think on every Ironman I've been on, rest stop volunteers hand out soaking wet sponges to tuck in your shirt or running singlet. Like the tube socks, once these dry out, they are small enough to easily slip into a pocket until you can wet them again. There are other commercially available products aimed at keeping the athlete cool during exercise, like the Ergodyn Chill-its 6602 blue towel pictured below (check it out on Amazon).



Finally, the mainstay of warm weather preventative steps is hydration, hydration, hydration. While it is possible to over-hydrate (it's best not to drink plain water), it is very easy to get dehydrated in our relatively dry humidity, especially while cycling. So drink before becoming thirsty. And take a swig at least every 10 minutes. Stay Safe!

# Snakebite first Responder Care for OFC hosts

by Jeff Du Bois, M.D.

## The Long Version

1) Scene safety: move the patient outside of striking distance from the snake. On average, an adult snake is 4-6 feet in length and can strike 1/3 to 1/2 the length of their body in distance. A good rule of thumb would be to keep **YOURSELF**, and the patient, at least **6 ft from the snake at all times**. Also, try and keep victim out of the sun.

2) **IF** can be done safely, take a **photo** of the snake to relay to EMS/authorities. Antivenom is expensive, and not without serious side effects. So, knowing with as much certainty as possible that this is a venomous snake is crucial.

3) ABC's: Assess airway, Breathing, Circulation (keep limb **below** level of heart as much as possible), do **NOT** elevate extremity. Vital functions can be affected within minutes. But, **allow the wound to bleed freely**, as long as it is not pulsatile.

4) Dial 911 immediately (after assuring no airway or breathing issues) and (using SAILER) specify suspected rattlesnake bite.

5) Consider removing any constricting clothing (okay to leave compressive cycling shorts on, both for modesty and for a very mild compressive effect limiting venous spread). Remove shoes and socks (or anything other circumferential items like RoadID bracelets or ankle bracelets) on lower extremity bites. Remove rings, watches, bracelets in upper extremity bites. Give all removed items to owner.



6) Keep patient as still, and **limit movement of the affected extremity** as much as possible: do **NOT** allow the victim to walk/cycle to their vehicle, etc.

7) Do **NOT** cut, suck wound or apply tourniquet. Do **NOT** apply ice to the wound.

8) **Do** let the wound bleed (it may help eliminate a small amount of venom), no real need to cover the wound.

9) Try and keep the patient calm, as anything that increases the heart rate will speed spread of the venom.

10) **Monitor** for signs of shock (diaphoresis, rapid/thready pulse, feeling faint), and lie flat if these occur.

11) While waiting for EMS: try and keep the patient reassured and calm. This might also be a good time for you or your patrol partner to itemize anything you've removed from the patient (and handed back to them). Have the patient sign that you've given those items back to them. When the items end up missing in transport (happens frequently), it may help prove you didn't take them.

Please see **Snakebite first-aid** continued next page...

## The short version

**Scene Safety:** Move from snake's reach (at least 6 ft is a reasonable guideline). Consider a photo of the snake is safe to do so.

**Keep patient (and yourself) calm:** do not allow to walk or ride; keep limb dependent; minimize any manipulation of the limb.

**Call 911: Using SAILER,** identity as a suspect rattlesnake bite

**While waiting for EMS,** monitor patient's vitals, keep patient (and yourself) calm, consider removing constricting or circumferential clothing/jewelry (and give to patient); if shock (fast, weak pulse) lie supine and treat for shock

**Do NOT** cut, suck, apply ice or tourniquets, or wash wound(s). No real need for a dressing, but a loose gauze lightly taped in place is acceptable. **BUT,** minimize movement of limb.

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## American River Coalition meeting notes,

as reported by Tim Viall

Dr. Jeff Du Bois and I attended the monthly AR Coalition meeting at County Parks headquarters.

Short highlights included comments and Q&A with **Chief Ranger Leonard Orman (pictured ar right)**, who noted the newly approved county budget is very positive for the parkway and his staff, approving an increase in total Ranger staff to 40. He has nine vacancies, but currently several are in the Academy and several others getting background checks to enter the Academy. He noted several sergeants are retiring in January, but they will be replaced. He noted that expanded county maintenance crews are now discing/cutting fire breaks along the perimeter of the parkway in areas such as Gold River, Rancho Cordova, and elsewhere.

The Rangers are consistently more aggressive in abating illegal camps, camps with illegal campfires, and his Rangers have also upped monthly citations for unleashed dogs and off-trail illegal cycling. For the Fourth of July weekend, it's "all hands on deck" for all his Rangers so you'll see a big Ranger presence on the three day weekend. (Let's match that with a big turnout of American River Bike patrollers!)

I offered a short update on our Bike Patrol, introducing Dr. Jeff as our new assistant patrol leader, and that we are embarking in the effort to encourage our patrollers to also spend some time foot patrolling on the margins of the paved multi-use trail, where dirt or gravel trails, single track paths, and fire roads can be found winding through the trees and thickets. These areas are easily accessed around their favorite portion of the multi-use trail. That proposal got a very warm reception from the dozen or so non-profits in the audience, noting that hikers and equestrians would enjoy seeing more of our bike patrol talent within these areas since they are often out of site of patrollers bike riding on the multi-use trail.

I also shared a few minutes on the Folsom Lake State Recreation Area long-term plan update, urging and reminding anyone with a desire to make public comment, that they have only to the end of this month to make their comments, and that the long-term plan for FLSRA included an expanded bike safety patrol. If you are following the evolutionary steps of Folsom Lake State Recreation Area, two items of interest which arose are:



1. The public comment period has ended the end of June (thanks to all our members who commented). Take a look at the draft, [parks.ca.gov/?page\\_id=28192](https://parks.ca.gov/?page_id=28192), to see where, that part of the American River Park system, is headed.

2. And just out: The State has now agreed to open up all 11 miles of the Brown's Ravine Trail to bicyclists, as well as hikers and equestrians.

# Ranger stats, other insights

by Rick Bollinger

I checked the ranger activity report and here's a brief summary. Rangers issue many citations for various infractions like: failure to pay park fees, alcohol related violations, driving in a restricted area, littering, camp fires in restricted areas, dogs off leash (electronic leashes don't count), speed limit violations, and entering an area marked "closed" due to an emergency. The ARBP plays a vital role in trail safety by functioning as the eyes and ears for rangers. As a volunteer group we encourage our patrollers to ride when they can. Our mere presence on the trail provides for a large safety net for all who use the trail. Our numerous assists with pedestrian control, repair assists, and first responders to accidents has made the trail a much safer place. One of my individual goals is to patrol our west end more often. At least once a month I will schedule a patrol to start at Discovery Park and ride to Watt and back. This patrol will always require 2 patrollers for personal safety.



Please note that most fires on the trail are caused by the homeless or people careless with cigarettes. With severe drought conditions upon us and the fuel loading around the river, I feel our fire season will be long and difficult; so make those 311 reports and call 911 for an active fire!

## Trail Closure H Street Bridge - Campus Commons Golf Course

The lower multi-use trail will be closed from Campus Commons Golf Course to the "H" Street bridge from June 8 – November 30. The upper levee trail will be open in this area. Portions of the Campus Commons Golf Course parking lot will be closed for construction site trailers. The detour is well marked and in good shape; just take it a bit more slowly!

## New National Bike Patrol logo reflects progress!

Recently the National Ski Patrol copyrighted the new National Bike Patrol name and shield logo you see at the left (NSP also has copyrighted the National Mountain Bike Patrol logo, also pictured).

For a national organization that has been highly recognized as a "ski safety organization" since 1938, this is a big step forward in the direction of bike patrols. With bike units growing across the US, bike patroller members growing quickly and fresh ideas percolating from those new members, it only makes sense.

In addition, the National Bike Committee is moving forward on bike patrol skills training and is working with the Professional Mountain Bike Instructors Association (PMBIA). Tim Viall is one of 14 NBP committee members. If you have experience in mountain bike skills training, please talk with Patrol Leader Jim, or with Tim.

Go Bikes, and Go American River Bike Patrol, a proud member of the NBP and the NSP!



# Garage Sale Offerings from fellow bike patrollers:

**A 1980's Road Bike:** I frankly do not know what kind of bike this is. I am selling it for a friend. It has excellent components, and was a high end bike when it was new. Great wheels, new tires. Everything works well, and it already has a great rack on it. The frame is 22 inches from the middle of the crank to where the seat-post enters the frame. Probably would fit someone from 6' 2" to 5' 8" to or so depending on how far the seat-post is inserted into the seat tube. Asking \$250 for this bike. Contact **Rich Fowler** (916)761-7382.



**830 Trek Mountain Bike Hard Tail:** In excellent condition. Complete tune up/clean up. Frame is 20 inches. Everything works. I have a rack to put on it if needed. Asking \$200 (and \$20 for the rack). Contact **Rich Fowler** (916)761-7382.

**Gary Fisher hard-tail mountain bike** for sale, tall frame, fits someone 6'1 to 6'3, with 33 to 35 inch inseam. Rugged steel frame, rear rack, newly tuned by Rich Fowler and Tim Viall, fairly new tires. \$175.00; contact **Tim Viall**,

[tviall@msn.com](mailto:tviall@msn.com), 209.969.3875.

**Jim Blackburn and a Cannondale rear rack** have seen years of use, but are still functional. A matching **Blackburn front rack** is also available. I have at least **one rear pannier** made by Bike Pro USA in Phoenix which clips onto the Blackburn. It is a blue and black "boxy" type which folds closed when not in use with velcro. An old, **rear, sit-on-top bag** velcros onto the Cannondale rack, made by "GT," and is still in good condition. I have a set of marginally used **700 X 50mm WTB Venture tubeless ready tires**. You may make an offer for any of these items, but passing them onto new talent, until such time as he or she finds something better, is fine. Just "pass it on" to the next lucky person. Contact **Mark Moreno**, (916)514-3109

## A very special thanks for assistance along the way!

For their help and assistance along the road to the American River Bike Patrol, we thank:

- The **American River Coalition**, their many members and non-profit partners and the Coalition leader, Betsy Weiland, and their parent organization, **Save the American River Association**, and past chair Warren Truitt.
- The **Sacramento County Regional Park's** leadership team of Liz Bellas, Chief Ranger Leonard Orman and our park rangers and maintenance staff,
- Parkway partner agencies like the **Save the American River Association, Sacramento Valley Conservancy, Sacramento-area Bicycle Coalition, Sacramento Bike Hikers, Sacramento Wheelmen, American River Parkway Foundation and the American River Volunteer Equestrian Patrol.**
- Ranger Rich Preston and his Ranger team at **Folsom Lake State Recreation Area.**
- **Sponsors and supporters** over the last 2+ years.
- The **NSP Denver staff and board of directors, the NSP's Bike Committee and several NSP bike patrols** across the US for sharing tips, enthusiasm and organizational advice.
- The approximately **8,000,000 Parkway annual users**; for their appreciation and support of the Parkway and American River; we look forward to serving you!
- And **many others**, whose steady support of the American River makes our tasks easier!

## Ride right, walk left article, continued from page 1

As for skateboarders, they generally seem to know they can't use the trail. In the more than 3,000 miles I've patrolled on the parkway, I can only recall two occasions where I had to advise a skateboarder that skateboarding wasn't allowed on the parkway, and each time the skateboarder honestly seemed not to know the regulation. Further, it's not a regulation that rangers can enforce, as it's not within County code.

As for signs reading- keep right or keep left- they're often confusing. Many walkers say they were told to move to the wrong side of the trail by other trail users. In one instance, while crossing the Folsom Lake Crossing, I informed two walkers, who I approached from behind, that it was safest to walk on the left side, facing oncoming cyclists. The walker said, "But the sign ahead, when we began walking, said to stay on this side of the trail." Clearly, the walker was trying to abide by the sign, but was confused by it.

In another instance, a cyclist who approached me to complain that walkers were on the wrong side, himself confused left and right in our conversation. Runners are often on a time-limited route and resent any changes to it.

We've found the best approach to advising walkers or runners is to greet them cheerfully while advising, "We've found that it's safest to walk (or run) facing oncoming cyclists on the left side of the trail." When a pedestrian says they were told to be on the wrong side of the trail, hand them a green trail etiquette card. It helps them know they're correct when walking/running on the left side, facing traffic.

Wheelchairs, baby strollers, scooters all should be walked on the left, facing traffic even though they have wheels. However, skaters, eboards and one-wheels ride on the right, even though feet may touch the ground.

Additional signage along the parkway is appreciated and needed. Any signage is better than no signage. However, California lacks a consistent and understandable standard for bikeway signage. Local governments now each create their own way of communicating "Walk/Run Left, Bike/Skate Right."

California needs a consistent standard and consistent/tested signs to reduce confusion. Until that changes, confusion will continue and we patrollers will need to cheerfully encourage consistent trail etiquette along the American River Parkway.

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## "Hey, Kids, let's go for a bike ride, continued from front page

- 3.) Oil the chain. BUT...not too much...and once you put oil on the chain, wipe off as much of the excess as possible. You want the oil down in the pins, not on the outside of the chain.
  - 4.) Spin the wheels. Do they turn easily? Are they hitting on the brakes? Make sure your kids aren't working harder than they need to be.
  - 5.) Check the brakes. Do they? Will they? Stop the bike if needed? If they are hand brakes, when the levers are pulled, do they activate the brakes on the wheel? Check to make the brake pads are hitting the wheel/not the tire.
- Once you've done these five things, you will be ready for either a trip to the bike shop...or a great ride on the American River Trail.



Enjoy! Rich Fowler, ARBP Bike Mechanics advisor, 916 761 7382.

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## Snakes on Trail, continued from p. 5

California King Snakes may also be present on the American River Parkway, but do not have a rattle, and appear banded in color, with alternating dark and light bands. While they can and do bite, a patient will not need anti-venom, but will need wound care by a professional. These snakes can be very large and frightening. They are constrictors and kill their prey by suffocation.

Gopher Snakes are also common, but considered non-venemous. Sold as pets, owners say the bite is quite painful. However like most snakes, they mostly want to be left alone. They make a hissing sound and have been known to imitate a rattle sound to scare off would-be predators. Their coloration makes them difficult to distinguish from the Western Rattlesnake, however their heads are not as wide as a rattlesnake's head. Photo courtesy **Larry Barlly**, feature by **Mark Moreno**.

# Volunteer at Sea Otter Bike Classic, April 20-23, 2023, as first-aiders at USA's biggest cycling event!

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

ARBP members are invited to join other Far West Division ski patrollers, family and friends 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!

Patrollers, family and friends are **offered free camping** right in the Laguna Seca paddock at Ski Patrol Central as well as **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 almost 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 200 riders, from incidents of road rash and exhaustion to more serious trauma-induced injuries. For their volunteer service, the Sea Otter Foundation donates approximately \$6,000 to patrols of the NSP volunteers.

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. For additional event insight go to: [seaotterclassic.com](http://seaotterclassic.com).

In 2022, ARBP led in volunteers, followed by the Dodge Ridge Patrol, Mt. Shasta, Sugar Bowl, Sierra at Tahoe and several back-country patrollers. We work with members of Monterey County Rural Fire District Services and AMR Ambulance.

We invite members of NSP ski and bike patrols to join us! **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.**



**Clockwise from top left, part of the NSP first aid crew posed for photo after the big Saturday evening barbeque, NSP volunteers staff two large first-aid tents at the venue; tents, motorhomes made for cozy evenings at "Ski Patrol Central" and NSP member patrols the dual slalom course. Join the NSP team in April for first-aid service and fun!**



# American River Bike Patrol

**“Happy to be of service”!** Our American River Bike Patrol has accomplished a lot to be proud of in our two years of service. In addition to hundreds of medical and equipment interventions and thousands of miles of service as trail ambassadors on the American River Bike trail, the patrol provided 9 members to the Sea Otter “Insta-patrol” in April, a dozen mobile bike patrollers for the California Iron Man Race and provided 17 mobile bike patrollers to help watch over the 9,000+ entrants of the California International Marathon on December 5. We’re soon to provide service for the Great American Triathlon on July 16, as well. Way to go!



## Win a Pedego E-Bike!

Would you like to win a \$2,000 e-bike? There are still raffle tickets available for the American River Bike Patrol's fundraiser, with several prizes. They include bottles of wine, free bike tune ups, and the grand prize of a Pedego e-bike valued at \$2,000, or a \$2,000 gift certificate to put toward a more expensive Pedego e-bike. Drawing will be at the Bike Patrol's First Saturday event on August 6. Tickets are \$10 each or 3 for \$25. To purchase tickets, contact Mitchel Benson at [mbenson07@comcast.net](mailto:mbenson07@comcast.net), (916) 932-3632.



## The American River Bike Patrol

### Would Like to Thank Our Sponsors



## Ride the trails!

If you have not yet, take a patrol shift on the fire trails and single track options in the Woodlake/Cal Expo/Bushy Lake area, between miles 3 and 6 on the trail.

This is the area recently approved for off-paved trail riding (see map); both mountain bikes and sturdy road bikes can handle the fire roads in the area. Check it out!



Newly developed mountain bike trails between mile 3 and 6, around Bushy Lake and Cal Expo areas. Check them out!

# Half Moon Bay Patrol Ride, July 23

Members of the ARBP have been invited to ride with and swap insights with our new sister patrol, the Half Moon Bay Coastal Bike Patrol, on Saturday, July 23.

Plan is to meet at Tim Viall's home, 11135 Moose River Ct., Rancho Cordova, 8:30 AM and car pool over to Half Moon Bay, to meet the new patrol at the Half Moon Bay Community Center. We will ride a portion of the San Mateo County Coastal Trail, then break for lunch, ride another hour or so after lunch, and, about 3 PM, return to the Sacramento area.



Former ARBP board member Rick Bulan, pictured at left, has organized the new NBP bike patrol, and the plan is to make this a fun and a media event, benefitting both patrols and the NBP. If you can join us that day, let Tim know, by emailing [tviall@msn.com](mailto:tviall@msn.com). Thanks.

## Bike Patrollers at Powderfall

National Bike Committee advisor Jeremy Verbeke staged a Bike Patrol breakout session, assisted by Tim Viall, at the National Powderfall event held at Breckenridge, CO in April. The session attracted about 25 ski and bike patrol leaders from around the US, to discuss building and growing both urban and alpine bike patrols. Pictured are Tim, Doc Jim and Jeremy (in red shirt), who joined over dinner to discuss both bike patrol topics and NSP alumni issues. Go, bikes, and go, NBP!



## Important websites:

American River Parkway and Bike Trail (includes map and rules/regulations):  
[regionalparks.saccounty.net/Parks/Pages/Jedediah-Smith.aspx](http://regionalparks.saccounty.net/Parks/Pages/Jedediah-Smith.aspx)

American River Bike Patrol, see web site:  
[americanriverbikepatrol.org](http://americanriverbikepatrol.org), and,  
Our Facebook page (on Facebook, search for American River Bike Patrol)

Folsom Lake State Recreation Area, including maps of cycling and hiking trails,  
[parks.ca.gov/?page\\_id=500](http://parks.ca.gov/?page_id=500)

Mother Lode Region, NSP: [motherloderegion.org](http://motherloderegion.org)

Far West Division, National Ski Patrol:  
[farwest.org](http://farwest.org) (and see Mt. Bike Patrol sub-page)

National Ski Patrol: [nsp.org](http://nsp.org) (don't miss the NSP catalogue items, and the "Pro Deals" options!

For questions, suggestions Tim Viall, American River Bike Patrol, [tviall@msn.com](mailto:tviall@msn.com), (209) 969-3875.

## Leadership team members sought:

**Young adult patroller adult advisors, mentors:** We are seeking to expand our young adult patrol members by adding several. Looking for someone to take a high interest in working with young adult patrollers, mentoring and assisting them through for membership and training process.

**Fund-raising team members,** to both brainstorm and take a hand in patrol events and activities to fund our programs.

With your interest in any of these leadership slots, please contact Patrol Leader Jim Cheng, [Jimarp@yahoo.com](mailto:Jimarp@yahoo.com), or Tim Viall, [tviall@msn.com](mailto:tviall@msn.com).

## Required and optional first-aid and bike repair equipment for the ARBP

ITEM
FULLY CHARGED CELL PHONE
311 APP
TRAIL MAP (paper or load on phone)
Approved ARBP uniform

PERSONAL PROTECTIVE EQUIPMENT
Exam Gloves (3 pair)
Safety Glasses
Disposable Face Mask (2)
CPR Barrier (Nu-Mask)

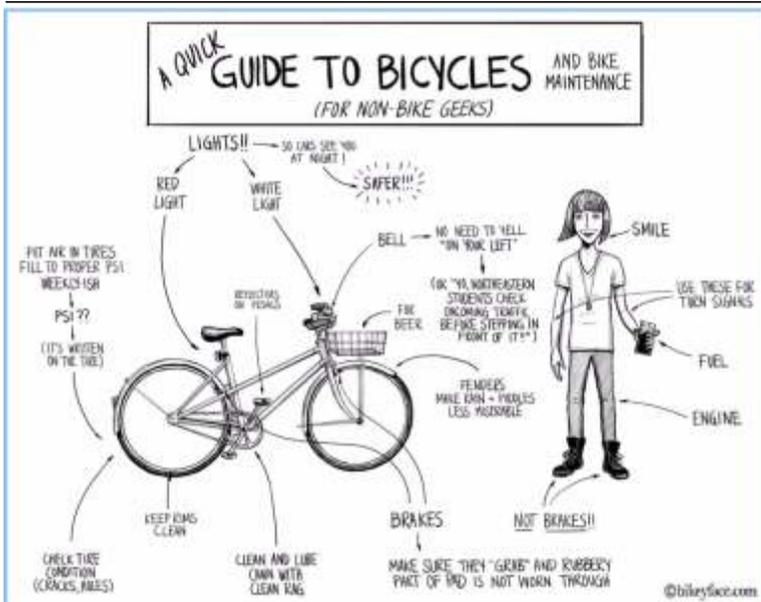
FIRST AID SUPPLIES*
4x4 Gauze Pads (4)
2 inch Roller Gauze (2)
Large Absorbent Pads (2, bleeding)
Assorted Band-Aids (1 box)
1" White Bandage Tape (1 roll)
Triangular Bandage (2)
Gallon Zip Lock Bags (Bio-Hazard)
Paramedic Scissors
Alcohol/Antiseptic Wipes (6)
Small Hand Towel
OPTIONAL FIRST AID SUPPLIES
Sam Splint
Gator Aid
Tweezers
Bottled water (advised in summer)

BIKE REPAIR EQUIPMENT
Tire Ply Bars
Tube Patch Kit
Crescent Wrench
Set of Allen Wrenches
Tire Pump / CO2 Inflator
Presta-Schrader Adapter
Spoke wrench
Optional bike repair gear
Extra Tube
Duct Tape
Chain repair tool

Note to the wise: always better to have too much gear, rather than be shorted. You can also add your favorite additions, as well



\* Medical supplies should be stored in airtight plastic bags to maintain integrity



## Seeking new members!

We are on the lookout for new bike patrol members, and Young Adult Patrol members, who desire to helping the cycling and hiking public. We are especially looking for diverse members from communities along the American River Parkway. For interested parties, please invite them to ride with the patrol on a weekend get-acquainted ride, refer them to the patrol website, [americanriverbikepatrol.org](http://americanriverbikepatrol.org), and give them Rick Bollinger's email and phone number, [firetoy13@gmail.com](mailto:firetoy13@gmail.com) and

You can also use the backpage flyer as a recruitment tool, for posting in local bike shops, with schools, churches, clubs and the like! Please see back page of this issue!

# Thanks from our Parkway Rangers for good work!



Rangers of the Sacramento County Regional Parks would like to thank the folks helping patrol the American River Bike Trail. Your aid in helping make the ARP an enjoyable place is noted and greatly appreciated.

- Rangers Mejia, Perez, & Zamora

Photograph taken at Riverbend Park; from left to right, left to right - SCRPA Bike Patrol Members Ranger Mejia, Ranger Perez, and Ranger Zamora



**Three cheers to County maintenance workers who work tirelessly to abate graffiti and vandalism on the American River Trail. Don't hesitate to file a County 311 report, allowing the crew early access before such illegal activity gets a chance to get a foothold.**

## The useful 311 app



Make sure you load and utilize the **County 311 app** on your phone. I have probably filed 70 different reports - on graffiti, downed trees, illegal campsites, vandalism, illegal trail building of a BMX course near Ambassador access and more.

It's easy to snap a photo and file with a short report. I have received prompt response from County crews, and I recommend all our members use the app.

And, I always sign-off my reports (proudly) - **Tim Viall**, American River Bike Patrol.



# Uniforms, shirts, hats for ARBP; new options!

The new ARBP polo shirt, just \$20, as in the photo at right, and new ARBP baseball caps, only \$15; perfect for you or for gifts.

To order, send name, size for your polo shirt and/or hat to John Grady.

We also have a short supply of ARBP Patrol jerseys in the Patrol Store. We can also produce, one at a time, the utilitarian red mesh vest, which can be used in the trail virtually all year round.

Contact patrol quartermaster: **John Grady, (916) 489.4392, or [jgrady1951@gmail.com](mailto:jgrady1951@gmail.com).**



Get your ARBP polo shirt or baseball cap, for \$20 or \$15, respectively.



The all new Primal jerseys, far left, and tech tees, are available as a custom order, though we require a certain quantity; let John know what you need.

## Making a name for yourself...!

All ARBP patrollers: please get and wear your name tags! It completes the professional look, personalizes public interactions, and allows the 85+ patrollers to get to know each other. As we are a new and growing Patrol both for ourselves and the public it finishes the professional look with a well printed badge.

We have a supply of 1 x 3 inch white plastic professional looking blank name badges with a magnetic attachment and a label maker to customize each one.

If you don't have a name tag already, let me know how you would like yours printed and how many. I suggest at least two name tags for various shirts, jerseys, vests. The magnetic attachment is strong and durable and doesn't damage fabrics.

Tags carry first and last name - see picture at right>>>

Let me know what you want printed on it and I will print it for you and we can meet on the trail (or I will deliver on next First Saturday event) for delivery...

**Barry Calfee, [bcnumber100@yahoo.com](mailto:bcnumber100@yahoo.com)**



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](http://americanriverbikepatrol.org)

To join, or for more info, contact Rick Bollinger, patrol recruiter, [firetoy13@gmail.com](mailto: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!