

# AMERICAN RIVER BIKE PATROL



American River Bike Patrol News [www.americanriverbikepatrol.org](http://www.americanriverbikepatrol.org) February, 2022 Volume 3, Issue 2



## A message from Patrol Leader Jim

Hello and greetings from the American River Bike Patrol (ARBP). The ARBP has seen astonishing growth in this past year and now exceeds 100+ members.

As we have grown it has become evident that this has been a much needed service. In 2021 we provided 1,599 Patrols with 4,843 Assists, 320 Emergency Repairs, 128 Medical interventions, 34 – 911 Calls, 58 – 311 Information and Service Calls, and 17 Ranger Assists.

If you have ever needed assistance along the Parkway you know it can take up to half an hour for a Ranger or an ambulance to arrive on scene. By having more Patrollers on the Parkway we have shortened that time significantly. In fact in the last two years we have been credited with two life saving acts. Although we are not law enforcement, in the higher risk areas we have kept hikers and cyclists safe by

being present and the eyes and ears of Park Service.

We have helped over 300 cyclists stay on the trail and avoid becoming victims of predatory activity by animals and humans alike. I hope you will join me in applauding these unsung servants of the Parkway and consider making a donation to the ARBP on the “Big Day of Giving” on May 5<sup>th</sup>.

In these pages you will also find details of the ARBP Sponsorship Plan and insight into volunteering for the April Sea Otter Classic.

See you on the trail!  
- **Jim Cheng**, ARBP patrol leader



## ARBP Events Calendar:

February 1, 9-Noon, **Bike mechanic session**, Rich Fowler’s home garage; just call Rich at (916) 761-7382 to reserve your spot.

February 5, 10 AM, **First Saturday**, William Pond Rec Area, Carolyn Lewis is contact.

February 8, **Tuesday afternoon First-aid training session**, 3-5 PM, Doc Jim's home, 601 39th Street, Sacramento, reserve a spot, [jamadapa@att.net](mailto:jamadapa@att.net)

February 19, 10 AM to about Noon, **Coffee, Bikes and Insight**, meet at O Café, 10131 Fair Oaks Blvd, Fair Oaks, details, Tim Viall, [tviall@msn.com](mailto:tviall@msn.com).

March 5, 10 AM, **First Saturday**, Negro Bar, Folsom State Rec Area, Paul Sassenrath is contact.

April 2, 9 AM, **First Saturday**, Lower Sunrise Rec Area, Tim Viall contact.  
**Sea Otter Bike Classic, April 7-10, 2022**, see details, p. 8, 9.

May 7, 9 AM, **First Saturday**, Negro Bar Rec Area, Ron Ciucci is contact.

May 27, **ARBP Refresher Training**, 8-5 OFC-initial training and re-cert, Doc Jim is contact.

June 4, **First Saturday**, 9 AM, Lower Sunrise Rec Area, Tim Viall is contact.

### **Every month events, meetings:**

**First Tuesday each month, 9-Noon, bike mechanic session**, Rich Fowler’s home garage; just call Rich at (916) 761-7382 to reserve your spot.

**First Tuesday afternoon first-aid training sessions**, 3-5 PM, Doc Jim's home, 601 39th Street, Sacramento, reserve a spot, [jamadapa@att.net](mailto:jamadapa@att.net)

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

**ARBP monthly Patrol Zoom meetings**, 4th Thursdays, Oct. 28, 7 PM.

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

### **Coffee, bikes and Insight; coming in February!**

Join fellow patrollers on Saturday, February 19, 10 AM to Noon, meet at the O Café, 10131 Fair Oaks Blvd, in old Fair Oaks, for coffee and pastries (provided), a brief tour and discussion with owner of the Biker Bar, and a short visit to the nearby Fair Oaks Historical Society for insight into Native American history and placer/dredge mining on the nearby American River. Watch for more detail coming soon.,,

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For additional insights, see our ARBP website: [americanriverbikepatrol.org](http://americanriverbikepatrol.org)  
And more, see inside...

## 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  
Organizational Team:  
Patrol rep: James Cheng  
Assistant patrol rep: Barry Calfee  
Second assistant patrol rep: Jeff Magaziner  
Treasurer: Cathy Russell  
Secretary: Carolyn Streng  
Bike mechanics advisor: Rich Fowler  
Communications Advisor: John Poimiroo  
Folsom Lake SRA Liaison, Michael Gnafakis,  
Medical advisor: Dr. Jeff Du Bois  
Newsletter Editor: Tim Viall  
Outdoor First Care advisor: Dr. Jim Margolis  
Recruitment and Sac County Liaison: Rick Bollinger  
Team Leaders:  
Ron Ciucci,  
Jeff Du Bois,  
Carolyn Lewis,  
Paul Sassenrath,  
Tim Viall  
Lulu Voss, Young Adult Patrollers  
Web site advisor: Rick Bulan  
Other members:  
Leigh Yi.  
American River Bike Patrol News is published quarterly, in April, July, October and January each year. Send info and photos to Editor Tim Viall, [tviall@msn.com](mailto:tviall@msn.com) by the 25th of the previous month.

# Big Day of Giving, May 5

## Big Day of Giving coming!

On May 5, the Sacramento area will hold its **Big Day of Giving**. This one-day event supports local charitable nonprofits, and for the first time ever, the American River Bike Patrol is included.

BDOG donations to the patrol will be dedicated to underwriting the costs of training, NSP and CPR certifications, and outfitting patrollers and the patrol. Our objective is to make the patrol self-sustaining without cost to its members. We also seek to make the patrol affordable to patrollers who otherwise couldn't join us and, thereby, better reflect parkway users.



To achieve those goals, the involvement and support of every patroller is needed. Here are various ways you can help.

- 1. Matching Grants** - To boost donations, raise Matching Grants where every dollar donated by an individual or organization is matched by a major donor (whale) up to a certain amount. Bike clubs, bike shops, bike manufacturers, companies, health organizations, individuals can all offer matching grants of any amount from small to large.
- 2. Website Widgets** - If you manage a website, a widget can be provided for your site that will direct donors to the ARBP Big Day of Giving page.
- 3. Pledge Drives** - Invite friends, family, other cyclists and/or coworkers to pledge \$1, \$5, or \$10 for every mile you patrol from April 1 through the Big Day of Giving on May 5. Donations can be limited to a set dollar amount.
- 4. Lawn Sign** - Place a BDOG lawn sign in your front yard.
- 5. Spread the Word** - Text, email and post (Facebook, Twitter, Instagram) news of BDOG, encouraging friends, family and coworkers to visit the ARBP BDOG page to donate.
- 6. Personal Donations** - If you can afford it and can help, personal donations from patrollers are welcomed.

To help in any of these ways, email BDOG Coordinator John Poimiroo at [poimiroo@gmail.com](mailto:poimiroo@gmail.com). He will keep track of Matching Grants, provide widgets, coordinate pledge drives, issue lawn signs (available at First Saturdays) and help with links to the ARBP page on the BDOG site.

**NOTE:** ARBP Members; to make a call on sponsors, get a Word version of this cover letter and customize it to your target business, by contacting Tim Viall, [tviall@msn.com](mailto:tviall@msn.com), or Mitch Benson, [mdbenson07@comcast.net](mailto:mdbenson07@comcast.net).



American River Bike Patrol  
PO Box 2773, Fair Oaks, CA 95628

## **Friends of the American River Bike Patrol,**

The mission of the American River Bike Patrol is to serve as volunteer ambassadors to the American River Parkway trail, offering advice on directions and safety, providing first aid, CPR and mechanical repairs as needed, and assisting with Parkway events while serving as the eyes and ears for Parkway law enforcement, emergency responders and the other stakeholders for the nation's busiest and most scenic bikeway.

In our first 16 months, we have grown to 88 bike patrollers, provided aid and advice to thousands of parkway users and delivered first-aid assistance to over 100 visitors (including several life-saving incidents). Operating under MOUs with Sacramento County Parks Department and the Folsom Lake State Recreation Area, we are one of the bike patrol units of the National Ski (and Bike) Patrol (NSP), with a federal charter from Congress and 83 years experience in outdoor first-care. Our patrol took runner-up best bike patrol in the nation this past year and strives for continuous quality improvement.



Please consider participating in our **Sponsorship Program**, which supports our Junior Patroller/Young Adult Patroller Programs, safe riding and walking programs and weekend activities including heat abatement and water hydration stations.

Your support helps back our scholarship program for new members from disadvantaged communities. Finally, your support also backs replenishing our first-aid supplies, equipment and training costs, bike maintenance and supplies such as tubes and patch kits used to assist riders on the Parkway.

For our sponsors, we aim to help promote your business/organization through our website, quarterly newsletter, at monthly First Saturday events on the Parkway and at annual events.

**For more information**, please see our website: [americanriverbikepatrol.org](http://americanriverbikepatrol.org); or contact Jim Cheng, patrol representative, [jimarbp@yahoo.com](mailto:jimarbp@yahoo.com); 916.832.3100; or Tim Viall, board member/team leader, [tviall@msn.com](mailto:tviall@msn.com); 209.969.3875.

We look forward to working with you!

American River Bike Patrol



## American River Bike Patrol Annual Sponsorship Opportunities



Sponsorship support in the bike patrol helps replenish first aid supplies and bike maintenance items for the public, as well as safe cycling/walking programs and scholarship program development for young adult and adult patroller programs.

<u>Levels:</u>	<u>Name:</u>	<u>Sponsor benefits:</u>
\$250	Patron	Sponsor name listed in quarterly newsletter and ARBP website.
\$500	Bronze level	All benefits of above level, with logo, recognition and booth at annual bike patrol event.
\$1,000	Silver level	All benefits of above levels plus business card ad in newsletters, web and 1st Saturday events.
\$2,500	Gold level	All benefits of above levels, 1/4 page ad in all newsletters, plus web site ad.
\$5,000	Platinum level	All benefits of above levels, 1/2 page ad, "presented by rights" for annual bike patrol event.

**Tax statement:** The American River Bike Patrol is a member of the National Ski Patrol system, a 501 C organization; donations are tax exempt as determined by law; please make donations payable to American River Bike Patrol, PO Box 2773, Fair Oaks, CA 95628. Thank you for your support!



## American River Bike Patrol Annual Sponsorship Plan

**Programs supported:** Sponsorship supports our Junior Patroller/Young Adult Patroller Programs, safe riding and walking programs and weekend activities including heat abatement and water hydration stations. Your support helps back our scholarship program for new members from disadvantaged communities. Finally, your support also backs replenishing our first-aid supplies, equipment, and training costs, bike maintenance tools and ongoing supplies such as tubes and patch kits. These include:

**First aid supplies:** A basic bike patroller kit includes a "blood pack" which is 3 sets of gloves, 4-3" roller gauze, 4 x4 pads, 2-abdominal pads, 1-box of Bandages, 3- large zip lock bags, 1-roll of medical tape and 1 scissors. 1-tourniquet and 3 triangular bandages. CPR mask. 3 disposable face masks. Sugar and electrolyte solution. 1 whistle. Pen/and cards. 1- fine tweezers Estimated cost \$30 each; annual replacement supplies: about \$20 each patroller.

**Bike Maintenance supplies, tools:** Tubes, patch kits, CO2 cartridges. Tools include basic kits (estimated \$30 each) including multi tool, chain breaker tool, CO-2 heads and cartridges, small crescent wrench, multi-sized spoke wrench.

**Benefits to sponsors:** Focused on helping drive traffic to your business, exposure is offered in ARBP newsletters, Website, Facebook page, Instagram and at our First Saturday events. Sponsors receive additional exposure to families with young children at our May 2022 Event during National Bike Month. All donations are Tax Deductible!

**Sponsors Grow with Us:** Let us know how we can build a partnership that will help grow as your business supports the American River Bike Patrol and the American River Parkway!

**Contact Us:** For questions or suggestions as to Creative Partnerships, please contact Tim Viall, board member, American River Bike Patrol, [tviall@msn.com](mailto:tviall@msn.com), or call (209) 969-3075.



# Volunteer at Sea Otter Bike Classic, April 7-10, 2022, as first-aiders at USA's biggest cycling event!

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

For the 20th year, over 80 Far West Division ski 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!

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 10,000 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 \$6,900 to patrols of the NSP volunteers.

Over 70,000 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 2021, China Peak NSP led in volunteers, followed by the American River Bike Patrol, Dodge Ridge Patrol, June Mountain Patrol, joined by patrollers from Mt. Shasta, Sugar Bowl, Sierra at Tahoe and several back-country patrollers. The NSP contingent pairs with members of Friends of Fort Ord, 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, 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 (in orange vests/shirts) pose for back-country photo, and tents, motorhomes made for cozy evenings at "Ski Patrol Central". Join the NSP team in April for NSP service and fun!



# Questions? Answers for first-aiders, marshals, for the Sea Otter Bicycling Classic, April 7-10, 2022

**What do we do at Sea Otter Bike races?** The NSP provides on-course First Aid and Course Marshals (Marshals don't require first-aid skills) for the following events: Downhill, Dual Slalom, Back Country, Cross Country, Grand Fondo events in Monterey and in the Ride Zone/Pump Park areas at Laguna Seca, as well as staffing two First-aid tents over the four day event.

**Expanded:** NSP staff the two first-aid tents. This gives you option to pair with fellow patrollers, under cover and right in the heart of Laguna Seca action!

**How long are the typical shifts you will be working?**

Depending upon assignments, reporting times can range from 6:30 AM to 8:45 AM starts, with shifts running 5-9 hours.

**Basic coverage schedule for the 4 day event:**

**Thursday, October 7:** assignments on Downhill, Dual Slalom, Back Country and Ride Zone/Pump Park areas and (2) First-aid tents.

**Friday, October 8:** Downhill, Dual Slalom and Ride Zone areas and (2) First-aid tents

**Saturday, October 9:** Downhill, Dual Slalom, Cross-country, Ride Zone/Pump Park areas, Mountain Bike Tour and Open Road Tour, Gran Fondo Road Course and (2) First-aid tents

**Sunday, October 10:** Downhill, Dual Slalom, Cross-country, Ride Zone/Pump Park and (2) First-aid tents

**How will I know what my assignments are each day I work?**

We will send out an assignment schedule about one week before the event. In this email will be the Assignment Roster and Maps to help you get to your assignment rally point.

**Can I request a preference to what event I would like to work?**

Perhaps (with preference to early sign-ups) request the area you would like to - no guarantees, however.

**Where to report and when:** it depends upon your assignment; the assignment sheet will tell you where to report. But (as a default if you are not sure) **check in at "NSP Central", at far/southwest side of the Paddock "D" Parking Area** at the Sea Otter Classic (see map) 20 min before the beginning of your shift.; Once again, **we will send you a MAP and Assignments Roster, with reporting times, a week or two prior to the event** – watch for it!

**Sea Otter donation for volunteer services:** Sea Otter volunteers, either first-aiders or course marshals, receive \$30 per shift as a donation to their patrol/organization for their service. Overall payment is made to the Dodge Ridge National Ski Patrol, which forwards funds to other individual patrols, based on their number of participants and shifts served.

**Benefits to our volunteers:** Each volunteer gets a four-day Sea Otter admission (wrist pass, \$80 value), volunteer t-shirt, lunch provided on your day(s) as a volunteer, free camping (trailer, tents, RVs); join us for the big NSP-hosted BBQ on Saturday night. Other evenings, team members barbecue at "NSP Central" (bring own food).

**COVID-19 precautions:** Due to COVID-19, we require all of our first-aiders to utilize full COVID-19 precautions. That includes physical distancing, masking up when in any outdoor or indoor group meetings; watch for update as event draws closer.

**Professional demeanor:** While in uniform, please remember you are always on duty. No drinking nor abnormal behavior in NSP uniform; in evening, around BBQ, if partying or drinking, please, no uniform and maintain your NSP decorum; thanks.

**What equipment should I bring? Your fully-loaded NSP patrol vest or NSP bike jersey and loaded first-aid pack** (if you are a first-aid volunteer). The two Sea Otter first-aid tents offer first-aid materials to replenish your patrol pack – but come fully stocked to start, including hydration. Bring bikes, as well. They'll come in handy during your "off-hours" for touring this spectacular event!

**What type clothing?** We suggest you come with all types of clothing – including foul-weather, windy-weather and cold-weather gear, and, warm-weather items, too – Check the weather forecast but like skiing, come "over-prepared" – we could have all the seasonal weather elements during the four days of the Sea Otter. **Continued next page...**

**What other gear to bring?** A light-weight portable chair to sit on, and if rain, umbrellas can also be useful. If you are tenting, bring your camping gear; and, if cooking, bring a portable BBQ. Your road bike and/or mountain bike will allow you to do touring around the large Laguna Seca complex during your “off hours”!

**Camping: FREE RV, trailer or motorhome and tent camping!** RV parking and tent space is reserved in “Ski Patrol Central”, available Wednesday night, April 6 to Sunday, April 10 late day, only for those NSP members doing first-aid or course marshal work as official Sea Otter volunteers. “Ski Patrol Central” measures about 240' X 40' on black-top parking lot, and has room for up to **18 NSP motorhomes and fifth-wheels; each RVer/tenter is allotted one parking space for a car. Tenters:** pitch a tent among our trailers/fifth-wheels! Public bathrooms just 50' away; and coin-op showers a ½ mile away. **Are there hookups, electricity? NO, this is dry camping;** If you need fresh water delivered and gray water pumping at your RV, it will cost you about \$50.00 for the four days. **Tell volunteer entry staff you are headed to the Paddock “D” Parking lot as part of the NSP crew, in camping slots 905-914. Single day volunteers/non-campers:** Plan to park in the Wolf Hill volunteer parking and walk to NSP Central. **Motels:** Some NSP volunteers chose to stay in Salinas-area motels; there are a number like Holiday Inn Express, Comfort Inn, Best Western, Super 8 all near one-another, off Highway 101; but they will book well in advance.

**Can Non-NSP members volunteer??** Possibly, but no guarantees, for we assign NSP first-aiders to all openings before looking to “Course Marshals” and admin folks. **Can other, non-NSP, first-aiders assist?** Yes, volunteers from local fire, ambulance, medical can team with ski patrol volunteers – just provide Sea Otter staff w/valid 'first-responder certificate' along with their volunteer waiver!

**Big hosted-barbecue Saturday night!** Saturday night is our big, hosted NSP BBQ at “Ski Patrol Central” at Laguna Seca; although “Bring your own food/drinks barbecues” also held Thursday and Friday's nights; the NSP provides food and side dishes for Sat. night; have a great time with fellow NSP volunteers. BBQs start about 6 PM. And, bring FIREWOOD for evening campfires!

**Off-Time for Fun?** Yes, you will have “off-time” to tour the huge Sea Otter Trade Fair (450 vendors) and see some of the events, or go biking on road or trail bikes – so bring your walking shoes, and, bicycles!

**What type food should I bring?** The Sea Otter provides a sack lunch for the days you are volunteering. **Bring snacks, drinks and something for early morning breakfast, and evening BBQ food.** There are also food vendors at the Sea Otter – and, several restaurants are not more than a few miles from Laguna Seca, should you want a sit-down restaurant.

**Drivers for “Non-medical Emergency (SAG) Vehicles” (2 Friday, 3 Saturday and 3 Sunday):** The NSP has several assignments for “non-medical emergency Transport vehicles” (two each, Friday and Sunday, three on Saturday). To be selected, you'll need a four wheel drive, large SUV.

**What if I can't make my shift?** Please, please arrive on-time – we have contracted to be there, with proper numbers of first-aiders. If emergency arises, please contact your Patrol Leader or your patrol's Sea Otter Team Leader to arrange to find a replacement!

**What if I am a late arrival, for reasons beyond my control?:** Call Dave Rollings, 408.218.3013 or Tim Viall , 209.969.3875, and report to Med Tent 1 on your map at the bottom of the Dual Slalom course.

**Directions to Laguna Seca: How to get to Laguna Seca Raceway (between Salinas and Monterey)?** Here are directions to the Sea Otter Classic: **From CA Hwy 101**, at Salinas, take the Hwy 68 exit, and proceed south to the main entrance to Laguna Seca, and then tell parking attendants you are headed to the **Paddock “D” Parking Lot to camp**. See [www.seaotterclassic.com](http://www.seaotterclassic.com) for more insight!

**MAPS:** As we get closer to the event, we will send maps.

**How do I sign up?** Contact Tim Viall, Sea Otter Coordinator for NSP Volunteers ([tviall@msn.com](mailto:tviall@msn.com); 11135 Moose River Ct., Rancho Cordova, CA 95670; Cell Ph: 209.969.3875);

**Send: name(s), your patrol, OEC, OFC or other first-aid credential, US mail address, Email, Cell Phone, t-shirt size, which day(s) you are volunteering for, assignment preference and if you have an RV, trailer or Tent for “Ski Patrol Central” area.**

**Questions:** Contact Sea Otter Coordinators Dave Rollings, 408.218.3013 or Tim Viall, 209.969.3875, [tviall@msn.com](mailto:tviall@msn.com).



Join the Team!

# American River Bike Patrol

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



A new bike safety patrol was 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.

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 Patrol and its bike patrol subset, with 30,000 members in 640 bike and ski patrols across the USA.

Join the Team, provide 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!