

AMERICAN RIVER BIKE PATROL



American River Bike Patrol News

www.americanriverbikepatrol.org

April, 2020

Volume 1, Issue 1

Welcome to the American River Bike Patrol (ARBP) newsletter. I am honored to be the first to serve as your ARBP Patrol Representative. Amid these troubling times of the COVID 19 Pandemic, cycling can be a positive way to stay in shape and immerse yourself in a great outdoor activity. On top of that we are blessed to have the American River Bike Trail at our disposal.

The American River Bike Trail (or Jedediah Smith Memorial Trail) is one of the longest paved bicycle trails in the U.S. The trail is 32 miles long and serves both commuter and recreational cyclists alike. It runs roughly from Discovery Park to just north of Folsom Lake. This newly formed American River Bike Patrol will work closely with the County of Sacramento and the State of California to increase safety and provide aid along this Trail.

Tim Viall, along with NSP veteran Dr. Jim Margolis and cyclist Rich Fowler, have worked over the past 10 months to establish the patrol and to set lofty yet achievable goals for the ARBP. American River Bike Patrollers will work as trail



ambassadors, providing trail directional advice, equipment assistance, safety insights and bike safety programs. Once we clear the COVID 19 hurdle, we plan to hold special events, first-aid training for members and serve as eyes and ears of the Parkway Rangers and other stakeholders. Most importantly, we are here to have fun, enjoy the outdoors doing what we love and helping others.

From my forty-seven years of service with the National Ski Patrol I can say this type of activity and service can be very fulfilling. The service you provide is needed and the sense of comradery and community you develop is unparalleled. I am greatly

impressed and in awe of the people I have met, and I hope you will be among them.

For those of you who have joined, I look forward to working with you. For those of you still considering, I hope you become a member and join us on the trail. You can learn more at americanriverbikepatrol.org.

I look forward to meeting you and being of service. Keep Riding!
- **Jim Cheng, Patrol Rep, AR Bike Patrol**



Welcome, American River Bike Patrol members, to the Far West Division and Mother Lode Region of the National Ski Patrol! We're excited to be part of your start up as one of the first urban NSP Bike Patrols in the west, and, throughout the

United States. We look forward to assisting in training, education and offering NSP expertise.

You will find many benefits with your membership in the national ski patrol, highest among them will be a growing sense of camaraderie among many of the members in the regional and division.

I first rode the bike trail Summer of 1983. Having grown up in the Modesto / Oakdale area I was accustomed to valley summers. I recall getting near Folsom and enjoying the "downhill" ride back to our starting point near Cal Expo; my memory is that day was indeed hot, but the river was oh so cool. I look forward to getting out on my Lemond and riding along the river as a visiting patroller. Once again, congratulations and we look forward to your ongoing evolution!
- **Lance Vaughan, Far West Division Director, NSP**



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Address up-to-date?

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

American River Bike Patrol Organizational Team

Here is our forming-up leadership group:

Patrol representative: James Cheng, patrol representative;
Assistant patrol rep: Barry Calfee
Second assistant patrol rep: Jeff Magaziner

Treasurer: Cathy Russell

Secretary: Tim Viall (need a volunteer)

Communications Advisor: John Poimiroo

Medical advisor: Dr. Jeff Du Bois

Outdoor First Care advisor: Dr. Jim Margolis

Ranger Liaison: Ben Horner

Member reps and/or other advisors (fund-raising, member outreach, other admin roles):

Doug Angove,

Linda Collins,

Vicki Day,

Rich Fowler,

Michael Gnafakis,

Kyle Kramnic (social activities),

Nathaniel Rodriguez

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 by the 25th of the previous month.

Membership in the American River Bike Patrol

Our new American River Bike Patrol is now registered with the National Ski Patrol (NSP) and their Denver staff. We are the newest of 11 patrols in the Mother Lode Region, a subset of the Far West Division (with a total of 42 patrols in the states of California, Nevada and Arizona).

If you are new to the National Ski Patrol, watch your email for instructions, coming soon, as to how to join the NSP and how to register for one of the upcoming Outdoor First Care courses (which will also include CPR). And, if you have not yet sent in your Membership Application, see p. 6 and send it in!

Your board leadership is also at work on several new on-line learning initiatives, to heighten your knowledge and insight of the American River Parkway, the Jediah Smith Trail and related items. So, shelter in place, get out on the trail for some fresh air and stay healthy!

With the changing face of the pandemic, do watch your email for updates!

What's new on the American River Trail?



Clockwise from upper left, California poppies bloom in profusion on Sacramento Bar; two riders enjoy trail near mile 18, young rider cruises near Sacramento State campus, and bike patrol member Rich Fowler (orange jersey) rides with friends at mile 17.



Evolution of the AR Bike Patrol



Tim Viall and NSP veteran Dr. Jim Margolis and cyclist Rich Fowler began investigating and urging the patrol's formation in late spring, 2019. They suggested the following to local organizations, bike clubs and County Parks Department and Supervisors:

Services: Bike Patrol members would work as eyes and ears with the Parkway Rangers and other stakeholders, and provide trail directional advice, equipment assistance, safety insights and render first-aid services.

Developing organization: the National Ski Patrol and its Bike Patrol subset, under the guidance of the NSP's Far West Division. With over 28,000 members, the NSP has become more involved in bicycle safety patrols in recent years, organized like the NSP's 600 ski patrols.

Training: Volunteer members would be trained much like traditional ski patrollers, with emphasis on bicycle rider interaction, trail and equipment advice and first-aid skills (the NSP trains members in either Outdoor Emergency Care (OEC) or Outdoor First Care (OFC), with training delivered by veteran NSP first-aid trainers.

Recruitment of members: Some members will come from the approximately 200 current NSP members who live in the Sacramento Capital Region, and members of the local cycling community are invited to join. **To join, see Member application, p. 6; for more information, contact** Tim Viall, tviall@msn.com; (209) 969-3875.



Useful websites:

American River Parkway and Bike Trail (includes map and rules/regulations): regionalparks.saccountry.net/Parks/Pages/JedediahSmith.aspx

American River Bike Patrol, see web site, currently in test mode: americanriverbikepatrol.org, and, Our Facebook page (on Facebook, search for American River Bike Patrol), which we will work to keep updated.

Mother Lode Region, NSP: motherloderegion.org

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

National Ski Patrol: nsp.org;

For questions, suggestions of other resources and/or updates, Tim Viall, American River Bike Patrol, tviall@msn.com, (209) 969-3875.

Events Calendar:

Please NOTE: Due to the unfolding coronavirus pandemic, these scheduled dates are subject to change; please watch your email for future updates.

Patrol training sessions (trail protocols, working with rangers, bike maintenance/repair):

- o Saturday, May 9, 8 AM to Noon, Sacramento County Regional Parks, 10361 Rockingham Dr., Suite 100, Sacramento (A teleconference may replace this session)

Patrol training sessions (CPR and Outdoor First Care/first-aid credential training, attend one):

- o Saturday, May 16, 8 AM to 4 PM, both held at Heartbeat CPR, 701 Howe Ave., Suite G-50, Sacramento, OR,
- o Saturday, June 20, 8 AM to 4 PM, both held at Heartbeat CPR, 701 Howe Ave., Suite G-50, Sacramento

Informational meetings, set for (attend just one of these):

- o [Cancelled] Tuesday, April 11, 6:30 PM to 8 PM, REI; we will add a future date.

Final, check-off ride: Once the above is completed, do a fun check-off ride with a team leader.

Additional dates:

- May is National Bicycle Month (May 11-17 is Bike to Work Week, May 15 is National Bike[to Work Day])
- American River Bike Patrol Kickoff-day, tentatively a Saturday in late May or June, date/location to be determined).

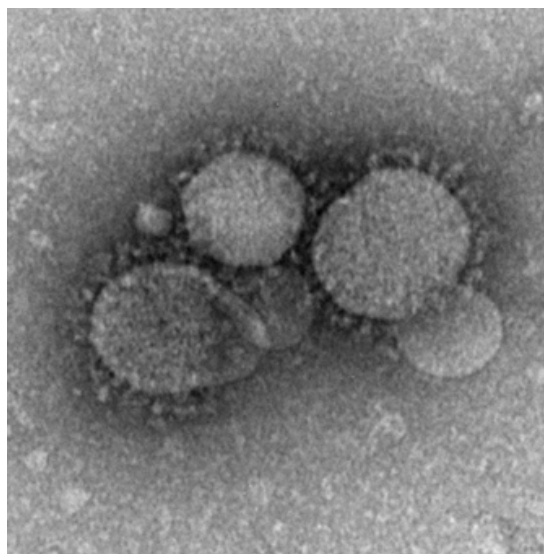
SARS CoV-2 and its impact on AR Bike Patrol

What is SARS-CoV-2? COVID-19 (Corona Virus Disease 2019) is a disease resulting from a newly discovered virus infecting humans, and now given the name SARS CoV-2 (Severe Acute Respiratory Syndrome CoronaVirus, 2--the first being the SARS epidemic of 2003-2004). It is genetically very similar to a known bat coronavirus, from which it almost certainly arose. Coronaviruses are one of several viruses responsible for the "common cold", an illness principally known for runny noses, watery eyes, and scratchy throat, but also occasionally coughs and lower respiratory infections like pneumonia. Coronaviruses get their name from projections from the viral particle that bear a resemblance to a crown, and also likely function in interacting with, or adhering to host tissues, like mucus membranes, nasal passageways and the conjunctivae of the eyes.

What does it mean for each of us? Since this is a new-to-human virus, we have no intrinsic immunity. So we don't know the essentials like how many folks will become symptomatic, who is at the greatest risk, what is the mortality rate, and what is the long-term outlook. We have historical information from previous outbreaks that provide some considerations. Often the very young and the very frail are at highest risk. So far with SARS CoV-2, the elderly, especially those with pre-existing lung disease seem to be at greatest risk. The mortality for those over 80 years of age is approximately 15% based on preliminary information. And while the number of known infected individuals changes by the minute, initial estimates are suggesting a mortality rate of approximately 2% among symptomatic patients who have tested positive. BUT, we do not yet have an adequate estimate of the number with minimal to mild symptoms, and thus likely unaccounted for by today's testing guidelines. So 2% is, in all likelihood, an overestimate. By comparison, the preliminary mortality estimates for the 2018-2019 influenza season from the CDC suggest a mortality rate of less than 0.1% from the influenza virus.

What can we do to minimize contracting COVID-19? By now each of us has heard and heeded the warnings: stay home unless essential, wash your hands frequently and after touching any public surface (check out Neil Diamond's YouTube video! Finally, "Sweet Caroline" has a meaningful message!!), and keep your distance! Washing your hands and avoiding undue contact with your eyes and face, are two

basic but significant maneuvers to lessen one's chance of contracting the virus. The idea of 6 feet social distancing is to minimize droplet spread, which appears to be the primary mode of transmission. But this is the latest information regarding transmissibility from the New England Journal of Medicine: laboratory study data "indicate that aerosol and fomite transmission of SARS-CoV-2 is plausible, since the virus can remain viable and infectious in aerosols for hours and on surfaces up to **days** (depending on the inoculum shed)." ("Fomite" meaning virus particles on surfaces.) Aerosol and droplet spread are NOT synonymous. Droplet spread suggests that the larger size of droplets fall to the ground (or other surfaces) fairly quickly, usually within 3-4 feet after sneezing, coughing or spritzing. By comparison, aerosolized viral particles are suspended in air and can last within that area far longer, potentially hours.



The role of masks is controversial. Certainly, if you are the least bit symptomatic (or believe you have been in close contact with someone who is) wearing the mask is a good idea and a common courtesy when you're out in public. The idea is to reduce the chance of viral particles leaving your mouth or nose and physically contacting someone else. But the mask will do little to protect yourself if someone sneezes or coughs in your face, as there is little face and no eye protection. For this potential situation a face shield is recommended. Moreover, regular surgical style masks are NOT an effective barrier for aerosol transmission. In this setting, one needs a minimum of an N95 mask. To be maximally effective, these masks need to be properly fitted. In situations where you're likely to be closer than 6 feet, it is unclear how much value masks will be. So stay home, mind the gap, and wash your hands. And when you must sneeze or cough, do so into your elbow or sleeve. I can so hear my grandmother's voice in the back of my head right about now! But then again, she survived the Flu pandemic of 1918.

If you do develop a fever, self-isolate (and really don't go out!). Viral shedding appears to begin within a few days of the initial symptoms, and peaks around 6-10 days after the onset of symptoms. This is the reason we see folks having their temperature taken during screening procedures.

What does this mean for the Bike Patrol and Patrolling on ARP? One can get out and walk, hike, run, or cycle **Please see COVID 19, continued next page...**

COVID 19, continued from previous page...

provided one maintains social distancing, AND providing one is completely symptom free. So really take the opportunity to engage in solo aerobic activities, start a new hobby, take care of those old honey-do's, and develop safer social habits of hand-washing and personal contact. As far as Bike Patrol training is concerned, getting a check cycling in may be doable provided we keep our distances between riders.

I don't have specific information regarding OFC training, although I am imagining that hands-on training (as in CPR) will likely be curtailed. There is a website for on-line training, in the event that will be recognized in the immediate future. (https://cprcertificationnow.com/?gclid=Cj0KCQjwjoH0BRD6ARIsAEW09DtjmUQBUB6DQaSXdaKy0A487xNXR6Ew_NDdXnKEo5dwrC1XHh90IaAnqoEALw_wcB). As for actual patrolling, when that does begin, remember your safety is paramount. So

wear your PPE. If you have access to masks, it may be wise to don them if assessing an injured cyclist. And keep a packet of wet wipes or Lysol in your first aid ditty bag to wipe down any surfaces, such as the bicycle. The impact of the pandemic will be felt for some time to come, so make these practices a habit!

Current numbers as of Sunday evening, 30 March 2020 (from the Johns Hopkins Coronavirus Resource Center):

Total worldwide confirmed cases: 722,289

Total US cases: 142,328

Total US deaths: 130

Total California cases: 6247

Total Sacramento cases: 164 + 53 in Placer county

Total Sacramento deaths: 6 + 2 in Placer county

Total articles about COVID-19 in Sunday's Bee: 42

Submitted by **Jeffrey J. Du Bois, M.D., Medical advisor, American River Bike Patrol** (NOT an Infectious Disease expert!)

Seen on the American River Parkway of late...



Above, left, new safety signage placed by the American River Parkway Foundation offers insights to walkers to stay left, facing traffic, to dog walkers to keep pets controlled on leash, and to walkers and bikers to share the road. Center, Regional Park ranger watches access road, and, rafters enjoy river.

A Special thanks for assistance along the way!



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

- The American River Coalition, their many members and non-profit partners and the Coalition leader, Betsy Weiland,
- The Sacramento County Regional Park's leadership team of Liz Bellas, Mike Doane and Wade Derby, and our park rangers and staff,
- REI Coop for allowing use of their facilities and enthusiastic support, and
- 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.

American River Bike Patrol Membership Application

Please fill this out and return



Name: _____ DOB: _____
Address: _____
City: _____ State: _____ Zip: _____
Cell Phone #: _____ Home Phone: _____
Email Address: _____
Interested in Patrol board or advisorship? [] Yes; [] No; your special skills: _____

Training dates: Trail rules, regs, Ranger interaction: Saturday, May 9, 8 AM to Noon, Sacramento County Regional Parks, 10361 Rockingham Dr. Ste 100, Sacramento, CA

[] Saturday, May 16, OR [] Saturday, June 20, each at 8 AM-4 PM, Heartbeat CPR, 701 Howe Ave, Ste. G-50, Sacto

Current Outdoor First Care? No []; Yes [] Expiration Date: _____

Current Outdoor Emergency Care? No []; Yes [] Expiration Date: _____

Current CPR Certificate? No []; Yes [] Expiration Date: _____

Current National Ski Patrol member? No []; Yes [] Membership #: _____ Patrol: _____

Annual Requirements:

- National Ski Patrol Membership
- Obtain and Maintain Outdoor First Care (or OEC) and CPR certifications
- Attend the required annual refresher course for active Patrollers (held late spring)
- Attend a Bike Patrol orientation course and a training/skills assessment ride
- Be knowledgeable and comfortable in basic on-trail bike repair (course provided)
- Attend half or more of “as needed”/quarterly information/educational member meetings
- Attend at least one Parkway event representing the patrol per year
- Log a minimum annual patrol commitment: 48 hours annually; if you are a member of another NSP Patrol registering as a secondary bike patroller, 30 hours annually.

Estimated financial commitments for bike patrol members:

- Annual Membership in National Ski Patrol, \$60 (if you are an NSP member of another patrol, host unit or alumni member, you pay nothing more as a secondary member); annual Far West Division dues, (kindly waived for 2020); Mother Lode Region dues, \$15; \$75 total.
- Outdoor First Care course (about 6 hours), \$25; and, CPR course, \$50.
- Universal background check (required of Sacramento County, for volunteers), about \$30
- Bike Patrol Jersey: About \$65 in NSP Catalogue; we are pursuing local custom jersey and tech shirt options, at reduced cost. Additionally, purchase of a few misc. first-aid supplies and bike tools.

By signing below you state you understand and accept the roles and responsibilities of a National bike patroller and member of the NSP. You also agree to keep the required certifications and training current to the best of your ability and to have fun as a member of this pioneering patrol!

Signature: _____ Date: _____

If future member is age 15 to under 18, sig of parent/guardian _____

Please return by US Mail or E-mail to Tim Viall, 11135 Moose River Court, Rancho Cordova, CA 95670, or to tviall@msn.com. If questions, call Tim at (209) 969.3875.



Join the Team!

New NSP Bike Safety Patrol

for the
**American River
Parkway, Sacramento**

New Bike Safety Patrol forming for the American River Parkway in Sacramento. Bike Patrollers will work as trail ambassadors, providing trail directional advice, equipment 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.

Members of the public are invited to join, and will be offered Outdoor First Care and CPR training, trail knowledge and skills in working with the public, as well as gain membership in the National Ski Patrol (NSP), with 32,000 members in 640 bike and ski patrols across the US and other countries.

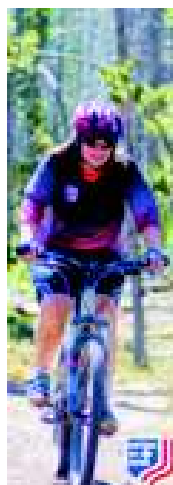
NSP members current with either OEC or OFC will be able to join as secondary members and commit to 30 or more hours per year. Alumni, if their first-aid has lapsed, who would like to rejoin in an active bike patrol role will need to take Outdoor First Care, as will new community candidate members. The new patrol will also offer "visiting patroller" options during weekends, by prior arrangement. The new patrol anticipates training offered in April and May, and "going live" on the bike trail by early summer.

For link to website and info flyer:

farwest.org/MemberPrograms/BikePatrol/BikePatrol.html

To join, or for more info, contact Tim Viall: NSP bike patrol advocate, tviall@msn.com, (209) 969-3875.

Please email name, address, email, phone, current or past first-aid or NSP experience, and if you are interested in patrol leadership positions.



Join the Team!