

AMERICAN RIVER BIKE PATROL



American River Bike Patrol News www.americanriverbikepatrol.org

July, 2020

Vol. 1, Issue 4

Hello and welcome to the fourth edition of the American River Bike Patrol Newsletter. I am heartened that we now have 46 confirmed members on our roster. Most have now completed their Trail Readiness Training (TRT) and most recently completed their Outdoor First Care (OFC) and "Cardiopulmonary Training (CPR) on June 20th. Congratulations! Dr. James Margolis has another and final OFC & CPR "Hands-on Training" session scheduled for July 25th. For more information check our list of "Scheduled Activities". For many there only remains the "Check-off Ride".



Check-off Rides are a fun way to meet and ride with other members of the ARBP. During the ride you will be asked to demonstrate your situational awareness, control of speed, map reading skills and trail etiquette. This is your chance to ask questions and get insights of how to handle trail violations. You will be bringing a fully loaded pack with all the essentials for First Care and Cycle Repairs. No worries, there is no way to fail. Any deficiencies will be corrected, and you will be encouraged to try until you succeed. I know there are still a lot of questions. For example, some of you have asked about the requirement for background checks.

We are working under a Memorandum of Understanding (MOU) with the Sacramento County Park Service. Section XVII

(17) requires the ARBP (as a partner organization) to perform Live Scan fingerprint background checks (BC's) for all members. Our Policies and Procedures have been drafted to eliminate those convicted of violent crimes, felonious financial crimes, and sexual offenders. I think it is obvious why this has been established for trusted servants of the community, and it is our duty to comply.

As of now, I have applied for and am awaiting an Originating Agency Identification (OAI) number. The OAI is the first step in getting our Bike Patrol approved as an agency that may request BC's. The second step is to get clearance for the Custodians of Record (COR). The COR's can then receive BC's for the approved OAI

agency. These individuals will be myself and Jeff Magaziner. As a result of the later start, BC's will be the final, "after the fact" check for all our ARBP Members. I am confident everyone will pass.

I hope you will enjoy reading this issue of the ARBP Newsletter. You will find it chock full of information from current COVID News to ways of Enjoying the Trail. Feel free to reach out to me with any questions or concerns. You can email me at jimmarbp@yahoo.com. I look forward to seeing you on the Trail.

Keep Riding, - **Jim Cheng, Patrol Rep, AR Bike Patrol**

Patrol Town Hall Meeting, Thursday, July 23, 7:00 PM; mark your calendars! Zoom meeting # 415-054-1715

Tune in on July 23 to gain insight on:

1. Feedback from patrollers who have already logged miles on trail
2. Membership updates
3. Public relations and fundraising plans
4. COVID19 updates and how to stay safe on the trail
5. Uniform status and items yet to come
6. Upcoming July 25 OFC and CPR training
7. Clarification of our duties East of Hazel, on State of CA-managed property
8. Your questions answered!

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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, 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
Communications Advisor: John Poimiroo
Medical advisor: Dr. Jeff Du Bois
Outdoor First Care advisor: Dr. Jim Margolis
Ranger Liaison: Ben Horner
Folsom Lake SRA Liaison, Michael Gnafakis,
Member reps:
Carolyn Lewis,
Paul Sassenrath,
Ron Ciucci,
Jeff Du Bois,
Tim Viall
Web site advisor: Rick Bulan
Bike mechanics advisor: Rich Fowler
Other members:
Linda Collins,
Vicki Day,
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.

Media Event Seeks Bike Patrollers, July 30

Uniformed members of the Bike Patrol are being sought to participate in a Media Event that will officially introduce the American River Bike Patrol to the public. The event will occur at 11 a.m. on Thursday, July 30 at Discovery Park (Natomas Park Dr. and Jibboom St) in Sacramento.

Patrollers will assemble at the Jibboom St. Bridge parking area (River Right) at the American River Parkway trailhead by 10:30 a.m. They should be dressed to patrol with bikes, helmets and patrol packs.

The media event will include participants riding past TV cameras as reporters do standup reports, a staged demonstration of a bike repair or park user interaction and interviews with patrol leaders. To confirm your availability to participate, email Communications Advisor John Poimiroo at poimiroo@gmail.com.

Outdoor First Care (first-aid) and CPR training, July 25!

Our first OEC class was held on June 20 at First Methodist church in Loomis. It was an outstanding venue. Special thanks to our leader,



Jim Cheng who arranged for this venue. We had 15 graduates of OFC. About 20 completed CPR (candidates plus housemates). The instructors and patients were wonderful. Special thanks to Nancy Stromswold, our IT; Sue Dennison and Chris Petersen, FWD and MLR OEC Advisors and Brian Haena, CPR instructor. All the new OFC technicians received a first aid kit including a CPR mask. Jim capped off the day with several certificates.

Our next OFC/CPR will be held on July 25 8-4 at **Old Maple School, 3301 37th Ave in Sacramento**. Please register ASAP so I can arrange for instructors and

supplies. Same format — candidate + housemate; I can accommodate 1 or 2 candidates without housemates. Please let me know in advance.

REMEMBER you first need to join NSP, register and pay for class F601200005, take the online class and test and send me your certificate of completion.

For the July 25 class, we plan to be COVID19 compliant; 10 to a room, 1/2 in CPR, the other 1/2 in OFC instruction. All must wear masks, bring your own food and drink and a mat for your patient to lie upon.

If you have any problems getting registered, etc. contact me, Doc Jim Margolis jamadapa@att.net

— **Dr. Jim Margolis, ARBP OFC advisor.**

Lessons learned on the trail

As members of the American River Bike Patrol are now patrolling actively, the patrol is learning what's working and what isn't. Here are some take-aways from early rides:

Map – As good as the map of the parkway is

(<https://regionalparks.saccounty.net/Rangers/Documents/UPDATED%20ParkwayMap.pdf>

), it fails to note the names of many features/locations/trails along the parkway. To identify their location, patrollers should note the names of nearby features, such as side streets, trails, rest areas, distances between mile markers and distances from Call Boxes.

Call Boxes - The most precise method of reporting the location of an incident while requesting assistance, is to dispatch your patrol partner (or an informed bystander) to the nearest Call Box.

911 - Call 911 when reporting a life-threatening emergency that requires activating EMS.

311 - *Do not call 311.* Instead, use the County 311 App (Sacramento County 311 Connect) to report physical problems (not incidents) along the parkway (trash, beehives, backed up toilet, down branches, etc.). Always begin your report with "ARBP," as in: "ARBP reports a tree limb has fallen across the parkway halfway between Call Box 16 and 17." Do not use 311 to report incidents. Instead, use the Incident Report on our website.

Ranger Dispatch – When Ranger Dispatch numbers (County Parks - 916-875-7275; State Parks - 916-988-7322) are busy or outside business hours, you may be directed to a phone tree. To get assistance from a ranger use a Call Box.

Never Leave a Patient – Once you begin medically assisting a patient, never leave him/her until a means of transporting the patient is present (e.g., friends/family or EMS). Reassure the patient that you will not leave until such transport arrives.

Follow-up Care – At a ski area, patrollers take patients to an aid station, but on the parkway, once we finish providing first care, they're on their own (unless handed over to EMS). Because we don't have the benefit of an aid station that will see our patients before they go home, always advise simple follow-up care (e.g., cleaning and redressing minor wounds) or seeing a doctor or visiting a medical clinic or ER relative to the severity of the injury.

Transporting Non-ambulatory Patients – Anticipate that some patients, whose injuries are not life-threatening, may be unable to transport themselves. In such circumstances, they may need to be transported off the parkway to a location where they can be picked up by friends/family. Use a Call Box to request County or State Park assistance in transporting a patient and their bike off the parkway.

Two Patrollers is best – Early incident reports demonstrate the need for teams of two patrollers to patrol together, as while one is performing first care, the other can manage the scene, warn approaching riders, gather basic info (patient name, age, email, phone), assist with first care, share first aid supplies, ride to the nearest Call Box or call 911.

Shift Report – Every patroller should submit a Shift Report following each shift.

Incident Report – Each incident in a shift should be reported separately. Incident reports are used to report all medical, mechanical and park user interaction incidents. In teams of two patrollers, only the first responder (principal provider of first care, mechanical assistance or user interaction) should submit the Incident Report. That means the first responder (person who provided assistance on a given incident) will need to transcribe information gathered by the assisting patroller. Incident Reports should include: Date; Patroller Name; Location of Incident; Patient's Name, Gender, Age, Phone and Email; Agency Contacted (if any); and Care Provided.

Note: the patient's name, gender, age, phone number and email address must be collected, but must not be divulged other than on the incident report.

Resupply – A simple road rash can use up all your first aid supplies. For now, should you run short, call Doc Jim Margolis at 916-947-9636. One of our fundraising objectives is to attract donations to pay for first aid supplies.

Avoid Medical Distractions – A road rash can disguise more serious underlying injuries (e.g., dislocations, simple fractures). Even though it is tempting to begin addressing the obvious injury, unless it is life-threatening don't begin taking care of it until you have conducted a full evaluation of the patient, including palpating all limbs. On a recent incident, the patient complained vocally of knee pain (an obvious abrasion there), but also had two hand abrasions, a forearm abrasion, an incised ankle and a possible orthopedic injury to one leg which weren't mentioned by the patient but became apparent during first care.

Covid 19 - Until a vaccine is in common use, after assessing the scene, always ask, "Have you been exposed to anyone diagnosed as having Covid-19 (Coronavirus) or traveled outside the United States in the past 14 days?" If the answer is yes to either of these questions, secure the location and - unless the incident is life threatening - cease providing assistance and call 911 for further assistance. If the incident is life threatening, use your judgment as whether to proceed providing care, while also calling 911 to activate EMS.

Masks - Put on a mask and put a mask on the person you are assisting, whenever you will be within six feet of one another. If it is a mechanical incident, ask the person to step back six feet while you fix the bike. Wear gloves and carry a tiny bottle of hand sanitizer.

They Love Us Out There - Initial Shift Reports indicate that parkway users (including avid riders) and Park Rangers are very appreciative that the ARBP is now patrolling the parkway. - submitted by **John Poimiroo**

First Ever ARBP Trail Training via Zoom!

After an incredible effort by our instructors and leadership team of Jim Cheng, Tim Viall, Jeff Magaziner, Ben Horner, Rick Bulan, Dr. Jim Margolis, Rich Fowler, John Poimiroo, this first Sessions of the Trail Training via Zoom has gone well with 45 new members participating in the three hour training course. Subjects covered to get everyone up to speed on the purpose and plans and expectations of being a Patroller have been captured for future candidates to use as well.

The contents include Welcome to ARBP, What a day on Patrol looks like, Ranger Interaction, Parkway Trail Overview, 311 App usage, EMS & 911 overview and usage, Patrol Uniform Options, First Aid Kit basics-what to carry, Bike Repair Kit basics and what to carry, Website overview and usage for scheduling Patrols, Reporting activities, accessing member tools and documents. The overriding theme is service with a purpose and a smile while bicycling on the trail we all love along the American River Parkway. Looking forward to the stories and impacts we can make this year.

The Trail Training sessions can now be accessed through the Patroller's Portal, on the web site, americanriverbikepatrol.org.

The ARBP Trail Training course is one of our tools to have consistent expectations and knowledge for Patroller's on the Bike Trail. The terminology, background, and skills needed for the American River Bike Patrol are shared on several - Zoom training meetings.

These video segments were conducted live and recorded and posted under the Patroller's Portal for your use and new candidate use on our website. A special thank you to all the instructors and to Rick Bulan for his design work on the website for accessibility of these tools.

- Submitted by **assistant patrol representative Barry Calfee.**

Important websites:

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

American River Bike Patrol, see web site, currently in development 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:

American River Bike Patrol monthly Zoom meeting, Thursday, July 23, 7:00 PM; mark your calendars! Zoom meeting # 415-054-1715

Trail Training (trail protocols, working with rangers, EMS, bike maintenance/repair, **attend all four sessions, and take the quiz**): this course is available on-line; see americanriverbikepatrol.org, and contact Barry Calfee, with questions or comments, bcnumber100@yahoo.com.

First-aid training session (CPR and Outdoor First Care/first-aid credential training): Saturday, July 25, 8 AM to 4 PM, **Old Maple School, 3301 37th Ave in Sacramento**

Check-off rides: see list, p. 8, plan a fun check-off ride with a team leader. You must complete a check-off ride before you can begin to patrol.

American River Bike Patrol Major Media Kick off event, July 30, 11 AM, Discovery Park (see p. 2 for more detail)

Please NOTE: Due to the unfolding coronavirus pandemic, watch your email for future updates.

ARBP Uniform options and expectations:



Heka Cool Custom Cycling Jersey; or NSP catalogue jersey, similar in style,

Sport-Tek Performance T,

Red Mesh Vest,



Additional NSP gear like that at left; however it must be primarily red with white cross. We ask you add a ARBP patch to the front left.

Black, dark blue or tan pants or shorts

Additional uniform items:

Helmet: black, red, white or mixed

Cellphone loaded with AR Parkway trail map and helpful tools; turned on! When you are in ARBP uniform, you are on duty!

First-aid gear and bike tools; if you use a backpack, please affix a white cross to the backpack.

ARBP business card supply, to handout

ARBP forms (incident report, etc.)



ARBP COVID-19; Update 29 June 2020

What's new with COVID-19?

--Some emerging evidence that the virus is quite UV-sensitive. So efforts are starting to incorporate this technology into various applications in commercial HVAC systems, such as hospitals.

--Phase III testing of potential vaccines is on the horizon for July. Even if by some miracle we do manage to develop a vaccine by January 1, 2021, assuming initial studies show both efficacy AND safety, we will not know either the duration of its immunity NOR the long-term safety profile of the vaccine (that is, what long-term effects the vaccine might have on folks). Both of these points may take an additional year(s) to begin to understand those answers.

--Current genetic studies of the virus now show three strains: A-the ancestral strain from early Wuhan cases, B strain (also known as the "Shanghai strain") most common strain now and the predominant one in the US, and C strain or the "Singapore strain". Apparently, the 'B' strain (also known as the "D" strain for its substituted amino acid) is notable for a single amino acid change in the spike protein at the 614 point in the gene. This appears to have rendered this strain much more transmissible and with higher levels of virus shedding. There does NOT appear to be any change in the severity of the illness, however.

--And the answer as to why children are less affected is becoming clearer. Apparently, children under 10 years of age have fewer ACE-2 receptors which is where the virus attaches on cells and gains entry. Not only are they less likely to get infected, they seem to shed less. Those 10-17 years of age have more receptors than the under 10 group, but not yet as much as older adults.

Current Numbers

--New cases are up in Sac County due to reopening, but seemed to initially plateau since about the 4th to that of about half the surge levels. But just today, Sac County has hit a record high of new cases at 288! This may be impact from the protests manifesting itself, in addition to reopening. Hospitalizations have also bumped and are starting to edge towards capacity.

--Placer County cases can probably be legitimately called another surge with daily case rates approaching that of the peak surge in late March/early April. Total cases per week exceeding those of the "surge" in late March. But hospitalizations barely bumped. Suggests some, perhaps many, of these new cases may be attributed to more widespread testing. But given the disparity with other local counties may suggest much of this is due to reopening and possibly less adherence to social distancing recommendations.

--Yolo County also seeing a spike in cases.

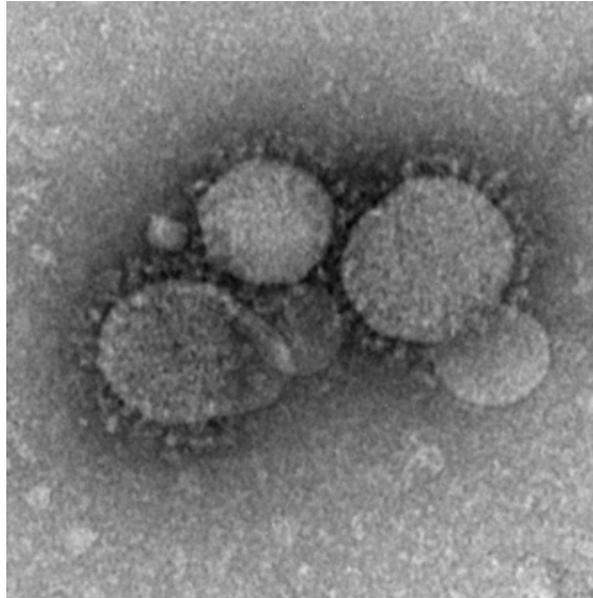
--El Dorado County saw its highest daily case rates over the past several days.

Where the Rho number (the number of people infected from a known case) had been falling down into the 1.05 range last week (less than 1.0 means we're winning!), it is up to 1.24 for Sac, Placer, and Yolo counties (no info from El Dorado county). Furthermore, the increase in cases is NOT solely attributable to more widespread testing (California finally broke 100,000 tests in a single day!), as the percentage of tests returning positive increased from the low 1.0's to 4.3% as of today. Summary of current data: worrisome surge in cases due to reopening +/- protests. Not yet overwhelming local medical capacity in Northern California, but hospitals are starting to fill up. We will need to see the newest contact tracing data to understand the 'why' this surge in more detail.

What's the Future Hold?

Looking forward, we can expect some increasing cases as we move through reopening, whether this continues at its current trajectory is unknown. As long as we adopt social distancing protocols, we should be able to stem this huge surge event that might swamp local health care systems. But that is very dependent on maintaining the wear of masks and keeping 6ft+ apart. Likewise, outdoor gatherings are preferred over indoor ones as most recent local spikes have been primarily related to large indoor gatherings. As fall approaches, the potential for more rapidly accumulating cases in quite real with the potential perfect storm of school reopenings, onset of flu season, and residual COVID-19, and "mask fatigue".

• **And Now for a change of topics-Heat Illnesses:** As we have moved into summer and are seeing days upon days of near 100F days, and as we begin patrolling on the bike path, heat related illnesses may become a common affliction. In addition to common sunburns, OEC lists four more serious conditions: heat syncope, heat cramps, heat exhaustion, and heat stroke, the last being life threatening and a 911 call. May be a good time to provide a review of heat-related illnesses in the near future. In the meantime, the principals of care for each of these include 1) get into the shade, 2) consider elevating the legs, 3) rehydration (ideally with electrolyte solutions), and 4) cooling. If symptoms are not rapidly improved, and/or associated with mental status changes, activation of EMS may be necessary. - **Dr. Jeff Du Bois, ARBP medical advisor**



Member representatives work to build patrol, address ??

Welcome to our five member representatives, Carolyn Lewis, Ron Ciucci, Paul Sassenrath, Rich Fowler and Tim Viall. Each member rep is assigned 8 to 11 members, and your rep will stay in touch to maintain communications, help plan events, answer questions, and act as liaisons between the general members and the board as needed. Meet several of your member reps:



Carolyn Lewis has been a constant rider since childhood and has been a regular on the ARBT for the past 20 years. Her fave route starts at Fish Hatchery, then around Lake Natoma, up to Beales Point, then up causeway and back around on Johnny Cash Trail for about 20-25 miles. She is really excited to get to know and ride with new people, and looks forward to helping all users of the trail understand rules and avoid accidents! In her many years riding the ARBT, she has worried about those who don't stay to proper side and her worst fears became true recently in a head-on bike crash near Old Sac! Our Patrol Unit is greatly needed and would have been truly a helpful resource in her own accident! Sprained hand, flat tire and chain off for Carolyn,

severe abrasions for her riding partner. The young men who caused the accident were extremely apologetic and helpful, directing traffic while we got ourselves together, and stuck around until we limped off for a pickup!



Dr. Jeff Du Bois: Although I originally hail from Wisconsin, California has been my home since 1971. Most recently, Sacramento is now home base. I have been an avid (and sometimes serious) recreational endurance cyclist (still am hoping to do the TransAmerica trip one of these days). In past years, I served as a roving Doc patrol for the Mustard Seed Spin, a fundraising bike event on the AR Parkway benefitting the Mustard Seed School for displaced children. I am hoping that our presence on the bike trail will be an added sense of comfort for the less experienced cyclists, encouragement for users to practice good cycling etiquette, and a benefit to all users. Jeff also serves as the ARBP medical advisor.

Meet **Ron Ciucci, Paul Sassenrath and Tim Viall** in a future issue, or, on the trail!

Meet assistant patrol leader Barry Calfee

I enjoy the freedom you feel in exploring by bike whether it is in the mountains, on the roads or on the bike trails. Goal this year is to ride the Oregon Coast. Fondest childhood memories are riding my bike and exploring first the local streets, then the greater neighborhood, then day trips to interesting local places. Looking forward to serving the public and bicycling community not only in the winter (Eldorado Backcountry Ski Patrol & Sierra At Tahoe - Mountain Host) with the awesome National Ski Patrol organization members but also on the American River Bike Trail with ARBP. That led me to volunteer to assist in the creation of this new group in it's first year. As your assistant Patrol Representative I get to assist in several areas including Training of the Membership. Looking forward to meeting each of you this summer. Ride on and keep the rubber side down.



Equipment for the Parkway Trail

For those of you wondering what an American River Bike Patrol member should carry with them on duty, Rich Fowler has created this YouTube video: <https://www.youtube.com/channel/UCR0TC7pHEUn2918wFOC8GbQ>.

If you have questions, please feel free to give Rich a call at (916) 761-7382. - **Rich Fowler, bike mechanic/equipment advisor.**

Bike Patrol and County Park Rangers build partnership

Greetings as we begin July! As we begin to launch our bike patrol I wanted to take the opportunity to introduce you to Ranger Samuel Zamora of the Sacramento County Regional Park Service. Sam is one of our newly assigned liaisons and will be lending us his knowledge and expertise in regard to operations in and around the American River Parkway Trail. - **Ben Horner/ARBP Ranger Service liaison**

Introducing Ranger Sam Zamora:

Hello my name is Ranger Sam Zamora, #112, I grew up and lived in the San Francisco Bay Area up until about 2001. We moved to Sacramento. My first experience with the American River Parkway was swimming in the river at Tiscornia Beach. While in college I used to run on the American River Bike Trail between miles 8-16 on the north and south side of the Jed Smith trail.

As far back as I can remember I wanted to be in law enforcement and tried to soak up as much information and stories as much as I could. While waiting to turn of age to apply to be an officer I went to college.

My educational background consists of an AA in Liberal Arts: Behavioral Studies that was obtained at Cosumnes River College. I



Top, County Parks Ranger Sam Zamora; bottom, a ranger watches over Sunrise Recreation Area.

studied History at California State University, Sacramento. I first began my law enforcement career with the San Francisco Police Department by attending their in-house academy where I graduated and become an Officer. I left the Bay Area and moved to Sacramento with my wife and daughter. After a year hiatus I was sworn into the Sacramento County Regional Parks Department as a Park Ranger Peace Officer. I have been with the department for over three years. My current assignment is Patrol on late shift and I have some ancillary duties such as a Bike Patrol team member, American River Bike Patrol Liaison, Axon Taser and Pepperball Instructor.

When not in uniform, I am spending as much time with my wife and children. My hobbies include spending time with family, working out, snowboarding, firearms, and watching CrossFit and Baseball.

Ben notes, "say hello to Sam and his fellow rangers"!

Get your check off ride under your belt!

Sunday, July 5, at 7:00 AM, Barry Calfee hosting, to catch the early risers. Meeting Point: Hazel, the Fish Hatchery Parking Lot. We will ride to lower Sunrise then return to Fish Hatchery. Have 311 app downloaded on your phone, Rider's packs will be checked for appropriate supplies, both first-aid and bike tools. Please **RSVP by contacting Barry Calfee, bcnumber100@yahoo.com**; space available for four max. If you prefer a 6:00AM start let me know.

Monday, July 6, at 7:00 AM to catch the early risers. Barry Calfee is hosting; meeting Point: Hazel, the Fish Hatchery Parking Lot. We will ride to lower Sunrise then return to Fish Hatchery. Have 311 app downloaded on your phone, Rider's packs will be checked for appropriate supplies, both first-aid and bike tools. **Please RSVP by contacting Barry Calfee, bcnumber100@yahoo.com**; space available for four max. If you prefer a 6:00AM start let me know.

Thursday, July 9, 7 PM, Member rep Tim Viall will be holding a check-off ride, starting at Sun River Park in Rancho Cordova; meet at my home on park's corner, 11135 Moose River Ct., Rancho Cordova; we will ride to mile marker 19, then head east to Fish Hatchery and return. Rider's packs will be checked for appropriate supplies, both first-aid and bike tools. **Please RSVP by contacting Tim Viall, tviall@msn.com**; space available for four max.

Wednesday, July 8th, 8 AM, Jim Cheng will host; meet at the Nimbus Hatchery parking lot 8:00 AM, riding the Lake Natomas Loop. Please **RSVP to Jim, jimarbp@yahoo.com**; four riders max.

Wednesday, July 15th, 8 AM, Jim Cheng will host; meet at the Nimbus Hatchery parking lot 8:00 AM, riding the Lake Natomas Loop. **Please RSVP to Jim, jimarbp@yahoo.com**; four riders max.

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

ITEM	BIKE REPAIR EQUIPMENT
FULLY CHARGED CELL PHONE	Tire Ply Bars
311 APP	Tube Patch Kit
TRAIL MAP (paper or load on phone)	Crescent Wrench
Approved ARBP uniform	Set of Allen Wrenches
	Tire Pump / CO2 Inflator
PERSONAL PROTECTIVE EQUIPMENT	Presta-Schrader Adapter
Exam Gloves (3 pair)	Spoke wrench
Safety Glasses	Optional bike repair gear
Disposable Face Mask (2)	Extra Tube
CPR Barrier (Nu-Mask)	Duct Tape
	Chain repair tool
FIRST AID SUPPLIES*	
4x4 Gauze Pads (4)	Note to the wise: always better to have too much gear, rather than be shorted. You can also add your favorite additions, as well
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)	

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



A few tips for riding the trail:

1. Actively look for people stopped, or sitting by the trail, or looking at their bikes. Stop briefly and ask if they need any help. Introduce yourself as a Bike Patrol member out to serve the public.
2. When you come upon an injured party ask if they have had or been exposed to COVID19 in the last 14 days. That is what 911 dispatch will ask as well as the emergency responders. If yes then back away and call 911 for those with proper protection to respond to take care of the needs. Our mask and gloves and PPE are limited protection for contact with a Covid patient.
3. While riding and engaging the public set a goal of, say, 10 today that I will stop and introduce myself and gently encourage trail etiquette of walking on the left side of the trail single file for everyone's safety (and introduce myself as a bike patrol member here to help).
4. Ride new segments of the trail and explore the side access points to become more familiar with the trail, using the 311 app to see side trails and streets as well.

Smile and have fun serving the public on the wonderful American River Parkway. Enthusiasm is contagious and that is OK. - **Barry Calfee**

Seen on the trail recently...



Pictured are patrollers on the trail, citizen trail riders, photos from our first OFC and CPR training class on June 20, "safe riding and walking" signage posted courtesy, American River Parkway Foundation, and more.

Join friends and family on the parkway, and recruit a future member of the American River Bike Patrol!

News items for American River Bike Patrollers...

Patrol web site frequently updated. Thanks to the good work of Rick Bulan, the ARBP website is being regularly updated. Please get in habit of both logging your planned patrol shifts into the Patrol calendar, and logging your “after action” report including your hours and significant actions during your ride. Should you have any challenges with access to the calendar, contact Rick, im@richardbulan.com.



Always remember the “rules of the road”: Actively look for people stopped, or sitting by the trail, or looking at their bikes. Stop briefly and ask if they need any help. Introduce yourself as a Bike Patrol member out to serve the public. When you come upon an injured party ask if they have had or been exposed to COVID19 in the last 14 days. That is what 911 dispatch will ask as well as the emergency responders.

If not a life-threatening injury, then back away and call 911 for those with proper protection to respond to take care of the needs. Our mask and gloves and PPE offer limited protection for contact with a Covid patient.



While riding and engaging the public set a goal of, say, 10 today that I will stop and introduce myself and gently encourage trail etiquette of walking on the left side of the trail single file for everyone's safety (and introduce myself as a bike patrol member here to help).

Maintain adequate physical distancing: Remember that cyclists and runners throw a wide “slipstream”, so follow at a longer distance and maintain your safe distance precautions. Be safe, and remain resolute!

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, Wade Derby and Randy Bickel 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.
- 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!



Far West Division Director Lance Vaughan offers welcome!



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 region 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. Finally, thanks to the American River Parkway partner agencies, County of Sacramento Parks Department and others, noted above.

Once again, congratulations and we look forward to your ongoing evolution! - **Lance Vaughan, FWD Director, NSP**

A short history of the American River Bike Patrol

Several have asked, how did you folks come up with idea of a bike patrol for the American River Parkway?

OK, here is the “formula”: Find a person like me, who both lives near the trail now, and lived on the trail about 30 years ago when it wasn't very busy. Hopefully that person has a sense of community service, and experience with first-aid - me, again. It also helped that I was a 37-year veteran of the National Ski Patrol, and a semi-serious cyclist.

In April, 2019, I attended the NSP's Powerfall event in Utah, took in their bike patrol seminar, met bike patrol leaders and began to formulate the idea.

Find a forum to share the idea - the American River Parkway had a monthly American River Parkway Coalition meeting, that brought together parks leaders, and about a bakers - dozen nonprofit organizations that take a high interest in the river and the bike trail. I started attending, and in a few months verbalized the idea in a short presentation. Fortunately, everybody around the table seemed to like the idea.

In the following several months, I met with many of those nonprofit leaders, as well as finding Dr. Jim Margolis, a fellow National Ski Patrol veteran, and Rich Fowler, a local serious cyclist with a good knowledge of who's who, locally. The three of us started making some of these meetings. We developed a fairly solid PowerPoint that made us look like we were truly well organized and ready to go - even though we were not!

Dr. Jim and I then met at length with the County Parks director Liz Bellas and her lieutenant, and then, for a long session with the two Chief Park Rangers, Mike and Wade. Initially, the park rangers were a bit skeptical, but we won them over in a long meeting detailing the experience, dedication, duties and savvy of members of the NSP and its newest bike patrol.

About six months ago, we officially petitioned the Far West Division to support the idea, and got the help from



Pictured above, left to right, Dr. Jim Margolis, Rich Fowler and Tim Viall met at a Parkway Coalition meeting in January to pitch the idea of the bike patrol; at bottom, Tim, Dr. Jim and Rich took a celebratory bike patrol ride, logging a shift just a few days ago! Go Bikes!

the division and NSP legal advisors to help craft the MOU with the county. That went well enough, and, in turn, the Sacramento County Parks Advisory Commission and the Parks Board both seemed delighted, backing the idea. It helped, all along, to have the 80 years experience and training capabilities of the NSP behind our idea.

With all that in place, the MOU went to the county Board of Supervisors end of February, who voted unanimously to sign the agreement. Yikes; now we needed leadership and patrollers!

Far West Division suggested we find several experienced NSP members for patrol leadership, and in two public info meetings at REI in the Spring, attended by about 90, we found a handful of stellar NSP leaders and community members.

We also began serious recruiting through outreach to FWD members and alumni, and outreach through local media, finding about 25 current NSP members/alums, and almost as many community members, interested in becoming bike

patrollers. Along came COVID19, and suddenly our medical and first-aid trainers became some of the first in the NSP, nation-wide, to develop on-line training using the best COVID precautions and common-sense solutions.

Since the State of California manages the far eastern end of the trail (from miles 24 to 32), we engaged the state about two months ago, and received initial approval to also begin patrolling on the state portion of the parkway.

Training of new patrollers, in the pandemic age, began about six weeks ago, and will be mostly completed by July 25 - we “went live” with 49 patrollers in late June.

As they say, “nothing to it!”.

- submitted by Tim Viall

Save the American River Association is "parkway partner"

Save the American River Association members have been the foremost policy advocates for the preservation and enhancement of the wildlife habitat, fishery, and recreational resources of the American River Parkway since 1961.

With more than 8 million visits annually, the Lower American is the most heavily used river for recreation in California. The Parkway has become a prime destination for outdoor activities: walking, cycling, fishing, horseback riding, kayaking, canoeing, or simply enjoying the area's natural beauty and wildlife. The magnificent American River meanders through the 6,160-acre Parkway in some of the most densely populated areas of the County. No other urban area in the West has a comparable resource.

SARA's founders were involved with the development of the Parkway master plan development, including the drafting of the operating concept still in place today:

"The American River Parkway is a unique regional facility which shall be managed to balance the goals of:

a) *Preserving naturalistic open space and*



protecting environmental quality within the urban environment and

b) *Contributing to the provision of recreational opportunity in the Sacramento Area."*

More than 50 years later, SARA remains embroiled in Parkway issues involving river flow standards, fisheries, inappropriate recreational activities, public and private development adjacent to the Parkway, and illegal sewage discharges upstream. The American River Parkway will always be a work in progress – as will SARA's mission as the Parkway's champion. **For more info, go to: sarariverwatch.org.**

Bike patrollers begin patrolling the American River Parkway

Bike patrollers are now providing assistance along the 32-mile American River Parkway multi-use trail from Old Sacramento to Beale's Point at Folsom Lake.

The patrollers are all volunteer members of the National Ski Patrol. To qualify to wear the American River Bike Patrol's (ARBP) distinctive red jersey with white cross, they received training in Outdoor First Care, Cardio-Pulmonary Resuscitation, emergency bike repair, bike patrolling, parkway courtesies and the American River Parkway. Many of the patrollers also hold the National Ski Patrol's elite Outdoor Emergency Care certification.

"We're not law enforcement," said ARBP Patrol Representative James Cheng, "We're recreational cyclists who are there solely to help the eight to 10 million cyclists, walkers, joggers and roller-bladers that use the parkway each year, should they be injured, have a flat tire or just need directions."

The parkway's new bike patrollers will also help Sacramento County Parks and California State Parks by reporting problems they find along the trail, whether it be a fallen branch or backed up toilet.

Some 49 bike patrollers are completing training, with many now actively riding and patrolling the trail. As volunteers, they set their own schedules, and will be patrolling the entire length of the parkway, regularly.

Since the ARBP formed this year, its members saved a life by administering CPR on the trail, provided first aid to injured park users, repaired flat tires, collected and rehung life vests at park beaches, guided parkway users back to their cars and reported bee hives and trash along the parkway.

Cheng said, "The American River Parkway has never had a bike patrol. So, seeing our red jerseys is surprising to many park users. Their responses have been very positive, with lots of thumbs up, thank yous. People tell us they're glad to see a safety presence on the parkway, like what they've come to appreciate at ski areas."

For more information about the American River Bike Patrol, visit: AmericanRiverBikePatrol.org.

Join the Team!

American River Bike Patrol

for the
**American River
Parkway, Sacramento, CA**



New Bike Safety Patrol established 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 30,000 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. Training will be offered in June and July, and we anticipate "going live" on the bike trail by early summer.

For link to website and info flyer:
americanriverbikepatrol.org

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!