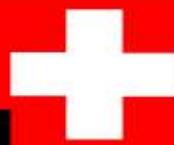


AMERICAN RIVER BIKE PATROL



American River Bike Patrol News

www.americanriverbikepatrol.org

May, 2020

Volume 1, Issue 2

Hello and welcome to the second edition of the American River Bike Patrol (ARBP) Newsletter. The ARBP is established on the concept of providing directional and emergency assistance and First Aid for end users of the American River Trail (Jedediah Smith Memorial Trail). This concept was initiated by Tim Viall, Dr. James Margolis and Rich Fowler in late Spring 2019. Initially the start date for getting the ARBP on the trail was May 23, 2020. Unfortunately, the COVID Pandemic has forced a delay.

Under the leadership of Assistant Patrol Leaders, Barry Calfee and Jeff Magaziner, Dr. James Margolis and our Parkway Liaison, Ben Horner we are hoping to provide hands-on first aid training in June and July. Further, we hope to have the Bike Patrol on the trail by the end of June or at least by mid-July; find the details in this newsletter. You will want to consider uniform options and place your order by May 23 (see p. 4). Of course, social distancing will be the norm as we proceed ever so cautiously amid the changing landscape of the COVID Pandemic.

Not surprisingly, the ever-consuming topic of the COVID Pandemic is on everyone's minds. This is especially true



since the Pandemic has affected every aspect of our lives. In this issue our Medical Advisor, Dr. Jeffrey DuBois, has provided pertinent information that will help you stay safe and healthy. As a unit of the National Ski Patrol System, we continue to strive to bring our service to the community.

Joining the ARBP is an easy process for existing National Ski Patrol (NSP) Members. As an existing Ski Patroller, or Mountain Host, simply send me an email and sign-up for the Parkway Training. For non-members, becoming an NSP Member

and signing up for the Outdoor First Care can be easily accomplished and are the only added steps required. If interested, please contact me directly at jimarbp@yahoo.com and provide me with your contact information and NSP Membership Number if you have one. Remember, cycling meets all safe practice criteria and is an excellent way to spend time outdoors and to stay healthy.

I look forward to hearing from you. Keep riding and may happier times prevail.

- Jim Cheng, Patrol Rep, AR Bike Patrol

Join the Patrol's Zoom meeting, May 6

ZOOM IN to the first general meeting via Zoom scheduled for Wednesday, May 6th, 7:00 PM sharp. Use the Link below and meet some of your fellow American River Bike Patrol members. We'll include an overview of planning, mission, training dates, uniform options and our general direction. For you potential new members still thinking of joining us, log in and see what it is all about as the season is soon starting and you will need to apply in the next couple weeks. Don't miss out on the exciting inaugural year of the American River Bike Patrol, a part of the respected National Ski Patrol organization.

Barry Calfee is inviting you to a scheduled Zoom meeting.

Topic: American River Bike Patrol

Time: Weds May 6, 2020 07:00 PM Pacific Time

Join Zoom Meeting

<https://us04web.zoom.us/j/77655606544?pwd=VHRGcCtPS1ZmOXM4M2VvZStZbnRpdz09>

Meeting ID: 776 5560 6544

Password: 1LLCS6

What's Inside...

ARBP officers, advisors, p. 2

Calendar of training dates, p. 3

Covid 19 virus and the Bike Patrol, p. 6

Evolution of the ARBP, p. 3

Information flyer on the patrol, p. 10

Membership application, p. 9

Overview, how to join Bike Patrol, p. 9

Uniform order details, form, p. 4, 5

Useful websites, p. 3

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

Here is our leadership group:

Patrol representative: James Cheng

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

Folsom Lake SRA Liaison, Michael Gnafakis,

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

Doug Angove,

Linda Collins,

Vicki Day,

Rich Fowler,

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.

New ARBP Logo, and, Member Reps...

We are please to present the new ARBP logo. We feel this clearly depicts the organization as a Bike Patrol unit with an emphasis on safety. Placing the bike on the trail recognizes the importance of the bike trail as a unique asset to our region and the Fair Oaks bridge is a nod to the river.

The gray mountains in the background represent the view of the foothills and the Sierra seen when riding east on the bike trail. We are currently working on incorporating this design into various applications including clothing, letterhead (see page 4 and place your order by May 23!)



Member Reps

Part of our organizational plan is to have Member Representatives. The Reps would stay in touch with groups of about 10 members in their area to maintain communications, help plan events, answer questions, and act as liaisons between the general members and the Board as needed. This should be a fun position that will help everyone stay involved and active in Patrol activities. If you are interested in participating as a Member Rep, please contact Jeff Magaziner at 916-768-5023 or dmpjeff@aol.com.

Equipment for the Parkway Trail

For those of you wondering what an American River Bike Patrol member should carry with them while on duty, Rich Fowler has created this YouTube video:

<https://www.youtube.com/channel/UCR0TC7pHEUn2918wFOC8G6bQ>.

If you have questions, please feel free to give Rich a call at (916) 761-7382.

- **Rich Fowler, bike mechanic/equipment advisor.**

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

The COVID19 virus has delayed our hands-on training for first aid. You can now take the online part of Outdoor First Care (OFC). Sign up for either the June 20 or July 25 class and you can do the online anytime. I would suggest you review a few days before the hands on. Dr. Jim's note: If we are not able to do hands on OFC on June 20 (I'm hopeful we can) we can at least do CPR training that day as HEARTBEAT is set up to teach up to 12 in a safe environment and separate manikins

Please send your OFC certificate of completion to me at jamadapa@att.net or mail to 601 39th St Sacramento CA 95816. If you have a current CPR card send that to me also. CPR will be offered at the OFC hands on class in June and July. Bring a check for \$50 made out to HEARTBEAT. Hopefully we can meet together and train starting in June.

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

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 30,000 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. 9; 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.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:

Patrol Zoom video/teleconference meeting: May 6, 7:00 PM; see notice on page 1

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

- o Saturday, June 13 **OR** July 18, 8 AM to Noon, location to be determined (**attend one**)

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

- o Saturday, June 20, 8 AM to 4 PM, **OR**,
- o Saturday, July 25, 8 AM to 4 PM, (both classes held at Heartbeat CPR, 701 Howe Ave., Suite G-50, Sacramento)

Final, check-off ride: Sundays, 9 AM, June 21, **OR**, July 26; do a fun check-off ride with a team leader.

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

- o To be set for a date in July; date and location, TBD

Additional dates:

- American River Bike Patrol Kickoff-days, tentatively Sundays, June 21 and July 26, date/location to be determined).

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

ARBP Uniform options and other merchandise;

Heka Cool Custom Cycling Jersey;

A professional, short-sleeved jersey customized with both ARBP and NSP logos on chest, front and sleeves. Hexa Cool fabric is excellent for moisture wicking, breathability and offers reliable protection from UV rays. Full length YKK invisible zipper for uncut display of logos. Silicon gripper to maintain fit. Three rear cargo pockets for storage with reflective tabs to enhance visibility. Jersey sizes are gender-specific (see chart). **Just \$55, including tax** (add \$10 for 2XL or 3 XL sizes).



See size chart, facing page >>>

FRONT OF SHIRT SLEEVE BACK OF SHIRT
(Depicted on Standard Large Tee)



Sport-Tek® PosiCharge® Competitor™ Tee.

PRODUCT MEASUREMENTS

	XS	S	M	L	XL	2XL	3XL	4XL
Chest Width	18 1/2	20	21 1/2	23	24 1/2	26	28	30
Sleeve	17 3/4	18 1/2	19 1/4	20	20 3/4	21 1/2	22 1/4	23
Body Length at Back	27	28	29	30	31	32	32 1/2	33

CHEST WIDTH

Sport-Tek® Ladies PosiCharge® Competitor™ Tee.

PRODUCT MEASUREMENTS

	XS	S	M	L	XL	XXL	3XL	4XL
Size	2	4/6	8/10	12/14	16/18	20/22	24/26	28/30
Bust	18	19	20	21 1/2	23	24 1/2	26 1/2	28 1/2
Sleeve	14	14 1/2	15	15 3/4	16 1/2	17 1/4	18	18 3/4
Body Length at Back	25	25 1/2	26	27	28	29	29 1/2	30

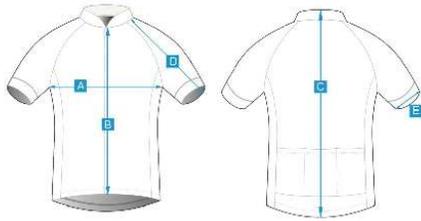
BUST

Sport-Tek Performance T:

A lightweight, roomy and highly breathable T, these moisture-wicking, value-priced tees feature PosiCharge technology to lock in color and prevent logos from fading. 3.8-ounce, 100% polyester interlock with PosiCharge technology. Removable tag for comfort and relabeling. Set-in sleeves, **just \$35 including tax.** (add \$3 for 2XL or 3 XL sizes).

for June delivery, make your choice by May 23!

Heka Jersey sizing chart:



Hekacool SS Cycling Jersey (Men's Club cut)								
SIZE	XS	S	M	L	XL	2XL	3XL	4XL
A	40.6	42.5	44.5	46.5	48.4	50.4	52.4	54.3
B	103	108	113	118	123	128	133	138
C	21.3	21.7	22.0	22.4	22.8	23.2	23.6	24.0
D	54	55	56	57	58	59	60	61
E	28.0	28.3	28.7	29.1	29.5	29.9	30.3	30.7
F	71	72	73	74	75	76	77	78
G	13.8	14.2	14.6	15.0	15.4	15.7	16.1	16.5
H	35	36	37	38	39	40	41	42
I	5.7	5.9	6.1	6.3	6.5	6.7	6.9	7.1
J	14.5	15	15.5	16	16.5	17	17.5	18

Note: All measurements are approximate.



Hekacool SS Cycling Jersey (Women's Club cut)								
SIZE	XS	S	M	L	XL	2XL	3XL	4XL
A	37.0	39.0	40.9	42.9	44.9	46.9	48.8	50.8
B	84	89	94	109	114	119	124	129
C	20.5	20.9	21.3	22.0	22.8	23.6	24.4	25.2
D	52	53	54	56	58	60	62	64
E	26.8	27.2	27.6	28.0	28.3	28.7	29.1	29.5
F	68	69	70	71	72	73	74	75
G	12.2	12.6	13.0	13.4	13.8	14.2	14.6	15.0
H	31	32	33	34	35	36	37	38
I	5.1	5.3	5.5	5.7	5.9	6.1	6.3	6.5
J	13	13.5	14	14.5	15	15.5	16	16.5

Note: All measurements are approximate.

FRONT



BACK



Mesh Safety Vest:

A quality safety vest, with two pockets on front chest; red with white cross and ARBP and NSP logos as indicated on art, above. Purchase to wear over top of other gear, whether a t-shirt, cycling jersey or cold-weather clothing. Sizes S to 2XL; **Just \$35 each.**



Patch or window sticker:

ARBP patch, 3" diameter, perfect for adding to jacket, vest, trunk bag, first-aid back pack and more, just \$____ each

ARBP window sticker, 3" diameter, add to your rear vehicle window to show your support and membership in the patrol, just \$____ each

Uniform, Accessories Order Form:

Heka Cycling Jersey: Size____; M or F (circle one); quantity ____; and price (which includes tax): \$_____

Performance T: Size____; M or F (circle one); quantity ____; and price (which includes tax): \$_____

Mesh Safety Vest: Size____; M or F, quantity ____; and price (which includes tax): \$_____

ARBP uniform patch, 3", quantity ____; \$_____

ARBP window sticker, 3", quantity ____; \$_____

Check enclosed for total of \$_____

Send order form by May 23, with sizes, quantities and total \$, with check made out to American River Bike Patrol, to ARBP Secretary Tim Viall, 11135 Moose River Court, Rancho Cordova, CA 95670.

Orders placed after May 23 may both be delayed and may require a higher price, so order today!

ARPBP COVID-19 Update #2; Impacts on the new bike patrol

We have gained some new insights regarding SARS-CoV-2, the novel coronavirus causing COVID-19 respiratory distress syndrome since the last newsletter. Still, many crucial questions remain. Chief among those questions will be when we all return to our 'normal lives'. Wisely, local, state and federal leadership are looking forward to how best to navigate a return to normalcy, whatever that might look like.

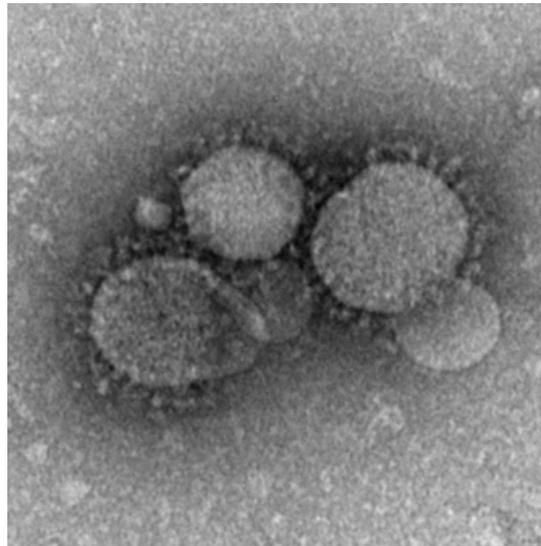
Where are we at today? Looking at the Johns Hopkins data as of this morning, April 27th, overall the total new deaths rate curve for the U.S. appears to be starting to decline. And that's an encouraging sign. We reached nearly a million confirmed cases in the US with nearly 56,000 deaths. In California, the new death rate curve has shown four consecutive days of decline, but it is still too early to decide if this is a sustained trend. Locally, the four county greater Sacramento area with a grand total of 62 deaths thus far. In fact, all four counties have reported non new deaths for several days.

While fatality rates are often quoted in the news, there are a great number of variables impacting those quoted rates. Perhaps the single most important factor is testing. Those countries that had the greatest degree of universal testing, as well as social distancing protocols, such as South Korea, show the lowest fatality rate at around 2%. In the U.S., where testing is not widespread, the overall fatality rate is approximately 4.3% based on the Johns Hopkins data. California comes in at 3.7% and the greater Sacramento four-county area at 4.0%. I think when the dust settles, the overall case fatality rate will be around 1-2%, still 10-20 times as great as the flu! And we've already matched the number of seasonal flu deaths for the year, and still have likely much farther to go with COVID-19.

Can I get tested? Its notable that the Cal Expo drive through testing site run by Verily is currently only operating at two thirds capacity (as of last Thursday's Sac Bee reporting). As a first responder, you are likely eligible to be tested. Other testing eligibility criteria include being a healthcare worker, age over 60 years, and other coexisting health issues. Go to the website <https://www.projectbaseline.com> for more details. But I would encourage anyone eligible to get tested. One caveat however, a negative doesn't mean you might not contract it the next day! So keep yourself, and those around you safe!

When can we get back to normal? This is a good time to learn some new buzz words and acronyms. First new

acronym is PDP, or physical distancing protocols. The new Federal Guidelines, in parallel with CDC guidelines, are suggesting a phased rollout of various levels of relaxing the social distancing measures currently in placed. These phases are based on 14 day periods of steadily reducing numbers of new cases, with a backdrop of our healthcare facilities not being overwhelmed. States can begin Phase one, once that initial 14 day period of declining cases has been met. Beginning with Phase one, and continuing though each of the phases (with successive 14-day periods



of declining cases), is a gradual reduction in the physical distancing protocol. For a full read of the guidelines, please go to this link: <https://assets.documentcloud.org/documents/6840739/Guidelines-PDF.pdf>. Another new buzz phrase will be contact tracing. There is growing support that in addition to widespread testing, contact tracing of potential contacts to an unknowingly infected individual, will be important as we restore our workforce. Finally, antibody testing is expected to come on-line in the next few weeks. Initial reports of a number of serologic antibody tests

show a wide variability in reliability. By testing for the presence of antibodies for SARS-CoV-2, one may presume the individual has already 'seen' the virus and has generated an immune response to it. The degree of protection, and the longevity of that immunity, is unknown at this point in time. Nonetheless, this could become a key component of the return to work process. The ultimate goal here is "community immunity"! Bottom line? We can expect to be under physical distancing protocols (and I would include the wear of face masks in public) at least through late May. This is assuming that our new cases start falling off immediately. Realistically, I think we can expect mid-May, or later, before we see any substantial relaxation of physical distancing protocols in California, and/or locally. It would be difficult to project much further out than that as getting to Phase three is dependent on no resurgence of cases with relaxed PDP of Phases one and two. China is only now entering their Phase one, and they're two months ahead of us! Let's see how things progress over the next few weeks in Asia and Europe and take meaningful cues from those experiences.

What does this mean for training and cycling in general? Bottom line? We can expect to be under physical distancing protocols (and I would include the wear of face masks in public) at least through late May. This is assuming that our new cases

Continued on next page...

Covid 19 article, continued from page 6

start falling off immediately. Realistically, I think we can expect mid-May, or later, before we see any relaxation of physical distancing protocols in California, and/or locally. How we engage PDP during training likely includes limiting OFC training to 10 people total (including instructors), assuming we follow the recent Phase 1 guidelines. As for maintaining safe physical distancing while engaging in (otherwise) healthy activities, such as walking, running, and cycling, it is really no better than a WAG (wild *ss guess). Concepts such as plume, viral densities, aerosols vs droplets, wear of masks, and slipstreams each have some merit under controlled laboratory conditions. But factor in wind speed and direction, air mixing and dilution, as well as minimal viral loads to induce infection, and one might get a calculus requiring a Cray computer! So, I am suggesting using common sense. Put as much physical distance between you and your exercise buddy (or buddies). If walking is your gig, a minimum of 2 meters seems a pretty reasonable guess. We are giving as ride a berth to others when running (and huffing and puffing!) as that carries increased potential for aerosolization, as does cycling hard. But one will almost certainly be limited by physical constraints, such as the width of the bike path. Personally, most of my cycling and

running recently have been solo efforts with as wide a berth as I can provide to other cyclists, runners and walkers.

It would be difficult to project much further out than that as getting to Phase three is dependent on no resurgence of cases with relaxed PDP of Phases one and two. China is only now entering their Phase one, and they're two months ahead of us! Let's see how things progress over the next few weeks in Asia and Europe and take meaningful cues from those experiences. **COVID-19 By the Numbers (April 27, AM):**

US total cases: 985,374

US total deaths: 55,906

CA total cases: 43464

CA total deaths: 1755

Greater Sac total cases: 1367

Greater Sac total deaths: 62

Estimated case fatality rate for Gr. Sac: 4.5%

Stay Safe!

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

ARBP Is Zooming Along

During the Covid-19 pandemic, families and folks, many of whom were not used to connecting online, have been using Zoom to connect virtually.

Zoom is an online meeting app in which participants see each other on screen concurrently. It's free to use with a time limit of 40 minutes and up to 99 online at the same time. Tiled windows on your computer screen show each person on the call. The host can mute and unmute participants, show his/her desktop including bringing up videos (YouTube or personal), PowerPoint presentations and documents. The Zoom session can be recorded and participants can message one another during the session. It works great, though seems to work best on PC computers, as some functions on Apple products require adjustment.

To facilitate online meetings, the American River Bike Patrol studied several online meeting apps (Facetime, Go to Meeting, Google Hangouts, Amazon Chime, among others) and decided to adopt Zoom for virtual Town Halls and some training.

Our first Town Hall meeting will happen on May 6 (see notice, p. 1). Notice of a Zoom meeting arrives by email with a time, date and link to the meeting. At the prescribed time, click on the link and you're in the meeting. There's no requirement to join Zoom, but if you'd like to do so, it's free at Zoom.com.

Once the bike patrol starts training patrollers, online training will support physical meetings. Some Zoom

sessions may be held to add information not covered at in-person physical sessions or supplement training. The advantage of this is that it's more likely more of the patrol will be able to participate in a virtual meeting, than a physical one.

Additionally, our new website (Americanriverbikepatrol.org) will have a training area on it where patrol members will be able to find such tools as:

- o AR Bike Patrol Handbook
- o Videos created by patrollers using mobile devices to support sections of the handbook, such as a video showing Required Equipment to carry on a patrol bike.
- o AR Parkway Trail Map
- o How to find the nearest bike shop while on Parkway
- o AR Parkway Trail Rules
- o How to carry first aid and bike repair kits on your bike
- o Bike Maintenance Videos, and more

The combination of in-person physical training (OFC, CPR), Zoom Town Halls, web training (e.g., our own site, plus NSP.org, YouTube.com, etc.), our own Facebook page, on-trail orientation rides and ride-checks, printed manuals and tests, and refreshers will form our patrol's training programs.

- John Poimiroo, communications advisor

Parkway partners: American River Parkway Foundation!

The American River Parkway Foundation works along the 23 mile, 4800 acre Parkway. The work of the Foundation is centered on restoration, clean ups, enhancing the visitor experience and ensuring the Parkway is here for generations to come.

The core of our work is engaging volunteers. The Parkway has 43 volunteer mile stewards who ensure “their mile” is clean of debris and graffiti. In addition to the mile stewards, we host monthly and private clean up events. In 2019, the Foundation engaged over 4,000 volunteers and removed over 120,000 pounds of debris.

The Parkway Foundation also is responsible for removing invasive plants – specifically those along the water's edge, maintaining the equestrian trails to be clear of overgrowth and working on small plots of land for restoration. Volunteers play a vital role with this work as well; in 2019 we had over 2300 volunteers assisting with these tasks.

In 2011, the Parkway Foundation engaged in the refurbishment of the abandoned Camp Fire Girls property in River Bend Park. The 10 acre site now hosts STEM classes to Title 1 students between 4-7th grade. The classes are taught by SCOE and the Foundation covers the cost of the classes.

The Parkway would not be what it is today if not for the users. The Foundation feels it is important to enhance the user experience. This is accomplished through our trail etiquette, infrastructure replacement program and our marketing- public outreach events. Log on to our web site to become involved in your parkway; www.arpf.org.

– **Dianna Poggetto, executive director, American River Parkway Foundation**



Safe cycling, walking advisory signage placed by the Foundation along the trail.

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, 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.

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**

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, EMS interaction, bike mechanics: [] Saturday, June 13, OR, [] Saturday, July 18, both classes 8 AM to Noon, location to be announced.

Outdoor First Care and CPR training, [] Saturday, June 20, OR, [] Saturday, July 25, 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 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.
- Attend the required annual refresher course for active Patrollers (held late spring)

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 and Mother Lode Region dues (kindly waived for 2020); \$60 total.
- Outdoor First Care course (about 6 hours), \$25; and, CPR course, \$50.
- Universal background check (may be required of Sacramento County, for volunteers), about \$30
- Bike Patrol technical jersey: \$55; or Bike Patrol mesh safety vest, \$35.
- 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 email to tviall@msn.com. If questions, call Tim at (209) 969.3875.



Join the Team!

American River Bike Patrol

for the
American River Parkway, Sacramento, CA

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 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. 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!