

AMERICAN RIVER BIKE PATROL



American River Bike Patrol News www.americanriverbikepatrol.org July, 2021

Volume 2, Issue 3

Words fail as I attempt to capture the adulation I have for all of you. Your willingness to take the extra steps to become certified "First Responders" and being physically available in service is overwhelming. I know others are writing the same, and how phenomenally we have grown despite the many setbacks. All so true, and today I write with renewed and ever-deepened feelings of gratitude.

On June 13th my wife and son were traveling south on I-5 when an unavoidable accident caused a fire that consumed the car they were in. No matter how prepared you are, or how safe you are being, your situation can change in an instant. An errant driver swerved in front of a truck just ahead of my wife causing a chain reaction pileup. All the tech: Subaru's "Eyesight Technology", adaptive cruise control, collision avoidance, none of it could react fast enough. Within the blink of an eye they were being saved by the air bags and



people like you. Good Samaritans and an Off-duty Firefighter helped pull them and some of their possessions from the ensuing inferno.

Being part of something bigger like the ARBP, where dedicated people like you and those that helped my family is beyond heart-warming.

Car wrecks aside, I honestly believe what we do even the small things can have a huge effect on someone's future. By giving someone water, you may have helped them avoid a heat related illness. By fixing a flat you may have helped someone avoid a poisonous insect or snake bite. So, keep up the great work! You are wonderful and truly doing God's work..."

- **Jim Cheng**, /ARBP Patrol Leader and NSP Representative.



Saturday Ride and Picnic celebrates anniversary at William Pond Park

Saturday, July 10: Join us to celebrate our one year anniversary and catch up with fellow ARBP members:

Gather at the end of the parking lot at the William B. Pond Recreation Area at 8:30 a.m. (parking fee applies – enter the park at 5700 Arden Way, Carmichael). Bike Patrollers should wear their patrol jersey.

Here is our schedule:

- 8:00 Welcome and General Announcements
- 8:45 to 9:45, Sessions on Heat-related Illnesses, and on Bike Maintenance Issues on the Trail.
- 9:45 patrollers and candidates will break up into smaller groups, one heading toward Hazel and back and another heading toward Watt and back.
- 11:00 Picnic: The Patrol will supply hot dogs, chips and dips, soft drinks; bring your significant other!
- 11:45 awards and comments, Patrol Leader Jim Cheng

Hope to see you at William Pond!

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Lots more, see inside...

Address up-to-date?

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

American River Bike Patrol Organizational Team:

Patrol Rep: James Cheng

Assistant Patrol Rep: Barry Calfee
Second Assistant Patrol Rep: Jeff Magaziner

Treasurer: Cathy Russell

Secretary: Carolyn Streng

Bike Mechanics Advisor: Rich Fowler

Communications Advisor: John Poimiroo

Folsom Lake SRA Liaison, Michael Gnafakis,

Medical Advisor: Dr. Jeff Du Bois

Newsletter Editor: Tim Viall

Outdoor First Care Advisor: Dr. Jim Margolis

Sac County Liaison: Ben Horner
Team Leaders:

Ron Ciucci,

Jeff Du Bois,

Carolyn Lewis,

Paul Sassenrath,

Tim Viall

Lulu Voss, Young Adult Patrollers

Web site advisor: Rick Bulan

Other members:

Leigh Yi.

American River Bike Patrol News is published quarterly, in April, July, October and January each year.

Send info and photos to Editor Tim Viall, tviall@msn.com by the 25th of the previous month.

First-aid & Outdoor First Care training

The ARBP has grown from 3 to 80+ in one year. We have outstanding training. Rich Fowler's bike tune up class is so useful and I really recommend everyone take it--it will help you respond to most bike equipment issues on the trail.

Many of our members are new to NSP and have learned basic first aid with our 5 Outdoor First Care classes. (OFC) Congratulations to: --- Mitchel Benson, Larry Hudkins, Jonathan and Nichole Nichols, Paul Rieger, Rick Tower, Chris Warren, Scott Wells, Donald



Griffins and Drew Mendelson who just completed the class recently and are prepared medically to become bike hosts. Thanks to Jim Cheng, Don Postle, Jeff Du Bois, John Auble and Carl Dahl from our patrol--you were outstanding in your teaching and got high praises from all the students. We will have another class in late summer if we have another 10 candidates. FYI anyone that wants to polish their first aid skills they are welcome to participate in the next class. OFC certification is good for two years, so most of our bike hosts will not need to be recertified until 2022 and current group in 2023.

There are several of us who have Outdoor Emergency Care (OEC). This is a much higher level of care than OFC and requires 120 hrs of classroom instruction, Advanced CPR and annual recertification. I do not feel that most of our bike patrollers (hosts) need this unless they also want to become a ski patroller in addition to bike patrolling. We also do not have the equipment needed for it-- backboards, Oxygen, splinting materials, advanced CPR equipment, AED, etc. If you want to want to get your OEC, there is usually a class in Sacramento beginning in June or July. There are also weekend or several day classes offered in Tahoe. If you decide to become OEC certified contact me to help you find the best class for you. If you become OEC certified I recommend you get your annual recertification at one of the ski areas that our members patrol; Jim Cheng at Diamond Peak, Doc Jim Margolis at Homewood of Jeff DuBois at Sugar Bowl. I do not anticipate ARBP will be holding an annual OEC recertification. We have had several serious first aid issues we have responded to and they were professionally done showing good first aid skills and empathy.

It is so nice to be patrolling and have so many people ask about our patrol or thank us for being there. We indeed have come a long way in only a year.

– Dr. Jim Margolis, ARBP OFC advisor, jamadapa@att.net.

ARBP takes honors at region awards dinner!

At the recent Mother Lode Region Awards Dinner, held at Jessie's Grove Winery in Lodi, the American River Bike Patrol garnered several awards.

The ARBP picked up the top bike patrol award, Jim

Cheng was honored as top patrol leader (and also received a Distinguished Service Award), and Tim Viall was recognized as the top alumni member in the Mother Lode Region. All 11 ARBP attendees had a wonderful time.



Leadership team members sought:

Young adult patroller adult advisor, mentor: We are seeking to expand our Young Adult Patrol. We need two youthful, energetic leaders interested in working with young adult patrollers, by mentoring and assisting them through our membership and training processes.

Recruitment advisor: Seeking a leader to watch over and administer our ongoing recruitment of new and diverse members from our greater Sacramento community. Tim Viall has been doing this, and will provide contacts and training.

Registrar: The patrol needs help track the enrollment status and membership of our 80-some members.

Assistant newsletter editor: We need an Assistant Newsletter Editor to work with Tim on our quarterly newsletters. Training on editing and newsletter layout will be provided.

If you can help with any of these leadership slots, please contact Patrol Leader Jim Cheng, Jimarbp@yahoo.com, or Tim Viall, tviall@msn.com.

Smoke and fire!

In the last 4 to 5 months, Ranger Liaison Ben Horner has noted an increase in man-made fires along the parkway. Rangers said most fires are mainly tied to homeless encampments and that all fires are illegal anywhere along the Parkway.

If you spot homeless encampments, or single tents on the parkway, please report them through the 311 App. Should you see any evidence of smoke, fire or recent campfires, please call the Ranger Nonemergency phone number directly, 916-875-7275. If you see anything like a grass or brushfire, immediately dial 911. Better safe than sorry; report it!



2020-21 Statistical Report of services provided by the American River Bike Patrol

As we finish up our first year, we should all be proud of our accomplishments. In one short year, we started from scratch and are now about 70 members strong.

Even though we were plagued with social distancing, masks and closures, the ARBP still got in over 2900 hours, 1100 patrols and 21,000 miles! In addition, our leadership team has been on NSP's radar in the Far West Division, Western Region, and at the National level.

Browse the details below and feel proud of what we've all accomplished within your Team as well as the whole patrol.

We'd like to give special recognition to the 7 patrollers who put in over 100 hours this year:

Hours	Patroller
555	Rick Bollinger
187	Barry Calfee
179	Carl Dahl
176	Pius Kamber
140	John Poimeroo
113	Jim Cheng
110	Ron Ciucci



Between the seven of them, they also rode over 11,000 miles!

Your efforts are notable and much appreciated. Their commitments were not just limited to 100 hours on the trail but also many hours working on projects, administration, and other functions. Please say high to them when you see them on the trail, they are there a lot!

Team Viall has done an amazing job and leads the pack. Of course, Tim paid big bucks to bring in a ringer, Patroller Rick Bollinger (aka Batman). Our hats are off to Rick who, all by himself, spent over 550 hours and 4300 miles on the trail. If Rick was a Team all by himself, his stats would be the 2nd highest! Way to go Rick!



Thank you all for the hard work and dedication it takes to do what you do. We are all part of an elite organization and the public notices our efforts and appreciate the safety and professionalism we bring to the American River Parkway, we are blessed to have this jewel in our back yard.

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





ARBP celebrates one year!

Members share their most lasting impressions from a trail year...

“Three experiences where luck meets preparation - in the formation of the ARBP: In the fall of 2019, I had attended and talked up the idea of a bicycle safety patrol for the Parkway to members of the American River Coalition. The idea met with good response from a dozen nonprofit partners and the County Parks Department, but I realized I needed several additional NSP partners to forward the idea.



I contacted Doc Jim Margolis, the Far West Division alumni advisor who lived in Sacramento and was an avid cyclist. He happily signed on, as did old riding friend and serious bike mechanic Rich Fowler.

Soon thereafter our idea wound up in front of the Parkway chief ranger and the assistant chief ranger. Without Doc Jim in that meeting, I'm not sure we would've survived the ranger's close scrutiny as to experience, medical knowledge and the like. The two rangers advised Sacramento County Parks Director Liz Bellas in the positive and we were able to proceed.

Doc Jim, Rich and I attended several monthly Coalition meetings and Park's Board meetings in late 2019, and the experience and calm demeanor exhibited by Doc Jim and Rich helped continue the welcome reception the idea of the American River Bike Patrol received. We were able to finalize our memorandum of understanding with the County, and the County Board of Supervisors voted unanimously to establish the partnership and contract in late February, 2020.

We then held two public meetings in March at REI Co-op, just as COVID-19 was unfolding in the community. Happily, 85 people turned out to find out more, and out of those meetings, patrol leadership including Jim Cheng, Barry Calfee and Jeff Magaziner stepped forward, the trio volunteering to take on patrol leadership (and having plenty of prior NSP experience). Following those meetings, patrol leadership and Doc Jim managed to work out the dynamics of Outdoor First Care training in a pandemic, and a year later, we stand at 80 members. Humbling, and amazing!”, **Tim Viall, Team Leader.**

“Too much to be proud of for a single Phrase”, **Jim Cheng, Patrol Leader.** [Editor's note: See Jim's column on front page...]



“When we first started thinking about having a bike patrol I assumed we would have only a few people interested and one or two of us would do all the work. I am so pleased at the large outpouring of volunteerism both as dedicated patrollers and leadership. Thanks especially to Jim Cheng stepping up and doing such a good job as our first leader”, **Doc Jim Margolis.**



“ As I reflect on the first year of the ARBP, I'm conscious of how this group and grown and evolved. We are a group of regular people committed to helping those that use the bike trail. We have refined our operating practices in the face of a pandemic and with the normal growing pains of a new organization. I'm grateful for other patrollers that I've ridden with. People from all walks of life and with all sorts of life experiences. Regular people like me that like to help others. I'm looking forward to many more years on the trail! - **Paul Sassenrath, Team Leader.**



Reflections on the Founding of the ARBP

Tim Viall has been my friend since the early 2000's. He was the Director of the Stockton Food Bank and I was the Director of Catholic Charities, Diocese of Stockton. About that time, a state report was issued that indicated that San Joaquin County had the highest rate of hunger and food insecurity in the state. Tim and I became best buddies as we challenged city and county officials to do better.

Then I retired and sort of lost track of Tim. Received a message from him a couple years back that he and his wife had sold their Stockton house, moved to Sacramento, and lived a block from the American River Trail. Tim was always an idea guy. In fact, he had so many ideas, most of us could not keep up with either the ideas or the e-mails they engendered. The hard reality, though, is that many of the ideas were good...really good.

So, I was not surprised in late 2019 when Tim called, invited me for coffee, and said he had an "idea" he wanted to try out on me. He also wanted me to meet another friend, Doc Jim, who would be joining us for the "briefing". At that meeting, Tim laid out his vision of an American River Bike Patrol. He shared that he had already had discussions with several other agency heads who had an interest in the American River Trail. He reported that they seemed open and interested.

My reaction to Tim's "vision" was, "Why the hell did I not think of this?" It was clear to me immediately that it was an idea whose time had come. The need was obvious. A beautiful 31 mile trail attracting more and more walkers, riders and runners each year. The dangers and challenges

were apparent every time I rode the trail. Tim's proposed response was just as obvious—a dedicated bunch of men, women and young adults who loved the trail, enjoyed bikes and people, and were willing to learn skills to be of assistance to trail visitors who found themselves in trouble.

So, Tim, Doc Jim and I met at that same coffee shop for the next three months pushing ahead with Tim's vision. I have never in my whole life been a part of creating a project that unfolded so easily and quickly. Everything fell into place at a record pace, County approvals, National Ski Patrol adoption, finding a leadership team, recruiting and training patrollers. There was never, along the way, anything that looked like serious opposition.

And here we are one year after kickoff with 80 or so red-clad biker guys and gals carrying tools, tubes and first aid kits, ready to respond to whatever dangers and issues trail visitors might experience. We still face organizational challenges and growing pains, but we have assembled one of the most talented and dedicated groups of men and women with whom I've ever been associated. I am thrilled to be a small part of it.

My niche, it seems, has been to help prepare patrollers for the mechanical challenges they might face, a task I could not be happier with. Doc Jim has settled into the role of top Doc and keeps all of us on our first aid skill toes. Tim just keeps sending out E-mails – with more really good ideas.

Terrific job, Tim. It's been a pleasure to be along for the ride on this one - **Rich Fowler, bike mechanical advisor.**



Left to right, Doc Jim Margolis, Rich Fowler and Tim Viall before a presentation to the American River Coalition, Fall, 2019

Trail Mechanics: How to Offer Support

Two thoughts came up yesterday as I was riding along the American River. Both have to do with how we offer mechanical support to people who may be experiencing trouble:

1. When you come up on someone stopped beside the path and leaning over their bikes, "**Need any help?**", may not be the best way to offer assistance. I have found that those words put people off. On the other hand, "**Do you have everything you need?**", may be a much more respectful way to start. Often the rider will first pause, then notice your shirt, and admit, "Yeah, do you have a pump?" (or a tube, or a wrench, or some knowledge?).
2. Don't immediately jump in to fix the problem or to do it for them. Rather, coach them in fixing their own bike. I ran into three patrol guys yesterday on the trail. They told me about helping a woman fix her tire...by talking her through the process, step by step. Obviously, there are limits to this, and you may need to step in to show the person how something is done...but when possible, see your role as coach and teacher rather than mechanic.



Next mechanics training class will be Tuesday, July 6 at 9 am. Call Rich, 916 761 7382 to reserve a spot.

ARBP's inaugural year brings heightened safety

Our Inaugural year 2020/21 saw much development, growth and progress of the new American River Bike Patrol.

Like any great endeavor there was much effort on the part of the leadership group and the patrollers to create a system for training and preparing each of us for what we might encounter on the parkway. Those new to the National Ski Patrol needed medical training during what was generally considered a time of shut down with Covid.

Dr. Jim Margolis creatively came up with an approved first of its kind in the nation method of holding the hands-on portion of Outdoor First Care. Rich Fowler offered socially distanced bike repair clinics in his garage. Jim Cheng led us all by effective utilization of what was a new tool to almost all of us ZOOM meetings. And the man with boundless energy and vision for the creation of the American River Bike Patrol - Tim Viall - keeps a constant stream, sometimes a river at flood stage of emails to coordinate and collaborate the vision of what our group can be. Jeff Magaziner leading the membership and king of the stats that are impressive of our first year accomplishments. We have all benefitted from the Handbook development and marketing ideas and trail cards for interacting with the public as a result of the talents and efforts of John Poimiroo. Dr. Jeff Du Bois kept us up-



to-date and on course in regard to protocols and implementation of Covid processes throughout our startup year. Dr. David Shatz with his Stop the Bleed classes has offered insight, and Carolyn Lewis has brought grant-writing talent to our organization. John Grady working tirelessly on the details and options for uniforms to provide the professional look to represent NSP on the Bike Trail. And of course most importantly the 80 individuals who have persevered in becoming Bike Patrollers in coming on board a new organization with it's growing pains, who get out and ride on the parkway and serve the public.

I am excited for Year Two for ARBP and the differences we can make and the impact that only can be achieved in our working together. And

isn't it great while riding the parkway in our smart looking uniforms the hear the calls of the appreciative public of "Hooray Bike Patrol, we love you".

Sincerely, **Barry Calfee, assistant patrol leader.**



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, new Chief Ranger Leonard Orman, Ranger Sgt. Randy Bickel and our park rangers and staff,
- Parkway partner agencies like the American River Parkway Foundation, Save the American River Association, Sacramento Bike Hikers and the American River Volunteer Equestrian Patrol.
- Ranger Rich Preston and his Ranger team at Folsom Lake State Recreation Area.
- 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!

Calandering your shift; reporting on the shift

Post Your Ride

Posting your ride on the patrol calendar and submitting shift reports following a patrol are helpful to the patrol. By posting that you plan to ride, other patrollers are alerted from where and when you'll leave on a patrol. That helps patrollers join you. It's also helpful to text or email the other patroller (using the roster) to say you'll be joining him/her on the patrol.

Some patrollers have reported difficulty using the calendar. Here's how to use it:

1. Sign up for a free Gmail account at <https://support.google.com/mail/answer/56256?hl=en>. You must have a gmail account to use it, but that doesn't mean you need to use the gmail account. You could set one up just for this purpose. They're free.
2. Once you have a gmail account, email richardbulan@gmail.com requesting an invite to join the ARBP calendar.
3. After accepting Rick's reply invitation, open Google Calendar by clicking the calendar link in the Patroller's Portal. That lets you view the calendar.
4. Click an empty space on any square (day) to which you'd like to add an event.
5. That opens a pop-up window in which you can add the event, e.g., "Patrol – Jane Doe"
6. Add the time/date when the patrol begins and its duration, e.g., "10:00 a.m. to 12:00 p.m. Jul 1,2021"
7. Add the location where the patrol will begin, e.g., "Fish Hatchery to mi 12 and back."
8. Select "American River Bike Patrol" from the list of calendars. If you don't select this, your patrol will not appear on the ARBP calendar.
9. Click SAVE. Your patrol will appear on the calendar.

Additionally, by submitting a shift report within 48 hours of your patrol, you help the patrol track its statistics – vital in reporting what we're accomplishing to the County and State parks agencies. This helps us qualify for grants, as well.

The **Shift Report** is pretty intuitive, though here are answers to questions we've received:

1. The # of Hours should be the hours you are actually patrolling, not including the time it took to get to/from the patrol
2. # of Miles can be estimated using the starting mile marker to turn about mile marker to finish, or with a bike calculator or mileage app on a mobile device.
3. Assists are an estimate of total interactions with people during your patrol. If you inform four people to walk facing traffic, that's four assists, and so forth.
4. Repairs and medicals can include stops to assist that were dismissed by the patient. Example, you stop to help someone repairing a flat – that's a repair assist even though you didn't actually repair the flat. However, if you do repair the flat, then submit an Incident Report, as well.
5. 911 is only if EMS was called on an incident.
6. Notes – describe the patrol, the kinds of assists you provided and anything notable (311 reports, etc.).

The screenshot displays two forms side-by-side on a dark-themed website. The left form is titled "Incident Report" and includes fields for: "Select a date" (with a calendar icon), "Patroller's Name", "Location", "Assistance Rendered To", "Sex" (dropdown), "Age", "Phone", "Email", "Agency Contacted" (dropdown), and "Care Provided". The right form is titled "Shift Report" and includes: "Select a date" (with a calendar icon), "Patroller's Name", "Location", "# of Hours", "# of Miles", "Assist Count", "Repair Count", "Medical Count", "911 Count", and "Notes". Both forms have a red "Submit" button at the bottom.

Join NSP bike & ski patrollers, October 7-10, 2021, for first-aid, marshal services at USA's big cycling event!

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

For the 17th year, 60 Far West Division ski/bike patrollers, family and friends are invited to help provide first-aid service, non-emergency transport and course marshaling at the Sea Otter Classic at Laguna Seca Raceway near Monterey, CA, the USA's largest outdoor biking event.

NSP members and friends camp at "Ski Patrol Central" within the event, enjoy evening barbecues, find time to ride their bikes, attend the huge trade show and make new NSP friends! For their volunteer service, the Sea Otter Foundation donates approximately \$5,400 to patrols of the NSP volunteers.

Patrollers, family and friends are **offered free camping** right in the Laguna Seca paddock at Ski Patrol Central as well as **free admission, lunch and t-shirt**. Motorhomes, camping trailers and tents make for cozy accommodations and evening **NSP barbecues** add camaraderie and fun!

This four-day bicycling extravaganza attracts 10,000 participants ranging from world-class pro riders to serious amateurs and recreational cyclists. Over the four days, riders take part in circuit racing, cross-country events, wild downhill and dual slalom racing and citizens road and cross-

country rides. Each year, NSP members provide first-aid care to over 200 riders, from incidents of road rash and exhaustion to more serious trauma-induced injuries.

Over 70,000 spectators crowd the huge venue, which spreads out from Laguna Seca Raceway into the scenic back country of the Ft. Ord National Monument and, for the road races, along roads through Monterey County. 600 trade show vendors make for the largest market in the country for cycling equipment and accessories.

In 2019, the Dodge Ridge Patrol led in volunteer numbers, with 31 members and friends/family (providing marshaling services), joined by patrollers from Alpine Meadows, Bear Valley, China Peak, Heavenly, Mt. Shasta, Sierra at Tahoe and Squaw Valley ski patrols. The NSP contingent pairs with members of Friends of Fort Ord and back-country first-aiders, along with Monterey County Rural Fire Services and AMR Ambulance.

We invite members of NSP patrols to join us! For Sea Otter Classic insight go to: seautterclassic.com; **mark your calendars, October 7-10, 2021.**

To volunteer or for more info, email or call Tim Viall, Coordinator for NSP Volunteers for the Sea Otter Classic: tviall@msn.com, or (209) 969-3875.



Clockwise from top left, the NSP first aid crew for the backcountry courses prepare to depart for assignments, NSP volunteers staff two large first-aid tents at the venue; NSP members, back-country first-aiders and Friends of Ft. Ord volunteers (in orange vests/shirts) pose for back-country photo, and tents, motorhomes made for cozy evenings at "Ski Patrol Central". Join the NSP team for NSP service, camaraderie and fun!



Young Adult Patroller program expanding...

We are pleased to note our second Young Adult Patroller Lulu (Luciana) Voss has stepped forward to lead an expansion of our Young Adult program. For all members below is the addition to the ARBP Handbook in support of this program.

Junior Bike Patrollers - Youths between the ages of 15 and 18 - may qualify to become Junior Bike Patrollers. To do so, they must complete the same training and attain the same certifications required of adult patrollers. Conditions for patrolling are specified separately. Editor's note: Branden Cheng was our first Young Adult Patroller, but has now "aged-out" and is now an adult patroller.

Physical participation by a Junior Bike Patroller in **any** ARBP Patrol or event requires that at least two adults accompany the junior patroller at all times, one of whom must be a certified ARBP Bike Patroller in good standing. The other adult may be another ARBP patroller, parent or guardian.

Junior patrollers are certified to perform first aid, mechanical and public assistance equal to any other certified bike patroller and shall be treated no differently in the performance of their tasks from any other bike patroller.

Young adult patrollers is a program we would like to ramp up in the coming year, focusing on young patrollers and expanding diversity of the patrol. Contact Barry Calfee or Tim Viall if you would like to assist Lulu in the program.



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: 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 (don't miss the NSP catalogue items, and the "Pro Deals" options!

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

Events Calendar:

First Saturday Patrol Ride and Picnic and Anniversary Celebration, Saturday, July 10, 8:30 AM to Noon, William Pond Rec Area (this was moved a week to avoid conflict with the 4th weekend).

American River Bike Patrol monthly Zoom meeting, Thursday, July 22, 7:00 PM; mark your calendars! Zoom meeting # 415-054-1715

First Saturday Ride, Location TBD, August 7, 8:30 AM

First Saturday Ride, Location TBD, September 4, 8:30 AM

Ride the Parkway event, Saturday, Sept. 25, William Pond Rec Area; we are partnering with the American River Parkway Foundation; please join us as a volunteer!

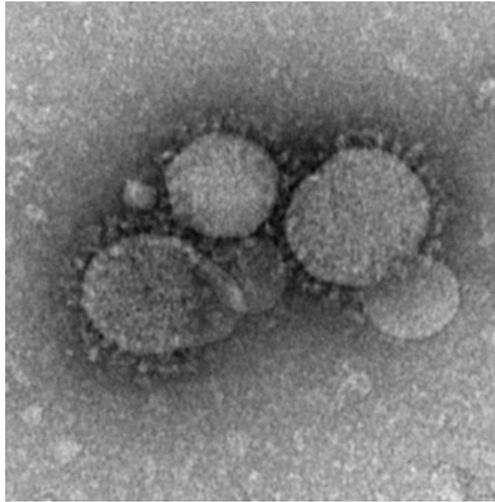
Sea Otter Bike Classic, October 7-10, Laguna Seca Raceway and Ft. Ord National Monument, near Monterey, CA (see article, p. 9).

COVID Update and insight on heat-related incidents

COVID and Heat-Related Disorders

26 June 2021

COVID Sacramento County, like much of California, has seen a dramatic decrease in COVID cases since its peak this past winter. After a brief bump in daily case rates in early March, new daily cases have shown a slow steady decrease. That brief bump in new cases in early March coincided with an increase in the UK variant, B.1.1.7 (now called the alpha variant) circulating in California. But cases then began falling again at approximately the same time that immunization rates peaked. Since that time, we have seen a slow steady decrease in new cases, hospitalizations and deaths.



over 50% has received any vaccination. When over 50% are not fully vaccinated, and only 8% have had a single dose, the probability of reducing the at-risk population for contracting any of the variants in the near term is not particularly good.

Presently, the delta variant constitutes only a small percentage of the circulating variants identified through genetic sequencing from locally known cases. But given its enhanced transmissibility, and the size of the susceptible pool of unvaccinated residents, we should be

concerned if this variant takes hold locally.

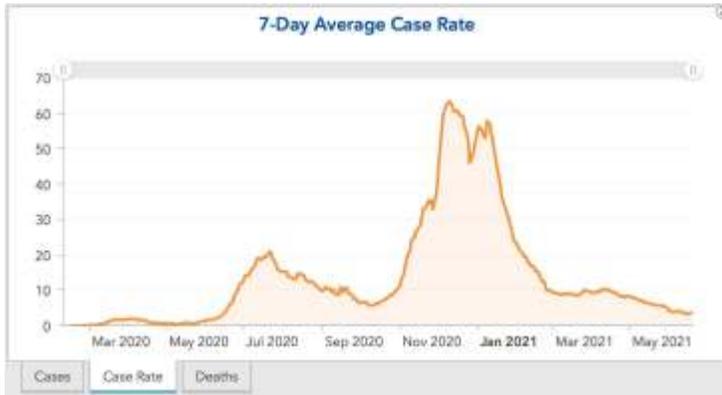


Table 1. Sacramento County 7 day Average Rolling Case Rate (<https://sac-epidemiology.maps.arcgis.com/apps/MapSeries/index.html?appid=e11bc926165742ab99f834079f618dad>)

That's the good news. Now for the not so good news and words of caution. Over the past several weeks, the newer more transmissible variant, the delta variant from India, has begun to make its presence known in many parts of the world, including the US. Some countries, such as Israel, who had had very good success with early vaccination programs, are beginning to see an uptick in cases warranting a reinstatement of mitigating strategies, including lockdowns. Much of this increase in cases appears to be related to the increased presence of this delta variant. The delta variant (B.1.617.2) from India appears to be even more transmissible than the UK variant, appears to be more virulent in terms of the severity of illness, and also appears to affect children to a greater degree than earlier variants. Why is this a problem? Specifically, it's a problem because we still have a large proportion of unvaccinated people. In Sacramento County, only 44% of the population has received full vaccinations, and just

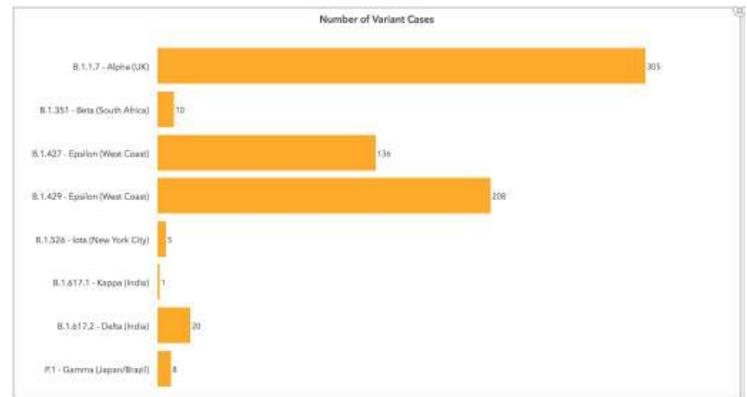


Table 2. Distribution of COVID Variants in Sacramento County 1 March through June 19, 2021

For those who are completely vaccinated, while it is conceivable to become infected with any COVID variant, the risk of symptomatic illness is approximately 40-50%, and the risk of hospitalization (let alone the risk of death) is much, much smaller. In Sacramento County, as of this writing, only 431 cases of a positive PCR test after full vaccination (out of a pool of 680,000 fully vaccinated people) have been reported, and only about a third of those cases were symptomatic. Moreover, vaccinated people seem to have a much lower risk of transmission to others should they contract the virus.

There is some new information about side effects from vaccination worth sharing, especially now that younger people are getting vaccinated. What appears to be a self-limiting, but distressful, condition can occur in a small number of young men, typically under the age of 24 years of age. Myocarditis (which is inflammation of the heart muscles) seems to occur in almost exclusively boys and young men, and after the second shot with either Moderna or Pfizer vaccines. Chest pain and fatigue are the most common presenting symptoms, and laboratory studies

can reveal **Please see Covid19, continued next page...**

Covid 19, continued from previous page

an abnormal EKG and blood tests more typically associated with heart attacks. These are NOT heart attacks, and fortunately resolve, often in 1-2 days, without specific treatments. However, the long-term implications of these events are unknown at this point.

Bottom line, if you're not vaccinated, please get vaccinated. If you're a young adult, watch for any signs of chest pain or extreme shortness of breath, and report to your local provider or hospital should these occur.

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

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

Risk Factors for Heat Related Illnesses (MEDIA):

Medical Conditions	Drugs and Medications
Heart disease	Vasodilators
Sickle Cell	Antihistamines
Skin disorders	Thyroid medications
Diabetes	Laxatives
Acute Illnesses	Illicit drugs
Previous heat illness	Diuretics

Environmental Factors

- High ambient temperatures
- Direct sunlight/no shade
- High humidity
- Poor access to water/fluids
- Sedentary/Deconditioning
- Excessive clothing

than 15, over 65)

Alcohol Preexisting

Treatment of Heat-Related Disorders

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

Individual Factors

- Obesity
- Large muscle mass
- Poor acclimatization

Extremes of age (less

dehydration

Male sex

related to electrolyte disturbances, although neuromuscular dysfunction is gaining popularity as a primary cause. The primary distinguishing features between heat exhaustion and heat stroke is the presence or absence of altered mental status. No altered mental status suggests heat exhaustion, although this can rapidly deteriorate into heat stroke. The absence of sweating is often considered another distinguishing feature between

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

The principal treatment of heat stroke is immediate cooling of the core body temperature. Ideally, this should be instituted within 15-30 minutes for optimal outcomes. It is not possible to

achieve **Please see Covid19, continued next page...**

Covid 19, continued from previous page

necessary type of cooling methods out on patrol, so if one suspects they are dealing with a potential heat stroke victim, activate 911 immediately, and follow the ABC's, protecting the airway and dealing with breathing and cardiac issues if they arise. Bear in mind that altered mental status could also be unrelated to the ambient temperature, but rather a manifestation of other conditions such as intracranial hemorrhage with or without closed head trauma, drug effects, and alcohol intoxication.

Tips for Keeping Your Cool

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

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

Finally, the mainstay of warm weather preventative steps is hydration, hydration, hydration. While it is possible to



overhydrate (it's best not to drink plain water), it is very easy to get dehydrated in our relatively dry humidity, especially while cycling. While you may not be 'working up a sweat', you are losing considerable evaporative losses, especially through your lungs. So drink before thirsty. And take a swig at least every 10 minutes.

Stay Safe!

Jeffrey J. Du Bois, MD

Thanks for reading. Feedback comments always appreciated.

Jeffrey J. Du Bois, MD, FACS
COVID19 Medican Advisor
American River Bike Patrol



a n d



ARBP Patroller Handbook; new Helmet cards for handout...

The ARBP Patroller Handbook – A Work in Progress

The ARBP Patroller Handbook is in a constant state of being edited, amended and added to. Recent additions include new guidance on masks, PPEs and Covid-19 questions.

Gone is the requirement to ask if someone you're assisting has been exposed to the virus or has traveled overseas in the past two weeks. Now, we ask, "Have you been vaccinated?" If the person has been vaccinated, assist them. If they haven't first put on a mask and PPEs.

Elsewhere in the handbook, additional information on various types of electric vehicles allowed on the trail is described and more about the blue, green and orange cards is included.

Whenever the handbook is updated, the last revision date is updated. One easy way to tell if there's a new section in the handbook is to scan the Table of Contents for sections you hadn't noticed previously, then click on the page number to be taken to that section. Updates to the Patroller's Handbook appear

immediately at the link within the Patroller's Portal on the website.

New Helmet Card Now Available

The ARBP has a blue business card, green trail etiquette card, and now an orange Parent's Guide to Bike Helmets.

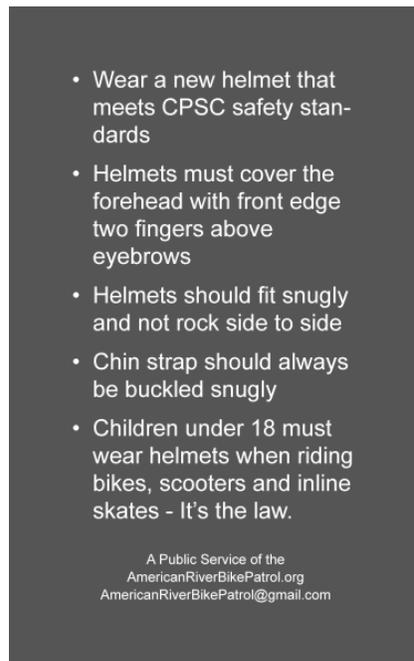
The card was designed to be a soft way of encouraging parents to put lids on their kids. It will be distributed at the upcoming First Saturday Ride.

The card informs parents that brain injuries are the number one cause of death and disability among children and advises that injuries can be prevented with a properly fitted bike helmet.

The card provides guidance on how to properly fit a child's helmet and cautions to buy a helmet that fits "now," not ones to grow into.

Soon to come is a white card, good for one free

bicycle helmet. Details of this card are still being worked out, but the idea is that patrollers will be able to give the white cards directly to families in need of bike helmets. The white cards will be printed in Spanish and English.



Trail courtesy cards

Contact your team leader or patrol quartermaster John Grady for a supply of "Trail Safety Courtesy" handout cards on the trail, including these and the new helmet card, above!

Remember to be courteous on the trail; these handouts make your work a bit easier.

Suggested is to approach riders or walkers with a friendly "How are you today? Did you know you would be safer if you...[walked on the left shoulder, facing oncoming traffic; or, rode on the right, in single file]". Offer them the trail courtesy card, and not our patrol website on the card, for more safety tips, as well as information on the ARBP.



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

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

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

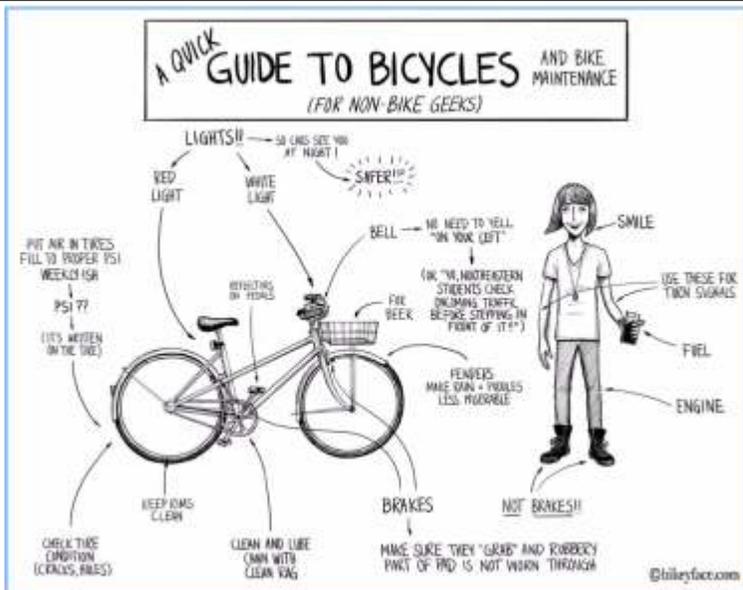
FIRST AID SUPPLIES*
4x4 Gauze Pads (4)
2 inch Roller Gauze (2)
Large Absorbent Pads (2, bleeding)
Assorted Band-Aids (1 box)
1" White Bandage Tape (1 roll)
Triangular Bandage (2)
Gallon Zip Lock Bags (Bio-Hazard)
Paramedic Scissors
Alcohol/Antiseptic Wipes (6)
Small Hand Towel
OPTIONAL FIRST AID SUPPLIES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

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

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



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



Seeking new members!

We are on the lookout for new bike patrol members, and Young Adult Patrol members, who desire to helping the cycling and hiking public. We are especially looking for diverse members from communities along the American River Parkway. For interested parties, please invite them to ride with the patrol on a weekend get-acquainted ride, refer them to the patrol website, americanriverbikepatrol.org, and give them Tim Viall's email and phone number, tviall@msn.com, (209) 969.3875.

You can also use the flyer on p. 19 as a recruitment piece, for posting in local bike shops, with schools, churches, clubs and the like! Please see p. 19.

Seen on the trail recently...



Pictured are patrollers on the trail, enjoying each other's company and assisting scores of hikers and cyclists on the American River Parkway.

Join friends and family on the parkway, and recruit a future member of the American River Bike Patrol! We are steadily seeking new members, particularly Young Adult Patrollers, ages 14.5 to 18 years age.

Thanks to Parkway maintenance crews and rangers



The useful 311 app

Make sure you load and utilize the County 311 app on your phone. I have probably filed 50 different reports - on graffiti, downed trees, illegal campsites, vandalism, illegal trail building of a BMX course near Ambassador access and more. It's easy to snap a photo and file with a short report.. I have always received prompt response from County crews, and I recommend all our members use the app. And, I always sign my reports (proudly) - **Tim Viall**, American River Bike Patrol.



Making a name for yourself...!

A name; what is in a name, a person, a connection, a family, a kindred group? Do you want to be called “hey you, or number 11”?

A name tag completes the professional look, personalizes public interactions, and allows the 70+ patrollers to get to know each other. As we are a new and growing Patrol both for ourselves and the public it finishes the professional look with a well printed badge.

We have a supply of 1 x 3 inch white plastic professional looking blank name badges with a magnetic attachment and a label maker to customize each one. The cost per badge with your name printed with the label is \$3.00.

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

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

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

Barry Calfee, bcnumber100@yahoo.com



Uniform Update for the ARBP; new options soon arriving!

We have just found a new ARBP polo shirt, as in the photo at right, John Grady modeling. These new polo shirts will be available for only \$20; just right for more formal occasions. Watch for a flyer coming soon with ordering details.

We await the arrival of new Primal ARBP bike jerseys, and are just now placing an order for the new Primal tech tee shirt.

In the meantime I continue to have some of our original jerseys designed specifically for our patrol. Not only are these the original urban patroller jersey but they are extremely good looking and extremely comfortable. If you don't have one I would take this opportunity to purchase for \$55.

We can also produce, one at a time, the utilitarian red mesh vest, which can be used in the trail virtually all year round.

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



The all new Primal jerseys, far left, will be arriving soon, and we just placed a group order for the Primal tech tees, on the right.

Join the Team!

American River Bike Patrol

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



New bike safety patrol established for the American River Parkway in Sacramento. Bike Patrollers work as trail ambassadors, providing trail directional advice, equipment insight and assistance, safety insights and bike safety programs, assistance with events, first-aid services and serve as eyes and ears of the Parkway Rangers and other stakeholders on one of the country's busiest and most scenic bikeways.

Young adult patrollers, ages 14.5 to 18 are invited to join and will be offered trail readiness training as trail ambassadors, bike skills development, Outdoor First Care first-aid and CPR training, mentoring and leadership training. Young Adult Patrollers commit to 48 hours or more of annual patrolling along the American River Parkway and always patrol with a senior, adult patroller and a second adult.

You'll gain membership in the National Ski Patrol and its bike patrol subset, with 30,000 members in 640 bike and ski patrols across the USA.

Join the Team, provide service and make life-long friends!

For link to website and info flyer:
americanriverbikepatrol.org

To join, or for more info, contact Tim Viall: AR 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 interested in patrol leadership positions.



Join the Team!