



American River Bike Patrol Newsletter

April 2023

Vol 4, Issue 2

#### All for One

Hello and welcome to another edition of the ARBP Newsletter. As I look at all the articles and activities in the newsletter I am absolutely impressed by the outstanding contributions and efforts of our prodigious Leadership Team. Our strategic planning committee led by Terry Reynolds, has completed an extensive survey providing valuable insights for your Patrolling future. Our diversity, equity and inclusion program led by Tim Viall, has set into motion policies and procedures for our ever expanding recruitment effort. Our outreach and program development led by John Poimiroo, has revitalized our Policies and Procedures and expansion into Placer County along the El Dorado Trail. Our Outdoor First Care training and recertification program led by Doc Margolis continues to keep us stay up-to-date and proficient. Our community involvement and service led by Mitchel Benson continues to give a face and positive exposure for the Patrol at key events. Our recruitment and ranger relations led by Rick Bollinger continue to bring in new members and outstanding reviews. The continued refinement of the Website by Chris Eddy and Paul Reiger cannot be understated. The importance of keeping qualifying records led by Jeff Magaziner is essential to reporting and fund raising. And finally, the quality and depth of this newsletter is due to the artistry of Mark Moreno. The list goes on, and there are so many others like your individual Team leaders who continue to make significant behind the scenes contributions. I have been with the National Ski Patrol for over 50 years and in that tenure I have never had as positive an experience as now. As we move away from the winter season, we have much to look forward to. We are on the threshold of returning into the Folsom Lake State Recreation Area. You will also see opportunities to participate in outstanding social and community service activities published here. I look forward to continuing to serve with you and look forward to seeing you on the trail soon. —Jim Cheng

#### Seen in The American River Messenger, March 24th, 2023...by Barry Calfee

"Drivers are now required to change into another available lane, when possible, to pass cyclists, building on the current requirement for drivers to give cyclists at least three feet of space when passing. The law also permits Class 3 e-bike riders to use approved bicycle paths and trails, bikeways, and bicycle lanes. In addition, starting on January 1, 2024, the law allows cyclists to cross an intersection when a walk sign is on."

## Events & Upcoming Dates April '23 - June '23

Saturday, **April 1,** Party Pardee Event, in Ione, CA contact <u>Mitchel Benson</u> for info and details

Tuesday, April 4th, 9AM to 12 noon, Bike Mechanic Clinic, to be held at Rich Fowler's

Tuesday, April 4th, 3PM to 5PM, First Aid Refresher, to be held at Dr. Jim Margolis'

Saturday, **April 8th**, First Saturday Event, hosted by Team Sassenrath (moved from April 1st due to Party Pardee), 10AM to 12:30PM, at Sacramento Bar Park, Fair Oaks, Don't miss the two features on history of the American River Parkway and on Native American's impacts on the region. For more details on April 8th, see page 16

Sunday, April 9th, Easter

Saturday, **April 15th**, Sacramento Park City Festival Begins (ends 05/14/23)

Sunday, April 16th, Emancipation Day

Tuesday, April 18th, Tax Day

Thursday, **April 20th**, through Sunday, **April 23rd**, (4 days) The Sea Otter Classic Event, at <u>Laguna Seca Raceway</u> and Ft. Ord National Monument, between Monterey and Salinas. Opportunity to volunteer as both first-aiders and course marshals, for more details, see page 17 and please contact Tim Viall for any questions.

Friday, April 21st, Eid al-Fitr

Saturday, April 29th, OFC refresher and CPR class. See details on page 5

Saturday, **April 29,** 11 to 3, Rancho Cordova Kids Day Festival, Hagan Park, Rancho Cordova. For more details on April 29th, <u>see page 16</u>

Tuesday, May 2nd, 9AM to 12 noon, Bike Mechanic Clinic, to be held at Rich Fowler's

Tuesday, May 2nd, 3PM to 5PM, First Aid Refresher, to be held at Dr. Jim Margolis'

Thursday, May 4, 24 hours only, The Big Day Of Giving! See details on page 8

Friday, May 5th, Cinco De Mayo

Saturday, **May 6,** First Saturday Event, hosted by Teams Poimiroo and Ciucci at Ray Lawyer Park, El Dorado County portion of the trail.

Saturday, **April 14th**, Sacramento Park City Festival Ends today

Saturday, May 20th, 5 PM to about 7:30, Mother Lode Awards 17521 N Davis Rd, Lodi, CA 95242 Stama Winery

Sunday, May 26th, Buddah Day

Saturday, **June 3rd,** First Saturday Event, TBD.

Tuesday, **June 6th**, 9AM to 12 noon, Bike Mechanic Clinic, to be held at Rich Fowler's

Tuesday, **June 6th**, 3PM to 5PM, First Aid Refresher, to be held at <u>Dr. Jim Margolis'</u>

**Events & Upcoming Dates- continued** 

Wednesday, June 14th, Flag Day

Monday, June 19th, Juneteenth

Thursday, June 29th, Eid al-Adah

Saturday, **July 1,** First Saturday Event, hosted by Team Viall, 9 to 1, Lower Sunrise Rec Area, 9 to about 12:30 PM, Lower Sunrise Rec Area, Tim Viall, tviall@msn.com; or phone 209.969.3875.

Tuesday, **July 3rd** and **4th**, 4th of July Festival, by Rancho Cordova, late afternoon to early evening, Hagan Park; volunteers welcome for info table, contact Tim, tviall@msn.com.

Tuesday, July 4th Independence Day (Expect re-occurring classes to change)

Saturday, August 5, First Saturday Event, Rancho Cordova

## Building our ARBP membership!, by Tim Viall



The ARBP is kicking off a membership drive, to welcome new members as we head to the summer/fall riding season. Building membership will occur with your help; and we are implementing recommendations made by the Diversity team and Recruitment team.

These are the recommendations, underway or accomplished:

- **1. YOU**, our members are the key; we ask our existing membership to recruit likely candidates in the next months and hand out the BLUE ARBP card to cyclists on the Parkway.
- 2. Accomplished: Updating the

membership detail on the ARBP "Join the Patrol" website area.

- **3. Accomplished**: Updating, printing our single page flyer/poster and tri-fold recruitment brochure, contact Tim Viall for a supply, <a href="mailto:tviall@msn.com">tviall@msn.com</a>, or get a supply at our April 8 First Saturday event.
- **4. Reaching out** to specific cycling groups and other organizations that represent diverse communities (Carolyn Streng and Viall are building a target list); Carolyn Lewis has *suggested*

Building Our ARBP Membership- continued

ARBP participation in events that appeal to diverse communities; we welcome YOUR suggestions.

- **5.** A media blitz of local newspapers, radio and television stations, reaching communities from Sacramento east to El Dorado County, touting several public meetings and get-acquainted rides, suggesting Saturdays in April and May at REI Sacramento and on the AR Trail.
- **6. Delivering posters and flyers** to local bike shops and outdoor sporting goods retailers like REI, Dick's Sporting Goods, etc.,
- **7. Distributing posters, flyers** to our numerous nonprofit friends who can help share our message, I.e., bike and hike clubs, SARA, County Parks, Sac Valley Conservancy, American River Foundation, AR Equestrian Patrol, FATRAC, other groups, etc.,
- **8. Emailing** current NSP active and alumni members who live near the bike trail (suggesting the email mid-April, when ski season is likely to wane; thanks to Doc Jim for the overall NSP member/alumni list).
- **9. A financial assistance** grant program has been developed, with estimated grant support in range of \$200 per awardee, likely less than the \$1000 annually.



**10.** Consider impact on our training, including the April 29 class; and, plan a second class in early Summer.

For recruitment posters or flyers, contact Tim Viall, <u>tviall@msn.com</u>, 209.969.3875, or pick up a supply on April 8 First Saturday. Questions or suggestions, contact Tim. <u>See page 19</u> for a full size poster in this Newsletter.

## Trail courtesy cards make our work easier!

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 note our patrol website on the card, for more safety tips, as well as information on the ARBP. Freely handout the blue ARBP card, and welcome trail users who might want to become and ARBP member!

Contact your team leader or patrol quartermaster John Grady for a supply of "Trail Safety Courtesy"



h a n d o u t cards on the t r a i l, including these!



#### **OFC Renewal, by Doc Jim Margolis**

• 1. Our next OFC and CPR renewal is on April 29 at La Familila Counceling Center, 3301 37th Ave, (housed in the old Maple School,) and basically from 8-3. If you got your initial certification in 2021 and have not renewed, you are due. If renewing, there is no fee except for CPR which is about \$25. You need to notify me that you are attending and if you need CPR. Online OFC



renewal online class is required (no fee for renewal). Once you take this you will be allowed to take the OFC renewal skills ARBP. You will need to sign up for this with NSP. You will then appear on the actual class roster. You do NOT need to send me a certificate from the on-line class.

- **2. Safety first**. Always patrol with a buddy. Do not provide care off the trail unless requested and part of an agency; e.g., Park Ranger, Police, Fire.
- 3. It's always safest **to not move** an injured or ill patient—they will usually already be in a position of comfort. Exceptions—they are actually in the bike path; they are unresponsive and laying face down and you can not fully access them or they may need CPR.
- 4. Take charge and provide care until a higher level of medical care arrives.
- **5. STOP THE BLEED**. This is one of the most important aid we as bike patrollers can provide. Always look for bleeding in someone who is injured while on bike patrol. Take a STB class if you haven't taken one yet.

(See this latest news on STB Class offering)



There has been recent interest among ARBP members for a Stop the Bleed course. The course is about an hour and 15 minutes long and includes both didactic discussion as well as hands-on wound packing and tourniquet practice. I do the courses at the UC Davis Medical Center, at 6:00 PM, on Tuesday, Wednesday or Thursday. If anyone is interested, contact me at <a href="mailto:dvshatz@ucdavis.edu">dvshatz@ucdavis.edu</a> before April 21st. We will then decide on a best date. David Shatz, MD

• **6. PRACTICE.** Come join me on first the first Tuesday of the month at 3-6 PM.



#### **White Out**

I was skiing at Whitefish recently and encountered this very unsafe condition- total white out. Fortunately I was with another NSP alum- we supported each other to get to a relatively safe place and then found a mountain guide who got us safely to the bottom.

Doc Jim OFC Advisor

#### Rick's Corner

### From the Desk Of Ranger Leonard Orman

As of mid April, we will have 33 full duty Rangers. This is the highest number of full duty Rangers we have experienced



in at least 2 years. This month, another Ranger graduated from the police academy and he will start his field training program next week. Our field training program is a minimum of 12 weeks long. Once a ranger successfully completes this course of instruction they can work as a solo law enforcement officer and are considered full duty. We currently have 6 vacancies, one of which is a supervisor. On April 5th 2023, we are conducting interviews of internal and external candidates for this position. We are also working on several background investigations to fill the 5 remaining Ranger vacancy positions. — Please let me know if you have any questions,

Leonard Orman, Chief Ranger

Sacramento County Regional Parks

10361 Rockingham Drive, Ste. 100

Sacramento, CA 95827

Office: (916)875-1959

Normal Workdays and Hours are Dayshift, Monday through Thursday

## Another...

## **Great Year For The American River Bike Patrol!**

A big thank you goes to the entire membership, your contribution of time and energy have made the ARBP the premier bike patrol in the National Ski Patrol system. Without all of you, this would not be possible.

## Mileage Leaders

For the second year in a row, Rick "Batman" Bollinger leads the pack with 4,111 miles on the trail in 2022! Below are our mileage leaders in alphabetical order within their groups.

4111 miles	750+	Larry Hudgins
*Rick Bollinger*	Ron Cone	Don Hufford
	Andrew Hegelein	Nadia Johnson
2000+	Kathie Mahdavi	Pius Kamber
Wendy Lambert	Kirk Mckillop	Paul Sassenrath
Paul Rieger		Rick Tower
	500+	250+
1000+	Larry Barlly	Linda Collins
Barry Calfee	William Bleakly	Rich Fowler
Donovan Charles	Greg Cordier	Eva Harriman
Ron Ciucci	Jeff Du Bois	Jim Margolis
Carl Dahl	Chris Eddy	Frank Martire
John Poimiroo	Eri Favero	Mark Moreno
	Don Griffiths	Robert Oetken

## **Patrol Stats**

We continue to improve our stats from year to year and 2022 is another breaking year. Below are our stats alphabetically by team.

	Hours	Miles
Team Ciucci	1,200	8,101
Team Fowler	287	1,364
Team Hudgins	496	3,818
Team Lewis	407	1,034
Team Mahdavi	366	2,362
Team Poimiroo	583	3,333
Team Saville	401	3,238
Team Sassenrath	231	2,319
Team Viall	1,089	7,497
Total	5.060	33.066
IOIAI	3,000	33,000

#### Patrol Stats (continued)

Number of Patrols: 1791

Assists: 4264 (3,497 walking on wrong side, 97 directions, 48 Trail Rules, 37 Speeding,

etc.)

Repairs: 323 (157 flat tires, 38 chain repairs & 128 other repairs)

Medical Assists: 148 (38 Abrasions, 27 Knee/Leg, 23 Arm/Shoulder, 6 Broken Bones, 1

Unconscious, 53 Other)

911 Calls: 28

311 Calls: 33

Ranger Calls: 16

Remember to record all your shifts and incidents in a timely manner so we can accurately report our numbers and record any medical and repair incidents. Also, please continue to count each person as 1 contact. If you advise 6 people in a group to walk on the other side, that gets recorded as 6 contacts. Your assistance in this is greatly appreciated and provides valuable information when talking with the governing bodies about signage and other issues that arise on the trail.



## This year's Big Day of Giving! is Thursday, May 4, by Tim Viall

The American River Bike Patrol and other local nonprofits are gearing up for this year's Big Day of Giving, the capital area's day-long celebration of local philanthropy that is powered by GivingEdge and brought to our community for the past decade by the Sacramento Region Community Foundation. Please mark your calendars for Thursday, May 4, and join the movement that helps local community-serving organizations raise critical funds each year!

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

Big Day Of Giving-continued

To reach those goals, involvement and support of our Patrollers is requested. Here are ways you can help:

- **1. Matching grants** to boost donations, help raise matching grants where every dollar donated by an individual, company or organization is matched by a major donor up to a certain amount. Bike clubs, bike shops, bike manufacturers, companies you know, health organizations and individuals can all offer matching grants of any amount from small to large.
- **2. Pledge drives** have some FUN; invite your friends, family and other cyclists or coworkers to pledge one dollar, \$5, or \$10 for every mile you patrol from April 1 through the big day of giving on May 4. Donations can be limited to a set dollar amount.
- **3.** Website widgets if you manage a website, widgets can be provided for your site that will direct owners to the ARBP Big Day of Giving page. Contact Tim Viall, tviall@msn.com.
- **4.** Lawn sign place a BDOG lawn sign in your front yard. Contact Tim.
- 5. Spread the word send an email, text and/or post (Facebook, Twitter, Instagram) with news of BDOG, encouraging your friends, family and coworkers to visit the ARBP BDOG page to donate.
- **6. Personal donations** we welcome any and all of our patrollers to donate, if you can help. Even better, offer a donation that can be used in the matching grants program, where you authorize us to include your amount in a matching grants program, to be used to match other donations from potential donors inspired by a one-to-one match by your donation.

For more information on Big Day of Giving and how you can help, contact ARBP board member Tim Viall, <u>tviall@msn.com</u> or call 209.969.3875. Thanks for your support and generosity!

## A Month of Exploring - Sacramento National Park City Festival

Have you found every hidden treasure of our region? There are unexpected delights all over and the Sacramento National Park City Festival from April 15-May 14 can help you find some new ones. The Festival is a full month of events encouraging residents and visitors to explore our region with activities connecting us to our natural areas, gardens, farms, trees, history, and murals. You can contribute to building our National Park City



Sacramento Park City Festival- Continued on next page

Sacramento National Park City Festival- continued

by helping with cleanups, trail building, tree plantings, garden and farm days, and restoration projects. Start your planning by using our Sacramento National Park City Festival page on <a href="https://www.Sacramento365.com">https://www.Sacramento365.com</a>.

The Festival is put on by community based organizations that have united to pursue Sacramento as a National Park City - a place filled with amazing nature, art, and interesting things to explore and do! Our motto is - "Greener, Healthier, Wilder, More Wonderful"

- Why Not?" National Park Cities is an international campaign that started in London



and is seeking 25 cities by 2025. Sacramento is well positioned to be first in North America with our urban forest, Farm to Fork, river parkways, murals, and history as strengths to build on. A National Park City is a place, a vision and a city-wide community that is acting together to make life better for people, places and nature. A defining feature is the widespread commitment to act so people, culture and nature work together to provide a better foundation for life and so we can enjoy ourselves too.

Like the idea? We would love to have you share your ideas and join in! Sacramento National Park City is a huge vision. It relies on action from individuals, groups, and community leaders to be successful. We are just getting started, so if you would like to help lead or contribute, connect with us through our website or social pages @sacparkcity.

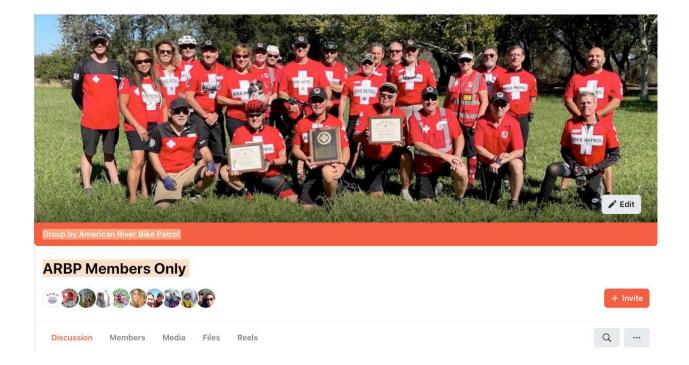
To learn more and share what Sacramento being a National Park City can mean, visit us at: www.sacparkcity.com.

Steve Schweigerdt

(916) 877-5288 sschweigerdt@gmail.com

See our project to make Sacramento into





#### Facebook and the ARBP

The Patrol has two Facebook pages, a Public Page

(<a href="https://www.facebook.com/AmericanRiverBikePatrol">https://www.facebook.com/AmericanRiverBikePatrol</a>) where general news about the Patrol is posted for public consumption, and a Private Group page (ARBP Members Only - <a href="https://www.facebook.com/groups/5807219015993136">https://www.facebook.com/groups/5807219015993136</a>) for private interactions between members of the Patrol.

The Patrol recently removed all users from a previous Private Group page that was created three years ago, because it did not have the protections on it that our new Private Group page have, and was being spammed.

The new ARBP Members Only Private Group page is designed to provide patrollers with news and not clog one's email box with emails. It's a place for group chats, such as an easy place to team up on patrols or discuss an upcoming special event. It's also a place to ask the entire patrol a question you might have, such as when a trail closure will begin or be lifted or what maintenance regimen works best.

All members of the ARBP were emailed invitations to join the ARBP Members Only Group. If you did not see your invitation, email poimiroo@gmail.com.

Documents for Patrollers					
Patroller's Handbook	Patrol Roster	Medical & Bike Repair Pack List	Bike Repair Info	Checkoff Forms	
		0		<ul><li>Liability Waiver</li><li>Supply Checklist</li><li>Ride Checkoff</li></ul>	

#### Patroller's Handbook Revisited

For the past few months, the Patrol's Rules Committee has been rewriting the patrol's Bylaws, Policies & Procedures and the Patroller Handbook. A new version of the Handbook is expected to be released late this spring (following leadership approval). It will move patrol organization elements of the Handbook to those other governing documents and trim the Handbook to the essentials needed for patrolling.

If you've not reviewed the Handbook recently, you're encouraged to scan through the document to see when it was last edited (noted in the footer on each page), as changes to it occur regularly. A link to the Patroller's Handbook is found at americanriverbikepatrol.org. John Poimiroo

#### For All ARBP Patrollers ...

The patroller survey conducted recently revealed, "The Patrol Calendar as being difficult to use." Here's a simple guide on how to use it. (Includes excerpts from our own ARBP Patroller's Handbook) It has been difficult to schedule in advance due to the weather, but as it gets nicer, hopefully, so will the advanced scheduling.

#### SCHEDULING A SHIFT On Google Calendar

ARBP Patrollers are required to post when and where they plan to patrol. Scheduling a patrol shift is done using Google Calendar and is independent of the ARBP website.

To use the Patrol Calendar, a patroller must first have a Gmail account (they are free) and be invited by the webmaster to post items on the calendar. Set up your Gmail account, then email webmaster Paul Rieger at <a href="mailto:pirieger@gmail.com">pirieger@gmail.com</a> requesting that you invited by him to post items on the calendar.

Once Paul has authorized access, you will receive an invitation from him at your Gmail address. Accept the invitation. Then, open Google Calendar by clicking on the calendar link in the Patrollers' Portal (ARBP Google Calendar by clicking HERE).

#### Scheduling-continued

Alternately, you can open Calendar from Google by clicking the Google Apps symbol (the nine dots - seen at left), then click Calendar.

Additions or changes to posts must be made directly in Google Calendar. Clicking on the Patrol Calendar on the public side (not inside the Patroller's Portal) only allows one to view the calendar.

#### To create an entry, once you have opened Google Calendar:

- 1. Click on Create + to open a new Entry.
- 2. Add title "Patrol Last Name" or add your Last Name to an existing patrol and inform the patrol leader that you'd like to join him/her.
- 3. Adjust the time and date, accordingly Time is the time you will begin riding from that location and anticipated end time. A typical 15-mile patrol takes 1.5 hours to 2 hours.
- 4. Add Location e.g., "Fish Hatchery to Lake Natoma Loop and back"
- 5. Select "American River Bike Patrol" from the dropdown list of calendars. To assure you don't book on the wrong calendar, set RED as the color for the ARBP calendar and other colors for your other Google calendars.
- 6. Click Save.

#### **Scheduling Strategies**

- 1. Team Up Inform team members that you plan to ride on a given day/time and ask if anyone can join you. Or, view the calendar and add your name to a team member's posted patrol and join him/her at the scheduled location, date and time.
- 2. Post Your Preference Post a shift on the calendar that works for your schedule then email members of your team, inviting them to join you at that day/time/location.
- 3. Join an Existing Shift If you see a shift on the calendar that you'd like to join, add your name to the Title, e.g. (Mary decides to join John on his shift) = Patrol John Doe, Mary Smith. If possible, text or email the other patroller on the shift to alert him/her that you plan to join the patrol and where you will join it.

If five or more patrollers are scheduled to patrol the section you plan to patrol, consider patrolling a different section or at a different time/day. Optionally, split into smaller groups and ride in opposite directions to cover more of the trail.

Ideally, patrollers should ride in pairs, but if you do not have a patroller to accompany you, consider inviting another cyclist to join you. As a last resort, it is OK to ride solo, it is just not the ideal patrol situation.

The Patrol Calendar can also be used to post training, service projects, meetings, social events, meetups, etc.

#### The Threatened-Western Yellow Billed Cuckoo



Yellow-billed Cuckoos are fairly large, long, and slim birds. Its mostly yellow bill is almost as long as its head, thick and slightly down curved. They have a flat head, thin body, and very long tail. Wings appear pointed and swept back in flight. Yellow-billed Cuckoos are warm brown above and clean whitish below. Their blackish face mask is accompanied by a yellow eye-ring. In flight, the outer part of their wings flash rufous. From below, the tail has

wide white bands and narrower black ones. For more on their biology see this link: www.allaboutbirds.org

In the west, much of the riparian habitat that is preferred by yellow-billed cuckoos has been converted to farmland and housing, which has lead to population declines and the possible extirpation of cuckoos from British Columbia, Washington, Oregon and Nevada. Once common in the California Central Valley, as well as coastal valleys and riparian habitats east of the Sierra Nevada, habitat loss now constrains the California breeding population to small numbers of birds.

As long-distance, nocturnal migrants, yellow-billed cuckoos are also vulnerable to collisions with tall buildings, cell towers, radio antennas, wind turbines and other structures. Yellow-billed cuckoo populations declined by 1.6% per year between 1966 and 2010. Partners in Flight estimates the global breeding population at about 9 million, with 84% breeding in the United States, 10% in Mexico and none in Canada.

Yellow-billed Cuckoo populations in the Western United States have declined to the point where they are federally Threatened under the US Endangered Species Act and likely to become Endangered unless threats to the species — such as severe loss, degradation, and fragmentation of its required riparian habitats — are ameliorated by comprehensive and cooperative efforts.



In some southern states they are also known as "storm crows" for their habit of increasing their vocalizations right before rain. Their classic call is often likened to a car trying to start. Listen to: https://youtube.com/watch?v=6t-u6MUXU w&feature=share

Another call sounds more like a seal barking on the beach.

https://youtube.com/watch?v=xhTPPBzdCsU&feature=share



#### Special First Saturday offers historical insight!

First Saturday, **April 8**, at 10:00 am, will bring historical insight into the American River Parkway, as well as Native Americans who once called the river their home. Feel free to bring your significant other for the entire session, or join for the noon barbecue. Here are the details:

Sacramento Bar Park, 3931 Pennsylvania Ave Fair Oaks, CA (Park has a \$10 a day parking fee, and Rangers occasionally check) Agenda:

10am Meet/Greet, coffee and hot chocolate,

10:15. History of Parkway Overview from Stephen Green, chair, Save the American River Assoc.

10:45 Bike Mechanic Refresher from Rich Fowler

11:15 Ride the Parkway with other patrollers (Note: No water station)

11:45 Light barbecue, drinks and special speaker, Dave Stuart, who will share insights on the Native Americans who called this part of California home many years ago. (Bring your significant other if you like!)

Saturday **April 29th**, 11:00 AM to 3:00PM, Kids Day Festival, Hagen Park in Rancho Cordova. Help staff an ARBP info table and help staff a "young kids pump park with Rancho Cordova Police Athletic League staff. For more info contact Tim Viall at <a href="mailto:tviall@msn.com">tviall@msn.com</a>.



## Volunteer at Sea Otter Bike Classic, April 20-23, 2023, as first-aiders at USA's biggest cycling event!

Sea Ofter Bike Classic located at Laguna Seca exhaustion to more serious trauma-induced injuries. For Raceway/Ft. Ord National Monument, CA.

For the 20th year, over 80 Far West Division ski patrollers, family and friends are invited to help provide first-aid service, non-emergency transport and course marshaling at the Sea Otter Classic at Laguna Seca Raceway

near Monterey, CA. the USA's largest outdoor biking event.

NSP members and friends camp at "Ski Patrol Central" within

the event, enjoy evening barbecues, find time to ride their bikes, attend the huge trade show and make new NSP

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

This four-day bicycling extravaganza attracts almost 10,000 participants ranging from world-class pro riders to serious amateurs and recreational cyclists. Over the four days, riders take part in circuit racing, cross-country events, wild downhill and dual slalom racing and citizens road and cross-country rides. Each year, NSP members provide firstaid care to over 200 riders, from incidents of road rash and

their volunteer service, the Sea Otter Foundation donates approximately \$6,900 to patrols of the NSP volunteers.

Over 60,000 spectators crowd the huge venue, which spreads out from Laguna Seca Raceway into the scenic back country of the Ft. Ord National Monument and, for the road

> races, along roads through Monterey County. 400+ trade show vendors make for the largest market in the country for cycling

equipment and accessories. For additional event insight go to: seaotterclassic.com.

ER CLASSIC

In 2022, the American River Bike Patrol, Dodge Ridge Patrol, China Peak and June Mountain Patrol were joined by patrollers from Mt. Shasta, Sugar Bowl, Sierra at Tahoe and several back-country patrollers. The NSP contingent pairs with members of Friends of Fort Ord, Monterey County Rural Fire District Services and AMR Ambulance.

We invite members of NSP ski and bike patrols to join us! To volunteer or for more info, email or call Tim Viall, Coordinator for NSP Volunteers for the Sea Otter Classic: tviall@msn.com, 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 NSP members, backcountry first-aiders and Friends of Ft. Ord volunteers (in orange vests/shirts) pose for backcountry photo, and tents, motorhomes made for cozy evenings at "Ski Patrol Central" Join the NSP team in April for NSP service and fun!





## ARBP members; join the Sea Otter Classic "Insta-Patrol"

American River Bike Patrollers, be part of the "Instabike patrol", providing first-aid service, non-emergency transport and course marshaling at the Sea Otter Classic at Laguna Seca Raceway and Ft. Ord National Monument near Monterey, CA, the USA's largest outdoor biking event.

This four-day bicycling extravaganza attracts almost 10,000 competitors and 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 150 riders, from incidents of road rash and exhaustion to more serious trauma-induced injuries.

Over 60,000 spectators crowded the huge venue, which spreads out from Laguna Seca Raceway into the scenic back country of the Ft. Ord National Monument and, for the road races, along roads through Monterey County. 400 trade show vendors make for the largest market in the country for cycling equipment and accessories.

NSP members and friends camped at "Ski Patrol Central" within the event, enjoyed evening barbecues, found time to ride their bikes, attend the huge trade show and make new NSP friends! For their volunteer service, the Sea Otter Foundation donated over \$6,000 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!

In 2022 the Dodge Ridge Patrol was joined by patrollers from American River Bike, China Peak, June Mountain, Sugar Bowl, Homewood, Mt. Shasta patrols and back-country first-aiders. The NSP contingent pairs with Monterey County Rural Fire Services and AMR Ambulance.

We invite members of NSP patrols to join us! Mark your calendars, April 20-23, 2023, and see more detail on the next page. For Sea Otter Classic insight go to: seaotterclassic.com.

To volunteer or for more info, email or call Tim Viall, Coordinator for NSP Volunteers for the Sea Otter Classic: <a href="mailto:tviall@msn.com">tviall@msn.com</a>, or (209) 969-3875. Volunteers should plan to provide name, patrol, OEC or OFC credential, email address, cell number, days available, and if planning to camp in RV, motorhome or tent.







From Top, American River patrollers get assignments from Dave Rollings; in nmiddle, Amy, Debbie and Valerie, Dodge Ridge patrollers, tour the huge trade fair; and below, Rick Bulan of American River Patrol works to recruit new NSP members.

American River Bike Patrol News, April, 2023 See our website: americanriverbikepatrol.org

## Join the Team!

## American River Bike Patrol

# American River Parkway Sacramento, El Dorado counties







We welcome community members as bike patrollers; you will be trained as trail ambassadors receiving trail-readiness training, bike mechanical skills, Outdoor First Care first-aid and CPR training, mentoring and leadership training. Patrollers commit to 48 hours or more of annual patrolling along the American River Parkway and trails in Sacramento and El Dorado counties.

The American River Bike Patrol was established in 2020 and has grown to over 80 members assisting the public along the American River trail system. You'll become a member of the National Ski Patrol and its bike patrol subset, with 32,000 members in 640 bike/ski patrols across the USA.

Training includes an Outdoor First Care course, about 8 hours, half on-line with the balance handson, a CPR course and a three hour on-line trail-readiness course. monthly First Saturday refreshers on first-aid and bike maintenance skills keep members sharp. Members join the National Ski and Bike Patrol, pay dues and purchase uniforms (recently, the patrol has helped offset some of those costs).



Join the Team, provide service and make lifelong friends! We are seeking individuals who want to give back to their local community and assist cyclists and users of the American River trail system. Join with us!

For more info and to join our team, see our patrol website;

americanriverbikepatrol.org.