

Boycott Tour de Peninsula



MOUNTAIN CYCLIST

LEADING THE PARTICIPATION OF MOUNTAIN CYCLISTS IN THE TRAIL COMMUNITY

JULY – AUGUST 2005

By Jim Sullivan

San Mateo County Parks(SMCP) has just completed it's master plan meeting for Huddart-Wunderlich parks. Let's just call it what it really is to mountain bike riders, a disaster plan .

Bicyclists are relegated to the same paved surfaces within these parks that trucks and cars frequent, and nothing else.

We have no options of a Bay-to-Skyline dirt path ride, even though parks 4WD service vehicles access fireroads that parallel Kings Mt Rd.

There are no options for kids when at the picnic areas of riding the short bunny loop style trails that intertwine these popular areas.

What transpired at a series of "public" meetings was nothing short of a sham. Numerous requests by local bicycle riders at every one of the meetings for off pavement riding options, were

denied, and the end result of this so called public input affair is ZERO access for bike riders.

Every step of the way, the equestrian crowd at the meetings bemoaned the lack of areas they have to ride unimpeded by the bicyclists that frequent other trails areas South of Page Mill Road.

To see what the equestrians actually have as far as trails opportunities, I did some research.

Here is a list of lands open to equestrians northwest of Page Mill Road, mostly in San Mateo County:

1. Pescadero Creek Cty Park: all trails open to horses - 6,000 acres- no bikes allowed
2. Phleger Estate - all trails open to horses - 1,257 acres - no bikes allowed



San Mateo does not allow bikes on dirt trails. Tour de Peninsula funds SM Parks & Rec.

3. Sam McDonald City park - all trails open to horses - 995 acres with stables - no bikes allowed

4. San Bruno Mountain City Park- all trails open to horses

5. Huddart Park - all trails open to horses - 973 acres - no bikes allowed

6. Wunderlich Park - all trails open to horses-942 acres with stables - no bikes allowed

7. San Pedro Valley county park - All trails except Brooks Creek and Brooks View trails open to horses - 1,000 acres - no bikes allowed

8. Windy Hill OSP - Horses allowed on all trails except the Anniversity trail - 1,132 acres

9. Skyline Trail- all open to horses - (8.5 miles total) - no bikes allowed

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MROSD Response to the “Speed of Round”

By Julie Norton, Community Affairs Supervisor,
Midpeninsula Regional Open Space District

The Midpeninsula Regional Open Space District (MROSD) appreciates the opportunity to address bike speed limits on open space preserves as raised in the article, “The Speed of Round” in your last newsletter.

Each week, thousands of visitors, including bicyclists, hikers, runners, equestrians, people with disabilities and dog walkers, use the beautiful trails of MROSD. With so many types of trails and users, everyone must share the trails so that all preserve visitors have a safe and pleasant experience.

MROSD has developed a set of regulations intended to help ensure a safe and enjoyable time for all preserve visitors.

Taking into consideration the public’s input, we strive to create policies that maintain a strong emphasis on natural resource protection and visitor safety while considering the needs of each user group. One such policy is the 15-mph trail speed limit; 5-mph when passing. This was established in 1993 and is consistent with other agencies like Marin County Open Space District. The 15/5 regulation represents a speed consistent with the mission to provide “ecologically sensitive public enjoyment” and low-impact recreation. Since 1993, we have used radar as an objective measure of visitor adherence to this policy.

An article published by the International Mountain Bicycling

Association (IMBA) says, “Excessive speed is the single most common complaint that other trail users have about us.” Like IMBA, MROSD believes strongly in shared-use trail systems and recognizes speed limits as an accepted management practice.



At present, 152 miles (70 percent) of MROSD trails are open to bicycle use. Many local land management agencies have far more restrictive policies or limit access entirely.

While the District is aware that many experienced mountain

cyclists ride roads and trails responsibly, we also know that a few travel at unsafe speeds. This may result in injury to the rider, other users, flora and fauna, as well as create poor visitor experiences.

Much like the agencies that monitor and patrol city roads and state highways, it is our responsibility to maintain policies that are easy to understand and administer and promote safe practices by all preserve visitors.

Mountain Cyclist

The Mountain Cyclist is the monthly newsletter of the Responsible Organized Mountain Pedalers

Send general newsletter material directly to the editor (not to the club PO box):

◇ newsletter@romp.org

Send ride listings to the club web master

◇ Josh Moore (408) 420 7342
webmaster@romp.org

Land Manager Directory

Acterra (Arastradero Preserve) 3921 E. Bayshore Blvd., Palo Alto, CA 94303, 650-962-9876, fax 650-962-8234; www.arastradero.org, www.acterra.org/info@acterra.org (general), www.participation.com/arastradero

California Recreational Trails Committee Ken McKowen, Trails Coordinator, PO Box 942896, Sacramento 916-653-6501

Castle Rock State Park Bob Culbertson, 408-429-2869; Dave Keck, 916-322-2997

City of Palo Alto (Arastradero) Recreation Open Space and Sciences, 650-329-2423

East Bay Regional Park District 11500 Skyline Blvd., Oakland 94619, 415-531-9300

Henry W. Coe State Park 9000 East Dunne Ave, Morgan Hill 95037. 408-779-2728 Gavilan Sector Supervising Ranger Mike Ferry mferry@parks.ca.gov; Coe Senior Ranger Barry Breckling baryb@coepark.org; www.coepark.parks.ca.gov

Monterey District California State Parks, Gavilan Sector; Henry W. Coe State Park.

P.O. Box 787; 19 Franklin Street; San Juan Bautista, CA 95045. 831-623-1659. Monterey District Superintendent C.L. Price

Midpeninsula Regional Open Space District 330 Distel Circle, Los Altos 94022; 650-691-1200; mrosd@openspace.org, www.openspace.org

Mt. Diablo State Park District Office 96 Mitchell Canyon Rd., Clayton 94517; 510-673-2891; Larry Ferri, Park Superintendent

Santa Clara County Parks & Rec. Dept. 298 Garden Hill Dr., Los Gatos, 95030; Mark Frederick, Capital Projects Mgr., 408-358-3741 x143; fax 408-358-3245; mark.frederick@mail.prk.co.santa-clara.ca.us, claraweb.co.santa-clara.ca.us/parks/

Santa Clara County Board of Supervisors 70 W. Hedding, San Jose, 95110; 408-299-2323

Santa Cruz District 600 Ocean St., Santa Cruz 95060; 408-429-2850; David Vincent, District Superintendent

The Trail Center 3921 E. Bayshore Road, Palo Alto 94303; 650-968-7065, www.trailcenter.org

ECdM Crossover Trail Open

By Charles Jalgunas

On May 7, a small group of ROMP volunteers kicked off the 2005 volunteer trail work season with the Midpeninsula Regional Open Space District by working again on the Crossover Trail in El Corte de Madera Open Space Preserve.

This was the third volunteer work day on Crossover, pushing our hours donation up over 100 for this project. The District's own professional trail crew put in hundreds of staff time as well, following the white pin flags set in the ground last Summer, and leaving a trail of sweet singletrack trail behind them.

This project was started last Fall, and ran right up to the County imposed work cut off date of October 15. The work scheduled to be continued on April 15 was postponed several times because of the late rains, but on May 26, the last of the pin flags were pulled up, and the trail was opened for our immediate enjoyment.

The Crossover Trail runs between the Gordon Mill and Timberview Fire Roads, roughly in the middle of the preserve. There has been a historic connection between these two fire roads, unofficially known to many cyclists that use it as Hike A Bike, longer than this Open Space has been publicly owned.

Most of the Hike A Bike trail was contoured but steep and

abruptly dropped even more steeply a hundred feet toward a creek, then paralleled the creek some distance before ending at Gordon Mill. While the trail was an entertaining challenge for skilled riders in the downhill direction, the trail's name came from its impossibly steep grade in the climbing direction.



This steep chute dumped its silt load into the creek, and the occasional rider onto his helmet. I know some people will miss the challenge, but the Marine Fisheries people wouldn't have it any other way, and the fish will think it is pretty cool upgrade to their spawning beds.

Certain members of District staff had other less endearing terms for the trail that was hopeless to properly drain and maintain, and its perpetual degradation. When local biologists and geologists started calling it names like Area Of Concern for its effect on water quality, we all had to step up and make some changes.

Craig Beckman, the District's Construction and Maintenance Supervisor, and Matt Freeman, the District's Senior Planner, spent days hiking with me and Patty Ciesla, up and down the steep adjoining hillsides, looking for a place to build a replacement trail that would allow us to keep the

valuable connection between the two fire roads at a sustainable grade and significantly reduce sediment runoff into the creek.

After many tries and much consultation, we began with the line of white flags that would serve as a guide for the volunteer and staff trail crews. What we ended up with was a winding trail with multiple switchbacks and grade reversals

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10. Larry Lane Trail - open for horses - 1.75 miles- no bikes allowed

11. Portola Valley trails - all open to Horses - 250 acres - no bikes allowed

12. Los Trancos OSP- all open to horses except fault trail - 274 acres - no bikes allowed

13. Edgewood County park - all open to horses - 467 acres - no bikes allowed

The total acreage open to equestrians including trails shared with bikes -20,711.

Approximate total acreage with trails open to bikes under San Mateo County Parks and Recreation—0.

Bicycle accessible acreage - 7,421

Does this look like diminishing access to you? The other user groups have it pretty good in SMCO public parks, and they'll say and do anything to preserve



their status quo within Huddart-Wunderlich Parks.

I've personally heard statements by participants of these meetings like "it'll

be over our dead bodies that your ilk will ever ride bikes within these parks" and,"it's not that we don't like bicycles, it's the bicyclists we have a problem

Mtn bikes could benefit San Mateo

By Joshua Moore

Mountain biking is a growing sport and a valid source of recreation, popular with young people. It is discouraging to see your recreation organization not doing all it can to help curb teenage obesity. As health care problems increase, it is no surprise that San Mateo county has less money for its parks. I have watched over the years as San Mateo struggles with funding its parks. The mountain bike community would be willing to help, if we had access to San Mateo trails.

Mountain bikers are avid trail work volunteers. I have participated in volunteer trail work events in State parks, State Forests, MROSD, and Santa Clara County parks from Hollister to Truckee. Building and maintaining trails can be a great way for people from different user groups to work together and get to know one another, which leads to more positive trail user experiences. I am not sure if San Mateo County has these kinds of volunteer trail work days, but I am sure the mountain bike community would be frequent volunteers if there were riding opportunities in San Mateo. Using experienced trail work volunteers could help reduce San Mateo County trail maintenance costs.

Responsible Organized Mountain Pedalers (ROMP), is

affiliated with International Mountain Biking Association's National Mountain Bike Patrol. Patrollers provide assistance to hikers, equestrians, and mountain bikers. They give information, provide directions, help with minor repairs, and provide first aid. Having a volunteer mountain bike patrol could alleviate some of your rangers' patrol duties, and may provide some cost savings.

East Bay and Marin Parks allow mountain biking on fire roads. Santa Clara County, MROSD, State Forests, and State Parks allow mountain biking on fire roads and single track. Recently, the National Park Service formally recognized mountain biking as a positive activity, compatible with the values of our National Park system. San Mateo county allows mountain biking on the Old Haul Road, only. Thanks for that. Mountain bikers are especially interested in regional trail networks. We would be delighted to see a dirt trail or fire road open to bikes from Woodside up to Skyline Boulevard, such as the Richards Road Trail, the Alambique Trail, and multi-use access to the Bay Area Ridge Trail.

I hope that San Mateo County can see how permitting mountain biking on dirt in parks will be a great benefit to the entire community.

with" by the NIYBY's (not in YOUR back yard) crew.

Note that open to equestrians and hikers only on public lands northwest of Page Mill -13,290 acres. Total acres open to equestrians in San Mateo County Parks—9,435 acres

Here are the parks open to cyclists: (please note, ALL these lands are also open to equestrians and hikers):

1. Arastradero Preserve(city of Palo Alto)- open to horse and mountain bikes- 600 acres
2. Alpine Rd. Trail- 3 miles - open to horses and mountain bikes
- 3.Coal Creek OSP (MROSD) - 476 acres- open to horses and mountain bikes
4. El Corte De Madera OSP(MROSD)- 2,789 acres- open to horses and mountain bikes
5. Sweeney Ridge (GGNRA)- 1,047 acres- open to horses and mountain bikes
6. McNee Ranch State Park- all trails open to horses and mountain bikes
7. Purisima Creek Redwoods OSP (MROSD)- 2,509 acres- Horses and mountain bikes allowed on all trails except the Soda Gulch trail and the footpath from North Skyline parking lot.
8. Windy Hill OSP, Spring Ridge trail (fireroad) 2 1/2 miles.

Total approximate acreage with trails open to mountain bikes and equestrians northwest of Page Mill Rd. - 7,421

Huddart-Wunderlich parks, both publicly owned and funded lands are shut out to all things bicycle except paved roads, and for SMCP's, the gist is, we'll take your hard earned tax dollars to maintain these parks, pay you lip service and then refuse bicyclists even minimal access to dirt paths.

If you decide to include your bike in your park experience, just ride it on the pavement, with the cars and trucks.

What to do Now

San Mateo residents, please contact all SMCO Supervisors. Let them know your not happy about being totally excluded from SMCP lands if riding a bicycle is what you do.(Sawyer Camp trail is great for beginner and family style riding, same with bicycle Sundays on Canada Rd.). Let them know you would appreciate having some of the same options as our fellow dirt trails

users, things like extended loops on dirt, Bay-to-Skyline routes, bunny loops for kids, etc.

Ask the Supervisors to support the repeal of the blatantly anti-bicycle ordinance which forbids bicycles from dirt trails.

Don't participate in the Tour De Peninsula, coming on August 7th in Redwood City that taps cyclists directly as fund sources that benefit SMCP.

ROMP and City of Belmont Parks & Recreation Complete More Trail

By Berry Stevens

We have completed the singletrack that connects the Rambler Trail with the Berry Trail that ends at the dam. The Chaparall Trail was the last link in this chain. One can now ride or walk from one end of the canyon to the other on a destination quality singletrack that is equally rideable (or hike able) in both directions. Combined with the Ohlone Trail we completed Saturday one can access this trail system from the back of the canyon past the parking lot at the end of Carlmont Dr. The Ohlone Trail can be easily navigated uphill on bike or on foot and it replaces a

combination of poorly built or erosion damaged older trails. The circulation pattern has been improved & users are now on trails out of the drainage along the failed concrete culvert and no longer have a mud fest to deal with 6 months out of the year.

Thanks go to the City of Belmont for supporting this work & to the dozens of volunteers who have donated their time over the last few months & years. We've created a lasting benefit to the local residents as well as the larger community. Thanks to all who've helped, we've made a difference.

Romp Directory

PO Box 1723, Campbell, CA 95009-1723				408-380-2271 x2171	www.romp.org
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National Mtn Bike Patrol	Dave Wieland	408-371-2729	nmbp@romp.org		
Web Master	Josh Moore	408-420-7342	webmaster@romp.org		

Weekly Rides

Tuesdays

5:30PM ATB TIRED ROMP Ride (Advanced Trail Bicycle Touring Inspires Riding Epics Desperately) D/INT/25/3,000 Meet at Stevens Creek Market Parking Lot (corner of McClellan and Stevens Canyon Rd, Cupertino, CA 95014), 5:30 pm. Bring tail lights and LED head lamps for safety on the way back. This ride will go up the Canyon or Montebello or sometimes just Fremont Older and as daylight allows, as far as Long Ridge/Skyline/Russian Ridge OSPs via Table Mtn/Charcoal, Grizzly etc. This is a sustained, fast, sweaty, intense training ride. Exact route will be described at meet. Occasional regroupings usually at summits and bottoms of downhills. Come prepared to heat and serve. Bring your own fork. Post ride option to dine at ROMP supporter burrito place, Rio Adobe, corner of McClellan and De Anza post ride. They stay open until 10 pm! Yeah. And they have good microbrew. Paul Nam, president@romp.org, 408 446-3745

Wednesdays

06:00 PM Fremont Older After Work Rides (2:00) C/INT/10/2000' Join us for our weekly Fremont Older rides. We leave the main Stevens Creek County Park parking lot at 6PM. The parking lot is about 2 miles south of I280 on Stevens Canyon Rd (Foothill Blvd. exit off I280.) County Park charges for parking, also bring \$ for optional post-ride food. Glenn & Linda, 408-257-8284.

Tursdays

05:00 PM Skeggs Weekly Ride (2:00) C-D/DIFF/15/3000 In the tradition of the weekly Oracle ride that used to meet in the 90's I am bringing back the weekly ride at Skeggs (El Corte De Madera Parking Lot). The pace will be quick, but we will wait at all junctions. We will be riding up and down the toughest parts of the park. eMail if you have any questions. The ride is not a race! Fun up and down is the goal. Location: El Corte de Madera Open Space (Skeggs Parking Lot) Sky Line Blvd (Hwy) 35 5(ish) miles north of Hwy 84 Woodside CA Contact Information: Brian Simon 650-747-9583 brian@marintrails.com

Monthly Rides

Sundays

10:00 AM First Sunday Social Ride at Saratoga Gap (3:00) B/EASY/11/1500 Meet at 10am at Grizzly Flat on Skyline Blvd (inbetween Junction 9 and Page Mill Road). This is a social ride so there are plenty of breaks, and we wait for everyone. Bring a helmet, water and some power bars. After the ride we will go for lunch in Saratoga. Contact Information: Dave Tripiet (408) 255-3464 tripiet@aol.com

10:00 AM 2nd Sunday Ride at Soquel Demo Forest (4:00) C/INT/12-18/2500-3000 Meet at 10am

at the entrance to SDF on Highland Way. From hwy 17, take the Summit Rd exit and head SE. Go 5 1/2 miles to the first stop sign, turn right and then bear left onto Highland Way. Go another 4 miles to the entrance. More info on SDF at www.mtb.live.com/rides/SoquelDemo.html. Rides will vary covering singletrack such as Ridge, Braille, Tractor, or Sawpit; Double loop option if you didn't have enough fun the first time down. Contact Information: Rich Andrews 408-738-1384 randrews@arc.nasa.gov mtb.live.com/rides/SoquelDemo.html

10:00 AM 3rd Sunday Ride at SDF (Demo Forest) (3:00) C-D/DIFF/15/3000 -- C-D/16-18/3000-4000 The third Sunday ride is now changing to SDF! Meet at 10am at the entrance to SDF on Highland Way. From hwy 17, take the Summit Rd exit and head SE. Go 5 1/2 miles to the first stop sign, turn right and then bear left onto Highland Way. Go another 4 miles to the entrance. We are going to be lot's of fun with 2 loops of super action :) Contact Information: Dave Tripiet (408) 255-3464 tripiet@aol.com

10:00 AM Fourth Sunday Ride to Skyline (4:00) C/30/4000 New Starting place. Meet at the corner of Stevens Canyon Rd and Redwood Gulch at 10:00am for a nice long ride. The route will vary from month to month depending on interest. The general plan is to head up Table Mountain or Monte Bello and explore the many parks and trails off Skyline. Contact Information: Josh Moore (408) 420 7342 josh_moore@comcast.net

10:00 AM Last Sunday - Wilder Ranch Ride (4:30) Enjoy 14 miles of single track along with breath-taking views of Monterey Bay. 1800' of elevation gain, Intermediate/Advanced ride... Regroup at each trailhead. Good food after. Meet in the parking lot near the restrooms. For more info, please email or call... M & J Location: Wilder Ranch State Park Santa Cruz CA Contact Information: Michael & Jain Light 831-662-9744 malight@pacbell.net

3rd Tuesdays

04:30 PM Alpine Road (3:00) This year round ride has a couple options on where to meet up. First chance meets the #262southbound @ 4:33 pm, + #169 northbound also @4:33 at the california ave caltrain station. RSVP a must if you plan on attending this ride, as the meeting places will vary depending on weather. From here we pedal through Stanford's "Professorville" on lightly travelled streets, over Old Page Mill rd, through Arastradero Preserve to The Portola Valley ranch . The 2nd chance to meet up occurs here @ 5:45, corner of Alpine rd. -Willowbrook in Portola Valley, please park on Willowbrook. The ride then meanders up Alpine rd, following El Corte De Madera creek , all the way to Page Mill rd x Skyline. This 3 hour ride requires the use of lights in the fall- winter months, loaner sets are available, and rear flashing lights are highly recommended. Please contact Jim beforehand for any equipment questions. This complete ride is for intermediate level riders, however, many of

our participants show up and ride a portion of the distance just to stretch the legs after work. The main concept of this ride is FUN, any hammeheads are summarily ditched and left to prove something somewhere else. Contact Information: Jim Sullivan 650-493-8774 ssulljm@juno.com

Saturdays

Second Saturday Social (2:00) B/EASY/7/900 This friendly, introductory ride covers most major trails in the preserve, including some moderate hills, jumps, tight switchbacks and single track. More skilled riders are encouraged to join us, socialize and provide support. Directions and MapTake Oregon Expressway / Page Mill Rd south past hwy 280. Turn right on Arastradero, and right into the parking lot. Bring your helmet, a snack and water. Rain cancels. Location: Arastradero Open Space Preserve Parking lot near gate A Arastradero Rd. Palo Alto CA Contact Information: Josh Moore (408) 420 7342 josh_moore@comcast.net

10:00 AM 3rd Sat NMBP ride (4:00) This is a ride for the NMBP and all those who wish to ride with us and just have fun. I will change the ride location from time to time. But Half the rides will be in Soquel Demo Forest. Be ready to ride at 10:00am. Riding trails and duration will be determined by who the riders are and what there abilities are. This is a social ride for intermediate riders and above. But, know one gets left behind (but me). Location: ride changes monthly Contact Information: Dave Wieland 408 371-2729 traildog@sbcglobal.net

12:00 PM 4th Sat Basic Fikit Class (1:00) The fixit clinic is for current romp members only, membership forms available at clinic for easy sign up. BRSVP is a must due to max class size limit. This hands on fixit class will go over the basic needs for preventative maintenance and trails repair of your mt bike. Fix a flat, adjust your derrailleurs, straighten a wheel, and anything else bike related that will get you back on the trail. Location: Arastradero OSP Parking lot Arastradero Rd Palo Alto. Contact Information: Jim Sullivan 650-493-8774 ssulljm@juno.com

01:00 PM 4th Saturday Beginner's Clinic (3:00) We'll cover the basics of mountain biking while riding a combination of fireroads and singletrack. Be sure to bring a helmet, water, and something to eat. Please RSVP to Jim at 650-493-8774 or ssulljm@juno.com. RSVP is a must, as the meeting spot at the Preserve can vary with class focus. Location: Arastradero Preserve Arastradero Road Palo Alto CA Contact Information: Jim Sullivan 650-493-8774 ssulljm@juno.com

Newsletter Mailing Party

This fun is repeated bi-monthly. If you would like to help next time (and eat some pizza and talk bikes at the same time), contact Glenn Wegner 408-257-8284 newsmailing@romp.org

General Ride Info

Ratings code

Pace / Technical difficulty / Mileage / Approximate elevation gain

Pace

A – Slow; social or introductory ride. Riders need not be experienced or fit.

B – Moderate; recreational ride.

C – Quick; fun and fitness ride with multiple hours of strong riding.

D – Sustained, fast; sweaty, intense ride.

E – Hammerfest; riders should have their heads and knees examined!

Pace generally reflects climbing speed; downhill speed in most local areas is limited to 15 mph. A, B, and C rides are “no drop” rides with regroupings as needed and rest breaks appropriate for weather, terrain and pace. D and E rides may drop riders who cannot maintain the pace; the drop policy may be stated in the ride listing, or ask the ride leader.

Technical Difficulty

EASY – Smooth singletrack or fire road; obstacles such as rocks and roots might exist but are not numerous.

INTERMEDIATE – Steep, rutted fire road; singletrack with extended sections that can include medium or large rocks and roots; stream crossings; exposure; long singletrack descents.

DIFFICULT – Singletrack with very steep and/or rocky sections; narrow trails; exposed sideslopes; downhill-side-sloped sections.

EXTREME – Singletrack with extended steep climbs or descents over rough terrain; many tight switchbacks and turns. Portions may require portage.

Notes

For your first ROMP ride, try one of our monthly A, B, or C rides to get an idea of pace and technical difficulty.

HELMETS ARE REQUIRED FOR ALL ROMP RIDES. Please be prepared for the ride (make sure your bike is in working order, bring appropriate tools, food, water, clothing, etc.). All riders will need to sign a waiver before every ride; minors will need a parent or guardian to sign their release.

In general, rain at the area of the ride within 48 hours of the ride cancels. But, because different trails can withstand the weather differently, we allow the ride leader to make the final decision. If you are unsure about whether a particular ride will go on, contact the ride leader.

The Beginner's Curve

by Anne Henmi

Because of the rain this year, it was a long off-season—I mean, a really LONG off-season.

This off-season I started working out at the gym so that I would be a stronger rider at the start of the season.

So far, it's been paying off. I have significantly better bike handling skills than I had in the past. It's also helped me be a more confident rider because I can handle more that's been thrown at me (technical-wise at least). So the trail obstacles aren't as scary as they used to be.

I did notice how scary trail obstacles can be to beginners. I was riding with a beginner on my last ride, and she's a very good rider, but seemed to be very afraid of the rocks on the trail.

Here are some things to remember about the rocks on the trail:



1. You're bigger than they are. Unless you end up on the ground, there is nothing they are going to do to you.
2. The chance that you end up on the ground from any rocks taller than 3-4 inches is not very high. You have very wide tires, and usually 3-4 inches of travel in your front (and rear) shocks.
3. Go fast. The faster the wheels spin, the more likely you are to go over the obstacle (as long as you don't lean too far forward).
4. Stay off the front brake. If you are going through a rock garden, and you hit your front brake, you'll be very likely to stop faster than you want.
5. Going downhill over rocks is easier than uphill. You can go over them downhill without much besides speed. On a slow climb uphill, the rocks can kill your momentum quicker than you think.

I told all these things to my riding buddy, and that helped her out with her confidence. Don't get me wrong—there is going to always be scary obstacles, but these five things will make them less scary.

There are other fun obstacles, like roots, and they should be handled in a similar manner to rocks, except you should ride as perpendicular to them as you can (and as the trail allows).

Don't get me wrong—not every root and rock is the same on every trail. Many of them are at exactly the wrong spot you want them (in the middle of your line), and too many of them are in the middle of the switchback you keep trying to clean.

If you reach a particularly difficult section of trail for you, and you have the time to do this, try to ride the section a couple of times. Scout the section of trail. Walk through it before trying it. Ask your friends to give you help how they would handle that particular obstacle.

If you don't succeed on that section, try it again another time. Remember, the more you ride, the less scary the obstacles get.



At some point during the planning process, we all decided it was the best place to route the trail through.

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that cuts through incredibly beautiful rock formations, over redwood roots, and slaloms between trees that starts and ends very near the old Hike A Bike.

The new Crossover Trail is much longer than the old, and climbing it will now be an attainable challenge for the fittest of riders. Descending the trail this year will be pretty simple, but as we have seen with the Leaf and Resolution trails, the trail's true character will be revealed with time and use.

I expect the tread to eventually be punctuated with natural features that will demand any trail users attention, in either direction. I had a hand in the construction of a small rock retaining wall project with Open Space Tech Scott Davidson.

This section of Crossover was slightly outsloped, narrower than the adjacent trail sections, and had a rocky tread that would degrade unevenly during use. It also led into a technical slot between a

large rock and a tree. As we looked at this section, we could imagine the outside edge of the trail tread wearing away in time, rendering the trail impassible.

Scott gave skilled instruction on how to build a solid rock wall, and although it took two men most of the work day to get it done, the result will function for a decade. When they walked away, there was a three foot wide platform for riders to use for setting up for the slot. The trail will eventually grow narrower here, and the keyed rock construction will become more obvious after use as the soil wears away.



The Goalposts During. Some of the rocks have been moved by the mini excavator, and the approach to the drop through the redwoods has been roughed in.

Down below the rock wall, the rest of the crew worked on benching a long stretch of trail with a couple of grade reversals. As rocks were dug out of the tread, they were either cached or carried downhill to the next switchback.

This workday ended at this partially built switchback, where we ran out of time and energy. Although we didn't get as far as we would have liked, the whole crew was proud of the work they

had done, and knows it will last for years and provide countless grins.

The unusual weather patterns we have had this year have made it difficult for the District to put the staff hours into trail work that they would have liked, and any volunteer efforts will have a greater effect this year than most.

You're not the only one to ride through the mud on the Resolution or ECdM Trails and thought "Somebody out to do something about..." so we have two more Saturdays set aside for volunteers this



season; June 18 and July 16. Take a look at your calendar, then shoot Paul McKowan an email at volunteer@openspace.org and let him know which day you can help out. Tools and training will be provided by the District.

If you would like to know more about this trail, or about other ROMP Volunteer Trailwork activities, give me a shout at trailwork@romp.org.



With time and use, the rocks and roots under the tread will make a more challenging climb than most of us can clean

Bar Hopping

by Danae Sterental

I could feel my eyes being pushed back to the back of my head blocking the way for the miles of tears that were drowning the empty space left by my runaway soul.

Everything I had was out there, my heart was thumping in my ears, my soul was hanging on the tip of my tongue, my hands were locked to the sticky handlebars, my feet were struggling to stay on the pedals.

I was a real, live blender; the type that makes smoothies out of rock-hard "foods". My blood was boiling with adrenaline, and the air wasn't coming in right. "Just this short strip of rocks and then we can worry about the rest later" I kept telling myself, but all I could think of were those rocks that crumpled together to form my deathbed.

"Ughhhh, why did I ever agree to this?" It was a done deal; there was no turning back. The thing is, my dad loves mountain biking, and he has gotten me into it too. Last summer we decided to go mountain biking in Lake Tahoe where the ski slopes are used as bike paths when there is no snow. But under the layers of the mountain's white frosting, a stale cake bitterly awaits the courageous mountain bikers.

Making the most of the ski equipment, the lifts are used to transport the bikers and their bikes to the top of the mountain, and then they will challenge themselves going downhill and then back up again. And here is where my father brought me.

We went up the two lifts. I needed time to get used to the terrain so I walked the first rocky strip to find a smoother place to start from. We all went down to the top of the first lift, and went back up again. This time, I was supposedly warmed up (I had already fallen on some big rocks) so I decided to ride through the strip.

My dad and his friend were farther along; I was at the rear. So I put my weight on the silver pedals and made sure its teeth bit my shoes in place. I secured my helmet pulling tight on the black snaky straps, which were leaving coral marks down my face. I sat on my saddle, ready to tame my aluminum yellow horse...

Downhill mountain biking requires some technique. One has to shift one's weight backward, and lower ones back while standing on the pedals to achieve a lower center of gravity. One has to make his/her best efforts to push one's butt as far over the back wheel as possible to avoid tipping forward when stopping. One must not put his/her weight on the

hands; in fact, they should be so relaxed that one could let go and still be in the same position. The back brake slides more, the front one makes one stop, so there must be a balance, and both should be pressed equally.

...I pedal toward the strip (about 400 meters of downhill and rocks), I get on my feet and all my dad had said before flashes through my mind. Suddenly, the blender comes to life and I can't remember which brake is the front and which one is the back.

The teeth on my pedals feel more like gummy bears. I'm going downhill and gaining more and more speed. I can't stop shaking, my handlebar is hopping, my elbows are popping, and through my mind there is a debate; "let go! If



you don't you'll fall *again*, you know you gotta let go" but then again, "If you let go you'll gain so much speed that you won't be able to stop, and you will fall even harder" another voice is saying, "Just walk it! Give up!" But I can't, I won't give up, and so, my numb clay fingers go loose on the brakes, but not enough.

"Come on" I tell myself as the question of my survival races through my mind. Finally I just let go. I

let go of the breaks. I let go of my common sense. I let go of the voices. And all I can feel is the air. I feel like I am flying through air, and my heart is pounding, and I can feel myself disconnect, and it is just amazing.

But it is actually a very scary amazing, and as I approach the end of the strip, my thoughts come back down and I silently thank God for letting me live. And then my common sense comes back and I want to kill my dad for bringing me to this mountain, to this strip, how could he?

My dad and his friends are waiting for me a little farther from the strip. I stop my bike, take one look at my dad, and then I start crying. I cry a river to fill the strip, the line between life and death. I have conquered the stale cake; as I go to take one big gulp of water, I realize I'm still gripping my brakes, and all I do is let go.

ROMP Membership Application, Renewal, Change of Address, and Donation Form

ROMP is a group of local, energetic mountain bikers who have discovered the need for an active representation for the mountain biking public, and for an organized, responsible attitude in the practices of off-road bicyclists. ROMP needs YOUR support.

Name	Address		
Family Members	City	State	Zip
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	Membership Type		
Send Newsletter	Individual (\$20.00)	Family (\$25.00)	Student (\$10.00)
Via US postal service Just send me an email	New	Renewal	Change of Address Donation \$

READ AND SIGN WAIVER BELOW (Required each year to process membership)

LEAGUE OF AMERICAN WHEELMEN d/b/a LEAGUE OF AMERICAN BICYCLISTS ("LAB") RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT") IN CONSIDERATION of being permitted to participate in any way in Responsible Organized Mountain Pedalers ("Club") sponsored Bicycling Activities ("Activity"), I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that:(a)BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b)these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c)there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the RELEASEES, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

X _____ X _____

(Release Signature of Applicant) (Release Signature(s) Of Additional Family Members 18 and Over)

FOR MINORS ONLY COMPLETE THE FOLLOWING:

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

(Print Name Of Parent/Guardian) (Print Address and Phone Number If Different from Above)

X _____

(Release Signature of Parent/Guardian) (Please print names and ages of minors)

Questions? For new member information, call Linda Wegner (408) 257-8284

Send this form with check payable to

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