



MOUNTAIN CYCLIST

LEADING THE PARTICIPATION OF MOUNTAIN CYCLISTS IN THE TRAIL COMMUNITY

SEPTEMBER—OCTOBER 2006

The Allure of Henry Coe

By Paul Nam
ROMP President

In the midst of our often troubled turbulent times here upon the planet are some souls lucky enough to be able to recognize large blank spaces of public land and find resources to explore them with a mountain bike. I was one of them. There is space in the map I am insatiably curious about. It is

Henry Coe State Park. It's a hilly and beautiful place to ride. The deeper into the backcountry one goes, the more difficult the trails became. They are eroded, badly aligned, and continuously overgrown with sometimes excessively thorny brush. An idea congealed under my sweaty old stinky helmet: "I want to do trail work out here!" And there in that large blank space (my mind) small ideas joined together like molecules.

Of course this was not an original idea. I knew of others like myself who carried small saws and loppers in their packs. I rode with some, and enjoyed the fruits of other people's work every time I went out there. But these spontaneous and disorganized efforts were not producing the results I felt commensurate to serve the dignity of



such a grandiose and lovely land as Coe. The proper thing to do was to apply myself to the authorities as a volunteer, and that is what I did. Simultaneously I became active in ROMP. Looking back I can honestly say that what we have achieved with volunteer trail work in Coe is quite substantial. A wonderful part of that achievement is the expectation that trail folk shall continue to contribute. My goal is a systematic volunteer trail maintenance and development program serving the park with a cadre of leaders and volunteers.

Before going on, let me digress, and entertain thoughts on whether or not mountain biking and the corresponding trail work are worthy pursuits in our day and age. For admittedly there are many more serious problems in the world than gullied and overgrown trails that

clamor for our attention, charity, and solution. We should all search our souls for warmth and courage enough to inspire us to higher pursuits, to see clearly, understand, and act positively. Volunteering to do trail work is not something we can boast to Saint Peter about. In other words, before you come out and help out on our trails, help someone else first.

Mountain bike enthusiasts enjoy a great luxury. Though it is not the case, every pedal stroke should be exultant. It is my sincere contention that for all that yang we spend out on the trail riding, we should also spend some yin on trail work. There you will find a comforting repose working intensely on a section of trail it takes but a second to ride. You will notice that formerly small and insignificant things are monumental, like for instance a solitary shrub. In short, you will see what you were missing, and you will return from the experience more complete. Because you will know what lives in the dirt, how many roots entwine, the colors of the rock, the texture of the leaves, and that the trail you took for granted, is there because of a lot of hard work was done.

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MROSD Board up for Re-Election

By Josh Moore
ROMP President

We are fortunate in Santa Clara County to have bicycle friendly land managers in County parks as well as at the Midpeninsula Regional Open Space District (MROSD). When I moved here, I was immediately impressed by the miles of trails available to recreationists in the bay area. I was equally impressed by the proximity of the trails to giant urban centers. One of the ways we can improve mountain biking in the area is to get political and serve as a parks commissioner, on a county board of supervisors, or on the board of a land managing agency. You can find out how to run by contacting the agency. For MROSD, the period to get in your paperwork was July and August. Mountain View and Los Altos Board Member Deanne Little recently resigned. His position will be appointed by the Board, because it was too late to put on the November ballot. Applications can be found at openspace.org/news/ and are due by September 18, 2006 no later than 5PM.

The District is divided into seven geographic wards, each represented for a four-year term by an elected Board member. Four seats of MROSD's board are up for re-election this year. In 2008, the other 3 seats will be up for re-election. In order to run, the prospective candidate needs to fill out some paperwork at the MROSD offices in Los Altos, and get fifty signatures of registered voters residing in the district they are running for.

Although the four seats up for re-election this year will probably go uncontested, in the spirit of an election campaign we asked incumbent board members about their opinions on mountain biking. Nonette Hanko, representing East Palo Alto, Menlo Park, Palo Alto, and Stanford kindly replied to the questions.

1.) *How long have you been at the district?*

Founder and Director of the Midpeninsula Regional Open Space District since its formation by the electorate in 1972. Mountain bikes were unknown to us in 1972.

However, in the early 1980s, as one of the first bay area agencies to do so, I voted to provide mountain bike access to District trails.

2.) *How has the district developed and changed over the years?*

Our original mission has not changed; only developed as it should. When I and others talked about the creation of an open space district in 1970, it seemed like an impossible dream.

Yet now we have acquired and preserved for all time 55,000 acres of priceless lands, used by many thousands of people each year. Most of the 230 miles of trails are shared by hikers, bicyclists and equestrians. More than 65% are open to bicycles. I promoted the successful extension of District boundaries to the coast of San Mateo County. So the District will now participate in protecting agricultural and coastal lands; and I will advocate trail connections from bay lands to the ocean.

3.) *How does mountain biking fit in to the Mission of MROSD ?*

Mountain biking access opens another avenue for the user to discover the importance of land preservation , and for education as to protecting the native environment.

4.) *Have you ever gone mountain biking? If so, how was the experience?*

No.I have both old and new friends who are enjoying District trails and I am always pleased to meet and talk to bicyclists. ROMP's Mountain Cyclists publication is extremely well done, and should continue.

5) *How do you see the future of mountain biking changing on MROSD lands ?*

Members of ROMP attend District meetings when trail plans are being considered. They have educated their members to be respectful of other trail users, and many times have provided good advice to our Board and Staff. I feel positive about future partnerships with the mountain biking community and look forward to individual awards for assistance with trail planning, construction, and maintenance.

6.) *Give us your thoughts on mountain biking in preserves currently under a master planning process, or currently permit only such as La Honda Creek, Bear Creek Redwoods, Mills Creek, and on the watershed protection program at ECDM.*

ROMP must continue attending Master Plan committee meetings. The Board has not yet received committee recommendations from these plans mentioned. Your input must be received by us before recommendations are made. Personally, regional trails are important to me, and so are short loop trails that can be used by beginning or older bicyclists who may not be able to manage the rigors of the long regional trails.

7.) *What are the challenges and opportunities for mountain biking at MROSD?*

I would like to see regional connections implemented (Ring Around the Bay, Bay Area Ridge Trail), and connections from bay lands to the ocean. I will continue to promote such regional connections across Stanford land to provide the connection we need to implement a Baylands to the Sea Trail. We need your support.



Umpqua River Trail with Western Spirit

By Henry Pastorelli
hpastorelli@sbcglobal.net

My last trip with the outfitter Western Spirit was in the summer of 2000. I did the Sun Valley Single track trip with some friends and enjoyed it so much I knew I'd be back to take another trip. Well, 6 years later I finally signed up again. I picked the July Umpqua river trip after reading about it in some magazines and on the Western Spirit website. I also like Oregon and a couple years ago day tripped the 27 mile McKenzie river trail in the Willamette Valley. I hoped the Umpqua would be a similar experience and was pleasantly surprised; I found it to be better. As the brochure accurately states "Our Umpqua River trip includes some of the best singletrack we ride anywhere in the country". Indeed

The Trail

The trail was envisioned by local advocates in the 1970's, started in 1978, completed in 1997 and is managed cooperatively between the Umpqua National Forest, Roseburg BLM and Douglas County Parks Department. It is 79 miles long and is broken into 12 segments from 3.5 to 15.7 miles each. The segments are individually named and each trail head has an enclosed map kiosk detailing trail length, features, elevation gain and technical difficulty. The kiosks are the most informative trail marking system I've seen. Campgrounds with drinking water, spectacular waterfalls and swimming holes, along with a couple of lakes, are interspersed along the length of the trail. The trail (for MTB'ers) starts at Lemolo Lake at 4000' and ends at the Swiftwater trailhead at 800'. The trail traverses through a myriad of greenery and



lushness; Hemlocks, Douglas Fir, White Fir, Shasta Red Fir, Western Red Cedar, Sugar Pine and Lodgepole help create the classic single-track experience. There are also some of the last Oregon old growth groves that are particularly enchanting.

The trail is rated moderate to difficult due to short steep climbs, rock gardens, and narrow single track. The exposed steep side slope sections initially freaked me out a bit but after awhile I got used to it. We negotiated downed trees, short sections of slides and one (in my opinion) deceiving Umpqua river crossing on the Hot Springs segment. Most of the water crossings are bridged and overall the trail is well designed and maintained with a rideable grade. Mostly I enjoyed what I guess you'd call the flow of the trail; it's miles and miles of undulating, loamy, tight, curvy, narrow trail that is wet at the top and dries out as you descend. It snakes back and forth over the river and passes by misty trailside waterfalls. On the Dread and Terror section, Lemolo Falls spills along side the trail. On the Hot Springs segment, water literally gushes from the hillside and follows a rocky section of the trail. Although there

were some log rolls we saw on the last day (Tioga segment), it is not a stunt trail. Nor does it seem to be used that much. In 5 days of riding we saw 2 backpackers, a few fishermen, one runner and some horse poop on the lower Tioga.

The Group

For me, gearing up to do this is a way to break out of my normal day to day shell. The first morning, while loading up the trailer, you meet up with your partners with whom you will be riding and camping with for a week.

At first, all you know about them is you both love mountain biking but there's some trepidation and uneasiness. The guides do a good job of setting the tone by asking you to ride within your limits at 80% for the first day. "The trip has some advanced sections and if you crash the group stops and the trip goes from ride mode to recovery mode. Sections may be closed, a bridge is out, bikes break, there's always a slide or two to traverse and a 15 mile segment is without any type of emergency rescue access other than foot. It's an adventure." Ok, it wasn't quite so dramatic, but some folks kept asking why the second day's ride is called Dread and Terror (only to be told in 1908 two rangers named it that due to it's impenetrability for fighting fires). So after the briefing and arrival at Lemolo Lake, we were ready to do our first ride.

The ride paralleling Lemolo Lake is short and is meant to flush out any bike mechanicals. It's good to get moving and it's a fun out and back 5 miles. People are talking and getting to know each other. The group meal prepared after the ride by the guides is great. In the evening a Texan from Galveston brings out the guitar after dinner and plays old country western

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Maybe you have seen some of the more recent mountain bike films that showcase the world's most talented riders on the world's most technical terrain on the most expensive bikes. What is happening is exciting. You see these guys doing trail work too. They know they need to spend some yin on the trail too. A lot of that stuff is filmed at ski resorts and other areas with more progressive policies than our public land managers allow. So don't get your hopes up that you'll be building doubles and big berms out there in the woods. But don't let that stop you from volunteering. The trails are still worth our attention.

Here's a round-up of a few topics from Coe. There's a new visitor center that had been built up at Dowdy Ranch over the past couple of years in the south which was supposed to be opened seasonally, May through October, accessed from Hwy 152 on a long dirt road. However the scheme for running a remote gate failed when thieves made off with the hardware last year (batteries, solar panel, and circuits). Also Coe lacks staff to properly patrol the area. Trails in this area are poorly developed as well. There's a small controversy about the bright tin roofs on the buildings, as they are now an eyesore in what was once a pristine view-shed in the back country. An idea was advanced to paint them, but was turned down when it became understood that the bright tin roof material was selected because it was in keeping with the same architecture that is common in the area. In years corrosion will dull and oxidize the finish, and then the buildings will blend into the background. There's no word on when this facility will open up yet, but for now there is water and toilets for back country users. There is a great need for trail work in this area.

A new park map has been published and reflects recent land acquisitions, corrections, and some changes in designations. Among the changes is a significant movement of the State Wilderness boundary to the south. Apparently the old map ignored the

proper boundary. Now one of the nicest hand built single tracks in the park, the Alquist Trail, is officially bikes prohibited. This is unfortunate for mountain bikers. At trail council meetings I expressed my utter disappointment, but that wasn't going to change it. More investigation into this change is needed. This trail is on the Coe IMBA Epic route.



Recently some of the regular Coe volunteers attended a class on how to produce an effective Project Evaluation Form (PEF) to submit to the Department of Parks and Recreation (DPR). A PEF is a type of report that describes a project (in our case a trail project) to staff for evaluation and approval or denial. This form is a type of interpretation of the California Environmental Quality Act (CEQA). Any sort of trail realignment or new trail construction requires the creation of a complete PEF and the review and approval of DPR staff, and in particular the resources people who are charged with the responsibility to protect wildlife and heritage sites.

Every avid volunteer like myself aspires to the creation of new and improved trails. This type of activity is open to anyone willing to put the time into it. It is quite a demanding and slow process for a volunteer. But the way things look to me, staff is not able to find time to pursue the type trail projects we would find most attractive. Therefore the best hope of improving trails in Coe is for the volunteers to create PEFs of projects, and get them approved.

Meanwhile there is a super-abundance of trail maintenance work to be performed. Sometimes the attention we give to a trail

practically creates a new trail, as the old one was unusable and unattractive. We don't aim to sanitize the trails either. But sometimes it happens. I feel it is important to keep trails navigable in the back country, for even while visitorship is low in these areas, one person or a party becoming lost can turn into an emergency. Also keeping people on the trail reduces impacts on natural areas.

There is enthusiasm and a directive to build an Americans with Disabilities Act (ADA) compliant trail out of Hunting Hollow in Coe. While this is not necessarily a direct benefit to cyclists, it will impact access in the area and change things. I firmly believe this is all good. For one thing, cycling is a risky activity, and who knows, maybe some one reading might be in need of an ADA trail one day. It is an ambitious concept, but a leading idea is to route the trail to the south side of the valley contouring roughly about 50 feet above the valley floor, providing a backcountry camp, or two, along all the way to the Kickham Ranch, as many as 5 or 6 miles away. This is all conjecture at this point. Another reason for building a trail like this is so that the endless creek crossings can be avoided. It is possible that DPR could receive directions to alleviate pressure on the creek from environmental oversight agencies. An ADA trail is not going to be a destination trail for a cyclist, but as long as we are allowed to share it, it could become an important connector trail to more challenging terrain.

Coe park is huge. One realizes that not everyone is interested in long difficult cross country mountain bike rides, and they shouldn't be. But even if you aren't, it is nice know that such places exist not too far away. That is nourishment for the soul. In Coe one can still find places that have been rarely visited, even in the imagination. Pore over a map, of some wide open space, and wonder. The world is full of surprises and beauty. A volunteer trail work day can take you there. And even if you aren't solving the world's problems, you are making them worth solving, and that's a pedal stroke in the right direction.

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		
Family Members		
Address		
		Phone
City	State	email
Zip	Membership Type :	
Send Newsletter:		<input type="checkbox"/> Individual (\$20.00) <input type="checkbox"/> Single Speed (\$50.00) <input type="checkbox"/> Family (\$25.00) <input type="checkbox"/> Hardtail (\$100.00) <input type="checkbox"/> Student (\$10.00) <input type="checkbox"/> Full-Suspension (\$250.00)
<input type="checkbox"/> Via US postal service <input type="checkbox"/> Just send me an email		<input type="checkbox"/> New <input type="checkbox"/> Renewal <input type="checkbox"/> Change of Address <input type="checkbox"/> 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:

ROMP – Attention: Membership, PO Box 1723, Campbell CA 95009-1723

MEETINGS

September Meetings

Wednesday, September 06 2006 6:30

PM Santa Clara County Parks

Commission Meeting (2:00) Santa Clara County Parks Commission Monthly Meeting - to view the agenda, actual start time (can vary), & meeting location, click the web link to the right, scroll to the bottom of the page, click on "View entire archive of County Parks Commission Meetings and Agendas", and look for the corresponding meeting agenda.

Thursday, September 07 2006 2:30

PM San Mateo County Parks and Recreation Commission Meeting

(2:00) The San Mateo County Parks and Recreation Commission is responsible for establishing policies to guide the work of the San Mateo Parks and Recreation Division. This includes issues of parkland use management such as master plans, acquisitions, and development.

Additional meetings may be set by the Commission as needs arise. Meetings are held publicly and are conducted by a quorum of at least three of the Commissioners. Parks Commission Web Page Location: Board of Supervisors Chambers, Hall of Justice 400 County Center Redwood City CA 94063

Tuesday, September 12 2006 2:30 PM

Huddart Wunderlich Plan B4 BoS

(2:00) The Draft Huddart / Wunderlich Master Plan is to go before the County Board of Supervisors for approval, along with a contract proposal for the Environmental Impact Study. Please come out and express your displeasure for the no bikes policy. Location: Hall Of Justice 400 County Center Redwood City CA 94063 Contact : Josh Moore 408 420 7342 mtbikes@gmail.com

Wednesday, September 13 2006 7:30

PM MROSD Meeting (0:00) MROSD

Board of director's meetings are open to the public on the second and fourth Wednesdays of each month at 7:30 PM in the district offices at 330 Distel Circle (off El Camino Real north of Rengstorff), Los Altos. Check with MROSD for any last minute changes. Location: MROSD District Offices 330 Distel Circle (off El Camino Real north of Rengstorff)

Monday, September 25 2006 7:00 PM

Monthly Membership Meeting (2:00)

Fourth Monday of every month meeting at Round Table Pizza in Downtown Sunnyvale, 101 Town and Country. Members and non-members encouraged to come. Everyone is welcome. This is

Calendar

where we talk about what ROMP is planning to do. Also, if you would like to speak to the leadership of ROMP, please contact the president and we will put you on the agenda. We also welcome talks and presentations from outside organizations. We meet in the back room, around past the rest rooms. Contact : Josh Moore (408) 420 7342 president@romp.org

Wednesday, September 27 2006 7:30

PM MROSD Meeting (0:00) See

description for September 13 meeting.

October Meetings

Wednesday, October 04 2006 6:30 PM

Santa Clara County Parks

Commission Meeting (2:00) See

description for September 6 meeting.

Thursday, October 05 2006 2:30 PM

San Mateo County Parks and

Recreation Commission Meeting

(2:00) See description for September 7 meeting.

Wednesday, October 11 2006 7:30 PM

MROSD Meeting (0:00) See description

for September 13 meeting.

Monday, October 23 2006 7:00 PM

Monthly Membership Meeting (2:00)

See description for September 25th

meeting.

Wednesday, October 25 2006 7:30 PM

MROSD Meeting (0:00) See description

for September 13 meeting.

CLUB RIDES

September Rides

Sunday, September 03 2006 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. Location: Start at Grizzly Flat. Contact : Dave Tripier (408) 255-3464 tripier@aol.com

Wednesday, September 06 2006 06:00

PM Fremont Older After Work Rides

(2:00) 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. Location: Stevens Creek County Park Foothill Blvd Cupertino CA. Contact: Glenn & Linda 408-257-8284

Saturday, September 09 2006 2:30

PM Arastradero 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. Bring your helmet, a snack and water. Rain cancels. Directions and MapTake Oregon Expressway / Page Mill Rd south past hwy 280. Turn right on Arastradero, and right into the parking lot. Location: Arastradero Open Space Preserve Parking lot near gate A Arastradero Rd. Palo Alto CA. Contact: Josh Moore (408) 420 7342 mtbikes@gmail.com

Sunday, September 10 2006 9:30 AM

2nd Sunday Ride at Soquel Demo

Forest (4:00) C/INT/12-18/2500-3000

The ROMP Second Sunday Demonstration Forest Ride will join the MBOSC Club ride. Both clubs will meet at the parking lot across the bridge at 9:30 AM. Wheels rolling by 10:00 AM, up Buzzard's Lagoon to Santa Rosalia Ridge. Consensus will determine the route down the mountain. 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. Contact: Rich Andrews 408-738-1384 randrews@arc.nasa.gov

Wednesday, September 13 2006 6:00

PM Fremont Older After Work Rides

(2:00) See description for September 6th Ride

Saturday, September 16 2006 10:30

AM Third Saturday Social and

Scenery Ride (2:00) B/EASY/10/800-1000 Enjoy a ride for experienced beginners and intermediates who want to go slower. Meet at 10:30am to ride, socialize, enjoy the scenery, and work on your biking skills at a slow to moderate pace with frequent breaks for 1.5 hours or up to 2.5 hours depending on group

wishes. Rides will choose from the Russian Ridge, Coal Creek, Monte Bello, and Skyline preserves, including moderate steps, single tracks, and fire roads. Explore and learn new trails in a supportive group or share your favorites in these preserves. Bring your helmet, water, sunscreen and possibly a snack. Rain cancels. Location(**new parking/ start location**): Meet in the vista point parking area on Skyline Blvd/ Highway 35 located 1.1 miles north of its intersection with Page Mill Road (i.e., right turn from Page Mill onto Skyline for 1.1 miles) and directly across from the Mid-Peninsula Open Space Russian Ridge Preserve. (Do NOT park in the parking lot for the Russian Ridge Preserve off of Alpine Rd near the intersection of Page Mill Rd/ Skyline Blvd). Contact: Rodney Johnson (650) 326-7665 or rodney@stanford.edu

Sunday, September 17 2006 10:00 AM 3rd Sunday Ride at ECdM (3:00)
C/15/2500 The third Sunday ride is changing back to ECdM! Meet at 10am at the skeggs point parking lot which is on route 35 4 miles north of Alice's Restaurant. Location: ECdM Contact: Dave Tripier (408) 255-3464 tripier@aol.com

Tuesday, September 19 2006 04:30 PM 3rd Tuesday 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 traveled streets, over Old Page Mill rd, through Arastradero Preserve to The Portola Valley ranch. The 2nd chance to meet up occurs here @ 6:15, 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 hammerheads are summarily ditched and left to prove something somewhere else. Location: California ave Caltrain station in Palo Alto Palo Alto CA. Contact: Jim Sullivan 650-493-8774 ssulljm@juno.com

Wednesday, September 20 2006 6:00

PM Fremont Older After Work Rides (2:00) See description for September 6th Ride

Saturday, September 23 2006 1:00 PM 4th Saturday Beginner's Clinic (3:00) On the 4th Saturday of each month, meet at 1pm at the Arastradero Preserve, at the main parking area on Arastradero Road. 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. Map Location: Arastradero Preserve Arastradero Road Palo Alto CA. Contact: Jim Sullivan 650-493-8774 ssulljm@juno.com

Sunday, September 24 2006 10:00 AM Fourth Sunday BARF Ride (5:00)
C/25+/5000+ In the tradition of the Bay Area Riding Fanatics (BARF), the goal of this ride is to do 5000 feet of climbing. Meet at the corner of Stevens Canyon Rd and Redwood Gulch at 10:00am. 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. Take 280 to Grant rd / Foothill Blvd. Go South Past the reservoir. Turn Right at Mt Eden and Stevens Canyon Stop sign. Go about one more mile to the stop sign at Redwood Gulch and Stevens Canyon. There is parking a little ways up Redwood Gulch. Location: Corner of Redwood Gulch and Stevens Canyon rd Cupertino CA. Contact: Josh Moore (408) 420 7342 mtbikes@gmail.com

Wednesday, September 27 2006 6:00 PM Fremont Older After Work Rides (2:00) See description for September 6th Ride

October Rides

Sunday, October 01 2006 10:00 AM First Sunday Social Ride at Saratoga Gap (3:00) B/EASY/11/1500 See description for September 3rd meeting.

Saturday, October 07 2006 9:00 AM Ridge Trail Cruz-a-thon / National Take a Kid Mountain Biking Day (6:00) The Council will host our first annual "Ridge Trail Cruz-A-Thon" on trails in the Santa Cruz Mountains. This hiking and mountain bicycling event will start at the Skyline Ridge Open Space Preserve of the Mid Peninsula Regional Open Space District. 1, 10, 15, 20, and 25 mile options available. Besides being a

fun event, the Cruz-A-Thon will publicize the trail, create community interest, and give volunteers an opportunity to get involved. Rest stops, water, snacks and first-aid will be provided. The fee for this event is \$30. Participants will have the opportunity to earn prizes by raising funds for each mile they go. ROMP / IMBA will celebrate the third annual Take a Kid Mountain Biking Day. This is a great opportunity for you to pass your passion for pedaling on to kids! National Take a Kid Mountain Biking Day celebrates the life of Jack Doub, an avid teenage mountain biker from North Carolina who had a true passion for the sport from an early age but passed away in 2002. Funding is provided by the Jack Doub Memorial Endowment. The event will take place each year on the first Saturday in October. Location: Skyline Ridge OSP Skyline Blvd, between Page Mill and Route 9 Palo Alto CA. Contact: Josh Moore 408 420 7342 mtbikes@gmail.com Fee: \$30

Sunday, October 08 2006 9:30 AM 2nd Sunday Ride at Soquel Demo Forest (4:00) C/INT/12-18/2500-3000 See description for the September 10th ride.

Saturday, October 14 2006 2:30 PM Arastradero Second Saturday Social (2:00) B/EASY/7/900 See description for September 9th ride.

Sunday, October 15 2006 10:00 AM 3rd Sunday Ride at ECdM (3:00)
C/15/2500 See description for September 17th ride.

Tuesday, October 17 2006 4:30 PM 3rd Tuesday Alpine Road (3:00) See description for September 19th ride.

Saturday, October 21 2006 Santa Barbara MS 150 Bike Tour and Fest
The Southern California Chapter of the National Multiple Sclerosis Society is sponsoring a 2-day 150-mile ride from Thousand Oaks to Santa Barbara to benefit the 87,500 people touched by Multiple Sclerosis in our area. Please check out our website for ride information: www.msevents.com/bike Location: Thousand Oaks to Santa Barbara. Contact: NMSS 310-479-4456 msevents@cal.nmss.org

Saturday, October 21 2006 10:30 AM Third Saturday Social and Scenery Ride (2:00) B/EASY/10/800-1000: See description for September 16th ride.

Sunday, October 22 2006 10:00 AM Fourth Sunday BARF Ride (5:00)
C/25+/5000+ See description for September 24th ride.

Saturday, October 28 2006 1:00 PM

(Continued from page 8)

4th Saturday Beginner's Clinic

(3:00) On the 4th Saturday of each month, meet at 1pm at the Arastradero Preserve, at the main parking area on Arastradero Road. 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: Jim Sullivan 650-493-8774 ssulljm@juno.com

TRAIL WORK

September Trail Work

Saturday, September 02 2006 9:00 AM Santa Clara County Park Trail Work

(4:00) Please contact Heidi McFarland for details. Also, please RSVP to her if you are volunteering. Location: Pennitencia Creek Trail Contact: Heidi McFarland (408)355-2254 heidimcfarland@prk.sccgov.org <http://www.parkhere.org/> Fee: Free

Saturday, September 02 2006 9:00 AM Santa Clara County Parks Monthly Trail Days

(4:00) Monthly Trail Days - 1st Saturday of each month, 9am-1pm Come on out and help repair, restore, or rebuild our County Park Trails. These Trail Days will take place at a different County Park each month. No experience needed. Tools, gloves, & refreshments provided. Please wear long pants, long sleeves, and closed toed shoes. Contact with poison oak is always a concern, please take appropriate precautions, bring a change of clothes if necessary. Contact: Santa Clara County Parks (408) 355-2254 Fee: Free

Sunday, September 03 2006 9:00 AM Wilder Ranch Trailwork

(4:00) First Sunday Every Month. See trailworkers.com for more information.

Saturday, September 16 2006 9:00 AM Santa Clara County Parks Monthly Volunteer Projects

(3:00) Monthly Volunteer Projects - 3rd Saturday of each month, 9am-noon Help us tackle all types of projects ranging from painting and invasive plant removal to litter pickups at locations that desperately need it! These projects will take place at a different County Park each month. Tools, supplies, and

refreshments will be provided. Contact: Santa Clara County Parks (408) 355-2254 Fee: Free

October Trail Work

Sunday, October 01 2006 9:00 AM Wilder Ranch Trailwork

(4:00) First Sunday Every Month. See trailworkers.com for more information.

Saturday, October 07 2006 1:00 AM Santa Clara County Park Trail Work

(0:00) Please contact Heidi McFarland for details. Also, please RSVP to her so that she can get a head count for the event. Location: Sanborn / Skyline Contact: Heidi McFarland (408) 355-2254 heidimcfarland@prk.sccgov.org <http://www.parkhere.org/> Fee: Free

Saturday, October 07 2006 9:00 AM Santa Clara County Parks Monthly Trail Days

(4:00) Monthly Trail Days - 1st Saturday of each month, 9am-1pm Come on out and help repair, restore, or rebuild our County Park Trails. These Trail Days will take place at a different County Park each month. No experience needed. Tools, gloves, & refreshments provided. Please wear long pants, long sleeves, and closed toed shoes. Contact with poison oak is always a concern, please take appropriate precautions, bring a change of clothes if necessary. Details Contact: Santa Clara County Parks (408) 355-2254 Fee: Free

Saturday, October 21 2006 9:30 AM ECdM Trail Work with REI

(6:00) Trail and Habitat Restoration on a ECdM trail to be determined. Please RSVP to volunteer@openspace.org if interested because space is limited and allocated on a first come, first serve basis. Location: El Corte De Madera OSP Woodside CA Contact Information: Josh Moore 408 420 7342 mtbikes@gmail.com <http://www.openspace.org>

Saturday, October 21 2006 9:00 AM Santa Clara County Parks Monthly Volunteer Projects

(3:00) Monthly Volunteer Projects - 3rd Saturday of each month, 9am-noon Help us tackle all types of projects ranging from painting and invasive plant removal to litter pickups at locations that desperately need it! These projects will take place at a different County Park each month. Tools, supplies, and refreshments will be provided. Details Contact: Santa Clara County Parks (408) 355-2254 Fee: Free

SOCIAL EVENTS

September Social Events

Saturday, September 09 2006 10:00 AM Bike Repair for the Community

(4:00) Learn to repair bikes and contribute to the community. Volunteers work on donated bikes, with the help and guidance of skilled mechanics. Tools and stands are available, but bring your own if possible. The bikes are then given away to needy children and adults regularly through various help organizations. No Event in December. Event starts at 9:00 during daylight savings time. More Information. Location: Behind BTN Automotive 2566 Leghorn Ave, between Rengstorff and San Antonio Mountain View CA Contact: Dave Fork fork@park.com

Tuesday, September 19 2006 7:00 PM ROMP Trail Workers Party

(2:00) See bottom of page 11 for details.

Saturday, September 23 2006 12:00 PM Basic Fixit Class

(1:00) The fixit clinic is for current romp members only, membership forms available at clinic for easy sign up. Beginner ride at 1:00 is open to the general public. RSVP 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 derailleur, 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 CA Contact: Jim Sullivan 650-493-8774 ssulljm@juno.com

October Social Events

Saturday, October 14 2006 10:00 AM Bike Repair for the Community

(4:00) Learn to repair bikes and contribute to the community. See description for September 9th social.

Saturday, October 28 2006 12:00 PM Basic Fixit Class

(1:00) See description for September 23rd social.

News From The Trail

Update — ECdM Trails & Watershed Protection Program

Currently, the trails (Giant Salamander and El Corte de Madera Creek Trail) are still open for use. The four bridge installation projects have been temporarily postponed. The District is moving forward with the order and

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manufacture of the bridges so they will be ready and available for installation at the preserve next year.

In the meantime, the District is still pursuing some of the smaller-scale projects at the preserve, including coordinating with the County to obtain the necessary permits for field staff to work on the re-route of the Giant Salamander Trail (removal of the current trail alignment that's eroding). Initially, this restoration work will not affect public access, but the trail will then be closed for the remainder of the season beginning after Labor Day on September 5, 2006.

As the El Corte de Madera Creek Trail would only be affected by the bridge installation work, this trail will remain open to preserve users.

Any questions or requests for additional information may be forwarded to: Kristi Altieri <kaltieri@openspace.org> Public Affairs Specialist, Midpeninsula Regional Open Space District

Pacifica bike park moving ahead

The city of Pacifica Parks and Recreation dept is seeking folks interested in assisting them in establishing a bike park in town. This potential park will allow for big and small kids of all ages and abilities to jump, skid, and roll their cares away in a sanctioned setting. The ongoing efforts of coastside residents to establish Pacifica as a community that welcomes bicyclists is a refreshing trend in San Mateo County. Something I've learned in the process is that a bike park can be as tiny as 1/3 acre and as big as 5+ acres, with no cement involved, just a series of skill level specific jumps. Possible partnerships with the GGNRA, CALTRANS, and other land mgrs will be key in locating a suitable site for the park.

With the planned conversion of the Devil's Slide section of Hwy 1 to a bicycle-pedestrian route (projected for 2011) after the completion of the tunnel bypass, the bike park will be a key addition to this coastal recreational route. What better site for parents to have their kids jump away the day while they lounge on the beach, pedal up on Montara Mt, or take in the incredible ocean vista's from the flanks of Devil's Slide.

See the following website for more specific info for updates and opportunities to assist in this fantastic opportunity:
<http://www.pacificabikepark.com>

Jim Sullivan

ROMP Wins REI Grant for Demo Forest



Recreational Equipment Incorporated (REI) awarded ROMP a conservation and recreation grant to develop trails in the northwest corner of Soquel State Demo Forest. The Redwoods Bridge and Trails Project is a trail work and bridge construction effort in a California Department of Forestry Demonstration Forest which will protect the environment and provide educational and recreational opportunities to residents in Santa Cruz and Santa Clara counties.

Approximately ten years ago, California Department of Forestry (CDF) developed a trails plan for SDSF that included a trail loop consisting of Long Ridge Road, Hinh's Mill Road, Amaya Creek Road, and a bridge over Amaya Creek to connect Amaya Creek Road and Long Ridge Road (see attached map). The bridge and connecting trail have not been built despite significant interest in the project due to budget shortfalls within CDF. An REI grant provides a great opportunity for REI stores, members and employees to join together with volunteers from ROMP, trailworkers.com, Norcal High School League and The Stewards of Soquel Forest to complete a four mile loop trail that accesses 900 acres of riparian and redwood ecosystems.

We expect to need 25 volunteers over four days to complete the bridge and trail work. We expect about one quarter of the volunteers to come from REI members and employees, ROMP, Norcal High School League,

and trailworkers.com each. Volunteers will be representative of the trail user community in SDSF where hiking, horseback riding, cycling and dog walking is permitted. We hope to get at least 100 people to come to the kickoff event and use the new bridge and trail.

This project will be successful when a functional, certified safe bridge is constructed over Amaya Creek, and connecting trail from Long Ridge and Amaya Creek Roads is completed. We expect 100 volunteers to donate 600 hours over four days to complete the project. The project will create a recreational loop trail through riparian and redwood climates, while protecting endangered steelhead trout spawning habitat.

First, we will construct approximately 1/2 mile of trail on both sides of Amaya Creek on the approach to the bridge location. Volunteers will also do trail maintenance and enhancement work on Amaya Creek and Long Ridge Fire Roads. This may include reducing the width of the fire roads to four feet, greatly reducing the amount of siltation caused by fire roads. We will use trained, skilled trail crew leaders from trailworkers.com and trail work tools from ROMP to build the necessary trail.

Once we have access to the bridge location, we will have a professional mill the lumber from timber that CDF staff felled near the location for the bridge. Next we will pour the bridge footings. Lastly, volunteers will construct the bridge following the detailed certified bridge plans, and an engineer will inspect it for safety.

We hope to start and finish this project this November. We are counting on you to come out and make this event fun and successful. Look to upcoming issues of The Mountain Cyclist, romp.org and your local REI store in San Carlos, Saratoga and now Mountain View for details on this project.

9 Questions

Steph Cramer
Newsletter Layout

1. First Mountain Bike and Year Acquired - I'm not entirely sure it qualifies as a mountain bike but the first bike I rode on single track with was a 1993 Diamondback of some sort...it's pink, it's awesome, and I still ride it occasionally.
2. Favorite Ride - The McDonald Forest near Corvallis, Oregon. I had been driving for 10 hours when I rolled into Corvallis, went to the first bike shop I could find, and asked where the nearest single track was. One of the workers was just ending his shift and he volunteered to take me on a ride. I have no idea what trails we rode but the scenery was awesome (I hardly minded the lung stretching climbs), the trail was smooth and fast, and best of all I was sitting on my bike instead of in my car.
3. Your Current Quiver - I ride a 2003 Woman's Specialized Epic that has been upgraded a bit. I still have my first love: the pink Diamondback, although it's been demoted to an around-the-town bike for visitors. And my favorite of all: the "commuter bike," a 6-speed Schwinn cruiser complete with rusted basket.

4. Favorite Local Trail - I live in Santa Cruz so my favorite local trail is anything up behind UCSC. The climb is fairly painless, there are several descent options once you reach the water towers, and I can do one loop or five depending on how much time I have.

5. Favorite Road Trip Trail - The Trail of Tears in Barnstable, MA during Autumn.

6. Crash to Forget - Oh wow, that has to be a spill I took on Braille in the Soquel Demo. I'm still not sure what went wrong but the crash resulted in a broken frame and a mangled derailleur, but I was fine.

7. Most Memorable Trail Moment - I really can't narrow it down, I have way too many.

8. Grunt (worst thing about mountain biking) - The troublesome combination of post-ride clean up and procrastination. There's a reason why a mixture of mud and grass is used as a building material!

9. Grins (best thing about mountain biking) - Hmm, probably the climb because it offers a chance for socializing. I don't hang out with my riding buddies as often as I'd like so I look forward to the long climb because it gives us a chance to catch up on what's been going on in all of our lives.

(Continued from page 3)

tunes. And so it goes for the other days. You pack your tent in the morning, eat breakfast, ride, swim in the afternoon, eat dinner, sleep and repeat. However, I did notice the guitar didn't come out again until the bus ride home. This was probably due to rides that while not so long (17 mi/3000'), wound up to be a strenuous workout.. At the end of all this you knew everyone fairly well and it was enlightening to discover other folks thoughts and concerns gathered from a cross section of folks from all over the U.S, and one Brit on holiday.

Do it yourself?

It is a point to point trail but there are the obvious options: car shuttle, non-rider to drive the gear vehicle, or road ride back up to camp. From what I saw the road is in good shape with a fair shoulder but logging trucks are seen throughout the day. Stronger riders could link more sections. Endurance riders might shoot for a day ride, although you'd have to have your head examined to ride this trail at night.

Details

This is the best link I've found:
<http://www.fs.fed.us/r6/umpqua/publications/north-umpqua-trail-brochure.pdf>

It details the trail and emulates the trail side kiosk maps. You could probably get by with this for trip planning but I highly suggest getting a Treadmaps. I paid \$10.99 for the Treadmaps map at Simms Bicycle in Medford. It's got all the Umpqua stuff plus some other trails in the area. Be sure to stop by Crater Lake if you haven't been there. It's not far from Lemolo Lake.

Western Spirit does a good job. No hassling with route finding, food, or vehicles. The guides are top notch. When the van didn't start in the morning on the last day, George the guide said it's an S.E.P (Somebody Else's Problem) and we rode with out delay or worries. At the end of the ride, WS had managed to charter a Roseburg school bus to drive us back to Medford, our final destination and we all arrived on time!

ROMP Trail Workers Party Tues. Sept. 19

What: FREE Food, refreshment, and beer, Tuesday evening 6-9 pm at the Sports Basement in Sunnyvale. An introduction to the upcoming 2006-2007 trail work season, including dates, times, objectives, and socializing. ROMP presents a special gathering that will entertain trail workers past, present and future, discuss plans for the upcoming season, and recognize past achievements.

When: Event begins at 6pm and presentations begins at 7pm. Come early and shop if you like, and enjoy a special event 20% discount (regularly 10% off for ROMP members).

Where: Sports Basement Sunnyvale, off Lawrence Expressway, 1177 Kern Ave (the old Fry's), Sunnyvale CA (408) 732-0300.

Why: We need to be better and can do even more.

What it won't be: This will not be another trail building and maintenance class. This will not be a boring lecture and a tedious power-point presentation.

What it will be: There will be some slide show stuff, but we'll keep this to a minimum. This is an opportunity generate some enthusiasm for trail work, socialize and make plans.

Program: Projects on the agenda include regular calendar dates for Henry Coe State Park, some days in Upper Stevens Canyon, and a look at what's going on in ECdM.

ROMP's trail work leaders are invited to attend and present their projects.

Rewards: We make trail work fun and rewarding for volunteers, and simultaneously contribute to resource conservation and trail enhancement. This season we have ROMP socks and bells to give out to volunteers at trail work days until they run out. We will also be able to give out gift certificates from the Sports Basement. Maybe more stuff.

Planning Details: We really want to make our trips to Coe more economical by building car-pooling into every trail-work event. We must provide opportunities to have rides on trail days. We will continue to conduct safe events. We'd also like to include rides that use trails we have worked on before to see how the work we have performed is doing. We'll brainstorm on ways to make these things and others happen.

Plea: So come on out and join us. Bring your own ideas and share. No previous experience necessary. Veterans are welcome too. We will be showing some photos from last season, so you'll be able to see what we've been up to, and see a bit of what it is like if you are wondering if it is something you might like to try.

Please RSVP so we can estimate how much food and drink we need. Thanks!
Paul Nam - voicinam@yahoo.com



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