



Responsible Organized Mountain Pedalers

PO Box 1723

Campbell CA 95009-1723

PRESORTED STANDARD  
NON-PROFIT  
U.S. POSTAGE PAID  
SAN JOSE CA  
PERMIT NO. 1371



# MOUNTAIN CYCLIST

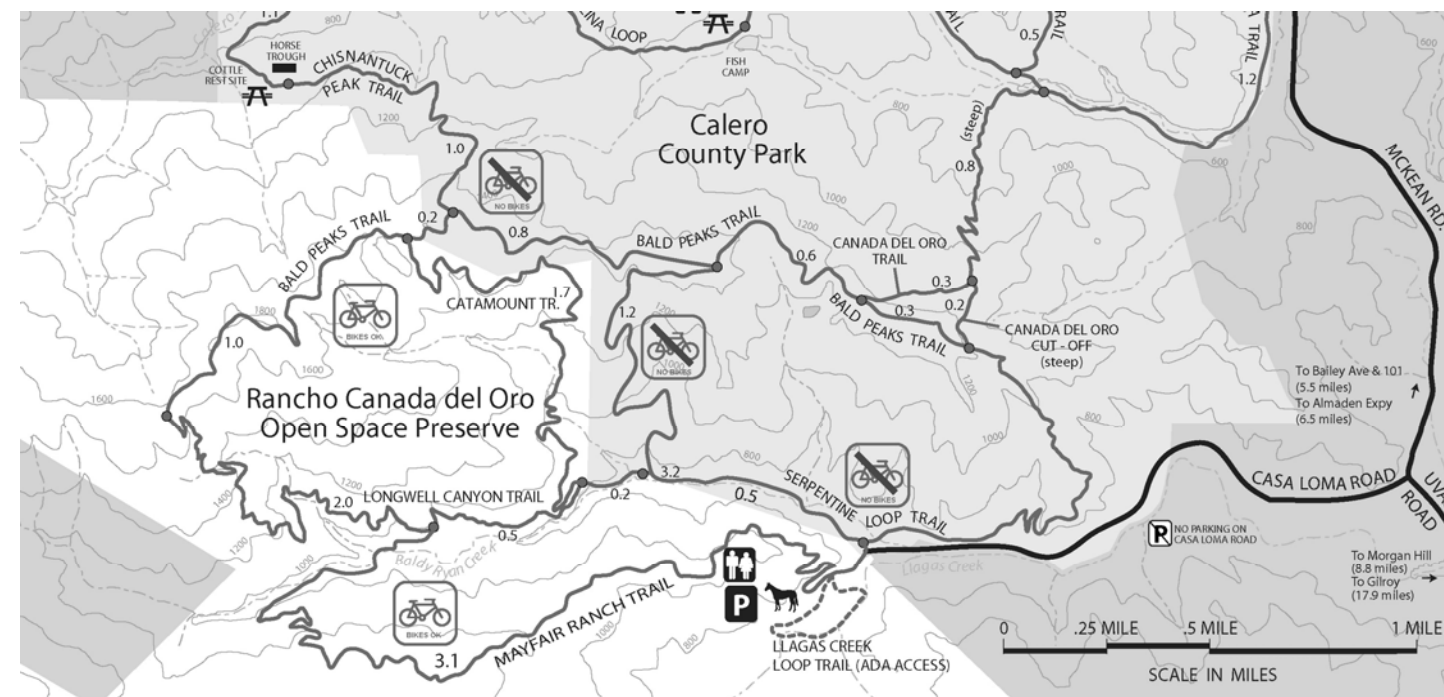
LEADING THE PARTICIPATION OF MOUNTAIN CYCLISTS IN THE TRAIL COMMUNITY

JULY-AUGUST 2007

## Inside this issue:

<b>Rancho Cañada Opens 8 miles to bikes</b>	<b>1</b>
<b>ECdM Watershed Trailwork</b>	<b>2</b>
<b>Sunshine Bikes Shop Profile</b>	<b>3</b>
<b>Coe-Crazy Epic Report</b>	<b>4</b>
<b>Road Trip</b>	<b>5</b>
<b>Coe's Dowdy Ranch Entrance Opens</b>	<b>6</b>
<b>Ride Calendar</b>	<b>8</b>
<b>ROMP Annual Picnic Sept 22</b>	<b>10</b>
<b>Help Wanted</b>	<b>10</b>
<b>9 Questions</b>	<b>11</b>
<b>Membership Form</b>	<b>12</b>
<b>Great Western Bike Rally</b>	<b>13</b>

## Rancho Cañada del Oro Opens 8 Miles of Trails to Mtn Bikes



By Paul Nam

On June 2, 2007, the Santa Clara Open Space Authority (OSA) dedicated two significant new trails at the Rancho Cañada del Oro Preserve (RCdO). They are milestones because they consist of a nearly 1/2 mile long paved ADA trail and the freshly constructed three mile Mayfair Ranch Trail. The Mayfair Ranch Trail links to sections of the Bald Peaks and Longwall Canyon trails within RCdO; totaling over eight miles of multi-use trails.

The Mayfair Ranch Trail climbs into the 3,017 acre Rancho Cañada del Oro

preserve. RCdO is adjacent to the southern boundary of Calero County Park where bicycles are currently strictly prohibited.

The Llagas Creek Loop Trail is the paved ADA accessible trail located in the beautiful flat oak studded meadow next to the RCdO staging area. The Llagas Creek Loop Trail encircles a lovely field with some picnic tables stationed on paved pads off the trail at various intervals.

Not only is this a great resource to bring the family, the elderly, and the physically challenged, it provides a

wonderful place for anyone to stroll, sit, and think, and contemplate amidst a natural temple of rustic splendor. It really is that beautiful down there.

Providing opportunity for access to places like these for as many people as possible is too rare in our area. The act of building this trail is a testament to the fundamental sincerity of the OSA to provide for and respect the needs of others.

The dedication event was called "Hike, Bike, Hoof & Roll".

(Continued on page 14)

## Our Sponsors and Supporters



Want your business here? Help us out with donations in kind or become a sponsor: [www.romp.org/club/sponsorform.doc](http://www.romp.org/club/sponsorform.doc)

# Watershed protection trail work continues at El Corte de Madera OSP

By Joshua Moore, President, ROMP

A few years ago, the Midpeninsula Regional Open Space District (MROSD) began an ambitious watershed protection program in El Corte de Madera Open Space Preserve (ECDM).

Over the years, ROMP has helped with selecting and building re-alignments of Blue Blossom, Crossover, and Giant Salamander. More trail work dates have been set for similar projects this summer. The dates are June 16<sup>th</sup>, July 28<sup>th</sup>, and possibly August 11<sup>th</sup>. A number of volunteers participated in a new trail re-route last month as well.

These trail projects have brought together volunteers from REI, ROMP, the Bay Area Ridge Trail Council as well as staff and volunteers recruited from MROSD. These events always provide excellent opportunities to create a sense of ownership among trail users, promote understanding and equanimity among different user groups and edu-

cation about environmental issues and trail maintenance and building skills.

I have helped build and maintain sections of Methuselah, Blue Blossom, Crossover, and Giant Salamander. When I ride over these sections of trail it brings me great joy that I helped create a sustainable fun section of trail.

I have learned what is possible with different soil conditions, how to build switchbacks and retaining walls, and flag trail alignments that have vertical and horizontal flow. These techniques also help prevent stream siltation and protect fish spawning habitat.

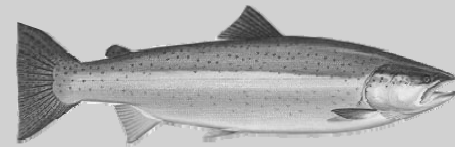
A major part of the watershed protection program has been the re-route of upper Giant Salamander. While the trail re-opened for the summer, the lower portion of the trail will get major upgrades to its water management features in the near future.

(Continued on page 3)



Josh Moore works with MROSD staff to construct a retaining wall on the Crossover Trail in El Corte de Madera Open Space during a trailbuilding project in 2005

"El Corte de Madera Creek Open Space Preserve encompasses 2,817 acres in the upper headwaters of the San Gregorio Creek watershed. This watershed provides critical habitat for steelhead rainbow trout (*Oncorhynchus mykiss*) and coho salmon (*Oncorhynchus kisutch*). Steelhead are federally listed as a threatened species, and coho salmon are listed by state and federal agencies as endangered on California's Central Coast.



Steelhead Trout

These species have experienced dramatic population declines primarily due to habitat loss from streambed sedimentation associated with water diversions, road construction, mining, grazing, and timber harvest activities.

Because of the Preserve's key location within the watershed, the extensive network of former logging roads that comprise many of its trails, and the incredible popularity of the Preserve among hikers and mountain bikers, the Midpeninsula Regional Open Space District has worked in partnership with the National Marine Fisheries Service, California Department of Fish and Game, and the Regional Water Quality Control Board to prepare a comprehensive Watershed Protection Program to protect downstream fish habitat.

The purpose of the Program is to protect and restore watershed integrity while maintaining opportunities for year-round multiple use recreation and environmental education.

The Program utilizes restoration techniques for long-term solutions to upland erosion and creek sedimentation problems due in part to the legacy logging road network in the Preserve.

A major portion of the Program focuses on improving the Preserve's road and trail system and stream crossings. The Program also incorporates long-term maintenance and monitoring activities, plus an extensive environmental education and outreach component."

Source: [www.openspace.org](http://www.openspace.org)

# Coe-Crazy

(Continued from page 4)

This would provide the patrollers with crucial information of the whereabouts of anyone who is missing. It would also make for some good post-ride fun.

There are many improvements planned for the next time. We would like to make the Epic ride on Saturday so that riders who are camping the night will have time to go over their experiences with others.

On the IMBA Epic and this past COE-CORE Epic, riders did not get a chance to socialize properly after the event.

There ought to be routes for intermediate riders and those inclined to something less and even more strenuous as well. State Parks and ROMP think that trails that appeal to the widest spectrum of users possible is a goal for the Dowdy Ranch area, and we are working towards that eventuality.

Currently, many of the trails are wild and steep. Plans include building a contouring trail to create a four mile loop around the Burra Burra peaks. It may not be ready by 08' but we will be working on it. The event will be family friendly as well. We will still have the Epic ride as the core of the event, but there will be many more activities as well.

The Epic course will evolve and improve in coming years. Next year various changes are being entertained. We are thinking about stretching it out a bit more to include the Mudd Spring trail, in place of the wonderfully twisted Phone-line trail (and that option would require some hike-a-bike).

Riders might choose a super-epic option to add the Panther Gulch and Orestimba Corral trail loop in the middle of the route. The ascent of the Scherrer trail may come into play as a final option. And we are also going to fix up the Walsh Cabin trail, so that could even come into play.

Next year we will not have the problem of having to staff the gate and having as limited access and egress from the Dowdy facility as we did. That is because the gate system will change upon the opening of this trailhead to the public. Things will be better; at least that's the idea.

We want to make the event inclusive to every sort of rider and to families. We'd also like to



COE-CORE riders study the map and contemplate their route choices

add the option to camp up there on Friday night too, so Epic riders can be set for the big ride.

We have a lot of trail-work planned for the area. ROMP is even moving its tool-trailer that was used to build-out the Water Dog Park trail system to the Dowdy Ranch to support Coe trail work activities. On June 2 and 23<sup>rd</sup>, ROMP volunteers were working on the Walsh Cabin Trail.

ROMP appreciates the support of volunteers and local sponsors who contributed to the running of this free event. We thank California State Parks for their permission and support of the event. We thank White Sierra outdoor clothing of Sunnyvale CA who sponsor clothing for our trail-work volunteers. We thank Sunshine Bikes, a great local bike shop and official founding sponsor of the Coe Epic of Gilroy and Morgan Hill CA, for their staffing and support station on the Coe Epic course. We thank Specialized of Morgan Hill for contributing water bottles, items to the silent auction, and incentives to the CORE volunteers. We thank FOX suspension of Watsonville CA for the Talas RLC that crowned our silent auction. We thank Trailhead Cyclery of San Jose CA for their contributions to the silent auction. We thank Passion Trailbikes of Belmont CA for contributing hoppy ice cold malt-beverages. There are many others who contributed as well, and we

appreciate your donations of time, service, and merchandise.

The silent auction provided many bargains, and enabled ROMP to recoup the costs of running the event.

ROMP's President Joshua Moore headed up the barbeque and cooked up a sumptuous feast on the great barbeque set-up. Sheila Martus marinated veggie-burgers in Italian dressing and grilled those for no-meat eaters like me, and they were pretty damn delicious. Special thanks are owed the support vehicle drivers who were there in case of emergency. Thanks to all the volunteers and all the campers and riders. Special thanks to the people who hung out at the gate and checked people in.

The 2007 Coe Core ended up being a fun camping weekend with trail work and a ride. Chris and I really look forward to the next one. The Dowdy Ranch is a very beautiful place.

Car-camping is not something you can do here normally. But if you want to spend a night out in this area, all you have to do is register for an overnight trip into the backcountry. You wouldn't need to travel very far to find seclusion in this big country out there. Check it out.



# Rancho Cañada del Oro Opens

(Continued from page 1)

Until June 2, RCdO has been off limits to bicycle use and was the province of hikers and equestrians who not only accessed the OSA preserve, but also could access the "backside" of the Calero Park trail system.

Because of this there may be some controversy with the enactment of multi-use sharing of the trail here. As usual, mountain bikers need to respect other trail users. Since this area is fairly rural, some regular local equestrians may have not ridden on multi-use trails, and not be comfortable with the idea of shared use on OSA lands.

Furthermore, cyclists need pay extra heed, and never venture past the posted no-bikes signs at the Calero Park boundary. Failure to do so would jeopardize the new privilege of sharing these trails.

This is the second time the OSA has dedicated a multi-use trail on their lands. The first is the 1.5 mi Boccardo Trail above and accessed through Alum Rock Park.

The Mayfair Ranch Trail is finely crafted and built to a widetrail standard. The full bench seems to be around 6 feet wide. It will narrow down considerably over time. However, as new it looks like you could almost call it a double-track.

The trail climbs through mixed woodland featuring some fabulous big manzanita up to some of the best ridgeline views in the Bay Area.

The trail climbs at a mild steady grade. Enhancing peaceful multi-use existence,



Views from Bald Peaks Trail are spectacular (photo from OSA website)

the track is very smooth and slightly outloped, and provides excellent footing for runners and hikers as well.

It reaches vistas from which it is hard to see any sign of civilization.

The parking area is located at the end of Casa Loma Rd. Casa Loma Rd is off McKean Rd at the place where McKean Rd changes its' name to Uvas Canyon

Rd. There is ample parking and a toilet, but no potable water. An interesting feature is a new design of a covered trough, to prevent mosquitos, with a well-water "nose pump" and water dish, which is designed for horses to operate and drink from.

This new access will allow rides of 12 miles or more. It represents a very significant new

cycling access. We can't be reminded enough, so we'll quote the excellent words of the OSA in their first newsletter, *OSA Outlook*, pg. 3:

*"Share the trail. Rules of the trail are based on common sense. OSA Lands are first and foremost preserves that offer protection to valuable elements of the natural world: empty hillsides, clean creeks, quiet meadows and woodlands.*

*Each of these habitats is home to a wide variety of plants and animals, some of them recognized for their endangered status.*


*As visitors to open space lands, it's important to remember that we are in someone else's home, even if that "someone else" is a salamander, frog or rare wild-flower.*

*For this reason we ask that all our visitors stay on designated trails. In addition, we post regulations that help users enjoy trails without annoying others.*

*Being alert is key. Look out for the people around you. If you're on a bicycle reduce your speed and announce your presence when you approach hikers.*

*Both hikers and cyclists need to step aside for equestrians. Give horses that extra bit of space, since they don't always respond as we might expect them to.*

*By respecting the needs of others and the integrity of the habitats we're visiting, we can enjoy our time on the trail and leave no damage or hard feelings behind."*

In other words, ride with honor and respect. Enjoy the open space! 

#### Editors note:

Recent reports from the ROMP email list indicate that dry conditions make the newly built Mayfair Trail a very challenging ride. Riding up a 10% grade with loose soil requires exceptional ability and good tires in order to get any traction. Trail conditions won't be ideal for most riders until after a good rainy season helps the trail tread compact and stabilize.

## Shop Profile: Sunshine Bicycles

By Henry Pastorelli

Sunshine Bicycles has a shop in Morgan Hill on Monterey Road and in Gilroy on First Street. They're a full service shop that offers Scott, Giant and Felt bikes and have been in business for 30 years.

Partners Norm, Steve, and Steve Cheu are often mentioned by south bay ROMP members as being super attentive to their needs and will often do web searches to find that special part and then custom build and fit you to your bike. They'll also set up the casual rider looking for their 1<sup>st</sup> bike, or upgrade, with no expectations or pretenses.

Steve Cheu and his group turned out to support ROMP at the '02 ROMP IMBA Epic and the recent ROMP Coe Epic. Their setup at Pacheco Creek crossing consists of a large tarp, overhead canopy, snacks, drinks, bike repair tools and encouraging words.

This oasis in the steep recesses of Coe is a huge motivation to help complete the final climb up the dusty Kaiser-Etna fire road. It's great to see a local shop in the backcountry supporting a ROMP event and its riders.

Inside scoop; if you meet Steve Cheu ask him about his ride with the CSC team at the Amgen Tour of California. 

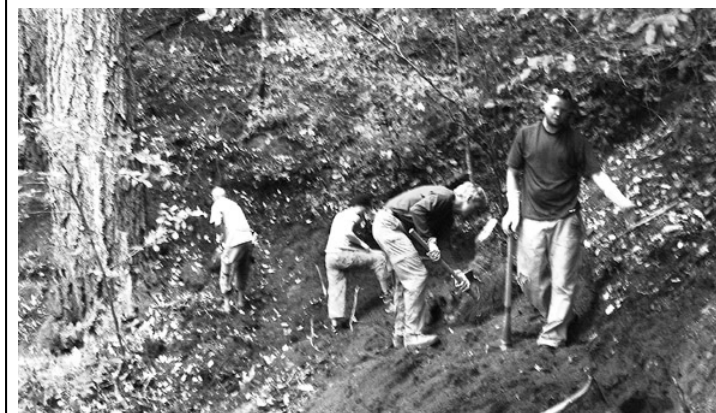


Sunshine Bikes Pit Crew at the Coe CORE epic


Watershed (Continued from page 2)

MROSD open space technicians and contractors under the guidance of ROMP's Land Manager of the Year award recipient Craig Beckman, will install many new culverts to insure proper drainage.

Due to the heavy equipment required, portions of Methuselah trail and Giant Salamander will close again late this summer and through the winter. Workers will temporarily widen these trails to eight feet to accommodate the machinery. After construction the trail will be narrowed down to singletrack width. While loss of the old trail's character is unfortunate, these improvements will create low maintenance environmentally sustainable trails that we will be able to enjoy for years to come.



ROMP volunteers assist with a trail realignment in ECdM

Volunteer participation in the watershed protection program has played an integral role in getting affected users groups to understand and accept the changes that are taking place in ECdM today. It's also really fun! To be a part of creating permanent solutions to trouble spots in the ECdM trail network, please join us at one or more of our workdays this summer – July 28<sup>th</sup> or August 11<sup>th</sup>. 

### IMBA Rules of the Trail

ROMP, an IMBA-affiliated organization, supports and practices the IMBA Rules of the Trail. Following these rules is not only key to responsible riding, but essential to keep trails open to cycling.

1. Ride on open trails only.
2. Leave no trace.
3. Control your bicycle.
4. Always yield trail.
5. Never spook animals.
6. Plan ahead.



# Epic reflections of the COE-CORE Variety

By Paul Nam, ROMP – Henry Coe Liaison

The Coe Crazy Off Road Epic (COE-CORE) of May 12-13 was a first run, a pilot project, of what we hope will become part of an annual ROMP event up at Henry W Coe State Park.

It was a camping trip to Dowdy Ranch in Henry Coe State Park that centered on an Epic ride. The event came a week before the public grand opening of the Dowdy Ranch trail-head (see page 6 for an article on the grand opening).

The goals of the COE-CORE were to test out the facility, help get some trail work done, and spread the word about this great place to visit and explore.

Coe is infamous for steep climbs, long hot fire-roads, ticks, ridiculously overgrown single-track, enormous acreage, and outrageous vistas of a primeval landscape. It is all true. The COE-CORE Epic embraces all of these features.

It is too tough for some riders out there, and a crème puff for some. The Coe Epic showcases the central aspects of bicycle travel in Coe.

ROMP creates special events for its members from time to time. Because Park staff appreciates all the trail work we've been putting in there over the years, fees were waived. It's admittedly not exactly fair that the event happened on Mother's Day this year, and that the trail system is currently more physically challenging than the usual fare.



Riders cluster under the shade of an oak after summiting one of Coe's steep climbs

Next year, if we do it again the event will be quite a bit different. The ride was a mother in itself. Normally camping is not permitted up at the Dowdy Ranch, so the Coe Epic Weekend was special.

**Coe is infamous for steep climbs, long hot fire-roads, ticks, ridiculously overgrown single-track, enormous acreage, and outrageous vistas of a primeval landscape. It is all true. The COE-CORE Epic embraces all of these features.**

The origin of the event was inspired by the IMBA Epics program. As California's 2<sup>nd</sup> largest State Park, the largest in Northern California, with the largest mountain-bike accessible trail system in the State, Coe Park deserves to have an Epic Ride.

Coe rides have been regarded as epics because of the rugged steep hills and feral tracks that demand route finding.

Twenty years ago, when things were wilder than they are now, the political commitment was made to eventually develop a remote trail-head out at the Dowdy Ranch.

This part of Coe Park contains great scenery and rarely visited trails and terrain. It is attractive to the adventurous mountain-biker. The IMBA Epic at Coe was organized to showcase the potential of this area and create an Epic route.

We had over 100 people registered for the running in May 2003, and then it got rained out! Later rescheduled to a scorching September, more than 50 people persevered over the awesome course.

This time the weather was just perfect. Trail-work was optional on Saturday, and not obligatory as in the IMBA Epic. Ten volunteers worked to repair and improve the trail that starts directly at the Dowdy Ranch, Macks Corral trail.

It needed to be done before the place opened up, and it needed to be done well. ROMP volunteers have been preparing the trails for the Epic over many weekends prior to the Epic as well.

The Dowdy Ranch sits almost at the top of a mountain overlooking the north-east and commands a splendid outlook. It was here that we set up a temporary tent village to derby around on our finely tuned mountain bikes.

A gnarled old valley oak stands sentinel over the start of the Macks trail, and made a fine roost for the great horned owl screeching all awake at three in the morning. We went back to sleep.

We woke up much later and got ready for the 23 mile course that climbed over 5,500 feet. Three riding groups departed ; one at 8am, one at 9am, and another at 10am with a total of only 33 riders.



Everyone made it back safe, except for one bad crash over the bars that resulted in a split lip and two lost teeth. This person was immediately rescued by one of our support vehicles, and is recovering well. Getting hurt is a possibility for anyone.

Next year the COE-CORE would be staged on Saturday and riders will be allowed to ride in groups as small as a pair, and self-guide themselves. It's pretty simple, as we provide maps and have specially prepared the course with fresh brushing, grooming, and marking.

We can keep track of everyone with a poker ride format by having them sign-in at key support vehicle accessible intersections and taking a card. At days end riders will receive prizes based upon their hands and completion of the check points.

(Continued on page 15)

# Great Western Bike Rally Caters to Off-Road Crowd

By Linda Kahn

If you haven't heard of it, The Great Western Bike Rally is held over the Memorial Day weekend in Paso Robles, only a short 2 ½ hr drive from the San Jose area. It attracts thousands of cyclists from all over California and surrounding states. It's a full weekend packed with rides, competitions, lectures, wine and cheese tasting, and even a bicycle swap meet.

My husband and I attended this years' event with road tires on our mountain bikes, as we have done in the past. There are over 22 different rides to choose from. The rally attracts a large percentage of roadies who ride lightly traveled country lanes to local wineries and small towns in the area.

A favorite of many riders is hitting the local wineries who open their doors to the cyclists and encourage sampling of their wares the entire Memorial Day weekend. And bottles of wine are then delivered free of charge back to rally headquarters.

Inexpensive camping options attract cyclists and their families to the fair grounds which are the headquarters of the rally. There is plenty of grass to set up your tent, but very little shade when the temperature starts to rise. But the perk is lots of hot water for showers after each and every ride.

Fortunately this year there was a nice breeze and cooler temperatures, as many of the country roads are not shaded and warm up by 10:00 AM.

Also this year, we were delighted to see that the rally is offering two official off-road rides for the mountain bike set.

The first ride is listed as Kiler Canyon; a 20 mile moderate dirt ride close to town. The write-up kiddingly notes it is not named 'killer canyon', which makes you wonder...

The next ride listed is called Mountain Madness—due to the long mileage listed. At 50 miles, it is a challenging ride on little traveled dirt roads in the mountains west of Paso Robles. There is effort required to climb Cypress Mountain. Then Peachy Canyon, and then westward to Chimney Rock Road. There are ruins of several mines in the area to explore. And from the top of Cypress Mountain, a fantastic view of the coast toward Cambria. This particular ride notes there are no services to buy food or water, so you must come fully prepared.

Both of these rides can be easily reached by paved roads near the fairgrounds. Two other non-published mountain routes were also available from registration, and were submitted by a local cycling group, making a total of 4 off-road rides. These other two rides are noted as remote in nature and participants will need a car to reach the trailheads.

Ride route slips with mileages and turns are at the registration desk for all of the rides, although we were surprised they were not listed nor included in the ride packet.

If you haven't visited The Great Western Bike Rally, I suggest you attend one Memorial Day weekend. With four different off-road rides, I'm sure you will find one that will be scenic and peaceful, with a minimum of other off-road riders.

We were very fortunate with mild temperatures over the long weekend. This area is known for triple digit temperatures and no breezes. Water bottles, Camelbaks, sun-screen and plenty of food would be necessary for such remote and long distance off-road riding.

For more information, go to:

<http://www.greatwesternbicyclerally.com>



Romp Directory	PO Box 1723, Campbell, CA 95009-1723	408-420-7342	www.romp.org
President	Josh Moore	408-420-7342	president@romp.org
Vice President	Scott Robinson		vicepresident@romp.org
Secretary	Charles Jalgunas		secretary@romp.org
Treasurer	Glenn Wegner	408-257-8284	treasurer@romp.org
Beginner's Clinic Leader	Jim Sullivan	650-493-8774	beginnersclinic@romp.org
Membership Director	Linda Wegner	408-257-8284	membership@romp.org
Membership Database	David Volansky	415-334-7569	memberdata@romp.org
Social Director	Sheila Martus		socialdirector@romp.org
Newsletter Layout	Patty Ciesla		sdsf_liaison@romp.org
Newsletter Editor	Norman Cevallos		newsletter@romp.org
Newsletter Distribution	Glen Wegner	408-257-8284	newsmailing@romp.org
Henry Coe Liaison	Paul Nam		traileducation@romp.org
Castle Rock Liaison	Ross Finlayson		castle-basin_liaison@romp.org
Soquel Demo Forest Liaison	Patty Ciesla		sdsf_liaison@romp.org
San Mateo County Parks	Berry Stevens		smcp_liaison@romp.org
Santa Clara County Parks	Charles Jalgunas		sccp@romp.org
Web Master			webmaster@romp.org

## 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

## 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

## 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.

<b>Name</b>		
<b>Family Members</b>		
<b>Address</b>		
	<b>Phone</b>	
<b>City</b>	<b>email</b>	
<b>State</b>	<b>Zip</b>	<b>Membership Type :</b>
<b>Order ROMP Jerseys on reverse side __</b>		<input type="checkbox"/> Individual (\$20.00) <input type="checkbox"/> Single Speed (\$50.00)
<b>Send Newsletter:</b>		<input type="checkbox"/> Family (\$25.00) <input type="checkbox"/> Hardtail (\$100.00)
<input type="checkbox"/> Via US postal service		<input type="checkbox"/> New <input type="checkbox"/> Renewal <input type="checkbox"/> Change of Address
<input type="checkbox"/> Just send me an email		<input type="checkbox"/> Donation \$ . . . . <input type="checkbox"/> Lifetime Membership (\$1,000.00)

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

RESPONSIBLE ORGANIZED MOUNTAIN PEDALERS ("ROMP") 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\_\_\_\_\_ Date:\_\_\_\_\_

(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\_\_\_\_\_X\_\_\_\_\_ Date:\_\_\_\_\_

(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

# Road Trip !!!

By Josh Moore, ROMP President

In addition to the IMBA Epic in Henry Coe State Park, California and Nevada boast many other Epic rides. Towards the end of May, I had the opportunity to ride a few more of them.

On Memorial Day Weekend, a bunch of friends and I set off for Malakoff Diggins State Park. The park is located in the Town of North Bloomfield, California, just outside of Nevada City. Malakoff Diggins has excellent car camping facilities and even has a few cabins in town. From town, there are basically three ride options.

The first option is to ride down the 1.5 mile Missouri Bar single track trail to the South Yuba Trail and follow it about 10 miles downstream to the Edwards crossing trail head. Then you climb up North Bloomfield road, and take the wide singletrack Rim Trail 3.5 miles back to the campsite. This is about an 18 mile loop with about 3000 feet of climbing. The riding is very technical because much of the South Yuba Trail is located precariously close to the edge of the cliff.



I find myself easily distracted by the grandeur and beauty of the flowing Yuba River below. Furthermore, I am not used to having 10 mile stretches of single track before me, so I forget that I need to stop and rest occasionally.

Another option is to turn left up the fire road instead of right to the Missouri Bar trail head. Follow Relief road staying right out to the Washington Crossing Trailhead. This is about a ten mile ride on a dirt county road, heading first gradually uphill and then dropping steadily down to the river. From the trail head, the South Yuba River trail winds its way along the river through dense copses of poison oak along some of the most fun single track I have ever ridden, The occasional itch served as a fond memory of a terrific ride. This section of trail hooks up with Missouri Bar, and many folks choose to ride up it creating a 22 mile, 4000 foot climb ride, which is plenty long for most folks.

Alternatively, it is possible to ride all the way out to Washington trail head and then ride all the way to the Edwards Crossing trail head. This creates an all day ride consisting of over 20 miles of demanding singletrack, 32 miles total and about 5000 feet of climbing. With stops to swim along the way, this is easily an all day ride. One thing I did notice is that the climb back up North Bloomfield Road is more pleasant a little later in the day than if you just ride down from Missouri Bar.

If you are making a a long weekend or a week of it, consider riding the portion of the South Yuba River trail on the opposite bank from Edwards crossing down to Purdon Crossing. This short out and back with an optional climb up to a few trails on top of Round Mountain provides a real technical challenge with much less climbing. Addi-

tionally, along the Ridge on this side of the river is the Pioneer Trail which was built by equestrians parallel to highway 20. This is probably a good trail for less experienced riders. Additionally, Bullards Bar is fairly close, and Downieville is about an hour away.



Just outside of Las Vegas, Nevada is the town of Boulder City. Originally home to the 3500 construction workers who built Hoover Dam, Boulder City is now home to the most progressive mountain biking city facility I have been to. With over 35 miles of trails ranging in skill difficulty from easy green to double black diamond, it provides opportunities for all kinds of riders.

In addition the trail head boasts a skills park, running water, solar heated showers, primitive camping, and excellent bathrooms. We stopped in at the local bike shop to learn that on weekends there are shuttles available for just \$25 for a full day.

We arrived in Vegas around high noon and drove down, and had lunch at a Chinese Buffet that was cheap and reasonably good. Later we noticed there were a few non fast food type restaurants. These were sort of behind the Albertson's if you went straight instead of turning left with the freeway as it heads to Hoover Dam. We waited until about 3pm to set out at the hottest part of the day on a three hour loop suggested by the local bike shop.



The loop took us up Girl Scout, along the Inner Loop, out Mother and around P.O.W. and the IMBA Trail back to our Subaru. Riding those trails was like being on a roller coaster. There were a large number of short drops followed by quick climbs back out of drainages, over loose rock and lava flows. We returned later in the week to try shuttling some of the other trails.



The great facilities, sheer number of trails and great variety truly warrant the IMBA Epic Designation. There is no wonder that this is the test track for the bike industry's biggest trade show, Interbike, held in September.



**Make new friends! Join a ROMP ride and discover new trails, new places, and a whole new attitude!**

The ROMP calendar is on page 11— non-members are welcome to join us!

# Henry Coe State Park's May 19

By Paul Nam

The official invitation cover reads "Celebrate the Grand Opening of The Dowdy Ranch". On the cover is a beautiful watercolor depicting an oak-shaded broken down piece of fence in foreground of an inviting summer sun drenched dry grass meadow fringed by oaks, devoid of people and bisected by a more modern looking split-rail fence.

One presumes the illustration comes from a perspective on the Dowdy Ranch, and it may well be. I like the illustration. It gives me the impression of an abandoned farmstead become a quiet park, off the beaten path, where folk may come to find the peace, solitude, and adventure, to simply be; to re-quiet themselves with the past, see the present for what it is, build up a thirst and hunger, and dwell for a day in an unspoiled typical Californian landscape.

Whether we came to celebrate as California State Park staff, ranch family members, CDF staff, Pine Ridge Association volunteers, equestrians, hikers, bird-watchers, journalists, curious locals, environmentalists, or mountain bikers, we formed a large united crowd of people, perhaps the largest this site has ever hosted, assembled for the sole purpose of observing the official opening of this remote and unique trailhead access to Henry W Coe State Park.

In front of the brand-new visitor center, after two short speeches peppered with historical facts by Monterey District Superintendent CL Price and super-volunteer Bob Patrie, a ribbon cutting ceremony took place. Then everyone headed over to the ramada picnic area for a buffet lunch and a chance to chat with Coe lovers of all kinds. The ROMP canopy was set up adjacent to the picnic.

Situated at the southeastern border of Coe Park atop a ridge, up a seven mile washboard dusty dirt road from Hwy 152, the Dowdy Ranch isn't exactly readily accessible. On top of that there are other restrictions. The gate from Hwy 152 will only be open on Friday, Saturday, and Sunday from May through October (actual dates of opening and closure depending upon conditions), with other access hours available by special request, and the road is subject to closure from rain. The trailhead is actually for day-use only, or for



staging overnight trips into the backcountry. There is no camping allowed.

The Dowdy facility includes a parking area ringed by excellent picnic sites. Most of the tables command panoramic views northwards of the Diablo Range. This is a great place for a family gathering. There is also a nice solar powered visitor center with a couple of showers and flush toilets. The US and California Republic banners are visible for miles as they wave from a tall flag-pole.

The main attraction may well be the three large ramadas covering huge picnic tables to the north of the complex on a ledge of a grand overlook. There is seating for as many as 100 people here. There are two flush toilets here too. Three huge cast iron BBQs and a fire plug stand in readiness to ignite and douse the festivities. [One has to question the wisdom of staging a BBQ on the breezy prow of a tinderbox.]

Because most everyone expects to drive there, parking is central to the facility. The largest space is taken up by the equestrian parking area. Once a vernal pond (a shallow winter and spring puddle), this expanse is ready for the large rigs used to transport horses to the trail-head. Because of this resource compromise, a new pond has been

constructed on the hill behind the visitor center to compensate for this loss of habitat. Currently there is no provision for what to do with the horse manure except that equestrians are expected to clean up after themselves. In order to slow the invasion of exotic plants, horses destined to visit state parks are expected to dine on weed-free feed.

There is plenty of blue stripe parking for the

physically challenged. There is a short stretch of dirt sidewalk to the picnic area and visitor center that is ADA accessible, but for now that's it for ADA in the immediate vicinity. The Macks Corral Trail's first 70 yards or so could be brought up to ADA standards with some work and grant money. It could lead to a shady copse under the spreading boughs of a giant bay laurel grove. Perhaps this is something we can help make a reality one day.

Out of all the trailheads in Coe, this one is easily the most modern, promising, and lavish of the bunch. Yet because of its remote location, it may receive less use than the



others. All users will have to reckon with the long dirt road access, and that alone will repel many potential users. There are no plans to pave the road in to the site. The location is fairly equidistant from the Central Valley, Monterey/Salinas area, and the Santa Clara Valley. It may enjoy visits from a wide

## 9 Questions



Kathleen Meyer and her sons Garrett and Patrick

**The Mountain Cyclist interviews ROMP member Kathleen Meyer**

**Title:** MtBikerMom  
**Rank:** ARMY Specialist 4

**1. First Mountain Bike and Year Acquired:**

Diamond Back Apex (or was it the Ascent), a \$600 fully rigid bought at the Off Ramp in April 1989. I remember the day well. My then husband and I had not been biking together for over six months, since his acquiring a mountain bike. I struggled up St Joe's that day taking many breaks. It was the trip down that hooked me for good!

**2. Favorite Ride:**

A few years back, on the First Divide Trail in Downieville with my then 12 year old, Patrick, hootin' and hollerin' "go faster big mama!". More recently finishing the Romp tour of San Francisco with both my boys last November.

**3. Current Quiver:**

Choices...Ti Bontrager, Gary Fisher Sugar I, Coconino singlespeed, Bontrager Race lite (fully rigid), a CoMotion tandem (currently on loan to a friend with a kid) and a \$400 Specialized won at a Sea Otter raffle years back. Oh yea, a Serotta Road bike too. The

Ti Bontrager is usually first choice.

**4. Favorite Local Trail:**

Sooo many to choose from. Bella Vista because it is great going up and down. Always beautiful!

**5. Favorite Road Trip Trail:**

Downieville, because after the ride it's so nice to hang out in town.

**6. Crash to Forget:**

Never forget and never repeat...crashing in my first ever race. Going to the doctor almost two weeks later to find I cracked my skull.

**7. Most Memorable Mountain Bike Moment:**

Crossing the finish line at the Leadville Trail 100 and finding I beat my 11 hour goal with a time of 10 hours, 59 minutes and 57 seconds!

**8. Grunt (worst thing about the sport of mountain biking):**

Keeping all the bikes working and in good repair.

**9. Grins (best thing about mountain biking):**

The wonderful people I have met!



**Santa Clara County Open Space Authority (OSA) Liaison**

The OSA is a relatively new and fast growing land manager in the South Bay. The coordinator will work closely with the OSA advising and informing ROMP and the OSA on mountain bike related issues. Responsibilities include attending OSA meetings, and writing reports. Benefits include insider knowledge and influence with a local land manager.

**Newsletter Layout & Design**

Local cycling non-profit seeks creative volunteer to layout an 8,12, or 16 page black and white mountain bike advocacy newsletter 5-6 times a year. We hope to find someone who would do it for at least a year. We currently use Microsoft Publisher, but we would be amenable to changing design tools, as well as the look of the publication, but not our logo.



## Jersey Sale!

**Jerseys: \$55 + \$2 shipping**

The new, green, light blue, and yellow Jerseys have arrived! These Voler Jerseys run a little small so we suggest ordering one size larger than normal.

**To order, fill out the following**

(or pick them up at a club meeting or by arrangement at a club ride)

Size	Color (olive or forest)	Qty.	Subtotal
			Order total: _____
			Shipping \$2 ea.: _____
			Total: _____

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Email \_\_\_\_\_  
Phone \_\_\_\_\_

**Send form with check payable to:**

ROMP - Attention: Apparel  
PO Box 1723  
Campbell CA 95009-1723



# Calendar

## ROMP ANNUAL PICNIC

9:00 AM & 10:30 AM morning rides

1:00 PM afternoon BBQ

Saturday, September 22, 2007

Save the Date! The ROMP picnic will once again be held at Twin Pines Park in Belmont. Only 1 mile from Waterdog Lake Park, with its many miles of narrow, fun singletrack.

Expect great food, beer and EANABs, maybe some bike polo, pixie bike sumo wrestling, volleyball, horseshoes, and entertainment from trials and dirt jumping riders, and much more fun! Huge raffle!

Info: <http://www.romp.org>

## TRAIL WORK

1st Saturday [Santa Clara County Parks](#)

[Monthly Trail Days](#)

3rd Saturday [Santa Clara County Parks](#)

[Monthly Volunteer Projects](#)

9:00 AM

Come on out and help repair, restore, or rebuild our County Park Trails and tackle all types of projects ranging from painting and invasive plant removal to litter pickups at our Facilities. Takes 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 Information: Santa Clara County Parks (408) 355-2254

1st Sunday [Wilder Ranch Trailwork](#)

9:00 AM Sunday, July 01 2007 [Sunday, August 05 2007](#)

Info: <http://www.trailworkers.com> for more details.

Various Dates:

**ECdM Watershed Protection Trailwork**

Contact Josh Moore

[president@romp.org](mailto:president@romp.org)

**Henry Coe State Park Trailwork**

Contact Paul Nam

[traileducation@romp.org](mailto:traileducation@romp.org)

**Waterdog Park Trailwork**

**Soquel Forest Trailwork**

Contact Patty Ciesla at Passion Trail Bikes

650-620-9798

[sdsf\\_liaison@romp.org](mailto:sdsf_liaison@romp.org)

## LAND MEETINGS

[Santa Clara County Parks Commission Meeting](#)

6:30 PM First Wednesday [Wednesday, July 04 2007](#) [Wednesday, August 01 2007](#)

Location: 70 West Hedding, San Jose

Info: <http://www.parkhere.org>

[San Mateo County Parks and Recreation Commission Meeting](#)

2:30 PM First Thursday [Thursday, July 05 2007](#) [Thursday, August 02 2007](#)

Location: Board of Supervisors Chambers, Hall of Justice 400 County Center Redwood City CA 94063

Info: <http://eparks.net>

[MROSD Board of Directors Meeting](#)

7:30 PM 2nd & 4th Wednesdays

[Wednesday, July 11 2007](#) [Wednesday, July 25 2007](#) [Wednesday, August 08 2007](#)

[Wednesday, August 22 2007](#)

Location: MROSD District Offices 330 Distel Circle (off El Camino Real north of Rengstorff) Los Altos

Info: <http://www.openspace.org>

[Santa Clara County Open Space Authority Board of Directors Meeting](#)

6:30 PM 2nd & 4th Thursdays

Location: Board Room

6830 Via del Oro, Ste 200

San Jose

Info: <http://www.openspaceauthority.org>

[Bay Area Ridge Trail County Committee Meeting](#)

7:00 PM 4th Wednesday July, October

Location: United Way Building

1922 The Alameda, San Jose

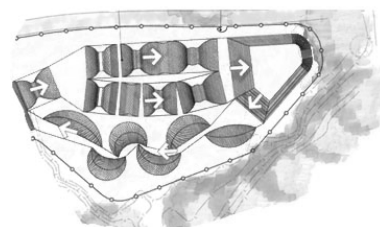
Info: <http://www.ridgetrail.org>

**Other Land Manager Meetings**

Cities in the bay area have parks and recreation, openspace, or trails and pathways Commissions or Committees that meet monthly. City Parks of interest to mtn. bikers exist in San Jose, Palo Alto, Belmont, Los Altos Hills, Saratoga and elsewhere. To get involved contact your local city.

Psst! Calabazas has been re-opened!

**CALABAZAS BIKE PARK**  
CITY OF SAN JOSE, CALIFORNIA



## Help Wanted

ROMP could use a few good helpers. We are 100% volunteer, staffed by passionate mountain bikers who really want to make a difference. If you would like to become more active with ROMP we welcome your participation. Many ROMP volunteers have found opportunities to develop their skills and grow in ways that are useful both personally and professionally. Give it a try!

For more information on any of these positions, contact [president@romp.org](mailto:president@romp.org).

### **Sponsor Coordinator**

Do you like getting a good deal? Enjoy hanging out at bike shops? Dynamic local organization seeks individual to work with bike shops to make sure our customers get the best deals around, and that shops know about local mountain bike issues. Great Perks!

### **Web Content Editor / Web Master**

Bay Area 501.c(3) seeks a web content editor for a high visibility, high traffic web site. Responsibilities include posting news and announcements to the web site, helping others to post, and keeping abreast of issues. Commensuration equivalent to heartfelt thanks. Knowledge of HTML is a plus.

### **Social Programs Coordinator**

Local mountain bike club seeks energetic party girl or boy to organize social events such as picnics, parties, nights out, weekend trips and such. No experience required, just a desire to party!

### **Marketing Coordinator**

Bay Area Cycling Organization seeks motivated, experienced marketer to develop our brand and customer base. Candidate will work closely with directors and other key players. Huge earnings potential.

### **Education Programs Coordinator**

Local cycling non-profit seeks enthusiastic, organized individual to build and develop educational programs. Programs to be developed may include skills clinics, cycle/equestrian events and trail information stations. Benefits include giving back to the community.

(Continued on page 11)

# Dowdy Ranch Grand Opening

variety of Californians.

The climate is typical for Coe Park. But what is typical Coe weather? Not everyone agrees. The marine influence on climate here is strong because the Dowdy is fairly close to the Salinas Valley. Fog can penetrate even this far inland on any date. Breezy conditions are common across the ridges when hot inland weather sucks air up the Hwy 152 corridor and across the Diablo Range. It can even be cold on a summer day.

But watch out for those hot days of July, August, September, and October, when the Diablo Range earns its moniker, and not a dry husk of grass or even a muted bird song can be heard in the searing silence. If you seek solitude, you will find it here in the intolerable heat. You will also find it here in the winter, when the road is closed, and no one is strong enough to reach this mountain fastness.

Possibilities for extended rides into the park are endless.

**If you are craving a rugged mountain bike adventure, this is a good place to find it.**

The trails here are all open to mountain biking such as they are. The trails and fire-roads are steep, wild, and occasionally technical. It's not yet a place where beginner and weak intermediate mountain bikers will find a variety of routes. Because the Dowdy is near the top of a hill, most rides will finish on a climb.

Park staff and volunteers expect a similar situation to occur as up at park headquarters where people unfamiliar with the terrain and their own capabilities occasionally overextend their journeys into the backcountry and find it difficult to return having run out of food, water, energy, and day-light enough to return on their own power. In high season, end of day vehicle sweeps on the climb back to Dowdy by the backcountry ranger on the Kaiser Aetna Rd may routinely harvest tired visitors with rides back to the top.

The future of the trail system here at the Dowdy area is promising. Trails, like even

stubborn people, are improvable. Secondary ranch roads and indistinct trails are fun to ride. All could be re-engineered into more user-friendly and sustainable single-track. We have made improvements on the top section of the Macks Corral Trail, which starts right at the Dowdy Ranch. A contouring trail around the north side of the Burra Burra Peaks is planned to provide a nice vista loop when combined with the existing Burra Burra Trail. The Scherrer trail is a typical over-grade route which begs for improvement. It may take a few years or more, but the trails system will improve. Our current trail-work is opening up the route to the remains of the Walsh Cabin, an old homestead site.

A few good moderate loops for mountain bikers exist. One is down Macks Corral and N Fork trails and back up the Kaiser-Aetna fire-road. The other is Along the Burra Burra Trail to Center Flats Road and down the Scherrer Trail and back up the Kaiser-Aetna fire-road.

Climbing the single-track is possible, and very difficult, but not recommended for your first visit. Longer rides will typically begin with one of these initial down-hills before heading further north into the backcountry to combine trails such as the Tie-Down, Dutch's, Walsh Cabin, Pacheco Ridge Rd, and County Line Rd to access areas to the north and west.

People who have not visited Coe before should be aware that most trails in Coe are not maintained to the same standards as the MROSD for example, and mostly because they were not constructed as recreational trails to begin with. The easiest and non-technical small loop would involve a loop around the Burra Burra trail, to Center Flats and Hersman Pond trails and back up to Dowdy on the Kaiser-Aetna Rd.

To me the ideal mountain bike for Coe would

have hydraulic disc brakes, 4 inches or more of efficient full suspension, a weight of 26 pounds, and the lowest gears you can build into it. The trails are bumpy, so the full suspension, especially crossing those meadows, saves your butt a bit sometimes.

The trails are steep, so the disc brakes inspire as you drop into a canyon down a 30% grade. Gear #1 is your friend. On the other hand, because of all the climbing, a light as you can get it hard-tail is often the ride of choice particularly if your route involves carrying or pushing the bike.

If there is a mechanical weakness in your bike, it will manifest itself in Coe. If there is a weakness in your physical fitness, it will manifest itself in Coe. Travel with at least one companion is recommended. Water is available at developed springs throughout the park, but must be treated before consumption. Any extended journey into the Coe backcountry should be planned around a re-hydration strategy that includes a route, contingency, and a water purification system.

Being able to start a journey from the bright steel roofs of Dowdy Ranch where there is cold good tasting well water

and a safe place to leave your vehicle is very encouraging. You can still get yourself quickly into deep trouble from here if you aren't careful. If you are craving a rugged mountain bike adventure, this is a good place to find it. Just check the weather before you go. If a heat-wave is predicted, it would be best to avoid this place.

Finally, ROMP volunteers are taking the initiative to improve the trails here. If you'd like to help out and be in on all the details, special outings and the like, please check to ROMP email list-serve, or contact Paul Nam at [coe\\_liaison@romp.org](mailto:coe_liaison@romp.org).



# RIDES

Every Wednesday  
Fremont Older After Work Ride

**6:00 PM**  
Every Wednesday in July/August/Sept  
C/INT/10/2000'  
Join us Wednesday evenings for a ride around Fremont Older OSP starting promptly at 6 PM. Length of the ride varies with the amount of daylight available. Meet in the main Stevens Creek County Park parking lot off Stevens Canyon Rd., about 2 miles south of I280 from the Foothill Blvd exit. (Foothill Blvd turns into Stevens Canyon Rd.) There is a fee to park in this lot. Free street parking is available in the residential area before you reach the County Park parking lot. Be prepared for about a 2 hour ride with 2000' of climbing in 8-10 miles. We usually go out for burritos afterwards, so bring cash if interested. 408-257-8284 if you need more info.  
Contact: Glenn & Linda 408-257-8284

**1st Sunday Social Ride**  
**10:00 AM** \*\* Sunday, July 01 2007 Sunday, August 05 2007 Sunday, September 02 2007  
5/3 B/EASY/11/1500  
New update\*\*, Meet at 10am at Grizzly Flat. Take Rt 9 to 35 from Saratoga. Take right at the 9/35 junction and parking lot will be on the right side in approximately 4 miles. 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) 515 2671  
[tripier@aol.com](mailto:tripier@aol.com)

**2nd Sunday Ride at Soquel Demo Forest**  
**9:30 AM** Sunday, July 08 2007 Sunday, August 12 2007 Sunday, September 09 2007  
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 Rosilia 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.  
Contact: Rich Andrews 408-738-1384  
[randrews@arc.nasa.gov](mailto:randrews@arc.nasa.gov)

**2nd Saturday Arastradero Social and Skills Session**  
**2:30 PM** Saturday, July 14 2007 Saturday, August 11 2007 Saturday, September 08  
B/EASY/7/900

This friendly, introductory ride covers most major trails in the preserve. Route varies from month to month depending on interest, but we'll generally do a couple mild loops. Everyone is welcome--beginning riders can treat this as a skills clinic, working on descents and corners on some of the switchbacks while not having to earn their turns too exhaustively. Intermediates can give tips, swap lies, and work on their hang time during the dirt jump session/snack break mid-ride.  
Take 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: John H [jharlander88@yahoo.com](mailto:jharlander88@yahoo.com)

**3rd Sunday Ride at Demo**  
**10:00 AM** Sunday, July 15 2007 Sunday, August 19 2007 Sunday, September 16 2007  
C/INT/12-18/2500-3000 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 will meet at the parking lot across the bridge at 10:00 AM. Consensus will determine the route down the mountain and extra loops.  
Location: Soquel Demonstration State Forest  
Contact: Dave Tripier (408) 515 2671  
[tripier@aol.com](mailto:tripier@aol.com)

**3rd Tuesday Carfree Alpine Road**  
**4:30 PM or 6:15pm** Tuesday, July 17 2007  
Tuesday, August 21 2007  
This year-round ride has a couple options on where to meet up. First chance meets the #262 Caltrain southbound@ 4:33 pm, or #169 northbound also @4:33 at the California Ave station.  
RSVP a must to ensure ride leader waits.  
From the train we pedal through Stanford's "Professorville" on lightly travelled streets, over Old Page Mill Rd, through Arastradero Preserve to Portola Valley Ranch . The 2nd chance to meet up occurs here @ 6:15, corner of Alpine Rd. and Willowbrook in Portola Valley, please park on Willowbrook. The ride then meanders up Alpine Rd, following

# ROMP Calendar

El Corte De Madera creek , all the way to Page Mill Rd at Skyline Blvd. This 3 hour ride requires the use of lights in the fall 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  
Contact: Jim Sullivan 650-493-8774  
[ssulljm@juno.com](mailto:ssulljm@juno.com)

**3rd Saturday Social and Scenery Ride**  
**10:30 AM** Saturday, July 21 2007 Saturday, August 18 2007 Saturday, September 15 2007  
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 2.0 hours or more depending on group wishes. Rides will choose from the Russian Ridge, Coal Creek, Monte Bello, and Skyline preserves, including moderate steeps, 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 a snack.

Location(\*\*new parking/ start location\*\*): Meet in the vista point parking area on Skyline Blvd/ Highway 35, 1.1 miles north of Page Mill Road directly across from the summit of MROSD's Russian Ridge Preserve. (Do NOT park in the parking lot for the Russian Ridge Preserve off of Alpine Rd at the intersection of Page Mill Rd/ Skyline Blvd).  
Contact: Rodney Johnson (650) 326-7665 or [rodney@stanford.edu](mailto:rodney@stanford.edu)



**4th Sunday MTB-101 Ride**  
**10:00 AM** Sunday, July 22, August 26  
B/Beg-INT/10/1500  
Bring your MTB in good mechanical condition, helmet, water and food. Be prepared for a 400' climb on fire roads during the first mile. No time limit, no one left behind. Descent will be on a sweeping Single Track. We will practice basic MTB skills and trail etiquette. Beginners welcome. No fee.  
Location: Fremont Older OSP end of Prospect Rd in Saratoga  
Contact: Rich Andrews 408.393.1959  
[randrews@arc.nasa.gov](mailto:randrews@arc.nasa.gov)

**4th Sunday BARF Ride**  
**10:00 AM** Sunday, July 22, August 26  
C/INT/25+/5000+  
In the tradition of the Bay Area Riding Fanatics (BARF), the goal of this ride is to do 5000 feet of climbing. Ride starts at 10:00. Be prepared for a long ride in remote areas. You and your bike must be in good condition. Bring lots of food, water, spare parts, map, clothing, first aid and emergency light and blanket. This will not be a fast ride, but it will be a long and enjoyable one.  
Contact: Josh Moore 408 420 7342  
[mtbikes@gmail.com](mailto:mtbikes@gmail.com)

**4th Saturday Beginner's Clinic**  
**1:00 PM** Saturday, July 28, August 25  
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](mailto: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](mailto:ssulljm@juno.com)

**Ridge Trail Cruz a Thon**  
**Saturday, September 29 2007**  
Help support the Bay Area Ridge Trail Council by volunteering or riding this great ride! More details to follow. Fee: \$\$  
Location: Skyline Ridge OSP  
Info: <http://www.ridgetrail.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.

## ROMP MEETINGS:

**4th Monday Monthly Membership Meeting**  
**7:00 PM** July 23 and August 27  
For June through September we will meet at [Passion Trail Bikes in Belmont](#). This is 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. Food will be available and paid for by donations  
Location: Passion Trail Bikes (650) 620-9798 - 415 Old County Rd, **Belmont, CA**  
Contact Information: Josh Moore (408) 420 7342 [president@romp.org](mailto:president@romp.org)

## SOCIAL EVENTS:

**Bike Repair for the Community**  
**10:00 AM** Saturday, July 14 2007 Saturday, August 11 2007  
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 Information: Dave Fork  
[fork@park.com](mailto:fork@park.com)

**Basic Fixit Class**  
**12:00 PM** Saturday, July 28 2007 Saturday, August 25 2007  
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 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: Jim Sullivan 650-493-8774  
[ssulljm@juno.com](mailto:ssulljm@juno.com)