



Responsible Organized Mountain Pedalers

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MOUNTAIN CYCLIST

LEADING THE PARTICIPATION OF MOUNTAIN CYCLISTS IN THE TRAIL COMMUNITY

APRIL 2008-MAY 2008

Federal Wilderness & Mountain Biking

By Ted Stroll

As most ROMP members know, the law forbids you to ride your mountain bike in federal Wilderness areas. In this article, the first of a series, I will attempt to explain a few of the reasons why.

I invited questions from the ROMP listserv and received many inquiries. I will answer as many as I can in the next few issues of the ROMP newsletter.

At times I'll cite federal statutes or regulations in parentheses. If interested in reading them, copy the citations, go to Findlaw (<http://www.findlaw.com>), and paste them into the search field you find there.

Q. (By Timothy Daniels.) *When the Wilderness program was initially established, the language didn't specifically ban bicycles, and the very nature of it seemed to encourage human-powered conveyances. At what point was it decided to change the language to ban bicycles?*

A. Congress created the Wilderness program by passing the Wilderness Act of 1964. (See 16 USC § 1131.) The act does not ban and never has banned bicycling by name. It does, however, specify that no "motorized equipment or motorboats, no landing of aircraft, [and] no other form of mechanical transport" (16 USC § 1133 (c)) are allowed in Wilderness. By 1977, federal agencies, probably relying on the

no-mechanical-transport clause, had begun to interpret the Wilderness Act as banning mountain biking. Nowadays the relevant federal agencies have regulations, published in the Code of Federal Regulations, that ban mountain biking in Wilderness. The regulations have been issued by the U.S. Forest Service (36 CFR § 261.18(b)), National Park Service (36 CFR § 4.30(d)(1)), and Bureau of Land Management (43 CFR § 6301.5 and 43 CFR § 6302.20(d)).

As I explained in an article I wrote in 2004 for the *Penn State Environmental Law Review*, in my opinion the Wilderness Act of 1964 does not ban bicycling in Wilderness and the agency regulations are erroneous. You can find the article, "Congress's Intent in Banning Mechanical Transport in the Wilderness Act of 1964," by searching for it on the Internet. IMBA has a copy on its website (which does not necessarily mean that IMBA endorses my point of view; it's there for reference and discussion purposes). I invite you to read it. You do not have to be a lawyer to understand it.

Q. (By Timothy Daniels.) *What were the apparent motives behind banning bicycles?*

A. It is not clear. It could be that when mountain biking became popular, federal agencies' staff thought it obvious bikes are a form of prohibited "mechanical transport." The agencies could have been given a nudge by the Sierra Club, the Wilderness Society, or similar organizations in the late 1970s and early 1980s.

Q. (By Derek Lindsey and Josh Moore.) *Are trekking poles considered mechanized aid? The carbide tips are damaging the trail, as shown by the need to replace them. How is my bike different from a pair of Leki walking poles?* A. If federal agencies interpreted the Wilderness Act's no-mechanical-transport clause consistently, hiking poles with mechanical shock-absorbing features would be banned. So would alpine and

(Federal Wilderness continued on page 8)

2008 Annual ROMP Swap Meet

By Linda Kahn

Sunday, April 27th, 2008 marks the annual ROMP/Cupertino Bike Swap meet; ROMP's biggest fund raiser of the year and one of the largest bicycle swap meets in the Bay Area!

Please join the crowd in the back parking lot of Cupertino Bike Shop, 10:00am – 4:00 pm, where over 50 vendors will be selling parts, clothing, bikes and accessories for some of the cheapest prices around. No early birds admitted and bring plenty of cash. Vendors (other than the shop) do not take personal checks or plastic. Proceeds support ROMP and our on-going off-road advocacy here in the Santa Clara County (and beyond). The line starts early, so park in the Longs/Lucky parking lot (saving street parking for residents). \$2.00 admission/kids free. 10493 S. DeAnza Blvd, Cupertino, CA. Spaces range in price, so call the shop for reservations and more information: 408-255-2217 or email: sprocket@cupertinobikeshop.com

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

FUNCTIONAL TRAINING

In today's workplace, it is almost impossible to escape being seated for long periods of time. If this is true, then why do so many people *sit* while *lifting* weights? Most of the time, you stand to pick something up. Doesn't seem to make sense does it? Combine this with the recent rise in popularity of seated hydraulic machine training, and there is a growing trend of "a huge lack of movement skill in the population at large," says Paul Chek, HHP, NMT, in his book *Movement that Matters*. Our bodies are meant to be support structures which allow us function. Functional training exercise programs are designed to enhance the body's ability to do this on a daily basis. Basically, if you do it when you are awake, you should do it when you exercise.

blasts, the windshield wipers fly back and forth and the horn honks all at the same time. This is how your body expends energy when exercising functionally. In addition, it is also an extremely effective tool in the management, and in most cases elimination, of joint pain of the low back, neck, shoulders, etc. The biggest advantage of functional training is the body's ability to move as an integrated unit, or concert of muscles moving bones. This allows the core to get involved to help keep your body safe. Sitting on a solid surface as you exercise, with a machine dictating the way you move can potentially increase the pressure in your lumbar disc region (low back) up to 90%, as stated by Dr. Mel Siff in the book *Supertraining*.

"Seated exercises always impose greater load on the lumbar spinal discs than equivalent standing exercise," says Siff. "Even without an added load, sitting with the back maintaining its neutral curvatures increases the lumbar disc pressure by about 40%."

One of the biggest reasons for the increase in disc pressure is the body's inability to absorb any of the shock from a weight bearing load. This comes from the knees, hips or ankles not being able to help your spine distribute force evenly throughout your body.

One of the main goals of any exercise program should be to get the lowest portion of your abdominal musculature (transverse abdominus, or TA) just below the belly button to contract with every movement your body produces. Functional training is one of the best ways to do this.

Stephen Holt, BSE, CSCS, in his article *Get off your rear! Overuse of seated exercises may predispose you to injury* states "if you are not working the TA, you will inhibit your nervous system's ability to contract your muscles in the optimal order, with optimal timing, or the optimal force needed to produce controlled, safe, efficient movement."

Whether you are a mom in need of more strength to pick up your kids, want to work in your yard pain free, or a professional athlete in need of a performance edge, functional training will benefit you. Exercise programs should be progressive starting with mastery of basic movements, and slowly evolving to more advanced motions with unstable support. Always get your physician's OK before starting any new form of exercise.

Al Painter, BA, NASM-CPT the President of Integrate Performance Fitness, and the exclusive Strength Coach for SportVelo Premier Coaching. If you have questions, please feel free to contact him at al@integratefitness.com.



@ Iron Workout.com

Seated exercises always impose greater load on the lumbar spinal discs than equivalent standing exercise.

"Everyone needs power to move either in the athletic arena or in the real world, functional training will give you that power" says Juan Carlos Santana MEd, CSCS, in his book *The Essence of Band and Pulley Training Companion Guide*. "To optimally enhance movement patterns, people need to practice a movement, then use progressive overload during the movement." This is the basis of functional training. Most exercises performed with a cable pulley, rubber tubing, free weights, body weight and balance equipment are generally considered functional. Especially if done standing. Since functional training can potentially use every muscle in your body at once, it is the fastest way to tone muscle and lose body fat. Imagine revving the engine of your car, while the radio blares, the AC

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.

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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_____ 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

(continued from page 3)

and others, I picked gold as the best complement to the bronze powdercoat of the frame.

The real puzzler was the fork and front hub decision. I had read about how 29rs are knocked for having sluggish handling and some newer forks have additional offset, beyond the 39mm standard for 26" bikes. The Fox 100mm Float had 43mm. The Manitou had 47mm and came in 80mm, 100mm, as well as the 120mm I rode at Interbike and all three lengths were available with both a standard quick release and a 20mm thru axle. I did not want sluggish handling. I wanted 26er-like responsiveness. I also did not want to negate the stability and tracking characteristics inherent to a 29er.

I was confused and over my head in technical details, so I called Turner and spoke to Jarett, the sales guy who had helped me initially. My question about offset was over his head as well, so he got Dave Turner on the phone. He had just come from a standards conference regarding all these same issues about 29ers. Fox, Manitou, Shimano, etc. were there.

I had pushed the right button at the right time. He came back rapid fire with more technical data and engineering talk than I could fully retain. The essence of his ex-

planation was that the difference between 43 and 47 mm of offset was negligible. He said my main concern and the primary factor in determining handling characteristics should be fork stiffness. This rang true and paralleled what both Dave Oare and Kevin Avery were saying in Sedona over Thanksgiving about their Enduro SLs and the two different forks they were running. Dave Turner recommended either the Fox, which had very a stiff chassis, or the Manitou with the thru axle option.

So the 120mm Manitou it was, and that determined the type of King front hub. I ordered the King parts and Charles agreed to build the wheels for me; gold hubs, black spokes, gold nipples, black rims. I had debated a number of rims and pre-built wheels, weighing costs, etc, but I knew all along the best wheel possible would be hand built by Charles, with King and Mavic components.

Once all the primary parts were there, the build began. I faced the head tube, which didn't really need it and Charles showed me how to chase & face the BB and mill the rear brake bosses. All of which was needed - a surprise on a Turner. Charles built the wheels which they are beauties, and strong!

Over three evenings after work I assembled the bike, routed and shortened the

lines, with help from Charles, adjusted the brakes and derailleurs and got it close. At that point Charles and I spent some time doing a fit. I had just come from SBCU, where fit was emphasized and I shared some of what I learned. That done, all the bike needed was the correct stem, which was ordered. Next, the steerer was cut and the headset install completed. Lastly, I tidied up some details and set the sag and shock settings.

The Sultan looks great! I'm glad I went with gold as the accent color, it really works and isn't too much, even to my conservative eyes. Next up, the first ride!



@Todd Bagley, 2008

BUILDING A SULTAN 29ER

By Berry T Stevens

Last summer, I read up on 29rs and began to think that the larger wheel size and the resulting gyroscopic stability would benefit me as a rider. I have a poor sense of balance and tend to wander from side to side on the trail, rather than tracking straight and true down the center.

I read the forums and a shoot out on MTBr and began to narrow the candidates I would consider. At that time the Turner Sultan and the RIP 9 were my primary choices; shortly thereafter I learned Specialized was coming out with a 29r version of the Stumpjumper, so that made it a trio.

At the Interbike Dirt Demo, I was able to ride all three in succession. I rode the Specialized first, as I ride an Enduro now and that suspension would be familiar and allow me to sort out the 29r characteristics from those I am used to. It had a 100mm Reba up front. I got a suspension adjustment and off I went. It rode well, tracked straight and began to confirm my expectations of 29rs.

Next up, was a Turner Sultan, also with a Reba. Ride characteristics were similar to the Stumpy, maybe a whisker better, but very close. Lastly was the RIP 9. It had a Manitou 120 up front and also rode like the Specialized and the Turner. The Manitou had a little more plush travel, which I liked, though the Reba gave a surprisingly good ride as well.

Any of the bikes would have been good, so I had to drill down thru the minutia on their individual subtleties to make a decision. I didn't like

the color scheme on the Specialized, nor the parts spec. The Niner brand is new and without a track record for performance or, more importantly, support & customer service.

In comparison, Turner has a long standing reputation for solid engineering and performance resulting in a high level of customer satisfaction. Turner owners are fanatical loyalists to the brand and their bikes. I was sure that I would like one before I ever rode it. One of our customers had purchased an RFX in the bronze metallic and I fell in love with that color. So, I ordered a Sultan frame from Turner in the bronze metallic and began to sort out my parts spec.

Drivetrain was Shimano XT, except SRAM XO gripshift and rear derailleur. Brakes were Shimano XT. Thomson stem

got a Specialized Resolution 2.1, The Captain Control 2.1, and a WTB Motoraptor 2.1, my all time favorite tire. Eventually the WTB went up front with the Captain Control on the rear. I will try the Resolution at some point, too. It's an excellent tire, especially for a 29r. WTB gave us some demo tires, the Prowler, to try out, so I'll run them as well, once I have a basis from which to compare.

These were all no brainer decisions, but there were choices that required some research or a change from what I would normally pick. I went with the new BG grips from Specialized; they're just like the Ergon grips at half the price. I knew I'd go with King headset and hubs, and initially went with my default color choice, green. But I did look at gold and mango. The



and seatpost, Mavic TN (Twenty Niner) 719 rims, King hubs, Easton carbon H bar and WTB Laser V saddle rounded out the hardware spec. For tires, there were several good choices—three actually. So I

latter was too much; so I debated green and gold for some time, gold seeming a little gaudy at first. With some encouragement from Charles

(Building a Sultan 29er continued on page 10)

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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

POST RIDE EATS

By Henry Pastorelli

A polling of the ROMP list and MTBR revealed our local riders' favorite eateries. Some culling of the list was done based on the following criteria: located on the way home, cheap, veggie & meat dishes, alcohol served, and ambiance.



Skyline Preserve areas (Skegg's, Russian Ridge, Coal Creek, etc)

Alpine Inn

3915 Alpine Rd
Portola Valley, CA 94028
(650) 854-4004

First up is the Alpine Inn which is my favorite. Simple burgers, brats, chicken sandwiches and veggie burgers are the gastronomic offerings. There's bottled yellow fizz available along with high brow Devils Canyon & Fat Tire on-tap. The crowd is an odd mix of Stanford students, field jocks, drinkers and bikers (both leather and Lycra). It's open late to support the weekday after-work ride.

Alice's Restaurant

17288 Skyline Blvd
Woodside, CA 94062
(650) 851-0303
alicesrestaurant.com/

Several riders weighed in on Alice's breakfasts as being the primo place to stop after an early morning Skegg's ride.

The food is a big step up from the Alpine Inn with beers on tap and a healthy selection of food. It gets crowded on weekends but is quaint and cabin-like inside with a big wrap around deck. It's definitely worth a visit.

Fifth Quarter Pizza

976 Woodside Rd
Redwood City, CA 94061
(650) 369-2686

The pizza "is a fairly Jake-esque pie and they have beer on draught. Not especially close to ECDM, but worth the trip if you live near 101."

San Francisco area (20% streets, single track around Mt. Davidson, Presidio, & Waterdog)



Passion Trail Bikes

415 Old County Rd
Belmont, CA
650-620-9798

Passion Trail Bikes has their customer lounge open for hanging out, drinkin' and eatin'. They're like your best friend's back deck, without having to ask your

friend if you can come over and hang out. People often pick up burritos or pizza and bring them to the shop. They also have a BBQ and people are welcome to bring grill-ables. Lots of fun, and super convenient if you break something on the trail.

Coyote's Mexican Cafe

1003 Alameda
Belmont, CA 94002
(650) 595-1422

I've eaten at Coyote's before and the food's good, reasonable and it's conveniently located right down the road in a shopping mall. If you can get a window seat you can keep an eye on your bike.

Henry Coe State Park

Super Taqueria

15840 Monterey St
Morgan Hill, CA 95037
(408) 778-3730

I stopped here once and it was also highly recommended by our resident ROMP healthy ingredients. The menu hasn't changed appreciably in 20-odd

Del Mar High School Mountain Bike Team

By Coach Kathleen Meyer

The Del Mar High School Mountain Bike Team of Campbell has begun turning their cranks. Training started in January and as of this writing they have completed 2, in a series of 6, races. The team is part of the Northern California High School Mountain Bike League (www.norcalmtb.org). While Del Mar is a new team to the league, the league is in its eighth year. Growth has been consistent and sometimes at rates that are eye popping to those who have witnessed the league emerge from a few kids who "want to ride mountain bikes" until now.

Thirty-six high schools have signed up for the league this year with 410 students registered to race. We have seven boys on the team, 4 freshmen, 2 juniors and 1 senior. The scoring for the league is calculated in a way that means we are losing points because we don't have any girls. It is often said that most teams don't get their first girl, they get two. It always helps to have company and I can definitely understand that!

The races start at 10am with all girls going off in waves; freshmen (or fresh-women?), sophomores, junior varsity and varsity. The freshmen and sophomore boys go off at 11:40, while the junior varsity and varsity boys hit the starting line at 1pm. It is inspiring to see so many high school age kids taking off at the start

line. Many more than I have ever seen at a single race outside the league.

The Del Mar team started because Romp stepped up to the plate and sponsored them. Not only did they provide some much needed cash, they have supplied Romp jerseys (all teams must have matching jerseys) and memberships to Romp for all team members.

Other groups have been instrumental in getting the team off the ground. Mere Mortals did a parts and gear drive. Team Wrong Way members have passed on buckets of parts. Mechanical help has come from all areas too. As of now, we have enough parts to be close to building three team bikes. People who ride bikes like helping kids get out and ride too!



Our training keeps us close to home during the week. We take advantage of St Joseph's Hill being nearby. With the shorter days of winter, this was a staple ride for us until daylight savings time moved the clocks forward. We now plan to take advantage of El Sereno, Overgrown and Kennedy too. We train on

Wednesday, Friday and Sunday. Weekend rides have seen us traveling farther from home.

We've been enjoying Steven's Canyon, Ft Ord, El Corte de Madera (or Skegg's Point), Wilder Ranch and the Soquel Demonstration Forest. It was fun to hear the boys at the end of each ride: "that was the best ride - are we going to ride more trails like that". Their statements held true until the following week, after riding another new trail "that was the best ride - are we going to ride more trails like that".

As we move into the season, I see our team growing, in terms of numbers and experience. I am learning about sponsorship, building a web page, organizing a garage sale to benefit the team and a fun

thing for me... building a teeter-totter! Our parents are becoming more involved as they find out what help is needed and where they can put their talents to use. We have the good fortune of having two teachers on campus that ride bikes.

One is a racer that I first met on a Romp "Tour of the 20's" ride and the other is the wrestling coach whose dad happens to be the principal at Los Gatos High School. Los Gatos

has had a very successful team for several years running. It was their coach who originally approach-ed me to start another team. While I should thank him, I'd like to add this: coaching a team from scratch is like having your first baby - much more work than I ever expected but a lot more fun too!

mountaineering skis, rowboats with oarlocks, and climbing gear. All rely on mechanical components: carabiners, pulleys, springs, bindings, sliders, fasteners, and swiveling fulcrums. But none of these items are banned.

Q. (By Josh Moore.) Generally speaking, the Sierra Club, equestrians and mountain bikers have the same agenda—to protect open space. Why don't the land designations better reflect the potential coalitions that could be formed?

A. While one tendency within the Sierra Club and similar lobbies emphasizes protecting open space, another faction—one that has many adherents in the Bay Area—consists of a temperance movement that regards the human presence in Wilderness with unease. At their most fervent, the temperance-movement devotees regard human travel on public lands as the devil's work.

Nine Questions – Roland “Coy” Abellano

Meet ROMP's new webmaster, Roland “Coy” Abellano:

I started mountain biking because of peer pressure from my Air Force buddies back in the early 90's. I hung out with two guys who both grew up riding bmx. Because I've always been slightly overweight, I was placed on the "fat boy program" during my 2nd year in the military.

I thought mountain biking would be a good way to keep my weight in check. So, in the summer of 1992, after riding the local trail in Plattsburgh, NY on a borrowed Park pre-mtb, I knew it would be a sport I'd totally get into. I'm still kinda chubby and I'm still slow, but I've been riding mountain bikes since that muggy summer in Upstate New York.” - Coy

1. First Mountain Bike and Year Acquired - 1992 Specialized Hardrock - teal and hot pink with Altus C10 components. Totally rigid.

2. Favorite Ride - 2007 Stumpjumper FSR. My first ever full suspension trail bike.

3. Current Quiver - 2007 Stumpjumper FSR Expert - 2001 Santacruz Bullit (DH build)

4. Favorite Local Trail - Montara Mtn trails in Pacifica.

5. Favorite Road Trip Trail - Tahoe Rim Trail

6. Crash to Forget - Spring of 1993, on my way to the Blue Trail in Plattsburgh, NY. I saw a small mound of dirt in a grassy area of a parking lot outside Plattsburgh Air Force Base. I was feeling studly that day, so I went and hit the makeshift dirt jump to catch a little bit of air.

- I'd never done dirt jumps before that day. When I landed, my back tire blew out. I ended up on my back, my head hit the dirt, whilst both feet were still attached to the toeclips. Aside from a big chunk of flattened foam on my helmet, I came out unscathed. To this day, I am still terrified every time I catch air.

7. Most Memorable Mountain Bike Moment - The first time I paid over \$2500 for a mountain bike - last year.

8. Grunt (worst thing about the sport of mountain biking) - My work and school work get in the way of riding.

9. Grins (best thing about mtb biking) - It makes it totally OK to play with dirt

ROMP MEMBERS

Thanks for your support!!!!

New Members:

Kley Cardona, George Chow, Brooke Fabricant, James Fallon, Aaron Faupell, Lonn Fiance, Lawrence Fong, Blake Freeman, Jenny Holliday, Janet Levy, Ricardo Mello, Thai-Hoc Nguyen, Joe Pessano, Bruce Storms & Jill Pelletieri, Greg Wilson

Recent Renewing Members:

Shiloh Ballard, Ryan Brecht, Mike Buncic, Bob Estes, David Hohl, Tim Simanski, Valerie Spier, Philip & Ligaya Strenfel & Family, Lee Van Pelt

Recent Renewed Sponsor:

Chain Reaction Bicycles

Other Cycling Organizations

Access 4 Bikes access4bikes.com
PO Box 526, Pt. Reyes Station, CA 94956

Bay Area Velo Girls
650-347-9752 velogirls.com

Bicycle Trails Council of Marin (BTCM)
PO Box 494, Fairfax CA 94978
415-456-7512 btcmarin.org

Bicycle Trails Council of the East Bay (BTCEB)
PO Box 9583, Berkeley CA 94709
415-528-BIKE btceastbay.org

Folsom Auburn Trail Riders Action Coalition
916-663-4626 fatrac.org

International Mt. Biking Association (IMBA)
PO Box 7578, Boulder CO 80306
303-545-9011 imba.com

Monterey Mt. Bike Association (MoMBA)
PO Box 51928, Pacific Grove CA 93590
408-372-2134

Mountain Bikers of Santa Cruz (MBoSC)
president@mbosc.org mbosc.org

Northern California Mountain Biking Association (NorCaMBA)
norcamba.org suefry@norcamba.org

Sonoma County Trails Council (SCTC)
sonomatrails.org/sctc/

San Jose Inner City Outings (San Jose ICO)
sierraclub.org/ico/sanjose/

Silicon Valley Bicycle Coalition
svbcbikes.org

Western Wheelers Bicycle Club
westernwheelers.org

Women's Mt. Biking and Tea Soc (WoMBATS)
wombats.org

years and neither have the prices. You can get a delicious carne asada burrito with avocado, cheese, whole beans and fresh salsa for less than 4 bucks.

El Toro Brewing Co. Brewpub

17605 Monterey Rd
Morgan Hill, CA 95037
(408) 782-2739
www.eltorobrewing.com

If you're after a post-ride brew, this is the place. They have hoppy, full bodied beers and also do many seasonal beers along with barley wines. There is a large selection of beers on tap (over 15), and many of the beers are labeled by the type of hops used. I've heard their prime rib, onion rings and pizza are quite good.

Marin Headlands

Gestalt Haus

The Mission
3159 16th St
San Francisco, CA 94110

The SF rider that recommended Gestalt raised my interest and with beers, brats (veggie too) and bikes how could you go wrong? They have bike racks inside the bar, so no worries about locking them up outside. It's definitely a biker bar with a large fixed gear scene.

Fremont Older

Rio Adobe Southwest Cafe

10525 S De Anza Blvd #100
Cupertino, CA 95014
(408) 873-1600
www.rioadobe.com

This is a staple of the ROMP Wed evening Fremont Older ride. The ride group consists of a core group of regulars who have been riding together for years and once they find a good thing, they're hooked. Rio Adobe over the years has consistently served up good Mexican food with a surprising amount of variety. They are also long time supporters of ROMP and provide the burritos for our



swap meet. One regular chimed in “Rio Adobe rocks!”

Chipotle

10385 S. De Anza Blvd
Cupertino, CA 95014
(408) 252-5421
www.chipotle.com

Chipotle is an alternate stop for the Fremont Older ride group. It's a chain and most of you are probably familiar with it. They specialize in a modest selection of assembly line burritos with fresh ingredients. It can be quite noisy inside but on summer nights the outdoor patio area is great. I like the cheap margaritas most.

Fort Ord

Maui Tacos

1334 S Main St
Salinas, CA 93901
(831) 424-6284
www.mauitacos.com/

This is a chain similar to Baja Fresh or Wahoo's and I'm told the food is good. It's located in a shopping mall on the way home.

Soquel Demonstration Forest

Summit Store

24060 Summit Road
Los Gatos, CA 95033
(408) 353-6007

There were quite a few recommendations for the “Store”. The deli is packed full of goodies from corn dogs to salads to wonderfully made deli sandwiches. There's also a large selection of cheeses. Parking is plentiful and there is some seating for enjoying a quick snack or a lunch. You can't miss it as it's on Summit road as you head towards highway 17.

UC Santa Cruz, Wilder

Seabright Brewery

519 Seabright Ave
Santa Cruz, CA
95062
831-426-2739 tel

99 Bottles

110 Walnut Avenue
Santa Cruz, CA 95060
831.459.9999 voice

Taqueria Santa Cruz

2215 Mission St
Santa Cruz, CA 95060
(831) 423-0606
www.taqsc.com

Falafel Santa Cruz

1501 Mission St
Santa Cruz, CA 95060
(831) 459-0486

The lamb kebob plate is recommended. All of the above are recommended by our pals over the hill.

ROMP CALENDAR

ROMP Business Meeting

Monday, April 28 2008, Monday, May 26 2008; 7:00 pm PDT; Fourth Monday of every month meeting except December. April 28th meeting at Kapp's Pizza Bar & Grill. 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
Location: Kapp's Pizza Bar & Grill 191 Castro St Mountain View CA 94041
Contact Information: Josh Moore 408 420 7342 president@romp.org http://www.kappspizza.com

UPCOMING RIDES

Arastradero 2nd Saturday Social and Skills Session

Saturday, April 12 2008, Saturday, May 10 2008, Saturday, June 14 2008
02:30 PM (2:00) 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.
Directions and Map
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 Information: John H jharlander88@yahoo.com

ROMP MBOSC at Soquel Demo Forest

Sunday, April 13 2008, Sunday, May 11 2008, Sunday, June 08 2008
09:30 AM (4:00) C/INT/12-18/2500-3000 This is the ever popular joint MBOSC ROMP Second Sunday Demonstration Forest Ride. Both clubs will meet at the green 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 few miles to the road block. Park there and ride the last mile downhill to the green bridge on the right.
Contact Information: Josh Moore 408-420-7342 mtbikes@gmail.com

3rd Tuesday Alpine Road

Tuesday, April 15 2008, Tuesday, May 20 2008, Tuesday, June 17 2008
04:30 PM (3:00) This year round ride has a couple options on where to meet up. First chance meets the #262southbound@ 4:33 pm, + #169 northbound also @4:33 at the california ave caltrain station.
RSVP a must if you plan on attending this ride, as the meeting places will vary depending on weather. From here we pedal through Stanford's "Professorville" on lightly travelled streets, over Old Page Mill rd, through Arastradero Preserve to The Portola Valley ranch . The 2nd chance to meet up occurs here @ 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 hammeheads are summarily ditched and left to prove something somewhere else
Location: California ave Caltrain station in Palo Alto Palo Alto CA
Contact Information: Jim Sullivan 650-493-8774 ssulljm@juno.com

Third Saturday Social and Scenery Ride

Saturday, April 19 2008, Saturday, May 17 2008, Saturday, June 21 2008
10:30 AM (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 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 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. Contact: Rodney Johnson (650) 326-7665 or rodney@stanford.edu
Directions: Take I 280 to Page Mill Rd south (in Palo Alto) going up into the hills, continue on Page Mill Rd 25+ minutes (watching out for road bicyclists on twisty road) until stop sign at intersection with Skyline Blvd/ Highway 35 (near the Mid-Peninsula Open Space Russian Ridge Preserve), turn right, continue 1.1 miles and park on the right in the vista point parking. (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).

3rd Sunday Ride at ECdM

Sunday, April 20 2008, Sunday, May 18 2008, Sunday, June 15 2008
10:00 AM (3:00) B-C/INT/10-15/2000-3000
Meet at Skeggs point at 9:30 for a 10:00 AM start. Routes will vary depending on trail conditions, closures and the whim of the group. This is a no drop ride that starts at the top of the hill and goes down, so you do most of the climbing at the end. Bring your helmet, water and a snack.

Directions location: El Cortede madera OSP Skeggs point, Skyline Blvd Woodside CA
Contact Information: Josh Moore 408 420 7342 mtbikes@gmail.com http://www.openspace.org/preserves/pr_madera.asp
Saturday, April 26 2008 Saturday, May 24 2008, Saturday, June 28 2008
01:00 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 Information: Jim Sullivan 650-493-8774 ssulljm@juno.com

MTB-101

Sunday, April 27 2008, Sunday, May 25 2008, Sunday, June 22 2008
10:00 AM (4:00) B/Beg-INT/10/1500
Meet at 10:00 AM, Fremont Older / Prospect Rd. parking lot. Bring your MTB in good mechanical condition, helmet, water and fuel.

Be prepared for a 400'climb on fire roads during the first mile. No time limit, no one left behind. Decent will be on a sweeping Single Track loop to the first bail-out point. Those willing can continue riding. There are several bail-out points along the way. We will practice basic MTB skills and trail etiquette. Beginners welcome.
Location: Fremont Older OSP Prospect Rd. parking lot Saratoga CA
Contact Information: Rich Andrews 408.393.1959 richard.a.andrews@nasa.gov
Fee: Free!

The ROMP Coe Epic is Mothers Day Weekend

Saturday, May 10-11 2008 - VOLUNTEERS NEEDED If anyone is interested in participating in the Coe Fire Zone Trail Survey and possibly joining a potential volunteer Coe Mountain Bike Patrol, please contact Paul Nam. For more details, please contact Paul Nam: vocinam@yahoo.com
Location: Henry Coe State Park Morgan Hill CA 95037
Contact Information: Paul Nam vocinam@yahoo.com

Social events

Bike Repair for the Community

Saturday, April 12 2008, Saturday, May 10 2008
10:00 AM (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.
Location: Behind BTN Automotive 2566 Leghorn Ave, between Rengstorff and San Antonio Mountain View CA
Contact Information: Dave Fork fork@park.com

IMBA California's 5th Annual Summit

Friday, April 18 2008
03:00 PM - April 18, 2008 at 3 pm to 8 pm (5:00)
Join us in the Chaparral Room, Campground B (Laguna Seca Recreation Area) on Friday, April 18, from 3 pm to 8 pm.
Share your bike access concerns with land managers, club leaders and IMBA staff.
To register, send an e-mail with the subject

"SEA OTTER SUMMIT" to Cathy Haagen-Smit (include your contact information).
Dinner and beverages provided at no charge to participants.
See website for info: www.romp.org

Volunteer at Sea Otter for IMBA California

Saturday, April 19 2008
09:30 AM - April 19 at 9:30 a.m. (0:00)
For the first time this year, Sea Otter will hold the "Mountain Bike off Road Tour" to benefit IMBA California.
The event is on April 19 at 9:30 a.m. IMBA California has committed to providing the course support with 8-20 volunteers to run the aid stations. Volunteers will receive a T shirt, lunch and a four day pass to all the festival events (Please let me know your T shirt size).
To see event details, go to www.seaotterclassic.com Please join me on the Tour Support Team. This promises to be a great event and we expect hundreds of riders- great exposure for IMBA, California. Thanks for you support, Tom Ward
IMBA California Policy Advisor, tom@imba.com

Coe Back Country Weekend VOLUNTEERS NEEDED.

Friday, April 25-27 2008
If you are interested in the details, please contact Paul Nam.
Location: Henry W. Coe State Park 9000 East Dunne Ave. Morgan Hill CA 95037
Contact Information: Paul Nam vocinam@yahoo.com http://www.coe-park.org/orestimba.html
Saturday, April 26 2008, Saturday, May 24 2008
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 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 CA
Contact Information: Jim Sullivan 650-493-8774 ssulljm@juno.com

Swap meet at Cupertino Bike Shop

Sunday, April 27 2008
Each year ROMP hosts a swap meet. The swap meet is a fund-raiser for ROMP and a place where cyclists can purchase road and mountain bike parts, tools, frames, complete bikes, clothing and accessories. Per-person admission charge is minimal. The meet is held behind the Cupertino Bike Shop, 10493 S. De

Anza Blvd. (two blocks south of Stevens Creek Blvd.). Call 408-255-2217 for prices on swap spaces.
Volunteers are required from 7.00am to 4.00pm. Contact swap@romp.org if you wish to volunteer for this event.
Donations of items for ROMP to sell at the Swap Meet are welcome. Now's a good time to clear out your garage and help ROMP. Contact swap@romp.org if you have any donations to give to ROMP for sale at the Swap Meet. You can have your own swap meet table by contacting cupertino bikes 408 255-2217 or www.cupertinobike.com ROMP makes their money on the # of swap meet selling tables there are. So the more we can list that Cupertino Bikes is open to more business tables the better for us. Location: Cupertino Bike Shop 10493 S De Anza Blvd Cupertino CA

Trail Work

Santa Clara Co. Parks Monthly Trail

Saturday, April 05 2008, Saturday, May 03 2008, Saturday, June 07 2008
09:00 AM 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 Information: Santa Clara County Parks (408) 355-2254
Fee: Free

Wilder Ranch Trail work

Sunday, April 06 2008, Sunday, May 04 2008, Sunday, June 01 2008
09:00 AM (4:00) First Sunday Every Month. See trailworkers.com for more information.

Santa Clara County Parks Monthly Volunteer Projects

Saturday, April 19 2008, Saturday, May 17 2008
09:00 AM (3:00) - 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 Information: Santa Clara County Parks (408) 355-2254