

MOUNTAIN CYCLIST



LEADING THE PARTICIPATION OF MOUNTAIN CYCLISTS IN THE TRAIL COMMUNITY

NOVEMBER 2008-JANUARY 2009

Visitors Will Benefit from Change in National Park MTB Regulations

By Mark Eller, IMBA Communications
Director

A proposed National Park Service (NPS) regulation change will benefit Americans by improving mountain biking experiences in national parks. The new policy would empower park superintendents to manage trails for

tive Director Mike Van Abel. "We're very pleased that the NPS intends to update its regulations to better serve visitors."

IMBA looks forward to an upcoming NPS announcement on the pending regulation change, and the ensuing



bicycles, without sacrificing environmental review or public comment opportunities. Bicycling is a good fit for many national parks. It's a quiet, low-impact, family-friendly activity that provides a great way to get adults and kids excited about exploring America's most scenic places," says IMBA Execu-

public commentary period. Stay tuned to IMBA's website for more news, and to register comments with the NPS.

Bicycling Helps National Parks

Expanded opportunities for mountain biking can help energize national parks by attracting

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SAVE THE DATE!!!

ROMP Holiday Party

Join us for our annual holiday festivities on Friday night, Dec 19th at Michael's Restaurant at 2960 North Shoreline Blvd. As always, this promises to be a fun & entertaining evening. Many attendees bring their spouse, partner, cycling friends, dad, mom & children. Non ROMP members & folks new to cycling are highly encouraged to join us!

Cost is \$25 per person & \$20 for 12 yrs or under. To attend, just complete the Holiday Party form at www.romp.org

For the highlight of the evening: Rick Sutton, serial entrepreneur and the architect of many famous cycling events such as Sea Otter Classic, Napa Valley World Cup & NORBA and Cyclocross Nationals will speak. Learn about behind the scenes cycling event planning, cycling trends, special events highlights etc.

For more information about Rick Sutton's newest endeavor, check out www.plus3network.com. They can help turn every bike ride, every run, every workout into a fitness-fundraiser for IMBA, Bikes Belong, Breast Cancer and other worthy causes.

ROMP TREE

San Jose Downtown: Christmas in the Park. Take a break and try finding the tree with the bike parts on it!!!

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THE TANDEM TEST

By: Jonathan Rayner

QUESTION: I am dating a nice woman who does not ride either. I was wondering; how you are making it work, dude?

ANSWER:

I'm not making it work. My relationship ended in tears,

sadness, and twisting, gut-wrenching pain. I'll spare you the details, but, you know - the way most relationships of over a year (nearly 2 in my case) end. It wasn't always like this. This is someone that I really had hopes for. She was beautiful, smart, funny, and sexy. Yet there were signs. Oh

yes, there were signs. Big, bright, neon, flashing and pointing...in red. First sign: she didn't pass the tandem test.

The Tandem Test

The tandem test is my filter, a way of weeding out the good from the bad for me. The tandem test is where I take a girl on a ride on my rickety 70s era tandem. This can be on a first date, after a few dates - whenever. Since college, I've done it with anybody I seriously considered dating and I've even developed it into a relationship science.

Why the tandem test? It reveals a lot about a relationship with a woman that I want to understand more fully.

- She's adventurous - not a lot of chicks. sorry - women, have ridden a tandem.

- She enjoys being outside.
- She enjoys exercise.
- She trusts me / I can trust her.
- I can communicate with her.
- She enjoys being with me.
- She meshes with me. When two people are in sync on a tandem- it's a freight



train from hell that can't be stopped (thanks Will Ferrill).

- She can let me take control, when needed.

Before I get criticized on that last one - look it's a tandem - someone's got to steer. It's not that I need to be the captain - I've ridden stoker before, but I'm built for being a captain (I'm 6'2" and 200#). A captain needs to be bigger than the stoker, otherwise, the ship that is this two wheeled monster can tilt and capsize. So, yeah, I guess if I date a 6' 5" 240lbs Amazon, she can be captain. I sure as hell won't be leading that relationship.

The History

Where did the tandem test come from? I can't claim credit. Like all good things,

there's a mythology. In college, a guy on our school cycling team was the stuff of legend. He was charming, charismatic, tall, and had a great build. Women wanted him and men wanted to be him. His nickname: the Greek god. I remember him hanging in the hallway of our

dorm, sanding the paint off of Cannondale road frames to make them lighter. It was ridiculous, but somehow, he made it seem cool.

The Greek god could bed (and did bed) anybody he wanted. Funny thing though, our dorm was way off-campus making it that much more difficult to interact with all the campus women.

And what was the Greek god's secret to meeting these beautiful ladies?

The tandem. He would ride around on this rickety 70s tandem with nobody on the back. And girls, who were warm for his form, had an easy opening line. "Can you give me a ride?" they would swoon. I truly think they meant the pun. The implications were staggering. So yes, I copied his idea in grad school and have further refined it. Hence the tandem test. I even took the test to the next level, fully intertwining my relationship and love of mountain biking—the Mountain Bike Tandem Relationship.

It was Monica's idea. As most boy-friends/husbands who are obsessed with

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ROCK & ROLL

MOUNTAIN BIKING AND GEOLOGY

By Paul Nam

Mountain bikes are a great way to enjoy the Earth and rock. Certainly, for those of us lucky enough to have and maintain four functional limbs and moderate fitness, it is possible to walk or climb across most terrestrial surfaces, and even take detours among trees and cliffs. Apparently, we are made by and for the landscape we live in. Yet some of us, myself included, have discovered bicycling is an entertaining alternative, even on some really rugged and steep trails, that allows us to cover more terrain in a single outing. Rocks make the trails more challenging.

How can you better ride over and through them? The short answer is: Practice. Read on for a longer answer.

Steep or flat, and somewhere in between, a rocky trail is tricky to ride a bike on. When it gets too tricky (and that depends on the rider) there is always the option to get off and walk (and carry or push). There are at least two schools of thought on this. One is the "Die Trying" school, and the other is the "Live to Ride Another Day" school.

My take is that all of us go to both schools eventually.

In the San Francisco Bay Area the selection of rocky trails available on

which to ride a bicycle is more limited by trail standards, policy, and law, of our land management agencies, than by the landscape itself. Bay Area hills and mountains are expansive and tremendously rugged. ROMP advocates for the liberation of more trails to multi-use, liberation of trail standards, and the creation of new trails, to serve the participation of mountain cyclists in the trail community.

However, even within these artificial constraints, mountain bikers can find serious technical challenges in the Bay Area. Here are three specific trail examples, geological descriptions, and suggestions for riding them.

Hands down, literally (with full finger



gloves on), the most technical trails in the Bay Area radiate from the granite summit of Montara Mountain, south of Pacifica. This grand Cretaceous period (approx. 100 million years ago) granitoid pluton is geologically related to

the Farallon Islands which you can see on clear day looking from the summit across Monterey Bay and the Gulf of the Farallones National Marine Sanctuaries. The granite, here more properly called a quartz diorite, is old and weathered. One thing we expect to find on trails that pass through weathered granitic rock, is plenty of sand.

To survive a ride down the more technical trails at Montara Mountain, it helps to have full set of body armour, full face helmet, long travel suspension, a lowered seat post, large volume fat tires at low air pressure, commitment and a sense of invincibility for a satisfactory experience.

Further south on the San Mateo Peninsula, we find the Eocene (approx. 50 million years ago) arkosic rocks of the Butano Sandstone on trails in El Corte de Madera OSP (ECdM/Skeggs), like the Manzanita Trail (originally called the Chinquapin Trail) and the Resolution Trail (named after a crashed airplane). These trails are moderately technical and do not call for the full downhill complement of gear. Trail grades are less than 15%. These rocks are not as durable as they look, and are rapidly eroding into sand under the recreational trail traffic. However, the rock remains, and provides a morphing set of challenges from season to

season, and in fact, the trails are becoming more technical with use. To enjoy a ride down or up these trails in ECdM simply requires a good attitude and a bike of any sort. If you

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new visitors - particularly young ones. According to the Outdoor Industry Association, bicycling is the top gateway activity that gets kids outside and engaged in a variety of outdoor sports.

"Visitation numbers are a concern to the park service at all levels and something we are working with our many tourism partners such as IMBA to address. Having worked with mountain bikers on public lands at gateway com-

munities, I know what a great economic impact they can have on a small town," said NPS National Tourism Director Dean Reeder. "In my experience, we can sustain a balance between resource conservation and appropriate, healthy recreational opportunities such as mountain biking."

Mountain bicycling on appropriate trails in national parks will also enhance visitors' appreciation for the natural world, as parks are better experienced on foot and by bicycle than from inside cars and RVs. Independent scientific studies, including those conducted by the National Park Service, have shown the environmental impacts of mountain biking are similar to those of hiking and less than those of many other user groups.

IMBA's Partnership With National Park Service

Since signing a formal partnership agreement in 2005, IMBA and the NPS have been working together to create and enhance appropriate opportunities for mountain bicycling in national parks. Currently, more than 40 NPS properties host mountain bicycling, on both dirt roads and narrow trails. Each year IMBA leads volunteer work parties to help improve eroded trails and unite trails communities around national parks. Annually, mountain bicyclists contribute almost one million hours of volunteer trailwork on public lands.

"Mountain bicycling is an appropriate activity in many units of the National Park System," says Christopher J. Stubbs, a NPS community planner in Virginia. "I have seen firsthand what bike trails can do for a park. IMBA's folks know how to build sustainable, environmentally sound trails that bring all user groups together. I see a huge potential for bringing a new generation of mountain bicyclists into the park system."

IMBA Has Requested Rule Change for Years

The current policy governing bicycling on NPS trails dates from 1986, and does not account for more than 20 years of research and experience managing bicycling on trails on public lands. The outdated rule is directed at motorized users such as personal watercraft, motorboats, snowmobiles, ORVs and commercial trucking, mining and aircraft. Regulation changes will streamline an overly cumbersome process, while maintaining all review and comment required under the National Environmental Policy Act.

"IMBA first began asking the agency to clarify and streamline this rule in 1992, when IMBA Executive Director Tim Blumenthal met with [then] NPS Director James Ridenour on the subject," says Van Abel. "We hope to see the process for recognizing mountain bike trails will now become more clear and efficient."



IMBA CA Asks For and Gets Governor's Veto on Wilderness Bill

By Mark Eller, IMBA Communications Director

On Sept. 27, California Governor Arnold Schwarzenegger vetoed legislation that would have prompted the adoption of state Wilderness in Lake, Mendocino, Napa, Santa Clara and Sonoma counties. Sponsored by the

California Wilderness Coalition, the bill directed assessments of selected state lands - including the popular mountain biking destinations of Robert Louis Stevenson State Park and Henry W. Coe State Park - for possible Wilderness designations.

Because Wilderness regulations ban bicycle access, IMBA California suggested other solutions for protecting natural resources while maintaining bicycle access. Policy Advisor Tom Ward consulted with the governor's office and the California State Assembly, supplying materials about the popularity of mountain biking in Northern California and illustrating the low-impact nature of the sport.

Bicycle Industry Involvement

Ward enlisted members of California's bicycle industry - including representatives from FOX Racing Shox, Shimano and Specialized - to add their voices to the effort to stop the bill. "After we submitted our comments, we received word from the governor's office that our recommendation was complimentary to a position that California's Secretary of Resources office had submitted," says Ward. "That alignment, combined with a successful letter-writing campaign organized by the grassroots mountain biking community, was fortunately enough to halt legislation that could have ultimately eliminated access to treasured mountain biking trails."

Mtn Bikers Tracked Bill for Months

IMBA California tracked the bill from the time it was introduced to the California State Assembly, issuing an action alert in June, and actively seeking adjustments that would have allowed mountain bikers to support new land protection measures in Northern California. Ward testified on the bill, and engaged representatives of the California Wilderness Coalition - the group that convinced Assembly member

Noreen Evans (D-Santa Rosa) to introduce the legislation - asking for adjustments so that important mountain bike trails would not be closed. Ultimately, however, those recommendations were not adopted into the bill.

Land Protection Not Limited to Wilderness

"IMBA California is dedicated to protecting natural resources, and we know that goal can be achieved while still allowing bike access," says Ward. "As members of the conservation community, we will continue to form partnerships that ensure the integrity of California's beautiful wild places. But we will also continue to insist that these places do not need to be protected from the quiet, low-impact and human-powered activity of mountain biking." For more information about how public lands can be protected with bicycle-friendly legislation, please visit IMBA's online land protection resource pages.



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want to probe the 15 mph speed limit, on the most ragged sections, you are going to need full suspension.

Further south, skipping past the numerous and trivial technical fun trails of the Saratoga Gap area, is the little gem of technical riding at Santa Teresa County Park, in western San Jose. Here we find Rocky Ridge and the Stiles Ranch Trails threading along the ridges through the vales of these serpentine hills. Serpentine means "serpent rock." Why that name was picked is something for the imagination I suppose. For sure, the namesake is appropriate, as these trails are curvy and have beautiful patterns. Watch out, Serpentine is as slippery as teflon.

These trails are moderately technical and no special equipment is necessary. What you will exercise are the quickest reflexes you can muster.

To conclude, at the risk of breaking a funny bone, here's a few general suggestions for riding rocky terrain:

1. Where there is rock there is sand. To get through sand, it is better to have larger volume tires.
2. Observe the map and the terrain to determine where the steep areas are, where the trail you are using goes through, and how to prepare for them. The steep areas will have the most difficult rocks because erosion is most active on steep slopes.
3. Rocks move. They can roll onto a trail from above in many sizes, and may appear suddenly. This is particularly evident during and after storms and drastic temperature changes. Rocks can fall on you from above even while you are riding.
4. Falling. It hurts a lot to fall on rocks.

Try not to fall on them. At least wear a helmet and gloves. Try not to stick a hand out, because we tend to break fingers, wrists, and arms this way. But then what is the alternative? A separated shoulder? A broken collarbone? Bruised ribs and broken vertebral components? A concussion? Getting speared by a branch? Pummeled in the kidney by a boulder? Taking a soil sample with your face? Practice tumbling on a lawn or beach or in a martial arts studio. Look for a landing.

5. In theory a moderately skilled mountain biker with modern equipment can ride over rocks half the size of the rim. 29'ers have an advantage. Don't panic, just ride over these. It helps to know how to manual, or lift up the front wheel to place it on the object (same technique applies to log-overs). Suspension helps a lot, so does a bit of speed. Get your weight back for the landing once you know you are going over the top.

6. If you don't have insurance, get it! An emergency room visit could torpedo your plans for a new bike.

7. Ride with confidence. Commit to technical moves all the way to the end.

8. Get the best equipment you can for the terrain you intend to ride, and maintain it.

9. Keep your eyes moving, look ahead and see the line. For sure you will get deflected, and then resort to plan B. You did have a plan B didn't you? If you are thinking like a robot, you will fall. You must be an animal.

10. Get off and walk sometimes. It's okay. If you need an excuse, kneel down and examine the rock, it is easy to claim you just saw an interesting example of reddish feldspar that caught your eye. Or is that a drop of blood from a rock stuck in your elbow?



MEETINGS

ROMP Monthly Business Meetings

Fourth Monday: November 24, December 22, January 26, February 23
07:00 PM (2:00) Fourth Monday of every month meeting except December. We will be 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

RIDES

16th Annual Tour of the San Francisco Hills

Sunday, November 2
09:00 AM (6:00) - Intermediate ride - 30+ miles 4000'+ climbing Meet at the parking lot across the street from the Marina Safeway at 9 A.M. The ride explores a multitude of neighborhoods in the city, taking the most difficult path from cafe to taqueria. With the many hilltops in the city, and with the usual good luck with weather conditions, the riders are treated to frequent magnificent views. The parade of cyclists winding down Lombard St. and then climbing the 32% grade on Filbert St. always attracts the attention of tourists. Other sites explored on the ride

are Potrero Hill (with the fast descent down the "other" crookedest street in the world), Coit Tower, Nob Hill, and Mt. Davidson. A bonus feature is the optional ascent of the Broderick St. sidewalk in Pacific Heights. This street, below the Levi mansion, is so steep that it is blocked off to traffic - the upper half being a driveway more crooked than Lombard St. A casual pace on the ride ensures that the attrition rate is low, but the prospect of climbing Hill St. after scarfing burritos in the Mission always sheds a few riders. For more information contact Gary Gellin: gary at cmihvac dot com

Night Ride at Rancho Cañada Del Oro

Friday: November 7
04:30 PM (5:00) - Intermediate- This is a bicycle-only event. The preserve will be closed to all other users after sunset. Participants will be required to register on-site and attend a short briefing before their ride. Registration will be held only the day of the event from 4:30 p.m. to 7 p.m. in the Casa Loma Road parking lot. Parking is limited to the first 50 vehicles that arrive at the staging area. This special activity is restricted to adults. No minors will be allowed, even if accompanied by an adult. Safety equipment is required (helmet, headlamp and bike lamp); a rear light is recommended.
www.openspaceauthority.org

ROMP MBOSC at Soquel Demo Forest

Second Sunday: November 9, December 14, January 11, February 8
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

Arastradero 2nd Saturday Social and Skills Session

Second Saturday: November 8, December 13, January 10, February 14
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 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 Information: John H jharlander88@yahoo.com

3rd Sunday Ride at ECdM

Sunday: November 16, December 21, January 18, February 15

CALENDAR

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. Lunch after at Alice's restaurant.

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

3rd Tuesday Alpine Road

Tuesday: November 18, December 16, January 20, February 17

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 hammerheads 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: November 15, December 20, January 17, February 21

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. Directions: Take I 280 to Page Mill Rd south (in Palo Alto) going up into the hills, continue on Page Mill Rd 25+ min-

utes (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).

Contact Information: Phil Solk, psolk@pacbell.net

MTB-101

Sunday, November 23, December 28, January 25, February 22

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. Descent 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

4th Saturday Beginner's Clinic

Saturday: November 22, December 27, January 24, February 28

01:00 PM (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 bik-

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ing while riding a combination of fire-roads and singletrack. Be sure to bring a helmet, water, and something to eat. Please RSVP to Jim at 650-493-8774 or ssulljm@juno.com. RSVP is a must, as the meeting spot at the Preserve can vary with class focus. Location: Arastradero Preserve Arastradero Road Palo Alto CA Contact Information: Jim Sullivan 650-493-8774 ssulljm@juno.com

SOCIAL EVENTS

ROMP Holiday Party

Friday: December 19

Michael's Restaurant at 2960 North Shoreline Blvd

As always, this promises to be a fun & entertaining evening. Last years event was a sell out, be sure to sign up early! More details to come. See website or e-mail list.

Bike Repair for the Community

Saturday: November 8, December 13, January 10, February 14

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

Basic Fixit Class

Saturday: November 22 2008, December 27, January 24, February 28

12:00 PM (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 trail repair of your mountain bike. Fix a flat, adjust your derailleur, straighten a wheel, and anything else bike related that will get you back on the trail.

Location: Arastradero OSP Parking lot Arastradero Rd Palo Alto CA

Contact Information: Jim Sullivan 650-493-8774 ssulljm@juno.com



TRAIL WORK

Wilder Ranch Trailwork

Sunday: November 2, December 7, January 4, February 1

09:00 AM (4:00) First Sunday Every Month. See trailworkers.com for more information.

Santa Clara County Parks Monthly Trail Days

Saturday: November 01, December 6, January 3, February 7

09:00 AM (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

Santa Clara County Parks Volunteer Projects

Saturday: November 15, December 20, January 17, February 21

09:00 AM (3:00) Monthly Volunteer Projects - 3rd Saturday of each month, 9am-noon

Help us tackle all types of projects ranging from painting and invasive plant removal to litter pickups at locations that desperately need it! These projects will take place at a different County Park each month. Tools, supplies, and refreshments will be provided. Contact Information: Santa Clara County Parks (408) 355-2254

Land Meetings

Santa Clara County Parks Commission Meeting

Wednesday: November 5, December 3, January 7, February 4

06:30 PM (2:00) Santa Clara County Parks Commission Monthly Meeting - to view the agenda, actual start time (can vary), & meeting location, click the web link to the right, scroll to the bottom of the page, click on the Agenda link and look for the corresponding meeting agenda.

December 4, January 1, February 5

02:30 PM San Mateo County Parks and Recreation Commission Meeting (2:00)

The San Mateo County Parks and Recreation Commission is responsible for estab

lishing policies to guide the work of the San Mateo Parks and Recreation Division. This includes issues of parkland use management such as master plans, acquisitions, and development.

Additional meetings may be set by the Commission as needs arise. Meetings are held publicly and are conducted by a quorum of at least three of the Commissioners.

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

MROSD Meeting

Second and Fourth Wednesdays: November 12 and 26, Dec 10 and 24, January 14 and 28, February 11 & 25th.

07:30 PM (0:00) MROSD Board of director's meetings are open to the public on the second and fourth Wednesdays of each month at 7:30 PM in the district offices at 330 Distel Circle (off El Camino Real north of Rengstorff), Los Altos.

Check with MROSD for any last minute changes. Location: MROSD District Offices 330 Distel Circle (off El Camino Real north of Rengstorff) Los Altos

Open Space Authority BOD meeting

Thursdays: November 13 and 27, December 11, January 8 and 22, February 12 & 26
06:30 PM (2:00) Santa Clara County Open Space Authority Board of Directors meeting. Location: Board Room Suite 200 6830

Via del Oro San Jose 95119

Bay Area Ridge Trail County Committee

Tuesday, January 27, 2009

07:00 PM Bay Area Ridge Trail County Committee Meeting (0:00) Quarterly Meeting of the Bay Area Ridge Trail County Committee. Usually pretty informal. Contact Josh if you would like to help the Ridge Trail!

Location: United Way Building 1922 The Alameda San Jose Contact Information: Josh Moore president@romp.org <http://www.ridgetrail.org/about/committees.cfm>



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bikes, I bought Monica a bike of her own, a mountain bike, then a road bike. Nothing was working. I couldn't ride behind her without her freaking out that I was secretly criticizing everything she was doing. I couldn't ride in front of her because I would get too far ahead, making me chase her. Clearly this wasn't working. This idea that I could mountain bike and be with my girlfriend (the 2 things I enjoyed the most in life) was intoxicating. After borrowing a friend's tandem for a couple weeks, we decided to take the plunge. A few grand later and we were on our way.

Monica and I had an amazing time on that tandem. It took our road trips to new levels. Suddenly, she wasn't just along for the ride to the campsite where I'd drop her off. Monica would ride with us. Not all the time, but on a lot of rides, tough rides, the annual pumpkin ride with ROMP, South Yuba, Downieville. On one particular section of Downieville downhill I heard it – the sweetest sound I could imagine hearing. I heard Monica laughing. She was having fun. This whole time I worried she was freaking out, but she was just laughing and trusting me and enjoying the ride. We would go on to do many rides, including some riding at Whistler (I have footage). We would ride and be together - it was great. Things didn't work out for Monica and

me. But we had a good run of 6 years. I consider her a friend these days. Unfortunately, it would take nearly 2 years for me to learn just how critical the tandem test was for me. I should have heeded the signs. Warning. Warning.. WARNING... WARNING!!!!

First ride with Rachel on the tandem? We didn't make it around the nicely paved, no traffic block. She was done, wanted off, couldn't take it anymore, "Is this even legal.. I'm not comfortable.. Why would you do this?... Let's take a car to the restaurant" that is 3 blocks away. Must.. Ignore... Signs...



(Save The Date continued from page 1)

TURNING WHEELS FOR KIDS

Save the date for Bike Build 2008 scheduled for Saturday, December 13! The plan is to build 2000 bikes for needy and underprivileged youth.

Friendly bicycle-happy volunteers are needed, but even more importantly, DONORS are needed to help make this event happen. 100% of monetary donations are used to buy bikes, helmets and locks. TWFK Goals: Keep children on bikes, keep them outdoors playing, happy and healthy, and instill life-long habits of activity and exercise, build a sense of self-reliance that in turn builds self-esteem. Please, consider a donation or hands-on

help. Give a boost to the kids right here in the Bay Area. Check the ROMP e-mail list for updates or e-mail editor@romp.org <http://www.turningwheelsforkids.org>



ROMP MEMBERS, Thanks for your support!

New Members: Paul Floures, Bustam Halim, Marty Kacin, Haavard Nord, Sullien O'Neill, William Schmidt, Dawn Swanson, Karin Wuhrmann, William Aldrich, Steve Baumgartner, Nakoa Edwards, Scott & Sarah Guillaudeu, Tony Harkins, Patrick Herlihyk, Brian Jensen, Ashish Joshi, Janet Lafleur, Tim & Teresa Lydon and family, Drew Phillips, Umang Shah, Glenn Smith, Doug Stoecker, Benita Zimmerman

Recent Renewing Members:

Brian Anderson, Gino Aynanga, Barry & Janet Chaffin and family, Ross Finlayson, John R. Grundy, John Harlander, Brian & Amy Harper and family, Richard Holtermann, Rodney Johnson, Chris Kangas, Megan Richardson and family, Kevin M. Schmidt and family, Steve & Cindy Springsteel and family, Paul & Jane Taylor and family, Jimmy Wang, Brian Warkentine, Paul Wendt, Kevin Avery & Camille Moitozo and family, Charles Dillon & Tiffin Kutch, Don Druyanoff, Matt Dunstan, Jeff Farnsworth & Michele Taylor, Linda & David George, Steve Hay, Ricardo Mello, Joan R. Murakami & Paul Pedriana, J. Rayner, G&L Wegner

Romp Directory

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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.

Name		
Family Members		
Address		
		Phone
City		email
State	Zip	Membership Type :
Order ROMP Jerseys on reverse side ___		<input type="checkbox"/> Individual (\$20.00) <input type="checkbox"/> Single Speed (\$50.00) <input type="checkbox"/> Family (\$25.00) <input type="checkbox"/> Hardtail (\$100.00)
Send Newsletter:		
<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_____ 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



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